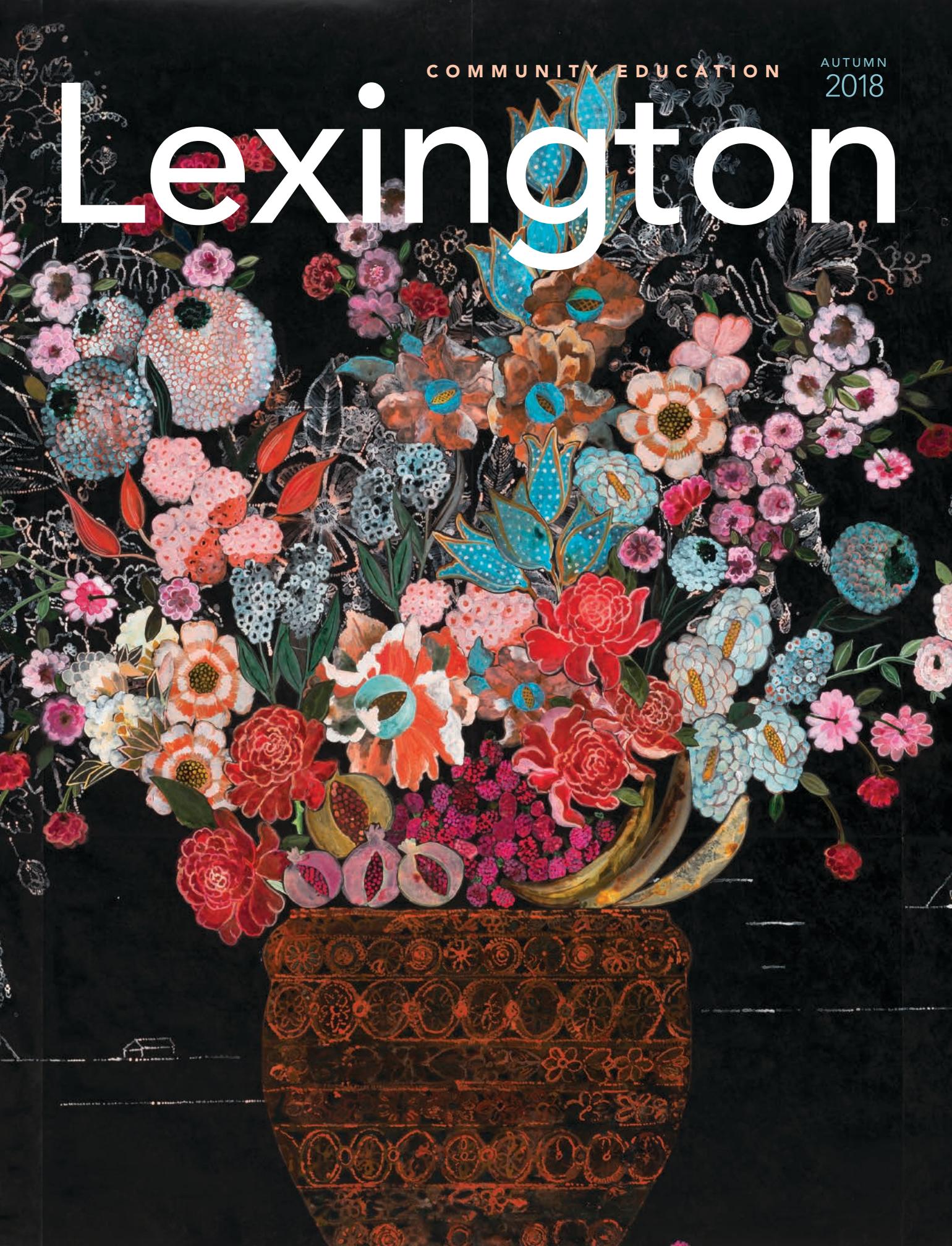


COMMUNITY EDUCATION

AUTUMN
2018

Lexington





On Our Cover:

Still Life with Flood, 2017
 India Ink on Tyvek, 60" x 80"
 Nancy Friedemann-Sánchez

Gratefully used with permission of the artist.
 For more info about the artist and her work visit
Nancyfriedemann.com

From the Director

In the field of education the new year truly begins in autumn. And while autumn in New England signals a time to harvest, preserve, and prepare for winter, in the school year autumn marks a time to begin again, to set out on new thought trails of depth and intelligence that enliven and enlighten even as the air grows cooler and skies darken sooner. This catalog therefore, comes to you both as a harvest offering and as a happy academic new year wish. We have worked hard to harvest some of the best ideas and brightest minds for you to learn with this fall, from world-class and renowned artists, writers, and thinkers, to local luminaries who might even be your neighbors, graciously sharing their teaching expertise and knowledge as a way to give back to this learning community. We hope to see you in the school halls, or at one of our special events around town this fall.

Craig Hall, *Director*

About Lexington Community Education

LCE is a self-sustaining, integral part of the Lexington Public School system that is committed to promoting lifelong learning. Our programs are open to all regardless of residency and are appropriate for participants 16 years of age and over. Our *Classes for Children* are for specific ages. LCE provides an extensive summer children’s program called *Lexplorations* which offers classes for creative and academic enrichment.

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LCE Online

Complete course descriptions, class status, and registration information can be found online at www.lexingtoncommunityed.org

Lexington Public Schools

Superintendent of Schools:

Dr. Julie Hackett

Assistant Superintendent for Curriculum, Instruction, and Professional Development:

Christine Lyons, M.Ed., PhD

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Kathleen Lenihan

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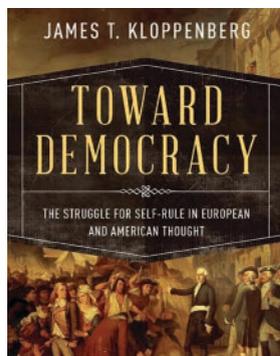
Catalog Design: Pehlke Design

Toward Democracy: The Struggle for Self-Rule in European and American Thought

WITH JAMES T. KLOPPENBERG

Tuesday, September 25, 2018 • 7:00-8:30 pm

Lexington Depot, 13 Depot Square, Lexington • \$10 • SDEM



James T. Kloppenberg offers a fresh look at how concepts and institutions of representative government developed and how understandings of self-rule changed over time on both sides of the Atlantic. Notions about what constituted true democracy preoccupied many of the most influential thinkers of the Western world, from Montaigne and Roger Williams to Milton and John Locke; from Rousseau and Jefferson to

Wollstonecraft and Madison; and from de Tocqueville and J. S. Mill to Lincoln and Frederick Douglass. Over three centuries, explosive ideas and practices of democracy sparked revolutions—English, American, and French—that again and again culminated in civil wars, disastrous failures of democracy that impeded further progress.



James T. Kloppenberg is the Charles Warren Professor of American History at Harvard. A native of Denver, Colorado, he was educated at Dartmouth (AB 1973) and Stanford (MA 1977, PhD 1980). He and his wife Mary have lived in Wellesley, MA, since 1980. Kloppenberg has held fellowships from the Danforth, Whiting, and Guggenheim foundations, the American Council of Learned Societies, and the National Endowment for the Humanities, and has been a visiting professor at the University of Cambridge and the Ecole des Hautes Etudes en Sciences Sociales in Paris. In recognition of his teaching, he has been named a Harvard College Professor and awarded the Levinson Prize by the Harvard Undergraduate Council. His books deal with politics and ideas in Europe and America from the seventeenth century to the present.



LCE is proud to partner with Porter Square Books of Cambridge. portersquarebooks.com

The views of our presenters and instructors do not necessarily represent the views of Lexington Community Education, the Lexington Public Schools and/or its employees.

THE FIVEASH LEGACY LECTURE

Pompeii: The Living City of the Dead

WITH FRED S. KLEINER

Thursday, September 27, 2018 • 7:00-8:30 pm

Lexington Depot, 13 Depot Square, Lexington • \$10 • SASH



The eruption of Mt. Vesuvius and the destruction of Pompeii in 79 CE brings many images to our imagination: the city's structures on fire, a rainstorm of pumice stones and ash burying the entire region, and plaster casts of the city's residents, their arms raised to protect their faces against the inferno. Yet these flashes, ingrained in our cultural memory, only scratch the surface of what life was like in Pompeii and the Bay of Naples

before this cataclysmic event. Pompeii was a lived city. While this statement seems simple and rudimentary, its implications are far reaching. Who lived the buildings that have been excavated? What were their jobs? What did they eat? Where did they socialize? By which routes did they travel through the city? Studying the city's topography, interpreting the archaeological record, reading public inscriptions carved into monuments and tombs or graffitied on exterior walls, and even analyzing the chemical composition of deceased residents' bones help illuminate possible answers to these queries. Pompeii offers us a chance to catch a glimpse of daily life in the Roman world. Its excellent state of preservation affords unique opportunities to understand, discover, and learn more about life in ancient cities.



Professor Fred S. Kleiner is Professor of Art History and Archaeology; Etruscan & Roman Art at Boston University and the author of more than a hundred articles, reviews, and books, including *The Arch of Nero in Rome*; *A History of Roman Art*; and the 10th through the 15th editions of *Gardner's Art through the Ages*. He was Editor-in-Chief of the *American Journal of Archaeology* from 1985 to 1998, and from 2009 to 2012 he was Secretary of the Text and Academic Authors Association. Professor Kleiner has also served five terms as Chair of the Department of History of Art & Architecture (1981-1985, 2005-2014). He won Boston University's Metcalf Award for Excellence in Teaching in 2002 and has twice received the Distinguished Teaching Prize of the College of Arts and Sciences Honors Program. He has also won the College of Arts and Sciences Prize for Advising in the Humanities.

All Keys: A Magical Evening with Two Pianos

FEATURING LEWIS PORTER AND VIJAY IYER

Tuesday, October 16, 2018 • 7:00-8:30 pm

Scottish Rite Masonic Museum and Library

33 Marrett Road, Lexington, MA • \$20 • SVJY



Grammy-nominated composer-pianist **Vijay Iyer** was described by *Pitchfork* as "one of the most interesting and vital young pianists in jazz today," by the *Los Angeles Weekly* as "a boundless and deeply important young star," and by *Minnesota Public Radio* as "an American treasure." He has been voted *DownBeat Magazine's* Artist of the Year three times – in 2016, 2015 and 2012 – and Artist of the Year in *Jazz Times's* Critics' Poll and

Readers' Poll for 2017. Iyer was named *Downbeat's* 2014 Pianist of the Year, a 2013 MacArthur Fellow, and a 2012 Doris Duke Performing Artist. In 2014 he began a permanent appointment as the Franklin D. and Florence Rosenblatt Professor of the Arts in the Department of Music at Harvard University. *The New York Times* observes, "There's probably no frame wide enough to encompass the creative output of the pianist Vijay Iyer." Iyer has released twenty-two albums covering remarkably diverse terrain, most recently for the ECM label.



Lewis Porter, Ph.D, long known as a jazz educator and author of books including the celebrated and definitive volume *John Coltrane: His Life and Music*, is active as a jazz pianist, keyboardist and composer. Known for a free and open attitude, he contributes to many

types of musical situations. Dr. Porter has appeared in concert internationally with such masters as Joe Lovano, Ravi Coltrane, Jeff Coffin, Jane Ira Bloom, Wycliffe Gordon, Joe Morris, Marc Ribot, George Garzone, Mark Dresser, Gerry Hemingway, Alan Dawson, Gregg Bendian and many others. He is a regular member of the Indian-influenced quartet Dharma Jazz with Badal Roy. The critics have said that Porter is "A helluva piano player" (*Jazz Times*). "Mixing experimental with traditional, [he] plays up a storm." (*Midwest Record*) "Porter is a deep thinker." (*Swing Journal*). His music is "founded upon depth and cunning use of space".

Never Forget: An Evening of Conversation

WITH DR. ANNA ORNSTEIN AND LEORA TEC

Tuesday, October 9, 2018 • 7:00-8:30 pm

First Parish in Lexington, 7 Harrington Rd., Lexington • \$10 • SMEM



Dr. Anna Ornstein and her mother were deported from their native Nazi occupied Hungary to Auschwitz when Anna was 17 years old. Anna survived, and eventually went on to become professor of child psychiatry, author, Lecturer in Psychiatry at Harvard, and professor emerita of child psychology at the University of Cincinnati. Dr. Ornstein is an active speaker and educator, and has recently been working

with local towns and universities discussing parallels between the 1930s and now. Her book, *My Mother's Eyes: Holocaust Memories of a Young Girl* recounts her experiences with the intention of adding to the testimony of survivors' stories and of preventing the atrocities of the past from happening again.



Leora Tec is the Director of Bridge To Poland, an organization that she founded to engage people in topics related to Jewish Poland through small group travel, talks and workshops. She is interested in questions of identity and memory and in uncovering the unexpected hope that is present in modern day Poland. Her mother, Nechama Tec is a Holocaust survivor and Holocaust scholar whose focus is on rescue and resistance. Leora sees her work as the second generation of her mother's work. She is currently working on a book about her experiences finding identity and unexpected connections in Poland, and has recently received a Fellowship from Wellesley College to spend 6 months in Poland exploring Jewish memory.

An Evening of Poetry and Music

WITH JANE HIRSHFIELD AND DAVID WHETSTONE

Saturday, October 13, 2018 • 7:00-8:30 pm

First Parish in Lexington, 7 Harrington Rd., Lexington • \$15 • SHIR



Jane Hirshfield's poetry speaks to the central issues of human existence—desire and loss, impermanence and beauty, the many dimensions of our connection with others and the wider community of creatures and objects with which we share our lives. Demonstrating with quiet authority what it means to awaken into the full capacities of attention, her work sets forth a hard-won affirmation of our human fate.

Described by *The New York Times* as “radiant and passionate” and by other reviewers as “ethically aware,” “insightful and eloquent,” and as conveying “succinct wisdom,” her subjects range from the metaphysical and passionate to the political, ecological, and scientific to subtle unfoldings of daily life and experience. Her book of essays on the “mind of poetry” and her several collections presenting and co-translating the work of poets from the past have become classics in their fields. An intimate, profound, and generous master of her art, Hirshfield has taught at UC Berkeley, Duke University, Bennington College, and elsewhere, and her many appearances at writers’ conferences and literary festivals in this country and abroad have been highly acclaimed. She is the author of eight collections of poetry, including, most recently, *The Beauty* (longlisted for the National Book Award); *Come, Thief, After* (shortlisted for England’s T.S. Eliot Prize and named a “best book of 2006” by the Washington Post, the San Francisco Chronicle, and the London Financial Times); *Given Sugar, Given Salt* (finalist for the 2001 National Book Critics Circle Award); *The Lives of the Heart*; and *The October Palace*, as well as two books of essays.



David Whetstone is one of the most active sitarists in the United States, a disciple of the legendary Ustad Vilayat Khan. He has collaborated and toured extensively with poets Robert Bly and Coleman Barks since 1974, appearing with them in numerous recordings of the poetry of Kabir, Rumi, and Mirabai. David lives in Minneapolis, and teaches at Carleton College.

The Devil Dogs: A Documentary Film about Americans in WWI Film Screening and Discussion

WITH CAROLYN KINGSTON AND DIANA COLE

Wednesday, October 24, 2018 • 7:00-8:30 pm

Lexington Depot, 13 Depot Square, Lexington • \$10 • SDVL



In 2016, sisters Carolyn Cole Kingston and Diana Cole had the honor to be part of a French documentary about historian and tour guide Gilles Lagin. Their grandfather, Major Edward B. Cole U.S.M.C., commander of the 6th machine gun battalion, was mortally wounded in the battle of Belleau Wood. His heroic actions won him many medals and commendations, including the “Croix de Guerre,” and he was the first individual from World War I to have a Navy war ship named

after him. This battle remains a founding element in the history of the Marine Corps, nicknamed Teufelhund or “Devil Dogs”, for their courage and persistence.

Major Cole’s story is one of three stories in this film that follows an American family’s pilgrimage. In the documentary, Carolyn and Diana retrace their grandfather’s steps leading up to the battle of Belleau Wood. For everyone—the family, the guide, and even the land—this trip is an occasion to re-live a page of shared history. Gilles Lagin has spent his life since childhood roaming the land in and around Belleau Wood. Gilles was made an honorary Marine in 2008 in recognition of the lifetime of memories and research he shares with American families whose search for roots lead them to the battlefields of France. The personal impact of his work on descendants is beautifully presented in this film. Produced for the Centennial, the film is a moving tribute to Major Cole and to all those who served in the “war to end all wars.” *French, with English subtitles.*



Carolyn Kingston and **Diana Cole** grew up in Lexington, and their father, Charles H. Cole II, the elder son of Major Cole, had his architectural office in Lexington Center. They will be available to introduce the film, and answer questions about their unique experience.

HEAL: A Film Screening and Discussion

WITH SHARON LEGGIO FALCHUK

Friday, October 26, 2018 • 7:00-8:30 pm

Lexington Depot, 13 Depot Square, Lexington • \$10 • SHEA



HEAL takes us on a scientific and spiritual journey where we discover that by changing one's thoughts, emotions, and perceptions, the human body can heal itself from any dis-ease. HEAL not only taps into the brilliant mind's of leading scientists and teachers like Dr. Deepak Chopra, Dr. Joe Dispenza, Anita Moorjani, Bruce Lipton (and many more), but follows real people on actual high stakes healing journeys.



Sharon Leggio Falchuk, FMCHC found herself bedridden by a serious illness in 2011, and when the mainstream medical system had no answers or help for her she took matters into her own hands. She spent every moment she could doing research, changing her diet and lifestyle, and

assembling a Functional Medicine and alternative care team to help her forge a path to healing. Her inextinguishable will to be well meant she was willing to try almost anything, and one of the life-changing discoveries she made was the true power of Mind-Body Medicine. Once she reclaimed her health she became a Functional Medicine Certified Health Coach and founded InTended Holistic Wellness, where she specializes in helping those with "mystery illnesses" and chronic conditions, as well as those who are highly sensitive. Sharon's "less is more" approach stemmed from navigating her own wellness journey with many sensitivities, and she feels the most important factor in health and healing is reconnecting with yourself and your unique needs and strengths.

Shadaj, Lexington Community Education, Lexington Arts Council, Cary Memorial Library, Lexington Symphony and IAL present:

Young Maestros: Torch Bearers of Indian Classical Music

A SPARKLING DUET BETWEEN MELODY AND RHYTHM

WITH SWEEKAR KATTI (SITAR), YASHWANT VAISHNAV (TABLA), AND ARUSHI MUDGAL (ODISSI DANCE)

Saturday, October 27, 2018 • 7:00-8:30 pm

Scottish Rite Masonic Museum and Library

33 Marrett Road, Lexington, MA • • **SADJ**

Regular: \$30, Premium: \$50, Patron: \$100



"Young Maestros" is a performance in Indian Classical Music featuring delightful music and dance by Sweekar Katti (Sitar), Yashwant Vaishnav (Tabla) and Arushi Mudgal (Odissi dance). These highly celebrated young artists are visiting from India and are regarded as the torch bearers of Indian Classical Music. "Young Maestros" concert is a unique blend of sparkling duets, solo performances and interplay between dance, rhythm and melody. These young artists burst on to the scene as child prodigies and dazzled the audiences and musicologists with their virtuosity at such a tender age. Now they have emerged as the torch bearers of Indian classical music. The concert is FREE for the students of Lexington Public School system. Days preceding to the concert, from October 22 to 25, Shadaj has organized a series of FREE music appreciation sessions at the Cary Memorial library in Lexington where people get to learn about these art forms and interact with the artists. In addition to the annual outreach event, Shadaj also hosts a series of chamber music concerts each year. The next chamber music concert is by Manjiri Asanare (Indian classical vocal), at the Pilgrim Congregational Church in Lexington on September 29th.



Shadaj
षड्ज

Shadaj (www.shadaj.org) a Lexington based non-profit organization, has become a hub of authentic high class Indian Classical Music in the greater Boston area. Shadaj's mission is to nurture Indian Classical Music in its most authentic form through its annual series of chamber music concerts and music appreciation sessions by world renowned artists. One of the foremost objectives of Shadaj is to bring about cultural integration through music. As a step towards this goal, Shadaj is organizing its annual community outreach concert in Lexington.

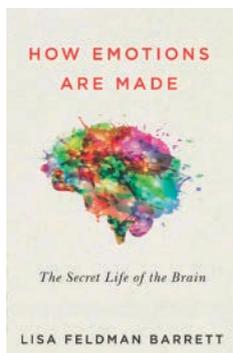
For more information about the Shadaj concert series and the "Young Maestros" event please visit www.shadaj.org

How Emotions are Made: The Secret Life of the Brain

WITH LISA FELDMAN BARRETT

Saturday, November 10, 2018 • 7:00-8:30 pm

Lexington Depot, 13 Depot Square, Lexington • \$10 • SEMO



Why do emotions feel automatic and uncontrollable? Does rational thought really control emotion? How does emotion affect disease? How can you make your children more emotionally intelligent? Today, the science of emotion is in the midst of a revolution on par with the discovery of relativity in physics and natural selection in biology—and this paradigm shift has immense implications for us all.

Leading the charge is psychologist and neuroscientist Lisa Feldman Barrett,

whose theory of emotion is driving a deeper understanding of the mind and brain, and shedding new light on what it means to be human. Her research overturns the widely held belief that emotions live in distinct parts of the brain and are universally expressed and recognized. Instead, she has shown that emotion is constructed in the moment, by core systems that interact across the whole brain, aided by a lifetime of learning.



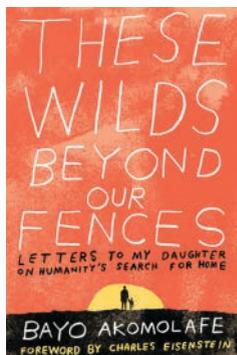
Dr. Lisa Feldman Barrett's research focuses on the nature of emotion from the perspectives of both psychology and neuroscience, and takes inspiration from anthropology, philosophy, and linguistics. Her lab takes an interdisciplinary approach, and incorporates methods from social, clinical, and personality psychology, psychophysiology, cognitive science, cognitive neuroscience, and visual cognition. Current projects focus on understanding the psychological construction of emotion (i.e., how basic affective and conceptual ingredients provide the recipes for emotional experiences), age- and disease-related changes in affective circuitry within the human brain, how language and context influence emotion perception, how affect influences vision, and sex differences in emotion.

The Wilds Beyond our Fences: The Way is Awkward, not Forward

WITH BAYO AKOMOLAFE

Thursday, November 15, 2018 • 7:00-8:30 pm

Scottish Rite Masonic Museum and Library
33 Marrett Road, Lexington, MA • \$10 • SBAY



In more recent years, as the dreams of progress continue to falter, our confidence in the future is shaking. What it means to be human; what education and morality mean; what corporations stand for; in whom we ought to repose our trust; what society does; and who benefits from particular arrangements of political boundaries are some of the charged inquiries that seem to act as interruptions. **Bayo Akomolafe** makes the case that these interruptions, these obstacles that stand in our way, are part of the way—and that we must now learn new skills and excavate buried intelligences in order to reverently approach these impediments.



In this talk about the future, about race, about activism and freedom, and about being a father to Afro-Asian children in nationalistic times, Bayo draws from his book of letters to his daughter (*These Wilds Beyond our Fences: Letters to My Daughter on Humanity's Search for Home*) to tell a story about 'wilds beyond our fences' or about monstrous arrivals that make new meanings and possibilities available. These visitors tell us that instead of expecting the world around us to change, to fit our manicured fantasies of endless growth, to stop disturbing us with climate restlessness, we ourselves might have to change in order to survive. And in many ways—they beckon on us to notice—we are already losing shape or, put differently, there are unexpected dimensions to us that undermine the nostalgic sentiment expressed in the idea of the 'good ol' days'. Bayo asks us to notice the transversal possibilities presented by these 'visitors' who offer an opportunity to rethink everything we thought true and irrefutable about the world and ourselves.



CHAMBER MUSIC OF

Hayden, Mozart & Schubert Piano Trios

with Peter Sulski and Friends

PETER SULSKI, VIOLIN; NATHANIEL FARNEY, VIOLA;
ARIANA FALK, VIOLONCELLO; RANDALL HODKINSON, PIANO

Sunday, September 30, 2018 • 3:00-4:30 pm

First Baptist Church of Lexington • \$20 • **SSUL**
1580 Massachusetts Ave., Lexington

REGISTER: LexingtonCommunityEd.org • 781.862.8043

Lexington Community Education is proud to collaborate with The Waldorf School of Lexington in presenting:

Executive Function: Tools for Learning, Skills for Life

WITH DAN LEVINE

Tuesday, September 25, 2018 • 7:00 pm
Waldorf School of Lexington • Free



What is executive function and why is it so important? According to Harvard University's Center on the Developing Child, "When children have opportunities to develop

executive function and self-regulation skills, individuals and society experience lifelong benefits. These skills are crucial for learning and development." Through the introduction of new strategies, ongoing practice, and the support and guidance of parents and teachers, all children can strengthen these important skills. In this talk, Dan Levine demystifies executive function and breaks it down into its component parts. Participants will leave with a deeper understanding of executive function, along with concrete strategies to implement for each of the critical executive function domains.

Reclaiming Childhood in a Digital Age

WITH RICHARD FREED

Wednesday, October 17, 2018 • 7:00 pm.
Waldorf School of Lexington • \$10 at door



Children and teens urgently need our help navigating today's digital landscape of video games, social media, and smartphones—which many kids just can't put down.

Join Dr. Richard Freed as he explains why technology poses the risk of addiction, how important family is for kids in resisting these pressures, and how to raise happy, healthy children in the digital age.



Redefining the Family Table:

USE FOOD AND MEALTIME TO HELP YOUR FAMILY THRIVE

WITH MIA MORAN

Wednesday, November 14, 2018 • 7:00 pm
Waldorf School of Lexington • Free



Create a stress-free kitchen on school days, work days and holidays. With long work hours, after-school activities and easy take-out options, the odds are stacked against busy families trying

to live healthy lives. We end up with picky kids who have a hard time falling asleep, and overwhelmed parents who end up resenting time at the grocery store and in the kitchen. Author Mia Moran is passionate about food and provides solutions that help the whole family eat clean and together. When this happens, kids thrive at home and at school, and parents connect more deeply with their children, find ease in the kitchen, and many times experience more clarity at work.

The Waldorf School of Lexington is located at 739 Massachusetts Ave.

For more information about events at the Waldorf School, call 781.863.1062 or visit, waldorfschool.org

LexMedia Classes: Fall Video Production

LexMedia class participants must live, work, or attend school in Lexington. All participants must first take the Orientation class before signing up for other classes. All classes begin at 7:00 pm and are held at the LexMedia Studios unless noted. Orientation class takes 20 minutes, and a class can be held one-on-one by request. **Class sign up is directly through Lexmedia. All LexMedia Classes listed below are FREE. For more information or to sign up contact: mark@lexmedia.org**

September

- 11. Orientation and Field Production 1. Basic Camera.
- 18. Field Production 2. Lighting and Sound.
- 19. Intro to Podcasting. 45 minutes.
- 20. Intro to Editing with Final Cut Pro X or Premiere Pro 5.5

- 25. Intro to Podcasting. 45 minutes.
- 26. Intro to Editing with Final Cut Pro X or Premiere Pro 5.5
- 27. Making the short Documentary class. Part 1 of 4.

October

- 2. Orientation and Field Production 1. Basic Camera.
- 9. Field Production 2. Lighting and Sound.
- 11. Intro to Editing with Final Cut Pro X or Premiere Pro 5.5
- 16. Intro to Podcasting. 45 minutes.
- 18. Intro to Editing with Final Cut Pro X or Premiere Pro 5.5
- 23. Intro to Podcasting. 45 minutes.
- 25. Making the short Documentary class. Part 2 of 4.

November

- 6. Orientation and Field Production 1. Basic Camera.

- 13. Field Production 2. Lighting and Sound.
- 15. Intro to Editing with Final Cut Pro X or Premiere Pro 5.5
- 20. Intro to Podcasting. 45 minutes.
- 27. Intro to Podcasting. 45 minutes.
- 29. Intro to Editing with Final Cut Pro X or Premiere Pro 5.5

December

- 4. Orientation and Field Production 1. Basic Camera.
- 6. Making the short Documentary class. Part 3 of 4.
- 11. Field Production 2. Lighting and Sound.
- 13. Intro to Editing with Final Cut Pro X or Premiere Pro 5.5
- 18. Intro to Podcasting. 45 minutes.
- 19. Intro to Podcasting. 45 minutes.
- 20. Intro to Editing with Final Cut Pro X or Premiere Pro 5.5



Young filmmakers in the LexMedia Studio space.

Challenges to Parenting Faced by Foreign-born Parents

Instructor: Gouri Banerjee and Saheli Staff and Teachers

Shaeli (saheliboston.org) invites parents to attend this free interactive workshop on the challenges faced by foreign-born parents in parenting children in the US. Share challenges, ideas and innovative ways to deal with everyday issues that come up when there are two or more cultural perspectives on everything. Using humor, stories and research evidence, workshop leaders will share knowledge about this common problem. What if your goals for your children are not those supported by the prevailing culture? What if your child wishes to be something that you do not support? What if her/his career choice is causing discomfort? What if your child's teacher tells you your child has a problem that you do not see? Share, discuss, and learn from other parents who also seek answers. All parents are welcome. Workshop moderators include a research and clinical pediatrician at Boston University Medical Center and a psychologist at Lesley University and Boston University's Psychiatric Rehabilitation Center.

ACPF, 1 Wednesday, 6:30-8:30 pm. Meets September 26, LHS, Room 235, Free, but pre-registration is recommended.

Lexplore Sustainable Solutions: Tools for Thriving in a Changing Climate:

A One Day Sustainability Fair Featuring Hands-On Information, Demonstrations, and Workshops

Co-sponsored by several civic groups, including Lexington Global Warming Action Coalition, Sustainable Lexington, and Citizens for Lexington Conservation.

The Lexplore Sustainability Fair will be an all-encompassing event featuring speakers, workshops, vendors, and demonstrations, with information on topics ranging from energy efficient buildings and solar energy, public health implications of climate change, sustainable food, gardening and landscaping, energy saving tips and electric cars. There will be useful information for homeowners, parents, town officials and businesses.

Saturday, September 29, 2018, from 10 am-3pm. Lexington High School, 251 Waltham Street, Lexington, MA. All are welcome at no charge.



COURSES FOR CHILDREN
p. 25-27

2018-2019 Cary Lecture Series

AN ANNUAL SERIES OF FREE LECTURES IN LEXINGTON

Cary Hall • 1605 Massachusetts Avenue, Lexington

The Committee • Robert Russman Halperin (Chair), Monica Gallizi,
Rita Goldberg, Maggie Pax

Cary Lectures are free and open to all. Tickets are not required. All lectures take place at Cary Hall, located at 1605 Massachusetts Avenue in Lexington Center. More information is available at the lecture series website www.carylectureseries.org.



Martin Puchner, "Storytelling from Mesopotamia to the Moon" **Saturday, October 6, 2018 at 8 pm**

Martin Puchner, Harvard Wien Professor of Drama and of English and Comparative Literature, will take you on a romp through world literature by focusing on the intersection of storytelling and writing technologies, including the inventions of paper, parchment, and print and their influence on literature. Along the way, he will unfold four stages of literature, beginning with foundational epics and the sayings of master teachers (such as Buddha and Socrates) to the rise of story collections and a modern world literature. Having begun in Mesopotamia four thousand years ago, he will end in 1968, on the moon.



Benjamin Zander, "The Art of Possibility: Transforming Professional and Personal Life" **Wednesday, December 5, 2018 at 8 pm**

For the past 50 years Benjamin Zander has occupied a unique place as a master teacher, deeply insightful and probing interpreter, and as a profound source of inspiration for audiences, students, professional musicians, and corporate leaders, around the world. Zander founded the Boston Philharmonic Orchestra in 1978 and his performances have inspired thousands of musicians, renewed their sense of idealism, and shed fresh, insightful, and sometimes provocative light on the interpretation on classical music. Throughout his career, Zander has remained deeply committed to making classical music accessible and engaging for all listeners. His best-selling book, *The Art of Possibility*, has been translated into eighteen languages and his TED talk on The Transformative Power of Classical Music has been seen by over ten million people.

Lexington Citizens' Academy

This year marks a decade for the Lexington Citizens' Academy! Citizens' Academy begins its tenth year in September and runs through early December. The program is designed to expose residents to the various Town departments so they can gain a better understanding of how municipal government works. Through presentations, discussions, and visits to Town departments, participants have the opportunity to hear from various Directors and Managers and learn about the operations of Town programs and services. It is intended as a two-way dialogue between Town staff and residents. Participants discover new opportunities for public involvement and the role they can play in Town government. Topics include Fire and Emergency Services, Schools, Public Works, Police, and Human Services, the Town Budget, Recreation Programming, Library Services, and more. The Academy is an annual town program, held once a week in the evenings, and enrolls approximately 30-35 residents.

If you are interested in participating, please contact Rajon Hudson in the Town Manager's Office at rhudson@lexingtonma.gov or 781-698-4543.

Lex Eat Together

Lex Eat Together is a nonprofit, volunteer-led organization serving a free, nutritious dinner every Wednesday in the heart of Lexington for anyone in need of food or companionship. Begun in October 2015 and modeled on successful programs in nearby towns, Lex Eat Together provides a healthy, well-balanced meal to all who come to join us. To learn more, sign up to volunteer, or make a donation, please visit our website at lexeattogether.org, "Like" their page at [Facebook.com/LexEatTogether](https://www.facebook.com/LexEatTogether) or email lexeattogether@gmail.com.

Home Alone

Instructor: Officers of the Lexington Police and Fire Departments

Help your child feel safer and more secure when home alone or with siblings, and teach them smart telephone and doorbell answering strategies. This class is designed for children ages 9 and older. Younger children may attend with an accompanying adult. Instructors are officers from the Lexington Police and Fire Departments. Class size is limited so please register early.

K009, 1 Tuesday, 6:30-7:30 pm. Meets September 25, LHS, Room 221. Free, but space is limited and pre-registration is required.

NEW Everything Parents Need to Know About Vaping

Instructor: Kristina Hankins, Community Resource Officer, LPD

Teens are likely to use electronic cigarettes rather than smoke cigarettes thinking that vaping is a safer alternative. According to the Massachusetts Department of Public Health and Massachusetts Department of Elementary and Secondary Education, in 2015, almost 50% of Massachusetts high school students reported having used e-cigarettes at least once. Vaping continues to grow in popularity, even as more information about potential health risks comes to light. Many parents don't know what to look for or what risks vaping poses to their kids. This evening Detective Hankins will display samples of popular electronic cigarettes, discuss why the habit is so appealing to kids and provide important information for parents.

FVAP, 1 Tuesday, 6:30-8:00 pm. Meets October 9, LHS, Room 220. Free, but pre-registration is required.

Hospice Volunteer Training

Instructor: Staff of Compassionate Care Hospice

Hospice volunteers can make a profound difference in the lives of patients in just one-to-two hours per week by engaging in activities which will enhance the patient's quality of life. Activities can include playing music, reading a book, gentle presence, talking, and holding a patient's hand. During this course we will



Uschi Kullmann teaches Beginning and Beyond Beginning German, page 23.

introduce perspective Compassionate Care volunteers to our interdisciplinary team members. Our training will include an overview of the philosophy of hospice, end-of-life medical issues, working with family dynamics and communication, grief and loss, and spiritual care. Once the training and application process is complete the potential volunteer will have the opportunity to serve others through Compassionate Care Hospice.

OHVT, 4 meetings, 9:30 am-12:00 pm. Begins November 1, LCE Large Conference Room, 146 Maple Street, access via 328 Lowell Street, look for the Blue Awning listing "Lexington Community Education". \$10.

NEW How to Find Local, Occasional Help When You Need It

Instructor: Reem Yared, CEO of Help Around Town, Inc.

Who, in your neighborhood, is eager to shovel a walkway, move a couch, take things up to the attic, declutter a basement, or plant 500 fall bulbs? Learn how to use a resource to find help near you: HelpAroundTown.com. This class will show you how to use the website to find neighbors looking for flexible work. Learn how to post a job, see who's available, rate and recommend the person you hire. If you volunteer for a non-profit, we'll also show you how to post volunteer jobs, offer community service hours, and advertise your events and fundraisers, free. If you're interested in finding jobs, we'll show you how to set up your profile, set up job alerts customized to your interests and

location, search for jobs and apply to them. You'll leave with a tip sheet and a higher comfort level using and navigating the web.

CHFL, 1 Thursday, 7:00-8:30 pm. Meets September 27, LHS, Room 231, \$10.

NEW How to Supplement Your Income with Flexible Jobs or a Home-Based Business

Instructor: Reem Yared, CEO of Help Around Town, Inc.

75% of US Businesses (but only 4% of Revenue) are people working for themselves, with no other employee. If you are running a one-person business, how do you get the word out about your business? And if you are one of the 11.4 M Americans in the on-demand economy, how can you supplement your income by working hours that fit your schedule? In this class, we'll look at how a community marketplace for help like HelpAroundTown.com can give you visibility, leads, and a way to project your professional reputation. We'll show you how to set up a profile, set up job alerts customized to your interests and location, search for work and apply to jobs, and promote your services or business. This will be an open discussion of the issues we all face as we build and grow our businesses, facilitated by Reem Yared, Wharton MBA, management consultant, and founder of HelpAroundTown.

CCFL, 1 Thursday, 7:00-8:30 pm. Meets October 4, LHS, Room 231, \$10.

Humanities

Each term our humanities section offers classes that aim to heighten our understanding of the human experience and honor the idea and ideals of a liberal arts education.

NEW Conservative Political Thought in the 21st Century

Instructor: Roger Gumley

The past 40 years have seen an increase in the popularity of conservative ideas from the election of Ronald Reagan, the advent of conservative talk radio and Fox News, to the Tea Party and the election of Donald Trump. This class will examine the thinkers and ideas and historical context of this trend. A lively class discussion is anticipated.

HCPT, 1 Thursday, 7:00-9:00 pm. Meets September 27, LHS, Room 225, \$25/Seniors \$20.

NEW The Impressionists: Painters of Modern Life

Instructor: Pia Illaramendi

This course introduces two influential artistic movements arising in late 19th-century France: Impressionism and Post-Impressionism. We will examine artists such as Manet, Monet and Degas and their commitment to depicting modern life as well as the impact of Impressionists on other artists, such as Seurat, Cézanne, Gauguin and Van Gogh. We will begin with an examination of the arts just prior to the last quarter of the nineteenth century and will continue through the beginning of the twentieth century. Lectures will include slideshows, short videos and discussions in a close study of French artists and France itself as the art-making capital of the West during this period. It will investigate how social forces (politics, gender, etc.) influenced the manner in which "modern" art was produced, viewed, and understood. Students will understand the unique style of these artists through two hands-on activities, where they will enjoy using the brilliant colors of the Impressionists and Expressionists. Please bring to class a pencil, oil pastels and a pad of colored drawing paper for pastels.

AIMP, 5 Mondays, 6:30-8:30 pm. Begins October 15, LHS, Room 210, \$110/Seniors \$85.



Sharon Heermance teaches *An Afternoon of Poems to Change Your Life*, see facing page.

NEW Fashions of a Fledgling Nation: Womenswear from 1770-1870

Instructor: Nancy McCarthy

This is fashion history 101 for the American context. Early American history is omnipresent in our state and region—historic houses, monuments, and markers are set off by annual reenactments and the steady flow of tourists. Fashion history is another piece of that puzzle. Learn about women's fashion from the founding of the nation up to the end of the civil war. Discover the changing shapes of fashion, and the undergarments that supported them. This basic knowledge can enrich our understanding of the lives of the early Americans. Clothing can say a surprising amount about its wearers and their time. It affects how the wearer moves and lives. Clothes might not be the key to all understanding, but they're a great place to start!

AFASH, 1 Friday, 6:30-8:30 pm. Meets November 16, LHS Room 220, \$30/Seniors \$25.

NEW Greek and Roman Mythology: Ovid's *Metamorphoses*

Instructor: Tracy Marks

Do you want to learn about Greek and Roman myths, and discover those which personally speak to you or have most influenced Western culture? We'll begin with a discussion of the most significant gods and goddesses. Then we'll focus upon over a dozen Greek myths interpreted by the Roman poet, Ovid in his poetic, readable classic, *Metamorphoses*. Class will include mini-lecture, discussion, and viewing excerpts from movies and

documentaries. Reading assignments will be approximately 40 pages per week. By the first class, students should purchase Ovid's *Metamorphoses* - preferably the Mandelbaum or new annotated Rolfe Humphries translation, and read the first chapter.

HOFI, 6 Wednesdays, 12:30-2:30 pm. Begins October 3, Meets at LCE Large Conference Room, (Access by 328 Lowell Street/Enter through blue side door of building), \$115/Seniors \$85.

NEW *Frankenstein*: Far More than a Horror Story!

Instructor: Tracy Marks



Frankenstein by Mary Shelley was published exactly two hundred years ago. Hundreds of reading events, new annotated editions and web sites are celebrating its bicentennial. Although many consider it to be a horror story, *Frankenstein* is far more addressing such relevant issues as the responsibility of the scientist / creator for the consequences of creation and discovery; problems resulting from technological progress surpassing human moral and emotional development; discrimination against the deformed, ugly or maladaptive; and consequences of parental neglect. We will discuss the novel and its ethical implications, and watch a few brief video clips from filmed adaptations. Please read the first four chapters by the first class. Recommended: One of the recent annotated editions of *Frankenstein*, preferably of the original 1818 novel.

HFRAN, 4 Thursdays, 12:30-2:30 pm. Begins October 25, Meets at LCE Conference Room, (Access by 328 Lowell Street/Enter through blue side door of building), \$75/Seniors \$58.

Music Appreciation

NEW An Afternoon of Poems to Change Your Life

Instructor: Sharon Heermance, Ph.D.

"The act of reading poetry tunes the ears of the heart to the real way in which human beings most honestly and most deeply talk about their lives when they are speaking from the core of their experience." – John McDargh

With vivid language and metaphor, poems invite us to feel at once known and inspired. Since poetry is most powerful when heard, we will read aloud poems as an avenue toward accepting, compassionate awareness - the essence of a mindful perspective. Together, we will tune our ears of the heart with accessible and engaging poems. We will cultivate mindful attention to imagery, thoughts, and feelings that surface with our spending time with a poem. We will discuss how a meaningful poem may echo in our own lives. Through turning toward the heart of a poem, we will consider how our deepest sense of experiences can be a compass for our own unfolding life path. Poems chosen for clarity of expression and enhancement of meaning include the work of Mary Oliver, Wendell Berry, Dereck Wolcott, Billy Collins, and Marie Howe. No prior reading of poetry is necessary - the instructor will provide the poems; we will provide each other with an afternoon of rich discussion. Limited to 15.

HOLI, 1 Tuesday, 12:30-3:30 pm. Meets October 16, LCE Conference Room, (Access by 328 Lowell Street/Enter through blue side door of building), \$25.

NEW Shakespeare's Othello!

Instructor: Cammy Thomas

We'll read this great tragedy set in Venice, about a famous foreign general duped by a vicious underling. Othello is worldly, powerful, expressive, and loving, but is undone by both a racist society and his own vulnerabilities. After an introductory session, we'll read and discuss one act per week. What makes people fall in love, or hate? Does seeing things with our own eyes make them true? How do our passions make us susceptible? We'll watch film clips to help us interpret key moments. You don't need to be a Shakespeare scholar to enjoy the class--just bring your interest.

HOTH, 6 Thursdays, 7:30-9:00 pm. Begins October 4, LHS, Room 231, \$150/Seniors \$130.

NEW Introductory Astronomy

Instructor: Pedro Lilienfeld

This introductory course is intended to provide a basic understanding of our place in the universe in light of the latest scientific observations and discoveries. Stunning graphics and photos illustrate the lectures. Join us for a fascinating look at the evolution of human thought and knowledge about the earth and the cosmos through the ages, from Babylonian and Greek antiquity, through the Middle Ages, the Renaissance, the Enlightenment, the 19th century, and finally to the unprecedented present expansion of our detailed understanding of the universe. The course then looks at our solar system and its planets, followed by a review of star evolution and the location of our solar system within the Milky Way galaxy, the formation of the elements, supernovas and pulsars and black holes. This is then followed by our present knowledge about galaxies, supergiant black holes at their centers, quasars, and dark matter. The recent detection of gravitational waves will be discussed. Concepts such as dark energy, the age, size, dynamics and composition of the universe will be introduced, followed by the latest thoughts about the multiverse. The principal methods and tools of today's Astronomy are discussed. The course concludes with a review of the prevalent thoughts about the probability of extraterrestrial life and intelligence in the contexts of both the exciting discoveries of extrasolar planets and the history of life on earth. Enrico Fermi, the notable Italian physicist, asked *Where Are They?* Can we answer his question? Math familiarity is not expected.

HINA, 5 Thursdays, 6:30-8:30 pm. Begins October 18, LHS, Room 221, \$110/Seniors \$85.



POETRY WRITING WORKSHOP
with Tom Daley, page 16

NEW Fall Opera Previews

Instructor: David Collins

Great melodies, exciting productions, tragedy and comedy all come together to herald a new opera season. Both the Metropolitan Opera's HD performances and the Boston Lyric opera's live presentations have a great deal to offer. We will begin our classes with Verdi's immortal classic "Aida". Besides experiencing some of its great arias and triumphal music we will pay close attention to the other female character, Amneris—a name Verdi once considered as this opera's title. From romantic tragedy we proceed to effervescent jollity with Rossini's ever popular "Barber of Seville". Full of vocal display and madcap ensembles, the story of Rosina's success in marrying her chosen lover always uplifts the spirits of an audience. Soprano or Mezzo - Which do you prefer as Rosina? We return to a pagan temple in the next opera, Saint-Saens' "Samson and Delilah". Originally conceived as an oratorio, this opera contains one of the most sensuous arias ever written. The American Wild West during the California gold rush is the setting for our final opera, Puccini's "The Girl of the Golden West". Puccini stretches himself dramatically and musically in this opera which includes a life or death poker game. Throughout each session we will compare different singers in the major roles. We will use video and audio excerpts for these classes as we expand our appreciation and knowledge of familiar operas as well as get acquainted with ones lesser known. Please note there is no class on October 2.

HOPE, 4 Tuesdays, 6:30-9:00 pm. Begins September 25, LHS, Room 240, \$110/Seniors/\$85.



Paul Angiolillo teaches World's Great Teas, p. 32.



Musician, educator, translator, and scholar Srinivas Reddy visits to discuss Music and Meditation, see below.

Understanding the “Forms” of Classical Music

Instructor: Richard Knisely

How is it that a symphony is also a sonata? How many themes are there in a Rondo? If you’ve ever wondered what distinguishes the many different forms of classical music, this class is designed for you. From the aria form of Bach and the Baroque to the dodecaphonic series you will learn to hear music from a new, informed perspective with special emphasis on sonata form, the prevailing form in classical music from the late eighteenth through the nineteenth centuries. The only requirement is a love of great music.

MFOR, 8 Wednesdays, 6:00-7:00 pm. Begins September 26, LHS, Room 240, \$88/Seniors \$68.

NEW Mezzos and Contraltos from the Recent and Distant Past

Instructor: David Collins

The lower voices of women vocalists are called the Mezzo-Soprano and Contralto. They are often relegated to a second status in the opera world. But they have been just as famous as their higher singing partners - take for example Marian Anderson, Marilyn Horne or Rise Stevens. Surprisingly some of these lower voiced roles have been coveted by their fellow sopranos. We will become acquainted with these singers along with others whose names we might know but whose voice is unfamiliar to us. For example: Fedora Barbieri, Teresa Berganza, Janet Baker or Frederica Von Stade. Let’s explore this wonderful rich world of the lower female voices.

HMEZ, 2 Tuesdays, 6:30-9:00 pm. Meets November 20 and December 4, LHS, Room 240. \$55/Seniors \$45.

Sopranos from the Recent and Distant Past

Instructor: David Collins

The Soprano—the lead singer and most famous role in many operas—has a long and illustrious history. In this series of three classes we will become acquainted with sopranos whose names we might know but whose voice is unfamiliar to us. For example: Geraldine Farrar, Maria Jeritza, Zinka Milanov, Rosa Ponselle, Teresa Stratas and Luisa Tetrazzini.



Ric Calleja teaches Daytime English Conversation and Intermediate Spanish Conversation, page 20.

More recent singers will include: Joan Sutherland, Maria Callas, Renata Tebaldi, Leontyne Price, Elizabeth Grümmer, and Helen Traubel. Join us as we get to know these and other sopranos from the recent and distant past. The LCE Large Conference Room, 146 Maple Street, access via 328 Lowell St. The LCE Large Conference Room is in the Old Harrington/Lexington Public Schools Central Office building. We are located in the back corner. Look for the Blue Awning listing “Lexington Community Education”.

HSON, 3 Tuesdays, 12:30-3:00 pm. Begins October 9, LCE Large Conference Room, \$85/Seniors \$65.

NEW Debussy and Ravel: Wizards Of Impressionism

Instructor: Richard Knisely

Claude Debussy and Maurice Ravel are the twin stars of “Impressionism” in music. Though their musical styles – and their personalities - are quite different, they together altered the course of music in the 20th century by creating sounds never heard before, sounds ravishing or offending to the listeners of their time, but adored by millions in ours. In this class we will look at the time that produced them, their different personal paths, and how their music compares and contrasts. A treat for the ears!

HBEN, 9 Wednesdays, 7:15-9:00 pm. Begins September 26, LHS, Room 240, \$135/Seniors \$120.

NEW Music and Meditation

Instructor: Srinivas Reddy

Music and Meditation explores the contemplative nature of sonic experience. Drawing on the ancient Indian philosophy of n da-brahma or sound-consciousness, this course will explore the theoretical and practical aspects of music, particularly the r ga music tradition of India, as an instrument for meditation, emotional catharsis and artistic bliss. We will survey some of the important philosophical underpinnings of the system and contextualize them with focused listening experiences of contemporary artists.

MM&M, 1 Thursday, 7:00-9:00 pm. Meets September 20, LHS, Room 240, \$25/ Seniors \$20.

Music Performance/ Theatre Arts

Speak the Speech! (Or How to Give your Own TED Talk)

Instructor: Poornima Kirby

Do you have exciting and important things to say, but aren't sure how to say them? Are you a little rusty at speaking in public? Taught by a professional actress and writer, this relaxed and welcoming course will provide a laboratory in which to dust off your inspired notions and give them voice. We'll explore the structure of famous speeches by everyone from Shakespeare to Martin Luther King, as well as a variety of TED Talks. We'll talk about what makes a good topic, how to present it with your unique perspective and personal brand of humor, and we'll learn simple memorization and performance tools that can help your words and ideas shine.

HTDT, 1 Tuesday, 6:00-9:00 pm. Meets October 2, LHS, Room 222, \$38/Seniors \$30.

NEW Discover Your Theatrical Side: An Acting Workshop

Instructor: Eleonora Cordovani

In this class we will learn how to trust other theater partners and build a strong theatrical work team. Along the way we will explore the physical approach to acting, becoming familiar with the body and its limits. Through breathing exercises and line-readings we will develop an understanding of the use of the voice. Our study will include improvisational games and performance building exercises. There will be lot of movement in class, so please come dressed in a comfortable way that will allow you to move freely. Both experienced and beginning actors are welcome.

MDTS, 8 Thursdays, 6:30-8:30 pm. Begins September 27, LHS, Room 173, \$160/Seniors \$145.

Private Music Instrument Lessons for Every Age and Level

LCE provides excellent, convenient, and reasonably priced individual music lessons with highly qualified professional musician teachers for all interested students and adults. The following instruments are available for individual study: Voice, Sitar, Cello, Flute, Oboe, Clarinet, Saxophone, Ukulele, Xylophone, Upright (double) Bass, Bass Guitar, French Horn, Trumpet, Trombone, Baritone Horn (Euphonium)



Poornima Kirby teaches Speak the Speech!, at left.

Tuba, Percussion (Drums), Electric and Acoustic Guitar, Violin or Viola. Lessons are held in the afternoon and evening at Lexington High School. Each semester contains approximately 16 lessons. Students must arrange convenient weekly lesson times with the instructor. The fee is \$60 per hour of instruction. One may choose a 30 minute, 45 minute, or 60 minute course of lessons. To register: Call the LCE office and we will put you in touch with our music teaching staff. Saturday morning lessons are also available.

For info about LCE Music teaching staff, please visit: <http://www.lexingtoncommunityed.org/music.php>

NEW Guitar Rock Band Sessions

Instructor: Robert Butler



Trained at Berklee College of Music, teacher performer Robert Butler has developed this six week guitar workshop focusing on the iconic melodies, riffs and driving rhythms that have been the foundation of Rock music from the 1950's to the present. Students of all levels will be guided in a relaxed yet efficient approach to the wide variety of guitar techniques so essential in playing Rock chord progressions, bassline riffs and exciting improvised lead guitar solos that shape this powerful and historic music style. Each session begins with a 30 minute live classroom demonstration. All will receive individual instruction with Mr. Butler addressing your specific

questions and musical goals. Everyone, regardless of proficiency, is welcome to participate in class ensemble/ jams playing a part that matches your ability and skill level. Students are encouraged to bring to class recordings of their favorite Rock artists which will be used to demonstrate and explain technique, composition and practical applied theory. You need not be able to read classical notation to benefit from this series of informative sessions. Whether you are a beginner or an experienced player, you will achieve success as a guitarist with Mr. Butler's Guitar Rock Band Sessions. Also included: How to choose and set up your instrument, amplification and electronic effects devices to achieve the sounds heard on recordings by The Ventures, Hendrix, Santana, Dire Straits, Van Halen and many more. Each student should have an acoustic or electric guitar or bass, portable amp and a notebook. Optional but recommended, a phone or other device for recording class instruction. Mr. Butler will supply all music charts, lead sheets and texts.

MRGW, 6 Thursdays, 6:30-9:00 pm. Begins September 27, LHS, Room 240, \$150/Seniors \$135.

Instrumental Camerata for Adults

Instructor: James Alers

This class is designed for adults with a wide range of skills who are interested in playing chamber music together. We will explore different pieces from the classical repertoire, and address both the technical and musical components of ensemble playing. Whether you are a recent beginner or someone who has taken an extended break from playing but would like to resume (and need a motivational program to help!), this is sure to be a rewarding experience. The class is open to violinists, violists, cellists, bassists, oboist, flutists, and bassoonists who are comfortable with basic note-reading, and are playing at a "late beginner" level or higher. Please contact instructor with any questions or concerns regarding playing ability. Depending on the interest of the group, the last class can end with a performance for family and friends.

MSTE, 10 Mondays, 7:30-9:00 pm. Begins September 17, LHS, Room 240, \$260/Seniors \$199.

Writing



Alan Tauber of DrumConnection, see below.

Beginning Hand Drumming

Instructors: DrumConnection Teaching Faculty

For thousands of years the drum has provided people with a powerful basic tool to communicate, express themselves, form community and profoundly integrate the senses. This course will give you all the tools you'll need to really enjoy yourself playing your drum. Our introduction to the rhythms of Brazil, Cuba, Guinea, Haiti, Mali, Senegal and Trinidad will allow us to experience the healing power of the drum and express our own voice. As you unleash your natural musical ability, you can experience joyous, ecstatic states of mind. Plan on having a fun time learning the traditional rhythm for the djembe, conga and ashiko drums. You can learn to play simply for your own enjoyment, or to play with other musicians. DrumConnection's team teaching approach provides individualized instruction, and challenges and excites your senses. You are welcome to bring your own drum, rent from the instructor by calling 781-316-8068, or use an LCE drum for the class session. LCE drums cannot be taken home. A \$5 materials fee, payable to the instructor, will cover the cost of the workbook and all written materials.

DRUM, 6 Tuesdays, 7:00-8:30 pm. Begins September 25, LHS, Room 143, \$137/ Seniors \$115.

Whether it originates from memory or fantasy, takes shape as poetry or prose, our expert writing staff will help you get your word out.

NEW Wordcraft: Exercises in Creative Writing

Instructor: Tracy Marks

Become a wizard of wordcraft and write with greater precision, clarity and originality. Whether you write poetry, fiction, nonfiction or drama, the various creative writing exercises we will do in class can help you perfect your word choice and phrasing. Have fun with language, discover verbal talents you didn't know you have, and receive constructive feedback on your optional weekly assignments.

WWOR, 5 Tuesdays, 6:30-8:45 pm. Begins October 2, LHS, Room 233, \$105/Seniors \$85.

Writing the Personal Essay

Instructor: Lauren Doolan

If you've always wanted to write about your life, but don't know where to start, this course is for you. In this course, we'll write about personal experiences in short essays. We'll write on different themes each week and explore different writing styles. We'll discuss different components of the personal essay like tone and format. We'll help each student find his or her unique voice. Students will share their work in a supportive and constructive environment. We'll also read a variety of published essays.

WESS, 6 Wednesdays, 7:00-9:00 pm. Begins September 12, LHS, Room 221, \$132/Seniors \$100.

Memoir Writing

Instructor: Tom Daley

Memory is not an instrument for exploring the past but its theatre. — Walter Benjamin

Whether you intend to share your written remembrances with family and friends or a broader audience, you will find this a collegial and supportive workshop in which optional weekly exercises will help you to transform the rich material of your life into unique works of art, including memoir pieces, personal essays and even the beginning of a book-length memoir.

All work will be written outside of the workshop and brought for a critique by other participants and the instructor, during which time techniques for better writing will be explored. Bring nine copies of something you have written of a memoir nature—a journal entry, a paragraph describing a relationship, a letter recounting some memorable incident in your life—to the first meeting of the workshop. The piece should be 750 words or less.

WMEM, 8 Wednesdays, 4:00-6:00 pm. Begins October 10, LHS, Room 220, \$195/ Seniors \$145.

Poetry Writing Workshop

Instructor: Tom Daley

Poetry is not only dream and vision; it is the skeleton architecture of our lives. It lays the foundation for a future of change, a bridge across our fears of what has never been before.

— Audre Lourde

Poetry writing, largely, is a solitary endeavor. This workshop will provide the opportunity for poets, both beginning and practiced, to share their work with other poets in a collegial and supportive environment. We will concentrate on sharpening the impact of your poems through careful consideration of their strengths and their limitations. Optional take-home writing exercises will give you the opportunity to explore the myriad forms poetry can take. Bring 10 copies of a recent poem (no more than two pages long) to the first session.

WPWW, 8 Wednesdays, 6:15-8:15 pm. Begins October 10, LHS, Room 220, \$195/ Seniors \$145.

Daytime Memoir Writing

Instructor: Tom Daley

Memory is not an instrument for exploring the past but its theatre. — Walter Benjamin

Whether you intend to share your written remembrances with family and friends or a broader audience, you will find this a collegial and supportive workshop in which optional weekly exercises will help you to transform the rich material of your life into unique works of art, including memoir pieces, personal essays and even the beginning of a book-length memoir. All work will be written outside of the

Fine Art

workshop and brought for a critique by other participants and the instructor, during which time techniques for better writing will be explored. Bring seven copies of something you have written of a memoir nature—a journal entry, a paragraph describing a relationship, a letter recounting some memorable incident in your life—to the first meeting of the workshop. The piece should be 750 words or less.

W2MEM, 8 Fridays, 12:15-1:45 pm. Begins October 12, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school. \$165/Seniors \$125.

Writing Children's Books for New and Returning Students

Instructor: Jane Sutton



Taught by a Lexington author of eleven published books, this class on writing for children will focus on character development, plot, and descriptive writing. This course is open to continuing students, as well as to new students with some previous writing experience. Participants are encouraged to work in the genre(s) of their interest and will share and critique their manuscripts and submission cover letters.

WCB2, 6 Tuesdays, 7:15-9:30 pm. Begins September 11 and meets September 25, October 23, November 13, November 27 and December 11, LHS, Room 148, \$165/Seniors \$125.

The Ins and Outs of Publishing Workshop

Instructor: Gemmesa Mercado

Do you know the order of operations when it comes to publishing a book? In this course you will discover the key components to having a complete manuscript, how and when to submit a book to a publishing house or literary agent, and how to market your title. You will also explore the inner workings of the publishing world and apply your newfound knowledge to determine how you most prefer to publish (traditionally, independently, or by yourself).

WINP, 1 Saturday, 10:00 am-1:00 pm. Meets September 22, LHS, Room 220, \$66/Seniors \$55.

In his book "The Art Spirit" American painter Robert Henri writes, "To apprehend beauty is to work for it." LCE invites you to work, apprehend, enjoy and ultimately add to the beauty of the world through our many art offerings.

Color Theory: How to Understand and Use It

Instructor: Linda Balek

Color and color theory form the foundation of both art and design. This class will increase your understanding and appreciation of the different ways that artists and designers use color. You will experiment with some hands on exercises using paint to demonstrate the different aspects of *Chevreul's Colour Theory* and go home understanding the difference between hue, value, and saturation; and how to use all three to gain the visual effects you want. A materials fee of \$3 is payable to the instructor at class.

ACOL, 1 Thursday, 6:00-8:00 pm. Meets October 4, LHS, Room 210, \$25/Seniors \$20.

Fundamentals of Drawing

Instructor: Peter Hines

It's not necessary to travel to exotic places or pick an unusual subject to create art that is fresh and new. Through overcoming the visual prejudices we have developed that make every day things seem invisible, exciting art can be created almost anywhere, and inspired by almost any subject. In this drawing class for beginning and intermediate students, we will emphasize observation and description of items that are present in our own homes and our neighborhood. We will consider issues including form and line, shading and shadows, shape and proportion, and composition and perspective. Students will receive individual attention in a relaxed and friendly setting. A \$7 setup fee payable to instructor at the first class. Supply list: 1 tablet drawing paper, about 8.5 inch x 11 inch; pencils of assorted hardness (between hb and 6b); 1 pencil sharpener, eraser.

AFOD, 8 Mondays, 12:00-2:00 pm. Begins September 17, Lexington Community Education Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$165/Seniors \$125.

Beginning Drawing

Instructor: Elena Belkova

We will start with a discussion of the elements of design including line, shape, form, color, texture, value and proportion and focus on perspective and how to create the illusion of space and objects on paper. Each lesson starts with a quick 10 to 15 minutes of sketching the objects we see around us. We will work on skills to have you drawing with more confidence and continue to investigate different drawing techniques and topics. You will practice in class and receive ideas for continued practice between classes. Please bring the following materials to class: an 18" x 24" White Paper Drawing Pad (not newsprint), Pencil HB, Willow Charcoal sticks, and a kneaded eraser.

ADRAW, 7 Mondays, 6:00-9:00 pm. Begins October 15, LHS, Room 212, \$210/Seniors \$158.

Daytime Watercolor

Instructor: Peter Hines

In this class we will practice the fundamental skills of mixing color and drawing with a brush. We will examine many of the qualities of appealing paintings, and how technique enables self-expression from the start. The cost of materials is approximately \$65 to \$85. A \$7 setup fee is payable to the instructor at the first class. Supplies needed are: 3 or 4 round sable brushes ranging in size 2 to 10; a pad of good watercolor paper approximately 9" x 12," and a simple set of paints that are mostly primary colors—cadmium yellow, cadmium orange, cadmium red, rose madder, ultramarine blue, cerulean blue, Chinese white and ivory black. Avoid paints that include the word hue in the description, e.g., 'cadmium yellow hue,' and get the genuine traditional colors. A pad of disposable palette paper or a small palette may be useful.

ADYW, 4 Mondays, 9:30-11:30 am. Begins October 29, Lexington Community Education Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$88/Seniors \$66.



HOLIDAY APPETIZERS

with Katie Walter of Two Aprons Cookery, p. 32

Introduction to Pastels

Instructor: Peter Hines

This medium reduces the time spent on setting up and cleaning and is ideal for artists with limited space and time. We will begin with exercises designed to get control of color and become familiar with the texture of pastels while practicing the drawing of simple subjects. Emphasis will be on studying objects and describing what we see rather than rehearsing the performance of set procedures.

APAST, 4 Mondays, 9:30-11:30 am. Begins September 17, Lexington Community Education Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$88/ Seniors \$66.

Charcoal and Pastel Studio

Instructor: Alma Bella Solis

Using a combination of charcoal pencils and chalks, or dry pastel pencils and chalks, you will produce your own compositions interpreting subjects ranging from still life to human figures. You'll learn drawing methods including outline, contour, shading, blending, detailing and connectedness and explore perspective, proportion, and more. Class size limited to 7 students. Please check the LCE website for supply list. www.lexingtoncommunityed.org

ACHR, 7 Mondays, 6:15-8:15 pm. Begins September 17, LHS, Room 211, \$155/ Seniors \$115.

Acrylic Painting

Instructor: Linda Balek

Acrylic painting is similar to oil painting with less drying time. Because it dries quickly, it is good for instruction and beginners. Acrylic is also water base making for easy clean up. This class will go over the basics of painting. At the beginning of each class the instructor will give a short lecture covering an element of painting and guide you during the production of your artwork. You will begin painting the first class, so please bring the required material listed below. At the end of each class we will have a friendly critique of our work. Required material list to bring to first class: paint palette, different size artist brushes and Acrylic artist paint, (minimum recommended colors are cadmium red medium,

cadmium yellow, ultramarine blue, titanium white), Canvas Board or stretched canvas (you determine the size), Container for water, paper towels and Newspaper or plastic to cover tables, A subject to paint (can be a photo or a prop.), Table easel (recommended).

AACR, 5 Thursdays, 6:00-8:00 pm. Begins October 18, LHS, Room 210, \$110/Seniors \$95.

NEW Fall and Winter Themes in Chinese Brush Style

Instructor: Son-Mey Chiu

The exuberant summer has gone; now come the festive seasons of harvest and year-end celebrations. In this course, students will learn how to use the Chinese brush/graphic technique to render familiar fall and winter objects including: Corn and Gourd; Chrysanthemum and Dragonfly; Bittersweet and Cardinal; and Amaryllis. We will begin with a short practice of the basic strokes of Chinese calligraphy which form the basis of Chinese brush painting. During each lesson, students are encouraged to study the objects from photographs and experiment with brush methods for their renditions. Following a demonstration from the instructor students will finish their weekly painting with instructor guidance. Beginning and returning students are welcome. (Painting supplies for new students, approximately \$57, payable to the instructor at the first class.)

ACBP, 4 Wednesdays, 6:00-9:00 pm. Begins October 3, LHS, Room 210, \$125/ Seniors \$95.

Evening Watercolor

Instructor: Ivan Orlinsky

We will begin with an overview of the history of watercolor as a medium, viewing the work of successful watercolor painters from the past and present, and getting acquainted with the materials and supplies we will be using. Our first exercise will be laying a flat wash. In subsequent classes we will work on different techniques including wet-on-wet, value studies, layering, mixing colors, what colors to include on your palette, and a brief overview of the qualities of transparent, semi-transparent and opaque watercolor paint. There will be a 20 minute

warm up exercise at the beginning of each class. Please see the LCE website or call LCE at 781.862.8043 for supply list.

AWATE, 6 Tuesdays, 6:30-8:30 pm. Begins September 25, LHS, Room 210, \$135/ Seniors \$100.

NEW The Impressionists: Painters of Modern Life

Instructor: Pia Illaramendi

This course introduces two influential artistic movements arising in late 19th-century France: Impressionism and Post-Impressionism. We will examine artists such as Manet, Monet and Degas and their commitment to depicting modern life as well as the impact of Impressionists on other artists, such as Seurat, Cézanne, Gauguin and Van Gogh. We will begin with an examination of the arts just prior to the last quarter of the nineteenth century and will continue through the beginning of the twentieth century. Lectures will include slideshows, short videos and discussions in a close study of French artists and France itself as the art-making capital of the West during this period. It will investigate how social forces (politics, gender, etc.) influenced the manner in which "modern" art was produced, viewed, and understood. Students will understand the unique style of these artists through two hands-on activities, where they will enjoy using the brilliant colors of the Impressionists and Expressionists. Please bring to class a pencil, oil pastels and a pad of colored drawing paper for pastels.

AIMP, 5 Mondays, 6:30-8:30 pm. Begins October 15, LHS, Room 210, \$110/Seniors \$85.

NEW Introduction to Portraiture: Drawing the Human Head & Face

Instructor: Elena Belkova

Our work in class will start with the plaster fragments of Michaelangelo's David such as: eye, nose, lips and ear as a model. In addition to drawing from sculpture and becoming acquainted with drawing the planes of the face we will discuss constructive anatomy to obtain the skills needed to draw a real human head and face. Drawing experience is preferred but not required. Materials fee of \$12 is payable to the instructor at the first class.

Please bring an 18 x 24 Drawing pad (not newsprint); a Pencil HB, Eraser and pencil sharpener.

APORT, 7 Fridays, 6:00-9:00 pm. Begins October 12, LHS, Room 210, \$210/Seniors \$158.

Quilting and Beyond

Instructor: Cathy Berry

Is there a quilt you would like to make? Do you have a project that you would like to finish? Have you ever seen a quilt that just strikes your fancy but you think it would be too difficult? Come join our class and learn the basics and beyond with all the company of fellow quilting and appliqué enthusiasts which will keep you going through the time consuming but creative and rewarding process of starting, making and finishing your own special quilt. Optional field trips to quilt and fabric shops will be discussed in class.

AQ&M, 6 Mondays, 6:30-9:00 pm. Begins September 17 and meets October 1, October 15, October 29, November 5 and November 19. LHS, Room 143, \$140/Seniors \$100.



FASHIONS OF A FLEDGLING NATION: WOMEN'SWEAR FROM 1770-1870

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Daytime Advanced Knitting

Instructor: Kerry Keohane

Bring a new or working project for guidance and hand holding. Learn to knit a gauge, a new technique, or to seam and block your project. The instructor, who has been teaching knitting for fifteen years, is familiar with knitting in the round, magic loop, cabling without a cable needle, color work and lace. Bring your patterns, yarn, needles, unfinished projects and questions for a morning of knitting. Class size limited to 8.

ADKNIT, 10 Wednesdays, 9:30-11:30 am. Begins September 12, Meets at LCE Large Conference Room, (Access by 328 Lowell Street/Enter through blue side door of building), \$195/Seniors \$150.

An Introduction to Metalsmithing

Instructor: Karenna Maraj

Come and learn how to make beautiful jewelry with an introduction to metalsmithing techniques! You will be guided the first day on basic techniques; how to solder, saw, file, hammer, make jump rings and findings. The next two sessions will be spent using your new skills to make bracelets, rings, earrings, and pendants. We will use stamps, set stones and learn wire wrapping, just to name a few examples of skills. Silver is available for a small additional fee. While this class is geared toward beginners, students with some previous experience will work on perfecting skills and learning new techniques. Class is limited to six students. Please bring your reading glasses if you wear them.

AITM, 3 Tuesdays, 6:30-8:30 pm. Begins November 13, Karenna Maraj Jewelry Collection, 95 Trapelo Road, Belmont, \$125.

A Taste of Blacksmithing

Instructor: Carl West

The discovery of iron and how to work it changed human history. Tools, weapons, and daily life haven't been the same since.

Here's your chance to learn to control one of the basic elements of modern human life. In this three hour class you will be introduced to the basic smithing techniques of hammering, drawing-out, cutting, bending, and twisting. Using these techniques and a coal-fired forge you will heat a piece of iron to brilliant incandescence and with anvil, hammer, and tongs create a decorative and useful "S" hook. Students should visit www.prospecthillforge.com/safety.php for safety notes and clothing recommendations. Class meets at Prospect Hill Forge, 38 Guinan Street, Waltham.

ABLA, 1 Wednesday, 6:30-9:30 pm. Meets September 19, Prospect Hill Forge, 38 Guinan Street, Waltham, \$65.

A2BLA, 1 Saturday, 7:00-10:00 pm. Meets October 13, Prospect Hill Forge, 38 Guinan Street, Waltham, \$65.

A3BLA, 1 Monday, 6:30-9:30 pm. Meets November 12, Prospect Hill Forge, 38 Guinan Street, Waltham, \$65.

A4BLA, 1 Saturday, 2:00-5:00 pm. Meets November 17, Prospect Hill Forge, 38 Guinan Street, Waltham, \$65.

Stone Carving Workshop—Fridays

Instructor: Scott Cahaly

Come learn how to carve stone(alabaster) and learn all parts of this fascinating ancient medium. Beginning/intermediate/advanced students are all welcome. You will learn the whole process of stone carving from the beginning chisels, to the files and finishing process. Students are encouraged and aided in producing the type of work that interests them! More advanced students are aided in pursuing new creative directions or in revisiting current ones. Class discussion and demonstration accompany many peaceful hours of working and connecting with the stone. No previous experience required! Tools are included for beginners, stone is an additional cost. Classes are held at Scott's Stone Carving, 80 Loomis Street (Bike Path), Bedford, MA 01730. For additional class information please visit: www.stonecarvingdust.blogspot.com

AFSTN, 10 Fridays, 10:00 am - 1:00 pm. Begins September 14, Scott's Stone Carving, 80 Loomis Street, Bedford, \$525.

Stone Carving Saturdays

Instructor: Scott Cahaly

In this one-day workshop, you'll have the opportunity to carve your own stone. For beginners and experienced sculptors alike, you'll be guided through the process of looking into the rock for imagery, carving into material, planning and forming a sculpture, and using tools. Hand-carving techniques will be demonstrated, and stone carving lore will be discussed. We'll also touch upon safety in the studio, and stone and tool sourcing. You will leave with your stone sculpture in hand. Please bring a bag lunch to class. All materials will be provided. Classes are held at Scott's Stone Carving, 80 Loomis Street (Bike Path) Bedford, MA 01730. For additional class information please visit: www.stonecarvingdust.blogspot.com

ASTN, 1 Saturday, 9:30 am - 2:30 pm. Meets September 22, Scott's Stone Carving, 80 Loomis Street, Bedford, \$140.

A2STN, 1 Saturday, 9:30 am - 2:30 pm. Meets October 20, Scott's Stone Carving, 80 Loomis Street, Bedford, \$140.

A3ST, 1 Saturday, 9:30 am - 2:30 pm. Meets November 17, Scott's Stone Carving, 80 Loomis Street, Bedford, \$140.

ELL/Languages

NEW Lighting for Perfect Pictures

Instructor: Scott Metzger

Often the most memorable photos are the most difficult to take. The lovely sunset, your smiling family in shade against a sunny backdrop, and many other instances when the lighting can be challenging. Sometimes a flash just isn't enough. In this class we will discuss the different types of light, natural and studio, and how they impact your photos. We will address techniques to compensate for less than perfect lighting including when to light, how to adjust your exposure for sunsets and the role of both on camera and off-camera lighting.

APPH, 1 Monday, 7:00-9:00 pm. Meets November 5, LHS, Room 220, \$25/Seniors \$20.

NEW Intro to Digital Photography and Photo Editing

Instructor: Damian Barneschi

Do you own a DSLR (Digital single-lens reflex) camera and want to learn how to utilize its full potential? This six-class course teaches students how to adjust a digital camera's manual function settings and later improve images with Photoshop. Students will first study photographs taken by professionals, analyzing them in terms of subject matter, light, color, contrast and depth of field, before moving outdoors to photograph a variety of subjects, including natural landscapes and street scenes. After students amass a small body of work, they will learn how to edit the images in Photoshop, improving them in terms of light and color. Students who wish to post their finished work to social media will be instructed on how to best do so as well. To see Damian Barneschi's work, please visit his Instagram feed @dbarneschi

ADPH, 6 Wednesdays, 6:30-8:30 pm. Begins September 12, LHS, Room 155, \$175/Seniors \$135.



MEET THE REAL CUBA

Down-to-Earth Travel for Adventurous, Creative People, p. 32

No matter where you travel in the world, communication is the key to success. Our courses are taught by instructors who both speak well and teach well in multiple languages.

NEW Beginning English – Daytime

Instructor: Robert Mendelsohn

The goal of this class is to help you get started understanding and speaking English. Along with the basics of grammar and pronunciation, we will focus on talking to other people in your neighborhood, at work, at school, at restaurants and at the doctor's office. We will use textbooks and videos and we will share stories from our own experiences. We will laugh and have fun while we work hard to build English language skills.

LENG, 11 Tuesdays, 9:30-11:30 am. Begins September 11, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$187/Seniors \$140.

Intermediate English

Instructor: Tamar Berejikian

This course is intended for students who can already speak, read, write, and understand basic English and want to focus on conversation practice. We will review grammar including verbs and prepositions. We will also work on practical exercises to improve everyday conversation.

LINE, 8 Thursdays, 6:30-8:30 pm. Begins September 27, LHS, Room 242, \$135/Seniors \$100.

Daytime English Conversation

Instructor: Ric Calleja

Have you studied English and perhaps traveled or lived in an English-speaking country, yet feel uncomfortable when Americans use informal English? In this class you will learn to understand and make yourself understood dealing with schools, landlords, neighbors and government officials. Your confidence will grow as we converse about daily life, family, children, friends, shopping, travel and what to see and do in the Boston area.

LCOE, 9 Mondays, 12:30-2:30 pm. Begins September 24, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$150/Seniors \$115.

Beginning Spanish

Instructor: Pilar Cabrera, Ph.D

This beginner course focuses on basic communication in Spanish. Students will develop communication skills that include greetings and farewells, answering the phone, ordering a meal, discussing traveling and hotel accommodations, and talking about recreation and sports. Students will learn grammar usage including regular and irregular verbs, subject-verb agreement, progressive tense, agreement of articles, nouns, and adjectives in the context of discussion, reading, and writing exercises.

LBGS, 8 Wednesdays, 6:30-9:00 pm. Begins September 26, LHS, Room 222, \$165/Seniors \$125.

Advanced Beginning Spanish

Instructor: Magnolia Rios

This course focuses on reviewing the skills attained in the Beginning / Advanced Beginning Spanish Courses and building on the Advanced Beginning Spanish curriculum. We will work on strengthening the four skills "listening, speaking, reading and writing". Grammar will include the review of regular and irregular verbs and the progressive tense. Students will continue to learn past and imperfect tense, stem-changing and reflexive verbs. Students will learn to express themselves through a variety of activities and conversations.

LADS, 10 Wednesdays, 6:30-8:00 pm. Begins September 12, LHS, Room 232, \$125/Seniors \$95.

Intermediate Spanish Conversation

Instructor: Ric Calleja

Build on your Spanish Skills with this native speaker of Spanish. This class will focus on conversational Spanish with vocabulary and grammar reinforcement and an overview of the people and cultures of the Spanish speaking world. Appropriate for students who have completed Beginning or Advanced Beginning Spanish or Intermediate speakers who would like a review of grammar and practice speaking.

LHCC, 9 Wednesdays, 7:00-9:00 pm. Begins September 26, LHS, Room 231, \$150/Seniors \$115.

Spanish Conversation – Daytime

Instructor: Tony Marques

Sustain and enhance your Spanish-speaking ability. You will love this interactive, funny, high-energy class. Students need to have at least two years of Spanish study, and should be comfortable translating the following: *Si Ud. quiere practicar español al completo, únase a nosotros. La clase será en español solamente. Después de un breve repaso de los principios básicos, tendremos presentaciones hechas voluntariamente por los estudiantes, y también tendremos discusiones culturales, turísticas, y alimenticias, sólo limitado por la imaginación y habilidad del presentador.*

LSCO, 10 Mondays, 10:00 am-12:00 pm. Begins September 17, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$170/ Seniors \$130.

Beginning Italian – Level 1

Instructor: Sonia Parravano

Students will have the opportunity to develop fundamental skills in grammar, pronunciation, vocabulary, and conversation. Learn the Italian sound system and the basics of vocabulary and grammar necessary for communication. This course is built around readings, class discussion, and active class participation. Memorization and mechanical practice is required. Textbook will be discussed at first class.

LBIT, 10 Mondays, 6:30-7:45 pm. Begins September 17, LHS Room 148, \$165/ Seniors \$125.

Advanced Beginning Italian – Level 2

Instructor: Sonia Parravano

This course is appropriate for those who have completed Beginning Italian (Level 1) or its equivalent. Grammar and vocabulary will build upon what was covered in Beginning Italian with a focus on speaking skills. Study of grammar will continue through simple conversations. Students should be familiar with the present tense, adjectives and prepositions.

LIAB, 10 Mondays, 7:45-9:00 pm. Begins September 17, LHS Room 148, \$165/ Seniors \$125.



Maurice Bombrun teaches French, pages 21 and 22.

Intermediate Italian – Level 3

Instructor: Sonia Parravano

This class is appropriate for students who have completed Advanced Beginner Italian - Level 2 and are comfortable in an immersion environment. Students should be confident using vocabulary and grammar skills acquired in Italian Beginner I and Italian Beginner II. Grammar study will continue through simple conversations, short stories and readings.

LIIT, 10 Tuesdays, 7:45-9:00 pm. Begins September 11, LHS, Room 173, \$165/ Seniors \$125.

Conversational Italian – Level 5

Instructor: Sonia Parravano

Engage in fun and stimulating conversation while enhancing your cultural, literary, and linguistic proficiency. The course explores a wealth of interesting topics, like Renaissance Italy, contemporary literature, current news, cuisine, music and more. Students are encouraged to prepare a topic and discuss their findings in an informal atmosphere. In addition to oral production, writing assignments and in-class prompts aim to help students express their ideas in the language. This class is a great fit for students who have intermediate to advanced proficiency in Italian.

LICO, 10 Tuesdays, 6:30-7:45 pm. Begins September 11, LHS, Room 173, \$165/ Seniors \$125.

Italian Conversation: Advanced Beginner and Intermediate

Instructor: Eleonora Cordovani

This class is designed to improve your Italian conversation skills, and we will attempt to speak in Italian only in class for

a full immersion experience. In addition to developing conversation skills, we will also become familiar with the language by reading of excerpt from books, articles from newspapers, and/or from topics the students are interested in, to create a conversation piece allowing everyone to participate. Vocabulary and some grammar will be covered as necessary.

LDCO, 8 Fridays, 9:30-11:30 am. Begins September 21, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$168/Seniors \$148.

NEW Learning Italian Language Through Theatre: For Intermediate Students

Instructor: Eleonora Cordovani

Learning a new language employs many of the same skills involved in acting and theatre. Both the actor and the language learner step onto a stage of a new cultural landscapes where even common scenarios and points of reference can present themselves as new and unfamiliar. In this class we will use typical theatre exercises and improvisations that, in addition to the use of the body, require the spoken word. We will also read and work through plays and scripts from Italian authors. Students must be able to speak, read and listen at an intermediate Italian language level as the sessions will be held in Italian. Join us for this fun immersion into Italian and acting with a native speaker and educator of both language and theatre.

LILT, 7 Tuesdays, 6:30-8:30 pm. Begins September 25, LHS, Room 242, \$115/ Seniors \$100.

French for Beginners

Instructor: Maurice Bombrun

If you have very little or no knowledge of French, this is the class for you. In the beginner level course, we will introduce basic pronunciation, grammar, and vocabulary through exercises so you can practice and acquire the language gradually and learn to communicate basic concepts in French. The focus is on everyday French that will help you to start understanding and communicating during simple interactions with French people. Our focus is shared among reading, listening, and speaking for a well-rounded,



Elenora Cordovani teaches *Discover Your Theatrical Side: An Acting Workshop for Teens (page 26), and Adults (page 15)*.

dynamic learning experience. Please purchase the textbook prior to the first class: *Contacts with In-Text CD* (ISBN 978-0618-395-781), Valette/Valette, 8th Edition.

LOBR, 10 Mondays, 2:15-4:15 pm. Begins September 17, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$170/Seniors \$130.

French for Beginners II

Instructor: Maurice Bombrun

If you have some or long-since-forgotten knowledge of French, this class is for you. In the Beginner II level course, we will assume all basic concepts of pronunciation, grammar, and vocabulary have been studied and acquired. We will introduce new vocabulary, grammar rules, verbs, and expressions through exercises to expand your oral and written knowledge and improve your ability to understand and communicate with French people, both orally and in writing. Our focus is shared among reading, listening, and oral exercises for a well-rounded, dynamic learning experience of everyday French. Please purchase the textbook prior to the first class: *Contacts* (ISBN 978-0618-395-781), Valette/Valette, 8th Edition.

LBFR, 10 Mondays, 4:45-6:45 pm. Begins September 17, LHS, Room 233, \$170/Seniors \$130.

Conversational French Workshop

Instructor: Maurice Bombrun

In the Conversational French class, students learn how to maintain and practice French to stay fluent and improve conversational skills. The lessons include conversation, pronunciation, understanding, role/play, grammar and translation to reinforce the learning process. We focus on giving you the opportunity to speak in French. We use articles from the news, literature, and student-submitted documents to expose you to a variety of real-life topics and everyday French language topics. No textbook required.

LFCW, 10 Thursdays, 2:00-4:00 pm. Begins September 20, LCE, Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$170/Seniors \$130.

Intermediate Level French

Instructor: Maurice Bombrun

This class is intended for intermediate level students. You should have studied and acquired Beginner French concepts, including basic French pronunciation, nouns, adjectives, articles, possessive and demonstrative adjectives, basic regular verbs and common irregular verbs, in the present tense, near future

tense, past tense/passé composé, basic positive, negative and question sentence construction, partitive articles, "il faut", "depuis", numbers, time, and weather. Building on this foundation, we will increase and practice your knowledge of other tenses, constructions, and expressions. You will develop skills that lead to simple conversation and understanding of everyday Intermediate level French. Please purchase the textbook prior to the first class: *Contacts* (ISBN 978-0618-395-781), Valette/Valette, 8th Edition.

LINF, 10 Thursdays, 4:30-6:30 pm. Begins September 20, LHS, Room 233, \$170/Seniors \$130.

Daytime Intermediate French

Instructor: Karen Girondel

This total immersion course is designed for students who are able to create sentences in French using learned vocabulary and expressions in basic social situations. While students may make mistakes, and pause to find the right word or to self-correct, they are generally understood by sympathetic native speakers who are accustomed to non-native fluency. The emphasis will be on perfecting listening and speaking skills in a variety of authentic cultural contexts, as well as increasing vocabulary and grammatical accuracy. The course is taught in a very visual way making it fun and easy to make rapid progress towards advanced proficiency. We will use film and current events to provide cultural context.

LDIF, 10 Tuesdays, 9:30-11:30 am. Begins September 11, Lexington Community Education Large Conference Room, 146 Maple Street, \$170/Seniors \$130.

French Language and Conversation Through Film

Instructor: Karen Girondel

Film transports us to another place, another time and another life. Film provides language learners with a rich audio-visual context, along with dynamic vocabulary, idiomatic expressions, authentic dialogue, in addition to cultural and historical references. This course will feature presentation of vocabulary and some key grammatical structures which students will practice in the context of

Computers

the film, as well as open-ended exercises, activities, discussions, and role-playing designed to help them improve their proficiency. Listening and speaking skills will be emphasized in this class rather than reading and writing. This course is for you if you know some basic French, understand some of what you hear when spoken at normal rate of speed, and want the opportunity to speak in a context that will encourage increased vocabulary and grammatical accuracy without lists of words and tedious written exercises.

LFFIL, 10 Wednesdays, 7:00-9:00 pm. Begins September 12, LHS, Room 166, \$170/Seniors \$130.

German for Beginning and Beyond Beginning Students

Instructor: Uschi Kullmann

Beginning German is for those who have no prior knowledge of the language. Beyond Beginning is for all levels and returning students (beginner to A2), and will focus on reading and speaking in common situations, along with occasional grammar instruction. Both classes will be interactive and use games, videos, and handouts to prepare you for communication in, and travel to a German speaking country.

LBGE, (Beginning), 8 Wednesdays, 5:00-6:30 pm. Begins October 17, LHS, Room 231, \$130/Seniors \$110.

LREG, (Beyond Beginning), 8 Wednesdays, 7:00-9:00 pm. Begins October 17, LHS, Room 231, \$168/Seniors \$148.

NEW Beginning Standard Arabic

Instructor: Janet Atiyyat

Originating in the 6th century, the Arabic language has become one of the most widely spoken and recognizable languages in the world today. Taught by a native speaker, the Beginning class will introduce modern conversational Arabic using an interactive and practical instructional method. Emphasis will be on listening comprehension, vocabulary, and speaking skills.

LBAR, 8 Tuesdays, 6:30-8:30 pm. Begins September 25, LHS, Room 231, \$165/Seniors \$148.

From editing digital photos, to creating your own web page, you are sure to find something to match your ability and interest.

Mac Computers are provided for all computer classes. However, if preferred, students may bring their laptops for any of Kristen Butler's classes.

The Lexington Community Education Conference Rooms are located at 146 Maple Street, access via 328 Lowell St. The LCE Office Conference Room is in the Old Harrington/Lexington Public Schools Central Office building. **Enter through the blue door on the parking lot side of the building. Look for the blue awning listing "Lexington Community Education."**

NEW Intro to Facebook

Instructor: Kristen Butler

This course will walk you through the simple steps associated with creating a Facebook Page, as well as help you understand how to start connecting with others through building an audience and posting.

CFACE, 1 Thursday, 9:00 am-12:00 pm. Meets September 20, LCE Large Conference Room, \$39/Seniors \$35

NEW Backup Your Devices – Daytime

Instructor: Kristen Butler

Learn how to backup and restore your files on your devices using local hard drives, iCloud, Carbonite, Dropbox, Drive and more. Learn what to do when you run out of space on your accounts.

CDBACK, 1 Thursday, 9:00 am-12:00 pm. Meets October 11, LCE Large Conference Room, \$39/Seniors \$35.

NEW Managing Passwords – Daytime

Instructor: Kristen Butler

Passwords passwords everywhere. How to keep track of your passwords so that you know what they are, keep your accounts safe, and how to change them so your account is not compromised.

CDPASS, 1 Thursday, 9:00 am - 12:00 pm. Meets October 18, LCE Large Conference Room, \$39/Seniors \$35.

Managing Your Photos – Daytime

Instructor: Kristen Butler

Photos, Photos, Everywhere! Photos on your phone, photos on your iPad, photos in your email, photos in your texts, photos on your wall, photos on slides or photos in a box. Your photos are everywhere come learn how to organize them on your computer so that you can find them and even put them into albums to share.

CDPIC, 1 Thursday, 9:00 am - 12:00 pm. Meets November 1, LCE Office Conference Room, \$39/Seniors \$35.

iPhone Capabilities – Daytime

Instructor: Kristen Butler

Unlock the mysteries and wonderment of the iPhone. Learn how to create an Apple ID and how it is used. Never lose your phone again by setting up Find My iPhone. Learn about the built-in Apps and how to install new ones. How to make Siri understand you. Keep your iPhone safe from prying eyes. And more...

CDPH, 1 Thursday, 9:00 am - 12:00 pm. Meets November 8, LCE Office Conference Room, \$39/Seniors \$35.

NEW iPhone Capabilities 2 – Daytime

Instructor: Kristen Butler

Still feel like you are a beginner user of your iPhone? Learn how to change the settings, backup your phone, sync your photos and music, never go over on data usage again, shop on the Internet, learn about fabulous apps that can make your life easier and more..

CD2PH, 1 Thursday, 9:00 am-12:00 pm. Meets November 29, LCE Office Conference Room, \$39/Seniors \$35.

Intro to MS Word – Daytime

Instructor: Kristen Butler

Learn how to use this powerful word processing program to write your papers, create flyers, write your resume, modify document setups, change margins, change fonts, and other information. Students must be familiar with the basics of how to use a computer.

CDWOR, 1 Thursday, 9:00 am-12:00 pm. Meets September 27, LCE Large Conference Room, \$42.

Introduction to Microsoft Excel – Daytime

Instructor: Kristen Butler

Learn how to use a spreadsheet application and create graphs using the data in your spreadsheets. Learn how to use multiple worksheets and share the data between the worksheets. MS Excel is a great tool for tracking numbers.

CDEX, 1 Thursday, 9:00 am-12:00 pm.
Meets October 4, LCE Large Conference Room, \$42.

Organizing Your Computer – Daytime

Instructor: Kristen Butler

Learn how to organize your files and folders, manage the “My Documents” folder, and backup your information. Students must be familiar with the basics of how to use a computer.

CDORG, 1 Thursday, 9:00 am-12:00 pm.
Meets October 25, LCE Large Conference Room, \$42.



DIGITAL PHOTOGRAPHY & PHOTO EDITING

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Introduction to Microsoft Excel

Instructor: Kristen Butler

Learn how to use a spreadsheet application and create graphs using the data in your spreadsheets. Learn how to use multiple worksheets and share the data between the worksheets. MS Excel is a great tool for tracking numbers.

CINX, 1 Wednesday, 6:00-9:00 pm.
October 24, LHS, Room 215, \$42.

Intermediate Excel I

Instructor: Kristen Butler

Learn how to import and link files, modify charts, explore the different formulas and more. Student must be familiar with the basics of how to use Excel.

CIEX, 1 Wednesday, 6:00-9:00 pm. Meets November 14, LHS, Room 155, \$42.

Intro to MS Word

Instructor: Kristen Butler

Learn how to use this powerful word processing program to write your papers, create flyers, write your resume, modify

document setups, change margins, change fonts, and other information. Students must be familiar with the basics of how to use a computer.

CWOR, 1 Wednesday, 6:00-9:00 pm.
Meets November 28, LHS, Room 155, \$42.

Organizing Your Computer

Instructor: Kristen Butler

Learn how to organize your files and folders, manage the “My Documents” folder, and backup your information. Students must be familiar with the basics of how to use a computer.

CORG, 1 Wednesday, 6:00-9:00 pm.
Meets December 5, LHS, Room 155, \$42.

NEW Backup Your Devices

Instructor: Kristen Butler

Learn how to backup and restore your files on your devices using local hard drives, iCloud, Carbonite, Dropbox, Drive and more. Learn what to do when you run out of space on your accounts.

CBACK, 1 Wednesday, 6:00-9:00 pm.
Meets September 26, LHS, Room 215, \$39/Seniors \$35.

NEW Managing Passwords

Instructor: Kristen Butler

Passwords passwords everywhere. How to keep track of your passwords so that you know what they are, keep your accounts safe, and how to change them so your account is not compromised.

CPASS, 1 Wednesday, 6:00-9:00 pm.
Meets October 3, LHS, Room 226, \$39/
Seniors \$35.

NEW Introduction to LinkedIn

Instructor: Kristen Butler

The key to your success on LinkedIn begins with a powerful and professional presence. You must strategically write your profile with your ideal client in mind before you start connecting to maximize the impact of your first impression online.

CLINK, 1 Wednesday, 6:00-9:00 pm.
Meets October 10, LHS, Room 215, \$39/
Seniors \$35.



UNDERSTANDING CRYPTO ASSETS: BLOCKCHAIN & BITCOIN

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Understanding iPhone Capabilities

Instructor: Kristen Butler

Unlock the mysteries and wonderment of the iPhone. Learn how to create an Apple ID and how it is used. Never lose your phone again by setting up Find My iPhone. Learn about the built-in Apps, how to install new ones, how to make Siri understand you, how to keep your iPhone safe from prying eyes...and more!

CI PH, 1 Wednesday, 6:00-9:00 pm. Meets October 17, LHS Room 226, \$39/Seniors \$35.

Managing Your Photos

Instructor: Kristen Butler

Photos, Photos, Everywhere! Photos on your phone, photos on your iPad, photos in your email, photos in your texts, photos on your wall, photos on slides or photos in a box. Your photos are everywhere come learn how to organize them on your computer so that you can find them and even put them into albums to share.

CPHO, 1 Wednesday, 6:00-9:00 pm. Meets September 12, LHS, Room 215, \$39/
Seniors \$35.

NEW Your Kids and Social Media

Instructor: Kristen Butler

There are positive aspects of social media, but also potential risks. It is important for parents to guide heir teens use these sites responsibly. Come learn more about different social media platforms and some concerns to address with your child.

CKIDS, 1 Wednesday, 6:00-9:00 pm.
Meets November 7, LHS, Room 226, \$39/
Seniors \$35.



Kristin Butler teaches tech, this page.

Courses for Children

Each summer LCE's Explorations program offers wonderful creative experiences that are anticipated and warmly remembered throughout the regular school year. Our Courses for Children section aims to offer that same no-stress environment filled with opportunities for enrichment and fun.

Home Alone

Instructor: Officers of the Lexington Police and Fire Departments

Help your child feel safer and more secure when home alone or with siblings, and teach them smart telephone and doorbell answering strategies. This class is designed for children ages 9 and older. Younger children may attend with an accompanying adult. Instructors are officers from the Lexington Police and Fire Departments. Class size is limited so please register early.

K009, 1 Tuesday, 6:30-7:30 pm. Meets September 25, LHS, Room 221. Free, but space is limited and pre-registration is required.

Teen Writing Workshop

Instructor: Brigid Gorry-Hines

In this writing workshop, young writers will have the chance to hone their writing skills and share feedback with their peers. The class will include designated writing time as well as discussions about the craft-including subjects such as character development, outlining, word-building, and finding your own voice. This workshop will be most suitable for students in grades 7-9. No writing experience is necessary. Please bring a notebook and a writing utensil.

KEEN, 5 Mondays, 5:00-6:00 pm. Begins October 15, LHS, Room 220, \$60.

Fiction Writing for 4th and 5th Graders

Instructor: Karen Day

Local children's book author Karen Day will lead fourth and fifth graders through interactive writing exercises as they explore how to start a fictional story of their own. Students will learn the importance of showing, not telling, and why every book needs a strong, active voice. No experience needed, just a good imagination!



Shawna Paul teaches How to End the Healthy Food Battle with Children, page 30.

K2FIC, 1 Thursday, 6:00-7:30 pm. Begins November 15, LHS, Room 229, \$44.

Fiction Writing for Middle Schoolers

Instructor: Karen Day

Creating a strong narrative voice is one of the most important ingredients in fiction writing. In this workshop local children's author Karen Day will take middle school students through the exercises she does when creating fictional characters. They will also explore plot, setting and theme. Students will leave with an understanding of how to create a strong voice. They will also have the beginnings of a story of their own.

KFIC, 1 Thursday, 6:00-7:30 pm. Begins November 8, LHS, Room 229, \$44.

Dungeons & Dragons for Middle Schoolers

Instructor: Gerry Goolkasian

This ever popular game of logic and imagination begins with the creation of characters with the rolling of dice. You and your collaborators guide your characters through an imaginary journey encountering exciting adventures along the way. Your journey is referred to as a "campaign" which is creatively structured like the plot of a good book by one player known as the Dungeon Master. This player is usually a more experienced player. In Week 1, we will begin taking requests to

write and run campaigns, and then create characters. After that our imaginations will guide us onwards. Both experienced players and beginners are welcome.

KCDD, 6 Mondays, 3:00-6:00 pm. Begins November 5, Clarke Middle School, Room 227, \$125.

From Barter to Bitcoin: The Journey of Money (Grades 7-9)

Instructor: Sumeit Aggarwal

Why do we use money to buy things? How would the world run if there was no money? What do banks do anyway? What about credit cards? Starting with the early use of barter, our journey of money will take our hero Farmer Fiona through the use of gold, paper money, and towards a future where she may not carry any currency at all. Along the way we will learn about the role of banks, interest rates, credit cards, blockchain technologies, and the importance of saving, managing, and making good choices in our own future financial lives. Students will play finance based games, and participate in various hands-on exercises to experiment with their new found skills in the world of money. Sumeit Aggearwal, MBA, MSIS is the managing partner and co-founder of Finhive LLC specializing in personal finance education.

KB2B, 6 Fridays, 4:00-6:00 pm. Begins September 21, LHS, Room 220, \$122.



Alma Bell Solis teaches Art Studio for grades 2-6, facing page.

Calligraphy (for Ages 10+)

Instructor: Alma Bella Solis

Learn the timeless art of beautiful writing in seven weeks using Uncial-Foundational script. After a brief overview of the history of calligraphy and the original scripts of Western Calligraphy we will experiment with spacing between letters, words, and between sentences/verses and paragraphs; and the proper angle in nib usage. Students will write their favorite poem, quotation or, any text of their own choosing in Uncial-Foundational script towards end of this session. Mastery can be achieved by a focus on penmanship skills in both print and long hand, as well as practicing and using the skills learned in class.

KCAL, 7 Fridays, 3:30-5:30 pm. Begins September 14, LHS, Room 166, \$195.

Babysitting and Safety Training

Instructor: Court Booth, Playworks

This program is for potential teenage (grades 7 and up) babysitters. It includes training in pediatric first aid, household safety, and the fundamentals of childcare. Learn to interview for a babysitting job, select safe and suitable games and activities, prevent accidents, perform basic first aid and CPR, and begin babysitting safely and competently. We will also cover feeding, burping a baby, spoon-feeding, crying, preparing for bed, and behavioral

challenges. Pocket guide books (American Academy of Pediatrics) are included in the cost of the class and you will earn a Babysitting completion certificate. An optional First Aid and CPR certification course (American Heart Association) is available through Lexington Community Education. Please see below.

KBTR, 2 Wednesdays, 4:00-7:00 pm. Begins September 26, LHS, Room 168, \$70.

NEW First Aid and CPR Certification for Babysitters

Instructor: Court Booth, Playworks

The American Heart Association "Heartsaver" First Aid and CPR courses reinforce the skills learned in the Babysitting courses, and add practice with the skills suitable for certification. Pediatric and adult CPR, the AED and chokesaving are included; also, care for wounds, burns, poisoning, shock, bone and joint injuries, bites and stings, and more are covered in an age-appropriate manner. Limit 9 students.

K CPR, 2 Wednesdays, 4:00-7:00 pm. Begins October 17, LHS, Room 168, \$80.

Discover Your Theatrical Side: An Acting Workshop for Teens (ages 13 to 17)

Instructor: Eleonora Cordovani

In this class we will learn how to trust other theater partners and build a strong

theatrical work team. Along the way we will explore the physical approach to acting, becoming familiar with the body and its limits. Through breathing exercises and line-readings we will develop an understanding of the use of the voice. Our study will include improvisational games and performance building exercises that will culminate in an end of class performance. There will be a lot of movement in class, so please come dressed in a comfortable way that will allow you to move freely. Both experienced and beginning actors are welcome.

KDTS, 8 Thursdays, 4:00-6:00 pm. Begins September 27, LHS, Room 173, \$160.

Ballroom Basics (for Grades 2-5)

Instructor: Kendall Sealey, db Studios

Ballroom basics will introduce your child to the Foxtrot, Tango, Waltz, Cha-Cha, Rumba, and Swing. Exploring movement, encouraging creativity, and enhancing gross motor skills and musicality through learning to ballroom dance. In this class basic step patterns, musicality, and the distinct character of each dance will be introduced. Important aspects of Ballroom dance will be introduced such as posture, poise, and musicality. This class is open to those in grades 2-5. Class will be held at db Studios, 442 Marrett Road, Lexington. Please note there is no class on October 8.

KBAL, 6 Mondays, 4:00-5:00 pm. Begins September 24, db Studios, 442 Marrett Road, \$120.

Drawing and Architecture - Beginning (Grades 2 - 5)

Instructor: Elena Belkova

Each class will start with time to sketch everyday objects, helping students develop the skill "to draw what you see, not what you know". We will move on to basic drawing of 2D and 3-D geometrical shapes to learn foundational techniques and to practice different aspects of drawing. We will also explore drawing architecture - from a study of simple architectural elements, to designing buildings using graph paper as a guide for proportion. Students will have the opportunity to design and work independently as well as with the

Test Prep/College Planning

instructor. Please bring the following supplies to class: a Drawing Pad (11" x 14"), Pencil HB, Colored Pencils (12), an Eraser and an 8 1/2" x 11" pad of graph paper. Please note there is no class on October 31.

KARCH, 6 Wednesdays, 5:00-7:00 pm. Begins October 10, LHS, Room 173, \$120.

Art Studio: Charcoal and Pastel for Grades 2-6

Instructor: Alma Bella Solis

Using a combination of charcoal pencils and chalks, or dry pastel pencils and chalks, you will produce your own compositions, interpreting subjects ranging from still life to human figures. You'll learn drawing methods including outline, contour, shading, blending, detailing and explore perspective, proportion, and more. Class size limited to 7 students. Please note there is no class on September 18 and November 6.

KPAC, 10 Tuesdays, 3:30-5:30 pm. Begins September 11, LHS, Room 166, \$275.

Knitting Workshop for Middle Schoolers

Instructor: Pat Heggie

In certain math and science circles there is a growing movement showing a link between knitting and academics, especially math. Knitting is a helpful and fun way to learn complex math skills such as calculating measurement, estimating, ordering, and sequencing). Skills taught will have you knitting comfortably in just 3-4 sessions. Please bring a pair of #8 needles and a skein of worsted weight yarn. Please note there is no class on November 6.

KKNT, 8 Tuesdays, 4:00-5:00 pm. Begins September 25, LHS, Room 173, \$78.



Glenn Frank teaches *Do it Yourself or Financial Advisor?* page 35.

Jazz in the Middle

Instructors: Toby Forman and Gregory Tracy

Do you love Jazz? Joining the Jazz In The Middle band will get you playing cool Jazz every week! Young musicians will get a solid grounding in jazz styles, music theory, and improvisation skills. This town-wide big band is just for middle school students, and will prepare you for playing at the high school level and beyond. Playing regularly with other musicians is one of the best ways to improve your own instrumental skills. The Jazz in the Middle band is not appropriate for beginners. Students must have some level of proficiency on their instrument. Please indicate your instrument on registration form. Auditions are not required.

KLHS, 10 Mondays, 3:30-5:00 pm. Begins September 17, LHS, Room 131, \$170.

NEW Upbeat Teens Ride to the Beat: Intro to Indoor Cycling and Strength

Suzanne Schwartz and Kristen Gohr, Upbeat Cycling

Does your teen like music, like to move or need to move off the couch? Maybe your teen plays on a team and is interested in cross training? Either way, your teen will be upbeat about our ride theater with its soaring sound and energizing lighting. Our teen program removes some of the most common barriers to exercise by making Upbeat Cycling a fun, safe, and welcoming place to try something new. We begin with a comprehensive introduction to the bikes, carefully fitting each student on a bike, demonstrating safe ride positioning and explaining the techniques we will use during each ride. Our smooth performance tracking bikes allow teens to compete with others in the class, or simply track their own workout and metrics from the privacy of their homes after class. As well, we will incorporate stretching and strength with hand weights. Guardians must create an account for the minor rider at upbeatcycling.com and complete Upbeat Cycling's Minor New Rider Waiver form.

KCYC, 4 Thursdays, 4:00-5:00 pm. Begins, October 4, 6 Schouler Court, Arlington, \$75.

In Control: Crash Prevention Training

This course offers students from Lexington High School and their families an opportunity to learn the skills that can not safely be taught on public roadways. Learn how to handle panic stops, turning into the skid, tailgating, and emergency lane changes, as well as the latest techniques for maintaining safe habits. This 4.5 hour class will teach you how to handle mistakes made not only by you, but also by others. Car crashes account for almost 50% of teen deaths and training has been shown to be the answer. Visit www.driveincontrol.com/lexingtonhighschool to learn about the discount on the class, available insurance discounts for graduates, and how much fun learning to handle Massachusetts roads can be in a closed course environment.



NEW Driver Education

NEW this fall - Online Registration for all Driver Education programs

Instructor: CS Driving School

A complete driver's education program (classroom and behind-the-wheel lessons) is available through LCE. Students must be at least 15.9 years old to begin the program. Please see the LCE website at www.lexingtoncommunityed.org for details and dates. The cost for the course is \$710. To register for upcoming Lexington Community Education Driver Education classes: Go go: <http://csdriving.com/locations.html>

- Select "Lexington High School"
- Click "Enroll"
- Complete the registration process
- Submit your payment of \$710



Reading SAT Prep & Writing and Language/Essay SAT Prep

Instructor: Staff, Catalyst Prep

This fall at LCE, students can register for lessons with one of Catalyst's expert test prep Reading, or Writing and Language/Essay instructors. Students in these classes will benefit from Catalyst's SAT prep book and 30+ hours of homework and practice drills. Catalyst Prep helps more than 20,000 students per year achieve extraordinary scores. Their unique approach to standardized test preparation has been featured in TIME, CNBC, Business Insider, The New York Post, The New York Daily News, The Huffington Post, and Live with Kelly and Michael, among other media. Please provide parent/guardian email address to Lexington Community Education at point of registration. Catalyst uses this email information to send class confirmations and results of diagnostic tests.

PWTU, (Writing and Language/Essay SAT Prep), 6 Tuesdays, 6:30-8:30 pm. Begins September 25, LHS, Room 234, \$200.

PRTH, (Reading SAT Prep), 6 Wednesdays, 6:30-8:30 pm. Begins September 26, LHS Room 225, \$200.

Math SAT Prep for the December Exam

Instructor: Chris Doucette

In SAT Math, students will review mathematical operations and learn test strategies necessary for success on the SAT. Required Text for class: *The Official SAT Study Guide* published by the College Board.

PSAM, 6 Mondays, 6:30-8:30 pm. Begins September 17, LHS, Room 232, \$200.

PMST, 6 Thursdays, 3:30-5:30 pm. Begins September 20, HS, Room 235, \$200.

NEW PSAT Prep

Instructor: Staff, Catalyst Prep.

Catalyst teaching staff pass their expertise to students with patience, understanding, and a welcome sprinkling of humor and creativity. LCE has partnered with Catalyst Prep for a comprehensive PSAT course this fall. Students will benefit from: two, 3-hour lessons with one of Catalyst's expert instructors; Catalyst's SAT/PSAT prep book and 6+ hours of homework and practice drills. Please provide parent/guardian email address to Lexington Community Education

at point of registration. Catalyst uses this information to send class confirmations and results of diagnostic tests.

PPSR, 2 Meetings, 6:00-9:00 pm. Meets Monday, October 1, and Friday, October 5. LHS, Room 220, \$195.

NEW SAT Bootcamp

Instructor: Staff, Catalyst Prep.

Catalyst teaching staff take the actual SAT every time it's given to gain insider knowledge of the exam in order to pass their expertise on to students. Catalyst's two-day SAT Bootcamp arms students with a go-to strategy for every question they'll face on the day of the test, including the essay, so they can march into the room with confidence, momentum, and every key strategy fresh in mind. Tuition: \$195 per student. Please provide parent/guardian email address to Lexington Community Education at point of registration. Catalyst uses this information to send class confirmations and results of diagnostic tests.

For the October SAT Test:

PBOOT, 2 meetings, Friday, September 28 from 4:00 pm - 8:00 pm and Saturday, September 29 from 9:00 am - 1:00 pm. LHS, Room 222, \$195.

For the November SAT Test:

P2BOOT, 2 meetings, Friday, October 26 from 4:00 pm - 8:00 pm and Saturday, October 27 from 9:00 am - 1:00 pm. LHS, Room 222, \$195.

ACT Test Prep for the December Exam

Instructor: David Bell

The ACT is one of the two major college admissions test used by colleges and universities in the US. There are four required components of the ACT – English, Math, Reading, and Science. There is also an optional Writing test. In this class we will review all components of the ACT exam. A materials fee of \$40 is payable to the instructor at the first class. Required text for class: *The Real ACT Prep Guide*, ISBN-13: 978-1119236412

PCOL, 8 Wednesdays, 6:30-8:30 pm. Begins September 12, LHS, Room 234, \$270.



One Evening – College Essay Writing Workshop

Instructor: Allan Reeder, Hillside Writing

The challenges that students face in composing authentic and compelling college-application essays are many. Brimming with stories from his long study of students' writing efforts — not only on the page but also in the often uneasy approach to it — Allan Reeder, founder of Hillside Writing, opens fresh and profitable ways of seeing and thinking about "the essay." Case studies provide entry into the sentences and the evolving sensibilities of past college applicants who have progressed beyond the worry about having to say something significant and into the confidence of having something specific and personally meaningful to say. Allan teaches about common pitfalls students encounter and shares the Hillside approach to launching this project. Attendees get working on the page and in conversation toward discovery of topics about which they can write with ownership, effectiveness, and even enjoyment!

PEST, 1 Wednesday, 6:30-8:30 pm. Meets September 26, LHS, Room 224, \$42.



EXECUTIVE FUNCTION: TOOLS FOR LEARNING, SKILLS FOR LIFE

p. 8

How to Find the College That Fits Your Child

Instructor: Larry Dannenberg

Looking to find the right school for your child or obtain merit money? We will show you how to choose the school that is the right fit for your child as we walk you through the admissions process. Learn about how merit money works and what you can do to better your position even if you are not a top student. This class is particularly important if your student is at the top of the class, has learning disabilities, is an athlete, or is average. 2015 was a year of significant change. Standardized testing has shifted, timing for Financial Aid has accelerated, there is a new application from the Consortium, and admissions have become more competitive. Learn why starting the process early can offer significant



Katie Walter of *Two Aprons Cookery* teaches *Holiday Appetizers*, page 32.

advantages. College Solutions has over 30 years of experience in college placement and financial aid. For adults only. The \$25 tuition is for two adults in the household.

PFIT, 1 Tuesday, 6:30-8:30 pm. Meets October 16, LHS, Room 229, \$25.

Fall Holiday Weekend College Essay Writing Workshops

Instructor: Mindy Pollack Fusi

Don't wait until college application deadlines approach and wonder what to create for your personal statement/essay! Be prepared by spending only one weekend (four-half days) learning the do's and don't's of the essay. You will receive help on all aspects of the essay from coming up with a topic to actually completing the essay in the span of four days. Join fellow students as popular College Application Essay Coach, Mindy Pollack-Fusi, teaches you insider tips and a foolproof technique on how to choose your essay topic. From there, you will draft your essay and receive feedback. After reviewing the feedback, and revising the

essay you will receive feedback again. You will work on polishing your essay and by the close of day four, you will have a completed essay that is concise yet creative and lively. This class will help you breakthrough your fear and frustration, guide you to the finish, and help you relax when your essay is done! Please bring a paper and pen to class as well as your laptop. This class will be held at The Place for Words, 200 Great Road, Suite 254A, Bedford. There will be a short lunch break. Please bring your own lunch or plan to purchase from nearby restaurants. Class size limited to six.

Columbus Day College Essay Workshop

PINT, Four Meetings Beginning Friday, October 5 from 6:30-9:00 pm and meeting Saturday October 6, Sunday, October 7, and Monday, October 8 from 11:00 am-3:30 pm at The Place for Words, 200 Great Road, Suite 254A, Bedford, \$500.

Veteran's Day College Essay Workshop

P2INT, Four Meetings Beginning Friday, November 9 from 6:30-9:00 pm and meeting Saturday November 10, Sunday,

November 11, and Monday, November 12, from 11:00 am - 3:30 pm at The Place for Words, 200 Great Road, Suite 254A, Bedford, \$500.

You Can Afford College If...

Instructor: Donald Anderson

If... you plan in advance; you understand the financial aid process; and you act early enough to be successful. Financial aid goes to the families who plan in advance—ideally before December 31 of the child's sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process, and how implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. The greatest amount of financial aid goes to the families who act in the years before college. Remember: procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. Tuition is \$25 for two adults in the household. For more information please visit our website at www.collegefundingadvisors.com.

PMFA, 1 Monday, 6:30-8:30 pm. Meets September 24, LHS, Room 229, \$25.

P2MFA, 1 Thursday, 6:30-8:30 pm. Meets November 1, LHS, Room 229, \$25.

NEW College Admissions for High School Juniors

Instructor: Joshua Mauro, Signet Education

In this seminar, students and parents will have the opportunity to gain a deeper insight into the college admissions process through the lens of a former college admissions officer. After dissecting each section of the Common Application, we will discuss effective techniques on how to best utilize space and how to avoid common mistakes. Tuition is for one parent (guardian) and one student.

PUNA, 1 Tuesday, 6:30-8:30 pm. Meets September 25, LHS Room 225, \$25.



FIXING OUR BROKEN SLEEP
p. 36

Parenting Perspectives

Navigating the Student-Athlete's College Search and Recruiting Process

Instructor: Nicholas Michael

This course is designed to educate student-athletes and their parents about navigating the often confusing and generally stressful college search and sports recruiting process for student-athletes, from their sophomore year through their senior year. We will cover the factors that influence a student's college choice preferences, process timelines, define recruiting terminology, explore the significant differences between NCAA divisions and their sport's impact on a student's academic career. We will also discuss student-athletes' recruitment requirements, identify what coaches are looking for, explain how to get noticed and how to end up on a "coach's list," which is given to admissions. A method will also be shown and discussed to track and determine a college coach's "level of interest" in each student-athlete. The second session is designed to demonstrate how to implement the various theories and strategies from the first night into specific action steps including how to create a plan which matches the student's selection criteria and academic performance to each individual school on their list. This list will be used to develop a targeted proto-typical communications plan, which will establish a focused path for finding the colleges best suited for each student-athlete, from both the academic and athletic perspective. Lists of all NCAA colleges in Divisions 1, 2 and 3 which offer each student athlete's sport will be provided. Material will also be distributed to provide some insight into the financial aid process, NCAA recruiting rules and regulations, and other information designed to bring clarity and objectivity to the college search and recruiting process, while hopefully, making it less stressful. Tuition is for an adult/student pair.

PNSA, Meets Tuesday, October 23 and Thursday, October 25, 7:00-9:00 pm. LHS, Room 229, \$40 per adult/student pair.

WORDCRAFT: EXERCISES IN CREATIVE WRITING

p. 16

NEW Fostering a Parent-Led Home

Instructor: Jennifer Goodman

We all know those stressful days when we're trying our hardest to be kind to our children but it seems like they're not listening to a thing we say! This is a simple path to reclaiming your loving, firm, and kind authority and giving your children the direction they need. The workshop will introduce a new model of discipline, based on the principle of orienting your children to listen to adult direction and be considerate of others, so they can make good decisions when they're older. We'll also discuss concrete tools for everyday struggles, like transitions, food issues, and peer interactions.

PTPF, 4 Thursdays, 7:00-9:00 pm. Begins October 4, LHS, Room 226, \$100/Seniors \$75.



DISCOVER YOUR THEATRICAL SIDE: AN ACTING WORKSHOP

p. 15

NEW Everything Parents Need to Know About Vaping

Instructor: Kristina Hankins, Community Resource Officer, LPD

Teens are likely to use electronic cigarettes rather than smoke cigarettes thinking that vaping is a safer alternative. According to the Massachusetts Department of Public Health and Massachusetts Department of Elementary and Secondary Education, in 2015, almost 50% of Massachusetts

high school students reported having used e-cigarettes at least once. Vaping continues to grow in popularity, even as more information about potential health risks comes to light. Many parents don't know what to look for or what risks vaping poses to their kids. This evening Detective Hankins will display samples of popular electronic cigarettes, discuss why the habit is so appealing to kids and provide important information for parents.

FVAP, 1 Tuesday, 6:30-8:00 pm. Meets October 9, LHS, Room 220. Free, but pre-registration is required.

NEW How to End the Healthy Food Battle with Children

Instructor: Shawna Paul

Does your child have a different opinion on what he/ she should eat? Are there meal or snack time battles with your children? You will find ways to shift the family meal dynamic from stressful to fun. The family can achieve nutritional balance across easy, affordable, and even common snacks and meals. The same tasty, healthful dishes can be served, so that parents and children feel great without a battle. so the whole family feels great.

NBAT, 1 Monday, 6:30-8:30 pm. Meets September 24, LHS, Room 220, \$25/Seniors \$20.

NBA2, 1 Wednesday, 10:00 am-12:00 noon, Meets October 3, LCE Conference Room, \$25/Seniors \$20.

NBA3, 1 Wednesday, 6:30-8:30 pm. Meets October 17, LHS, Room 220, \$25/Seniors \$20.



Mimi Fix teaches Home Baking Skills for Pleasure or Profit, facing page.

Cooking

NEW Your Kids and Social Media

Instructor: Kristen Butler

There are positive aspects of social media, but also potential risks. It is important for parents to guide their teens to use these sites responsibly. Come learn more about different social media platforms and some concerns to address with your child.

CKIDS, 1 Wednesday, 6:00-9:00 pm. Meets November 7, LHS, Room 226, \$39/ Seniors \$35.

NEW The Organized Parent for Partners: How to Manage Parenting, a Household, and the Work of Life as a Team

Instructors: Melissa Merres and Marie Levey-Pabst

We all do plenty of work to keep our households running. However, when children enter our lives, it can be harder to feel like we are really on the same household team with our partner. We struggle to find time to communicate our needs or figure out how to share the workload at home fairly. All the while resentment and stress build up, getting in the way of a loving relationship. While this is common among parents, it's a issue that can be resolved with a shared organizational system and a few simple communication tools. In this workshop you AND your partner will: clear out your heads of all the mental clutter that's been taking up space (and possibly leading to resentment and stress); brainstorm together and get your home-life organized . . . in a system you both use and understand; and learn how to confidently communicate with each other so that you can stay open, supportive, and able to get the help you need from each other. Class will be co-taught by Marie Levey Pabst of Create Balance and Melissa Merres, Life Coach. Tuition is per person.

PPAR, 4 Thursdays, 7:30-9:00 pm. Begins October 25, LHS, Room 220, \$75.



DROP-IN ZUMBA

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A Culinary Tour of H Mart

Instructor: Debra Samuels

The Asian supermarket H Mart is just around the corner from Lexington. Its aisles are chock full of treasures: sauces, noodles, dumplings, seaweed, rice, tofu, fresh banchan (Korean side dishes), an ocean of fish, teas, condiments galore and so much more. But for some of us, the unfamiliar ingredients, unrecognizable labels and the football-field-size of the store is just too daunting for an enjoyable shopping experience. Join Debra Samuels, Boston Globe food writer and author of two cookbooks (*The Korean Table* and *My Japanese Table*) for a tour as she guides you around the market to acquaint you with this wonderful resource. "Shop with a recipe; that helps to focus your task" says Samuels. Because the market is so large and there is so much to see, this year we are offering the tour in 2 sessions so there will be more time for questions, shopping and snacking. After each guided tour we will head over to the food court and sample some of the delicious offerings, pre-selected by Debra, from the bakery and restaurant stalls. Debra will provide handouts with recipes and how to stock your own "starter" Asian pantry. Class meets at HMart, 3 Old Concord Road., Burlington at the entrance of the Food Court.

NHMT, 2 Tuesdays, 6:30-8:30 pm. Begins October 16, meeting at HMart, 3 Old Concord Rd, Burlington, \$60.



ARE YOU LATE—AGAIN? THE ART & SCIENCE OF BEING ON TIME

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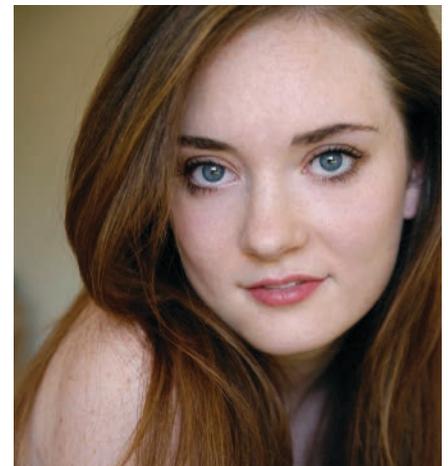
Home Baking Skills for Pleasure or Profit

Instructor: Mimi Fix

Whether you're baking for profit or simply want to learn tips and tricks from a professional, this class is for you. Discover the art of maximizing baked goods for visual and sales appeal. In our classroom setting, we'll have a comprehensive discussion of commercial baking techniques. You'll learn how to turn your kitchen into a well-run production area, utilizing shortcuts and tricks for recipe and product development, quantity

production (including scaling up recipes and assembly line method), shelf-life testing, packaging, storage, food safety, and more. You'll learn everything you didn't know to ask about equipment and appliances, and how oven heat affects baked goods.

NBAKE, 1 Thursday, 6:30-9:30 pm. Meets October 18, LHS, Room 143, \$35/Seniors \$30.



Kendall Sealey teaches Beginner Rhumba, page 37.

Start and Run a Home-Based Food Business

Instructor: Mimi Fix

Would you like to earn money doing what you love? Many states, including MA, have a cottage food law that allows for baking and selling in one's home kitchen. With minimal start-up money, anyone can turn his or her dream into a part- or full-time business. Whether you have always envisioned yourself with a small food business, would like a second source of income, or seek to own a small business that fits your lifestyle, this class will guide you step-by-step through the entire process. You will learn how to implement market research; price, label, and package products; find wholesale and retail customers; set up a simple bookkeeping system; and begin the process of obtaining legal permits. You'll leave class with a business plan and a checklist for moving ahead.

BBUS, 2 Mondays, 6:30-9:30 pm. Begins September 24, LHS, Room 225, \$49/ Seniors \$45.

Home, Hobbies and Travel

World's Great Teas

Instructor: Paul Angiolillo

Some cultures are known for their coffee connoisseurs, others for wine aficionados or beer enthusiasts. But almost every country has its tea lovers, whether they're into malty Assams, brisk Ceylons, aromatic Yunnans, plummy oolongs, delicate green teas, or highly-prized jasmynes. We'll sample at least eight classic teas (more if we have time) and learn a bit about them and how to brew a good cup. Sweet and savory snacks will accompany the teas and you'll take home plenty of samples. Bring one or two of your favorite cups or mugs to the class.

NTEA, 1 Tuesday, 7:00-8:30 pm. Meets October 9, LHS, Room 143, \$25/Seniors \$20.

NEW Holiday Appetizers

Instructor: Katie Walter / Two Aprons Cookery
Two Aprons Cookery

The best part of the holiday season is sharing it with friends and family. Be able to relax and enjoy yourself and still whip up some amazing appetizers. In this class we will cover a variety of recipes and have lots of tips for make-ahead and time-saving. Recipes include Gougeres, Pomegranate Mint Crostini, Dates Stuffed with Walnuts and Blue Cheese, Spinach Bars, and Pork and Apple Endive Bites. A \$12 food fee is payable to the instructor in class.

NHAP, 1 Tuesday, 6:00-8:30 pm. Meets December 4, LexMedia Studios, 1001 Main Campus Drive, Lexington. Please visit, lexmedia.org for detailed driving directions. \$65.



Randi Sui teaches Dress to Impress and The Art of Accessorizing, facing page.

Smart Planning for Your European Vacation

Instructor: Wim Nijenberg

Do you want to know how to simplify finding the information you need? Do you want to know how to book the best products and services – air, accommodations, rail, car, ferry, sightseeing and others? You can make your trip more enjoyable and save time planning it. Become aware of the many discounts in Europe and avoid missed opportunities. This program is for individual and escorted travel as well as cruises in Europe, and for people who want to plan with online resources or an agency. In two hours we'll start you off on the right track.

FEUR, 1 Tuesday, 7:00-9:00 pm. Meets October 23, LHS, Room 225, \$25/Seniors \$20.

Everything You Need to Know about Auto Repair

Instructor: Bruce Gerry

Come get a general overview of major systems of an automobile from an experienced mechanic and teacher, who can make all things automotive both fun and clear. We will cover basic maintenance and troubleshooting ignition, charging, cooling, fluids, electrical, brakes and exhaust systems. We'll also discuss common problems encountered with any vehicle. With this information you will be better able to diagnose problems, perform basic maintenance, and deal competently and knowledgeably with local mechanics. **Please note:** This is a lecture/demonstration class, not hands-on, but you will learn plenty.

FCAR, 4 Thursdays, 6:30-8:30 pm. Begins October 4, Lexington High School, Room 233, \$88/Seniors \$65.

NEW Solar Panels – Lease or Buy?

Instructors: Sumeit and Sanjay Aggarwal

Most home improvement projects pay you back when you sell your house. Addition of solar panels is a home improvement that starts to pay for itself as soon as the project is completed. It's not only tempting for financial reasons, but it's also great for reducing your carbon footprint. If you are thinking of getting solar panels on your

roof you will need to decide how many panels do you need to become energy independent. There are many factors at play—how much electricity you use, how many panels you can afford and of course where you live. In this 2-hour session we will go over a financial model that will help you walk through the decision of leasing or buying and calculating your typical payback period. This class will be co-taught by Sumeit and Sanjay Aggarwal.

BSOL, 1 Friday, 7:00-9:00 pm. Meets October 12, LHS Room 221, \$25/Seniors \$20.

NEW Aging in Place: How to Make Your Home Safe and Convenient

Instructor: Bill Dickinson

When most people consider the possibility of aging in their home they think of wheelchair ramps, stair lifts, elevators, and single level living. However, modifying your house for aging is much more than just adding ramps, it is also about enhancing your houses convenience and safety. We will discuss kitchens, bathrooms, bedrooms, entries, interior and exterior circulation, material choices, and planning concepts.

HAGE, 1 Tuesday, 7:00-8:30 pm. Meets December 4, LHS, Room 220, \$25/Seniors \$20.

NEW Meet the Real Cuba: Down-to-Earth Travel for Adventurous, Creative People

Instructor: Laura Quincy Jones of Cuba Art Adventures

Cuba is a country full of cultural gems that go far beyond the old cars and cigars we often see on TV. From the museums, to street murals, to new sculpture art, the country is vibrant with color, and culinary flavor, and of course music that is unique and admired around the globe. In this armchair travel/informational session we will address the country of Cuba at this fascinating moment in its history – addressing some basic questions about what definitely is and is not legal in terms of Cuba travel, and how to initiate the process for interested travelers. We will briefly outline the types of tours possible offered by, and what makes these unique, useful and accessible experiences.



Son-Mey Chiu teaches *Fall and Winter Themes in Chinese Brush Style*, page 18.

FCUB, 1 Thursday, 7:00-9:00 pm. Meets, November 8, LHS, Room 222, \$25/Seniors \$20.

NEW Calculating the True Cost of Home Ownership

Instructors: Sumeit and Sanjay Aggarwal

In this 2-hour session we will discuss the key financial decisions that need to be made before buying or upgrading to a bigger space. We will walk through a financial model that can help determine the future cost of owning a home. Since home buying is an emotional and a financial decision, this savvy Excel tool can help you determine the future cost of owning a bigger home. Its offline functionality will let you play with it without sharing your personal financial information.

BCTO, 1 Friday, 7:00-9:00 pm. Meets November 2, LHS, Room 220, \$25/Seniors \$20.

Dress to Impress

Instructor: Randi Siu

Wouldn't it be great to feel good, look good and get compliments on everything you wear? The key to looking your best is to learn how to harmonize all your features, so the clothes you wear compliment your figure type and balance your features. In this class you will learn what your figure type is, and how you can harmonize all your features, with the best clothing styles for you, for a fabulous new look.

FD2I, 1 Thursday, 7:30-9:00 pm. Meets September 20, LHS, Room 232, \$30.

The Art of Accessorizing

Instructor: Randi Siu

Everyone can wear scarves successfully, if they know how! In this class you will learn how which colors, styles, patterns and finishes of scarves best compliment your coloring, personality, figure type and face shape. You will also learn creative ways to tie scarves to update, enhance and add a fresh new look to your basic wardrobe, for a more polished look. *Please wear a simple classic plain colored top to class, so you can try out and practice new scarf-wearing techniques.*

FAOA, 1 Thursday, 7:30-9:00 pm. Meets September 27, LHS, Room 232, \$30.

NEW Holiday Shopping – Ready, Set, Budget

Instructors: Sumeit and Sanjay Aggarwal

We are now in the second half of the year, and that can only mean one thing – Holiday Shopping! It really is the perfect time to plan your holiday gift list and save money this season. In this 2-hour class we will discuss best practices for creating and automating the holiday budget and sharing tips that will put you on the road to successfully sticking to your budget. It will save you stress, money, and time later. With your holiday budgeting strategy in place, you can look to the Black Friday, Cyber Monday, Small Business Tuesday or whatever else the retailers dream up this year with a new sense of control and excitement.

FHSR, 1 Friday, 7:00-9:00 pm. Meets November 16, LHS, Room 221, \$25/Seniors \$20.

Business and Career

Our Financial Courses are not intended to substitute for individual financial counseling or advice. Neither LCE or the Lexington Public Schools may give specific advice on personal investments.

NEW Careers with a Cause: Finding Your Place in the Nonprofit Sector For Caregivers Who Want to Become Changemakers

Instructor: Stephanie Lawrence



You paused your career to focus on caregiving for your children or parents, and now you're re-launching with a desire to secure meaningful, mission-driven work in the nonprofit sector. Kickstart your fall career relaunch efforts with this unique opportunity to hear from a panel of successful nonprofit sector relaunchers as well as hiring managers from local NP organizations. Get the inside scoop about hiring trends in the Greater Boston nonprofit sector and how best to communicate your value and the skills and connections you developed during your career hiatus. Discussion topics will include how to leverage the power of strategic volunteering and purposeful networking, as well as how to identify nonprofits experiencing an inflection point of growth and an increase in hiring capacity.

BREL, 1 Thursday, 7:00-8:30 pm. Meets September 27, LHS, Room 220, \$10.

NEW The Nonprofit Relaunch Connector: Find Clarity, Confidence and Connections

Instructor: Stephanie Lawrence

Are you searching for purpose-driven work in the nonprofit sector after an extended caregiving-focused break but struggling to know where to begin, with whom to connect, and where you would fit into the sector? Are you feeling stuck, isolated, and lacking in self-confidence in your job search? The Nonprofit Relaunch Connector is a unique career restart program tailored to those who are seeking to find their place in the nonprofit arena after a career gap. Through a series of sessions, this program will provide a deep dive into the Greater Boston nonprofit sector job market with an

emphasis upon identifying opportunities to make new strategic professional connections and awareness of funding trends that indicate hiring opportunities. Step out from behind your computer and away from online job boards and become a member of a community of relaunchers with a shared focus on pursuing a purpose-driven career. There will soon be a nonprofit leadership gap in Greater Boston as a “massive” wave of area nonprofit leaders are forecasted to depart their positions in the near future. A recent study by the Boston Foundation found that 78% of nonprofit leaders in the Boston area expect to leave their jobs by 2022. Relaunchers’ skills, experience and personal networks will be valuable assets to the nonprofit community in the wake of these departures. Be prepared to position yourself as a member of the next wave of Greater Boston nonprofit leaders.

BCWC, 3 Thursdays, 7:00-9:00 pm. Begins October 18, LHS, Room 222, \$65/Seniors \$45.

Long Term Care: Planning for the Potential Need

Instructor: Len May

At least 70% of people over age 65 will require long-term care services at some point in their lives (from www.longtermcare.gov). A well thought out plan for addressing the potential need for care is essential to the physical, emotional and financial needs of you and your family. What are the long term care risks and consequences? What are the options to protect your home and savings? How about transferring assets to qualify for Medicaid? How do stand-alone and new hybrid insurance alternatives work and which might be appropriate for you? This program is appropriate for those ages 48 to 70.

FLTERM, 1 Tuesday, 7:00-8:30 pm. Meets September 25, LHS, Room 229, \$25/ Seniors \$20.

How Medicare Works: An Introduction for Boomers

Instructor: Arthur Budnik

In this class we will demystify Medicare and teach “Boomers” what Medicare is and how it really works in Massachusetts. Many approaching 65 have no idea about all the parts of Medicare or what it may mean to



Sanjay (and Sumeit) Aggarwal teach Solar Panels: Lease or Buy?, page 32.

them. They are not aware of actions they should take, responsibilities they have in the process or when, where and how they should enroll for different parts of Medicare. We will answer questions like: How can I get my Medicare coverage? Do I need to do anything if I work beyond 65? What do I pay? What does Medicare cover? Can I have other types of health coverage? Can I keep my “Massachusetts Health Connector Plan” when I’m eligible for Medicare? What does Medicare Part A, B, C or D mean for you? The first session will focus on an overview of Medicare, while the second will review prescription drug coverage with an exploration of the Medicare.gov website with an emphasis on Medicare’s Plan Finder tool used to Find Health and Drug Plans. Ample time should be available each night for general questions. This class will be led by the Minuteman Senior Services SHINE Program, (Serving the Health Insurance Needs of Everyone – on Medicare), in partnership with the state SHINE program at the Executive Office of Elder Affairs. SHINE provides unbiased information to Medicare recipients of all ages.

BMED, 2 Thursdays, 6:30-8:30 pm. Begins September 13, LHS, Room 222, \$25.



SUPPLEMENT YOUR INCOME WITH FLEXIBLE JOBS OR A HOME-BASED BUSINESS
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NEW Understanding Crypto Assets, Blockchain, and “Bitcoin Fever”

Instructor: Andrew Rodwin

While the media abounds with stories about the boom and bust cycle of bitcoin, most people don’t understand the basic principles of how crypto assets like bitcoin work. This class explains the technologies “under the hood”, as well as relevant tools and the crypto ecosystem. Session 1 covers coin types, mining, forking, wallets, cryptography, blockchain basics and forensics, transactions, exchanges, airdrops, faucets, and security. Session 2 covers distinctions between public and private blockchains, enterprise blockchain platforms, macro data about blockchains, why banks have been forced into piloting blockchain en masse, why blockchain is such a powerful tool to solve economic challenges, and a sector-by-sector view of disruptive blockchain innovation. While the course avoids investment recommendations, it provides people with the conceptual and detailed knowledge required to understand how crypto assets might affect them personally, as well as influence society at large.

BBCT, 2 Tuesdays, 7:00-9:00 pm. Begins October 9, LHS, Room 225, \$50/Seniors \$45.

NEW Crossroads: The Intersection of Time, Money and Joy

Instructor: Glenn Frank

Living in a world obsessed with consumerism, we are constantly bombarded with “more is better” - but how much do we really need? How can we maximize our resources and time to make us ultimately happy? We will focus attention on discovering what’s truly important to each of us while suggesting ways to “create” more time for these activities through prioritization, elimination, automation, delegation, etc. A big part of the equation is understanding how our minds work, including how to stimulate the brain’s “happy chemicals”. The often life fulfilling effects of helping others as well as leveraging our skills will be discussed. The course will provide a step-by-step process to better address day-to-day decisions as well as major crossroads - career, retirement, housing, charitable endeavors, etc. Post-class, attendees can then construct a personal roadmap, reconciling the ongoing trade-offs that we all face between time, money, and joy. A variety of resources should provide direction as new crossroads in life emerge.

BTMJ, 1 Tuesday, 7:00-9:00 pm. Meets September 25, LHS Room 226, \$25/Seniors \$20.

Do it Yourself or Financial Advisor? Capabilities, Fees, Conflicts of Interest...

Instructor: Glenn Frank

Understand the industry Lexicon—ROBOs, brokers, RIAs, financial planners, money managers, wealth managers, family office, fee-only, fee-based... all in the context of successfully completing the 5 step investment process needed to accomplish your goals. Planning, emotions and taxes are integral to the process. How best to do this yourself or would one of these advisory models be worth paying for? Understand that advisors must navigate numerous conflicts of interest from the subtle (deviating from the S&P 500) to the not so subtle (commissions). Best resources if on your own. If not, how to ensure the advisor is a “wise investment”.

BDIY, 1 Thursday, 7:00-9:00 pm. Meets October 4, LHS, Room 222, \$25/Seniors \$20.

Estate Planning 101

Instructor: Rebecca O'Brien

Come learn the basics about wills and estate planning. We will discuss wills, durable powers of attorney, health care proxies, living wills, setting up trusts, how to appoint a guardian or conservator for minor children if needed in the future, and basic strategies for saving on estate taxes. Bring your questions!

BWIL, 1 Tuesday, 7:00-9:00 pm. Meets October 16, LHS, Room 221, \$30/Seniors \$25.



HOME BAKING SKILLS FOR PLEASURE OR PROFIT

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Savvy Social Security Planning for Couples

Instructor: Rick Fentin

The Social Security decisions spouses make when they are in their 60s will determine the amount of total income they will receive over their lifetime – especially the lifetime of the spouse who lives the longest (usually the wife!). This workshop will cover the NEW rules that can help married couples get the most out of the Social Security system. We will cover: the optimal times to apply, spousal coordination, minimizing taxes and effectively integrating Social Security with other assets. Plus, the most important thing all higher-earning spouses should do and more. Why not make sure you are maximizing your income? The \$40 tuition cost is per couple.

BCSS, 1 Wednesday, 7:00-9:00 pm. Meets September 12, LHS, Room 226, \$40 per couple.

Maximizing Social Security for Singles and Divorced Spouses

Instructor: Rick Fentin

Social Security can be complicated. There are literally hundreds of rules that apply to very specific individual circumstances. Strategies to maximize benefits for single individuals and divorced spouses can be very different than for married couples. Social Security is one of the few income sources that keeps up with inflation and lasts for life so it is important

to know how to make the system work for you. Many people fail to maximize their benefits because they do not understand the little-known rules that can help them do better. This workshop will cover the NEW SS rules, the optimal times to apply, divorced spousal benefits and coordination, minimizing taxes and effectively integrating Social Security with other assets. Why not make sure you are maximizing your income?

BDSS, 1 Thursday, 7:00-9:00 pm. Meets September 13, LHS, Room 226, \$25.

NEW The New Tax Law: 20+ Key Questions and Answers

Instructor: Rick Fentin

We all need to understand the new tax laws because the changes are far-reaching, subject to interpretation and revisions, and impact both negatively and positively nearly every person or business filing taxes in 2019. Tax deductions you’ve counted on in the past may have gone away or been replaced by new ones, so you’ll need to understand the impact of the new rules and how to maximize your situation. Topics we will discuss include: how the new tax law may impact your retirement planning strategies; why new estate planning rules may change your need for extra life insurance; new tax credits for families plus major changes in 529 plans; strategies for maximizing itemized deductions under the new law; the pros and cons of paying off your mortgage; special new advantages for business taxes; and the effect of inflation changes in the new tax code.

BTAX, 1 Tuesday, 7:00-9:00 pm. Meets October 9, LHS, Room 226, \$25.

NEW Introduction to LinkedIn

Instructor: Kristen Butler

The key to your success on LinkedIn begins with a powerful and professional presence. You must strategically write your profile with your ideal client in mind before you start connecting to maximize the impact of your first impression online.

CLINK, 1 Wednesday, 6:00-9:00 pm. Meets October 10, LHS, Room 215, \$39/Seniors \$35.

Mind and Body

LCE seeks to offer opportunities that promote learning about holistic health and living well. In this section you'll find everything from courses on meditation to alternative understandings of nutrition.

Stop Your Sugar Habit

Instructor: Sue McCombs

What if you had no desire to eat anything with sugar? What if looking at a product with sugar left you with the feeling of total indifference? No more longing for that chocolate bar or soft drink. What if all that expertise, the thinking and obtaining and consuming of sweets, got transformed into some positive habit, like exercise or another desired outlet? Focus can be placed on eating moderate, well balanced meals featuring fresh fruits and vegetables and lean, quality protein. Watch your energy increase as the sugar leaves your system. No more highs and lows from sugar rushes. It is possible, using the hypnosis techniques of guided imagery taught in this class, to help you make this change on a powerful subconscious level. Please do not consume alcohol prior to class. An audio CD will be available for \$30 for those who wish to take the program home for reinforcement.

MSUG, 1 Monday, 7:00-8:30 pm. Meets October 15, LHS, Room 166, \$40.

NEW Are You Late – Again? The Art and Science of Being on Time

Instructor: Rachael Stark

Are you late – again? Would you rather arrive organized, prepared, calm, and on time? You can learn how. Consider different ways of conceptualizing and experiencing time. Learn useful attitudes and skills, uncover and banish time stealers and logistics knots, focus on what matters, and tap the power of counting backwards. Reflect, discuss and problem solve in a supportive setting. Focus on what is important to you and learn to have time to do it. You will leave this class with a range of techniques to take control of your To Do lists and your time.

BLTE, 1 Tuesday, 7:00-9:00 pm. Meets September 25, LHS, Room 232, \$25/ Seniors \$20.



Virginia Payne teaches Tai Chi, facing page.

NEW Surviving Seasonal Change: Coping with Less Light

Instructor: Pam Wolfson

Every fall, we New Englanders must adjust to seasonal changes. As we move into autumn, the sun sets earlier every day. This loss of light—not to mention cold and snow-- can change mood. Many of us do not welcome Daylight Savings Time where we must turn our clocks back an hour. Some of us feel less energetic and begin to dread winter. This workshop will shed light on the winter blues and Seasonal Affective Disorder (SAD). You will come away with a clearer understanding of typical symptoms of the winter “Blues” and Pro-active steps you can take to boost your attitude and energy.

MSAD, 1 Tuesday, 7:00-9:00 pm. Meets October 23, LHS, Room 220, \$25/Seniors \$20.

Fixing Our Broken Sleep

Instructor: Rick Clerici

In this 90 minute presentation attendees will learn techniques for overcoming common sleep problems like “trouble falling asleep,” “difficulty staying asleep,” “excessive thinking,” “waking too early,” “Sunday night insomnia,” “chronic insomnia,” “shift-work difficulties” and “daytime sleepiness.” This hands on presentation has helped many people to begin getting better sleep almost immediately. A guided relaxation exercise teaches techniques for initiating sleep and returning to sleep. Rick Clerici C.Ht., is a Certified Clinical Sleep Educator and has helped thousands of people increase the quality and quantity of their sleep.

MSLE, 1 Wednesday, 7:00-8:30 pm. Meets September 26, LHS, Room 233, \$33.

Portable Meditation

Instructor: Rick Clerici

In our fast, busy and noisy world the ancient practice of meditation is more relevant than ever. Portable meditation is a class that meets us where we are, stressed, hurried and with a shrinking attention span, and nurtures us in the ordinary moments of our lives. These mindful and meditative techniques help us develop the meditative mind in the midst of our modern world. We will explore brief techniques that stop the racing mind and help it to release the debris of endless chatter. We will practice slightly longer meditations that develop the “muscles” and tolerance of mindfulness. And in deeper guided meditations we will explore our natural inner peace and develop the muscle memory for calm. Portable meditation is about developing meditation skills and practice that fit into life as it is.

MIND, 1 Wednesday, 7:00-8:30 pm. Meets October 17, LHS, Room 230, \$33.

Introduction to Meditation

Instructor: Sue McCombs

Meditation can reduce stress and boost energy and is a surprisingly easy skill to learn. Come join us for this one-night workshop to learn the basics of meditation. With a little practice, you will discover that meditation can help you manage the stress in your life, and increase your overall sense of well-being. Please note; any alcohol consumption prior to class will significantly reduce the effectiveness of these techniques.

MMED, 1 Monday, 7:00-8:30 pm. Meets October 29, LHS, Room 166, \$40.

Exercise and Dance

Stop Dieting

Instructor: Sue McCombs

Imagine not being tempted to overeat; to feel indifferent to sugar, bread, pasta, too much snacking, and grazing from dinner to bedtime. Using guided relaxation and imagery (techniques used in hypnosis), you will notice an improvement in your desire, determination, and resourcefulness, which will lead you toward successfully instituting a healthier pattern of eating. This program is designed to help you let go of unwanted pounds gently, easily, and permanently. Please do not consume any alcohol prior to class. Audio CD's will be available for \$30 for those who wish to take the program home with them.

MAPP, 1 Monday, 7:00-8:30 pm. Meets October 22, LHS, Room 166, \$40.

Stress Less: Learn to Meditate

Instructor: Richard Geller

Meditation is one of the best ways to reduce stress and improve your health, as evidenced by many recent scientific studies. Participants will learn: how meditation works, numerous different meditation techniques, and strategies for integrating meditation into your daily work and life. Upon completing this program, participants will be able to practice meditation anytime, anywhere that stress occurs, and immediately feel the benefits. Throughout the four week course, participants are taught and practice over 10 powerful meditation techniques including: breath focus, body scan relaxation, standing and walking meditation, Tai-Chi and Chi-Kung beginning practice, sound and mantra meditation, simple Yoga as a meditation, visualization practice, and mindfulness meditation. The entire program is highly interactive, hands-on, and easy to learn. The class is taught by Richard Geller of MedWorks Corporate Meditation Programs, who has been featured in the *Boston Globe*, *Bloomberg News*, *Financial Times*, *Mass High Tech*, and Boston CBS-4 TV news (see www.meditationprograms.com). Participants sit in chairs and wear normal attire. Sorry, no eating in the class.

SLLM, 4 Tuesdays, 7:00-8:00 pm. Begins September 25, LHS, Room 247, \$66/ Seniors \$49.

Our Exercise and Dance classes provide many low-impact, affordable, and fun ways to help you get in shape and stay that way.

NEW Beginner Rumba

Instructor: Kendall Sealey, db Studios

Enjoy our six week Rumba course and start feeling more comfortable on the dance floor. As one of the most versatile and social dances you can expect to learn enough material in this class to dance at a wedding, party, or social event. The class will focus on learning basic step patterns, learn how to lead/follow, and work on musicality and timing. This class is designed for those who are new to dancing, or have very little experience with rumba. No partner or experience needed. Enjoy learning to dance in a friendly, and welcoming environment – walk in and dance out! Class will be held at db Studios, 442 Marrett Road, Lexington. Tuition is per person.

EDANCE, 6 Tuesdays, 7:30-8:15 pm. Begins September 25, db studios, 442 Marrett Road, Lexington, \$120.



BEGINNER BALLROOM BASICS FOR KIDS
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Beginning Tai Chi

Instructor: Virginia Payne

Originally one of the ancient Chinese martial arts, Tai Chi (or Taijiquan) is practiced today by students primarily as a method of exercise that cultivates physical and mental harmony in movements. Scientific studies show that Tai Chi improves and possibly prevents chronic conditions such as arthritis, heart disease and diabetes. In fact, practicing Tai Chi regularly helps reduce stress, improve balance and coordination, strengthen immune systems, and develop body awareness and confidence. Eight Pieces of Brocade is primarily designated as a form of medical qigong, meant to improve health. It consists of eight separate exercises coupled with deep breathing – which are primarily used as warm-ups in this intro class before practicing the Tai Chi form. Wear soft, comfortable clothes and soft-soled shoes such as flat sneakers.

Outdoor shoes are not permitted inside the studio. Please make sure to attend the very first class where the instructor will give a brief introduction to the history and benefits of Tai Chi and Qigong, as well as a demo of the Tai Chi form.

EVTI, 10 Thursdays, 5:30-6:30 pm. Begins September 13, LHS, Room 247, \$135/ Seniors \$100.

Tai Chi IV

Instructor: Virginia Payne

Practicing Tai Chi regularly helps reduce stress, improve balance and coordination, strengthen immune systems, and develop body awareness and confidence. This class is a continuation of the “Tai Chi III” class. The 108-move Tai Chi form will be further refined along with deep breathing exercises in each class. Emphasis will be on practicing and doing the moves correctly and with fluidity. The Eight Pieces of Brocade Qigong will again be used as warm-up exercises before practicing the Tai Chi form. Wear loose, comfortable clothes and soft-soled shoes, such as flat sneakers.

ETC4, 10 Wednesdays, 6:00-7:00 pm. Begins September 12, LHS, Room 140, \$135/Seniors \$100.

NEW Advanced Tai Chi and Tai Chi Sword

Instructor: Virginia Payne

This class is designed for students who just finished the “Advanced Tai Chi” class, and who had already gone through the “Advanced Tai Chi and Push-Hands” class. The 108-move Tai Chi Basic form will be further refined along with deep breathing exercises in each class. Emphasis will be on practicing and doing the moves correctly and with fluidity. Students will finish learning all 58 moves of the Tai Chi Sword form in this class. Sword is just the extension of our arm. The Tai Chi Sword form follows the same principles of the Tai Chi bare-hand form, hence is also a method of exercise that cultivates physical and mental harmony in movements. Wear loose, comfortable clothes and soft-soled shoes, such as flat sneakers.

EITC, 10 Wednesdays, 6:00-7:30 pm. Begins September 12, LHS, Room 140, \$165/Seniors \$125.

Barre3

Instructor: Natasha Groblewski

Barre3 is a 60-minute workout that mixes athleticism, grace, and the latest innovations designed to balance the body. Inspired by ballet barre, yoga and Pilates, instructors guide clients through a sequence of movements designed to tone and lengthen all major muscle groups, rev the heart rate, and strengthen the body. Barre3 is for everyone—this is not a one-size-fits-all approach to fitness. Instead, each individual is empowered to adapt postures and develop body awareness for lasting results. Please wear comfortable clothing. We will work barefoot or with sticky socks (which can be purchased at the studio). All you need to bring is a water bottle -- all other props will be provided. Classes held at Barre3 Bedford (158 Great Road, Bedford, MA). Age 16+.

EBAR, 8 Tuesdays, 9:45-10:45 am. Begins September 11, Barre3 Studio, 158 Great Road, Bedford, \$105.

E2BR, 8 Wednesdays, 7:00-8:00 pm. Begins September 12, Barre3 Studio, 158 Great Road, Bedford, \$105.

NEW Stretch and Tone

Instructor: Kendall Sealey, db Studios

This class combines techniques from pilates, barre class, and yoga. The class is designed to lengthen, strengthen, and focuses on low impact movements. This class is perfect for those who are looking for a total body workout that also focuses on lengthening and stretching. This class is beginner friendly and there are plenty of modifications for those who have injuries and limitations. Class will be held at db Studios, 442 Marrett Road, Lexington.

ESTRETCH, 6 Saturdays, 10:30 am - 11:15 am. Begins September 22, db studios, 442 Marrett Road, Lexington, \$120.

NEW Upbeat Cycling's Novice Class: Introduction to the Fun of Music Driven Indoor Cycling

Instructor: Kristen Gohr, Upbeat Cycling

An introduction to indoor cycling at Upbeat Cycling, Arlington's boutique fitness studio. At Upbeat, you'll find state-of-the-art bikes, certified instructors, and a stunning studio with soaring sound and spa-like amenities. Whether you are looking to spice up your exercise routine, motivating yourself to

begin a fitness program, or an athlete looking to cross train, this is the class for you. Our instructors will give you everything you need to be successful – proper bike set up and safety checks, instruction on riding positions and techniques, and a walk-through of metrics and performance tracking so you can monitor progress towards your personal goals. As always at Upbeat, "bring what you have and do what you can" is all you need do. Participants must create an account at upbeatcycling.com and complete Upbeat Cycling's New Rider Waiver form.

ECYC, 4 Tuesdays, 7:00-8:00 pm. Begins October 2, Meets, 6 Schouler Court, \$75.

NEW Upbeat Cycling's Combo Class: "Mix-it-Up"/ Cycle and Strength

High energy class delivering a fun and effective mix of cycling and strength training.

Instructor: Kristen Gohr, Upbeat Cycling



Get the best of what Upbeat Cycling's boutique fitness studio has to offer.

This class mixes cycling and strength training into one high energy class. This

is the perfect class for anyone looking for a fun mix of cardio and strength training. Whether you are new to indoor cycling, a competitive athlete/cyclist, or someone training for a charity event, this is the class for you. You get to experience riding state-of-the-art, performance tracking bikes, in our ride theater featuring amazing sound and lighting as well as our beautiful matt studio. This class takes riders through all the basics, providing experience with set up, typical cueing and positions, and exposure to using musical beats to pace the ride and inspire movements. We balance a combination of 30 minutes of cycling and 20 minutes of strength work off the bike using weights, performing strength drills such as squats, lunges, push-ups and core exercises. As always at Upbeat, "bring what you have and do what you can". Participants must create an account at upbeatcycling.com and complete Upbeat Cycling's New Rider Waiver form.

ECYC, 4 Fridays, 10:00-11:00 am. Begins October 5, Meets 6 Schouler Court, Arlington, \$75.

Beginning Yoga

Instructor: Helen Theodosiou

If you have never done yoga before or are a beginning student, join this small introductory hatha yoga class. We will move at a comfortable pace so students gain a sound understanding of the poses and their own bodies in relation to poses. We will engage in standing, seated, balancing and supine poses to build strength and flexibility and expand our repertoire of movement. We will pay attention to breathing to focus our minds and bodies. This practice will invite you to return to your day with renewed energy and an overall sense of harmony and well being. We will practice with joy, patience and humor! Wear comfortable clothes and bring a mat and towel. Please note class is limited to 8 students. The class will meet in the Corner Studio at the Munroe Center, 1403 Massachusetts Ave.

EYOM, 10 Mondays, 12:00-1:00 pm. Begins September 17, Munroe Center, \$175/Seniors \$130.

Advanced Beginner Yoga

Instructor: Helen Theodosiou

If you have been practicing in a Beginning Yoga class for a while, this is a class to build on those skills and refine poses. The class will give you an opportunity to deepen your practice. A full range of postures will allow you to continue to build strength, flexibility and stamina. Breathing exercises will help to focus the body and mind and alleviate stress. Return to your daily activities with renewed vitality, creating an overall sense of balance, well being and ease, as well as a greater sense of body/mind awareness. Wear comfortable clothes, bring a mat and towel. The class will meet in the Corner Studio at the Munroe Center, 1403 Massachusetts Ave.

EABY, 10 Mondays, 10:45-11:45 am. Begins September 17, Munroe Center, \$175/Seniors \$130.

Joyful Yoga

Instructor: Linda Del Monte

Students of all ages, levels, and abilities can enjoy this style of yoga, known as a "celebration of the heart." This is yoga that combines a Kripalu (heart-centered) and a detail-oriented style, where your pose will

originate within your body and move to the outside of the body. We will work on finding balance, distributing weight equally, and aligning the body in a therapeutic way that will keep you safe while practicing. Gain strength and flexibility while finding the connection of body, mind and spirit. Yoga mat required. Wear comfortable, loose fitting clothing, and bare feet.

EYFW, 11 Wednesdays, 11:30 am-12:45 pm. Begins September 12, Hancock Church, \$220/Seniors \$165.

EYF2, 11 Fridays, 12:00 noon-1:15 pm. Begins September 14, Hancock Church \$220/Seniors \$165.

Hatha Yoga

Instructor: Asha Ramesh

Stretch and strengthen without competition or performance anxiety in this basic hatha yoga class. Class will include standing, sitting, and supine poses, with a focus on breath. Postures are basic, without compromising on the wellness they deliver. The format changes from one week to another, allowing for variation and multiplicity in poses. The yoga you take home will allow customization to suit your mood and needs. Dress comfortably and bring your own mat.

EHYO, 10 Wednesdays, 7:00-8:00 pm. Begins September 12, Diamond Middle School, Room 180, \$165/Seniors \$125.

Yoga for Osteoporosis

Instructor: Mary Wixted

This gentle yoga class is designed to introduce students to the ways that yoga can help maintain bone health. Students will be taught the 12-minute daily yoga sequence which was studied by Dr. Loren Fishman and shown to build bone density, as reported in The New York Times. Dr. Fishman was a student of the yoga master BKS Iyengar and his work is partly based on his teachings. As a nationally certified Iyengar yoga teacher, Mary is qualified to teach the alignment principles which keep students safe and maximize the benefits of the poses. This class would also be an excellent choice for those looking for a gentle yoga class.

EOST, 10 Thursdays, 11:00 am-12:30 pm. Begins September 20, Hancock Church, \$165.



Asha Ramesh teaches Hatha Yoga, this page.

Iyengar Yoga

Instructor: Mary Wixted

Been curious about why so many people are taking yoga in the United States? Come enjoy a yoga class taught in the Iyengar method of yoga. The Iyengar method is to yoga what classical ballet is to dance. It is a progressive offering of the yoga postures designed to provide a safe and an ever-deepening practice which opens and strengthens the body while drawing the mind into a meditative state. Props will be used to make the postures accessible.

EYEN, 10 Tuesdays, 9:15-10:45 am. Begins September 18, Hancock Church, \$195/Seniors \$150.

Cardio Pop

Instructor: Kendall Sealey, db Studios

A revolutionary fitness dance class that will tone, strengthen, and get your body moving. The class fuses full-body cardio exercise with motivating music for a calorie-burning good time. This workout encourages dancers to let loose and not worry about whether they're doing the steps exactly right or not. Beginners or those with injuries will get modified options, while those with more experience will be challenged.

ECAR, 6 Wednesdays, 7:30-8:30 pm. Begins September 26, db Studios, 442 Marrett Road, Lexington, \$120.

NEW Zumba Gold

Instructor: Andrea Pizzi

Zumba Gold is designed to take the exciting Latin and international dance rhythms in the original Zumba program and bring them to beginner participants and active older adults. Please bring your soles and your soul to experience music from all around the world in this easy and effective class created for everyone.

No prior experience is necessary. Sneakers required, water and a towel recommended. Please note there is no class on November 6.

EGOLD, 8 Tuesdays, 6:00-6:45 pm. Begins September 25, LHS, Room 140, \$85/Seniors \$65.

Zumba®: Ditch the Workout, Join the Party!

Instructor: Ami Stix

Zumba is a cardio-workout that fuses Latin rhythms and easy-to-follow moves with varied musical genres and dance styles ranging from salsa to belly dance. Routines feature music-led intervals where fast and slow rhythms are combined to create a full hour of fun and a healthy boost to your physical and mental well being. Come and break a sweat! It will be the be the fastest hour you've ever spent exercising.

EZUM, 10 Mondays, 7:00-8:00 pm. Begins September 17, Hastings School Gymnasium, \$135/Seniors \$105.

Drop-In Zumba®

Instructor: Ami Stix

Students have the option to buy a five-session drop-in card that allows you to participate in any five of the ten scheduled Zumba classes this fall. To receive your card Lexington Community Education must receive your signed Exercise Release and payment.

EDZU, Mondays, 7:00-8:00 pm. \$75 for Five Sessions of the ten week EZUM course.

Our Instructors

Sumeit Aggarwal, MBA, MSIS is the managing partner and co-founder of Finhive LLC specializing in personal finance education. Sumeit has a background in business and technology with over 20 years of experience as a trusted adviser to leadership teams in consulting, financial analysis and operations.

Sanjay Aggarwal, CPA, MBA is dedicated to helping individuals and families achieve personal financial success. Sanjay has held corporate roles in accounting, tax and finance in his career, and previously worked at a Big-four accounting firm.

James Alers received training at Longy Conservatory and Boston Conservatory and is currently the assistant director of the string ensembles at Assumption College and Clark University.

Donald Anderson is employed with College Funding Advisors providing financial aid information to the Boston area.

Paul Angiolillo discovered the contemplative pleasures and soothing benefits of tea as an undergraduate at Yale U. in the 1970s. Since then, he has expanded his interest in this world's most-popular drink (after water), while working as a journalist and an editor. To gain more experience in fine teas, he has also worked at Upton Tea Imports (Holliston MA).

Linda Balek is an artist who has been painting for over 30 years. During that period of time, she has learned several fundamental skills to produce successful art. Subjects for her artwork range from Landscapes to Pet portraits. Her work can be seen at www.lindabalek.com. With this range of skills, she has been successful in teaching art to children and adults alike.

Damian Barneschi is an art teacher at Lexington High School.

Elena Belkova studied Fine Arts in Russia and the University of Kentucky.

David Bell is an experienced SAT and ACT tutor.

Tamar Berjikian grew up speaking both Arabic and Armenian. She has taught Arabic at the Boston Language Institute, served as an Arabic interpreter at Mount Auburn Hospital, and currently works as an ESL paraprofessional in the Waltham Public Schools.

Cathy Berry has been quilting and teaching traditional quilt techniques for over 20 years.

Maurice Bombrun is a French native, experienced teacher and bilingual dual citizen. He teaches and tutors privately with local private and public schools, and has worked for Alliance Francaise. With undergraduate studies at the Sorbonne and LSE London, he holds Master's degrees from Sciences Po Paris and the University of Grenoble.

Art Budnik is Assistant SHINE Program Manager and has been with the Minuteman Senior Services SHINE Program since 2010.

Kristen Butler has been a computer teacher, repair technician, network designer, and computer consultant for over 21 years.

Pilar G. Cabrera, PhD, is a native Spanish speaker, SchoolWorks Consultant and a Lesley College Associate Professor.

Scott Cahaly graduated from the University of Vermont with a degree in fine arts in the late 90s. While working as a resident sculptor at the Vermont Marble Exhibit, he carved a 5000 pound block of Vermont Marble. In 2000 Scott relocated to the Boston area where he started exhibiting his work in many galleries and universities. In 2010 he founded Scott's Stone Carving Classes SSSC.

Ricardo Calleja is a retired high school Spanish and Literature teacher.

Son-Mey Chiu (ED.D. Harvard University; Chinese Master Emerita, Boston Latin School) is a professional Chinese painter. She has taught at the Massachusetts College of Art and Design, the Decordova Museum, the Harvard Graduate School of Education and other New England institutions.

Rick Clerici, C.Ht. is a certified clinical sleep educator and hypnotherapist. Rick has studied extensively in meditation, personal growth and indigenous healing, and utilizes these meditative techniques in helping clients to heal from trauma, panic attacks and insomnia.

College Funding Advisors provides financial aid information to the Boston area.

David Collins has been lecturing on opera in the greater Boston area for over 25 years. He had been Opera Boston's resident lecturer for 8 years. He has given opera courses at MIT, Regis College, as well as lecturing at Northeastern University. Dave is currently a trustee of The Boston Wagner Association. Dave received his Bachelor degree from Boston University's School of Music, his Master's from Lesley University and did postgraduate work at the New England Conservatory and the University of Connecticut - Hart School of Music.

Eleonora Cordovani is originally from Italy where she worked as a theater teacher and director. She moved in US in 2012 and has been involved with Cambridge Time Banking, leading theater workshops.

Tom Daley a published poet, tutors poets, and has extensive poetry workshop experience.

Larry Dannenberg is a professional college placement consultant.

Karen Day is a published fiction author for middle grade and young adult readers.

Linda Del Monte is a Kripalu-certified yoga teacher who has been teaching for over 10 years and practicing for almost 30.

Lauren Doolan earned her M.F.A. in fiction writing from Sarah Lawrence College and her B.A. in Writing, Literature and Publishing from Emerson College.

Chris Doucette is a veteran LHS math teacher who has been teaching SAT math prep for over 5 years.

Rick Fentin, CFP®, CLTC, Ed.M. is an independent a Registered Investment Adviser and Principal of Cambridge Financial Associates in Arlington.

Mimi Fix began a baking career from her licensed home kitchen and then moved her business into a bakery and café. She later worked in multiple restaurants and corporate R&D kitchens and then returned to school for an MA in writing and food studies. She owns Baking Fix, a culinary business consulting firm, and teaches both business and hands-on baking classes in local colleges and through the Culinary Institute of America (CIA).

Toby Forman is a professional musician and music teacher in the Lexington Public Schools.

Glenn Frank (MST, CPA/PFS) was the Founding Director of the Master of Personal Financial Planning program at Bentley University in 1996 where he taught investment courses until 2015. *Worth Magazine* recognized him as one of the country's top Wealth Advisors for 10 years. Glenn is currently the Director of Investment Tax Strategy at fee-only Lexington Wealth Management. Over the years, Glenn has counseled numerous students and clients at various stages in their lives. Currently, his focus is community education, providing an insider's view of the financial services industry, and helping charities with his expertise.

Richard Geller of MedWorks Corporate Meditation Programs, has been featured in the *Boston Globe*, *Bloomberg News*, *Financial Times*, *Mass High Tech*, and Boston CBS-4 TV news. See www.meditationprograms.com for more information.

Karen Girondel is a retired LHS teacher of French language and culture.

Bruce Gerry, aka "Dr. Tune-up," has been a self-employed mobile auto mechanic in and around Boston for the last 40 years, traveling to homes or businesses. He holds a degree in Civil Engineering as well as a Master's in Business Administration from Northeastern University.

Kristen Gohr

Jennifer Goodman, M.Ed. practices "whole child counseling". She helps get families back to basics, aligning their busy lives with their parenting values and making room for deep connection. Jennifer is a certified Waldorf Collaborative Counselor, Simplicity Parenting Counselor, and Social Inclusion Coach. Jen@SimplicityParenting.com

Gerry Goolkasian is a retired Lexington Public School teacher.

Natasha Groblewski was born and raised in Lexington. She opened the doors to her first barre3 studio in Bedford, MA in January 2017. She was drawn to barre3's warmth, its welcoming community, and its adaptive and challenging workout. She has since opened a second studio in Sudbury in September 2017.

Roger Gumley has been a keen observer of music and politics since the mid 1960s.

Brigid Gorry Hines is a graduate of Hampshire College, where she earned a B.A. in creative writing and illustration. Her novel *Walking Shadow* made the semifinals (top 100 out of 10,000) of the 2010 Amazon Breakthrough Novel Award contest, receiving praise from a Publishers Weekly reviewer who called it "a wonderful, thrilling read." Her novel *Edge* was a quarterfinalist in the 2011 contest.

Sharon Heermance, Ph.D. is a psychologist with a private practice in Arlington, MA. Higher education includes a doctorate in counseling psychology from Boston College and a Master of Arts in Teaching from Brown University. She has led several workshops with Lexington Community Education that integrate poetry with mindfulness. To learn more about the instructor, check out Sharon Heermance's listing with the Psychology Today Therapist Directory.

Pat Heggie is a lifetime knitter and has been teaching knitting for over thirty years.

Peter Hines has a BFA from University of Pennsylvania and has taught art for many years.

Pia Illaramendi received her Bachelor of Arts in Art History from Trinity College in Washington DC and worked as Curator at Museo de Ballas Artes, Caracas, Venezuela from 1989-1993. She currently teaches Spanish at Clarke Middle School.

Kerry Keohane learned to knit as a child in Canada and has been knitting for over 35 years and teaching knitting for fifteen.

Poornima Kirby has taught acting and theater arts at the Nirmal Arts Academy in Canajoharie, NY, as well as coaching privately in acting techniques, Shakespeare, and movement. She studied at Shakespeare and Co. and the London Academy of Music and Dramatic Arts, and received her B.A. in Drama, with honors, from Vassar College

Richard Knisely hosted *Classical Performances* and several other programs on WGBH radio for 25 years, bringing a casual enthusiasm for great music to many thousands of people in New England and beyond.

Uschi Kullmann, MEd, is a native speaker of German. She has been a teacher for over thirty years, teaching a wide range of subjects and age ranges in Germany and the USA. She loves to travel and is an accomplished doll maker.

Stephanie Lawrence advises and coaches women who have taken a career pause and are now interested in relaunching themselves into the nonprofit sector. She has 25+ years experience in nonprofit management and philanthropy and is the founder and chair of the Community Endowment of Lexington.

Pedro Lilienfeld is an electronics engineer and applied physicist with a life-long interest in Astronomy and Cosmology who became an amateur astronomer at age 15. He is a graduate of a special course in Astronomy under UNESCO auspices. He is presently a consultant and was Principal Science Advisor at Thermo Fisher Scientific in Franklin, MA.

Marie Levy-Pabst runs Create Balance, where she teaches parents how to set up and use systems and routines to maximize their time and energy on what matters most to them. Marie is a life-long educator, a National Board Certified teacher, and mother of two (mostly) adorable children.

Karena Maraj is a professional jewelry artist who studied metalsmithing at RISD and has taught locally for many years. The Karena Maraj Jewelry Collection is both a gallery showcasing local artists and a classroom/studio space

Tracy Marks, M.A. has taught continuing ed courses for 39 years, and specializes in literature, poetry writing, personal growth, Photoshop and eBay courses.

Anthony Marques has been speaking Spanish for most of his life and has been teaching since 1989.

Len May is a graduate of MIT's Sloan School of Management and an independent, certified long-term care specialist.

Nancy McCarthy is a historian, costumer, and seamstress from Arlington. She has been researching and recreating textile culture and women's daily life of early America since 2011.

Dr. Susan McCombs is a board-certified clinical hypnotherapist.

Robert Mendelsohn, received his TEFL (Teaching English as a Foreign Language) certificate from Boston Language Institute in 2006. He has helped foreign business professionals, aspiring university students and newly arrived immigrants to learn English and understand American culture.

Gemessa Mercado is independent author/publisher. She started her own company, Knew Books Publishing, to produce her first children's book, *Seacoo*.

Melissa Merres is a certified life coach who supports people to build meaningful and satisfying relationships through increased self-awareness, clearer communication, and healthy boundaries. A mother of two young boys, Melissa brings a lifetime of professional and personal experience in conflict and education to her coaching.

Scott Metzger is an award-winning Lexington based photographer. For more info visit, www.metzgerstudios.com.

Nicholas Michael is the founder of Odyssey College Search.

Wim Nijenberg has worked in the travel business in Amsterdam, Switzerland, Los Angeles, San Francisco and New York, he started Travel to Europe to assist US travelers with land arrangements in Europe.

Rebecca O'Brien, Esq is a partner and co-founder of O'Brien Cavanagh Ivanova LLP, specializing in small business law and trusts and estates. Rebecca worked in the corporate department of Ropes & Gray, a leading international law firm, for five years before co-founding O'Brien Cavanagh Ivanova LLP.

Ivan Orlinky is a lifelong artist and has recently taken workshops with Mario Andres Robinson, Joel Janowitz and Marjorie Glick.

Sonia Parravano is currently also teaching Italian at the Dante Alighieri Society of Massachusetts in Cambridge.

Shawna Paul is a professional health coach. Her extensive studies and experience supports customized responses to health needs that are supported by changes in eating. She has taught healthy eating classes in settings that include elementary schools, scouting events and grocery stores.

Virginia Payne has been practicing the traditional Yang style Tai Chi long form since 1990, along with its complete suite of Tai Chi Push-Hands, Sanshou, Sword, and Saber. She has been teaching Tai Chi since 2001 at the Chinese Language School in Lexington on Sundays. She has also taught Tai Chi in Boston for a research project in MGH, and at various Health/Fitness Centers, including to the students at Jonas Clark Middle School in Lexington for their 2011 musical play production "Mulan".

Andrea Pizzi is a licensed Zumba and Zumba Gold instructor.

Asha Ramesh is a certified yoga teacher from The Yoga Studio in Boston and a 200-hour registered Hatha yoga teacher.

Srinivas Reddy is a disciple of Sri Partha Chatterjee, a direct disciple of the late sitar maestro Pandit Nikhil Banerjee. Srinivas is a professional concert sitarist and has given numerous recitals in the US, India and Europe. He has three albums to his credit: *GITA* (1999), *Sitar & Tabla* (2001) and *Hemant & Jog* (2008). In 2011 Srinivas graduated from UC Berkeley with a PhD in South and Southeast Asian Studies. Under the guidance of Professor George Hart he studied Sanskrit, Tamil and Telugu literary traditions. His translation of the work entitled *Giver of the Worn Garland* was published by Penguin Books in 2010.

Allan Reeder is the founder and president of Hillside Writing, based in Lexington, where he and his colleagues offer instruction and inspiration to students and writers of all ages. A former literary assistant for novelist John Irving, Allan worked as an editor at *The Atlantic Monthly* and as director of the writing program at Walnut Hill School for the Arts before launching Hillside in 2013. Learn more at www.hillsidewriting.com.

Magnolia Rios is a native Spanish speaker and the Spanish Language teacher at The Waldorf School of Lexington.

Andrew Rodwin spent four decades working in high tech, as a writer, software developer, and engineering team Director. A crypto assets investor since 2015, Andrew has spent countless hours learning how crypto assets work through detailed research and practice, and keeps abreast daily of the tidal wave of change in this intensely dynamic field. Andrew provides training, research, and consulting services for wealth managers, educational institutions, and individuals curious about how crypto assets and blockchain technologies are transforming investing, finance, and society. He specializes in clearly and simply explaining complex concepts.

Debra Samuels is a cookbook author, food and travel writer and cooking teacher. Debra has lived abroad for more than a decade in Japan and Italy, where she studied Italian, Korean and Japanese cuisine.

Kendall Sealey trained in ballet for over 18 years, has her B.F.A in dance from Point Park University, and is a Fred Astaire National Rhythm Finalist, as well as a regional Standard Champion.

Signet Education is a full service tutoring company specializing in test preparation, admissions consulting, organizational coaching, and subject help. Signet Education is a member of the National Association for College Admission Counseling and subscribes to the Statement of Principles of Good Practice.

Randi Siu is a visual artist and image consultant. For over twenty years, she has empowered clients to express their unique personal style through the image they present to the world—from the clothes and accessories they wear, to the hairstyles and make-up they choose. The result is that they become a unique masterpiece—beautiful, balanced, harmonious and authentic!

Alma Bella Solis is an artist, designer and calligrapher who has been teaching art to adults and children for nearly 20 years.

Rachael Stark is a college librarian, writer and teacher. She is a naturally forgetful, distractible and disorganized person. She used this as an opportunity to create systems that let her become organized and on time. She has been a college librarian at MIT, Le Cordon Bleu, and New England Institute of Art. She has helped thousands of students and faculty members learn to organize their information and their time. She loves to help people find their own best organizational systems.

Ami Stix is a licensed Zumba instructor and a trained dancer.

Jane Sutton is a longtime Lexington resident and award-winning author of 11 books for children: 7 picture books, 3 middle grade novels, and 1 YA novel. www.jane-sutton.com

Helen Theodosiou has a Social Work and an Expressive Arts Therapies degree. She is a RYT-500 yoga teacher and is a certified yoga therapist (C-IAYT) with the International Association of Yoga Therapists. She has been teaching yoga for 15 years and enjoys working with beginners of all ages, seniors and those who come to yoga with challenges. She also has a private yoga therapy practice.

Cammy Thomas has an MFA in poetry from the Warren Wilson MFA Program for Writers, and a PhD in English from the University of California, Berkeley. Having taught for forty years at both high school and college levels, she now teaches literature and creative writing at Concord Academy. Her publications include two books of poems with Four Way Books: *Cathedral of Wish*, which won the 2006 Norma Farber First Book Award from the Poetry Society of America, and *Inscriptions* (2014). She lives in Lexington.

Gregory Tracy is a professional musician and music teacher in the Lexington Public Schools.

Alice Wadley is a Red cross certified teacher.

Carl West (Prospect Hill Forge) began blacksmithing in 1977 after reading Aldren A. Watson's "The Village Blacksmith" and has been doing it off and on since. He earned a BFA in Sculpture at Carnegie-Mellon University.

Mary Wixted, is a nationally certified Iyengar yoga instructor with over 8 years of teaching experience and has been with Lexington Community Education for 7 years. Mary is expert in helping beginners enjoy the practice of yoga, while taking more experienced students to their maximum pose and protecting the body with the use of props when needed.

Reem Yared, is CEO of Help Around Town, Inc.

Important Information

HOW TO REGISTER

By Phone: Pay with a Visa or Mastercard. Call 781.862.8043. Please have the course code, your card number, expiration date, and V code ready when you call.

By Mail: Use registration form on the back page or download a form from our website. Enclose a check made payable to: Lexington Community Education or provide your Visa or Mastercard number. If you are registering for an exercise/dance course please also complete the General Release and Waiver of Liability form.

Walk-In: The LCE office, located at 146 Maple Street is open from 9-3, Monday through Friday. Our Lexington High School Office is open from 4pm-9pm Monday through Thursday while classes are in session.

By FAX: Completed registration forms may be faxed to the LCE office at 781.863.5829.

Registration Confirmations:

LCE does not send registration confirmations for classes listed in our fall, winter or spring catalogs.

Discounts and Scholarships

Our classes are open to everyone, regardless of residency. Reduced tuition is available to seniors (65 years of age and over), and also to employees of the Town of Lexington for most, but not all, of our classes. Limited scholarship assistance is available for Lexington residents; please call to request an application. **Senior** Students are aged 65 and older.

No-School Dates

There will be NO CLASSES on Wednesday, September 19, Monday, October 8, Tuesday, November 6, Monday, November 12, Thursday, November 22, and Friday, November 23. There will be NO EVENING CLASSES on Tuesday, September 18 and Wednesday, November 21.

On Thursday, September 27 there will be no classes at the elementary schools.

On Thursday, October 4 there will be no classes at the middle schools.

On Thursday, October 11 there will be no classes at Lexington High School.

Whenever Lexington High School is closed there are no LCE classes at LHS. When Lexington Public Schools are

closed due to weather, LCE is also closed. You may call LCE at 781.862.8043 for a recorded announcement. Public School closings may be found online at <http://lps.lexingtonma.org/snow>.

Cancellation and Refund Policy

There are no refunds for LCE Special Events/Speaker Series.

If you withdraw at least 4 business days (or more) before the start date of a course, you will receive a course credit for the full amount. If you prefer, we will refund the course tuition minus a \$10 processing fee. If you withdraw 3 business days before the start date of a course, you will be issued a course credit only.

You will receive a full refund in the event LCE cancels a class.

No other refunds will be granted.

Please note that refund checks can take four to six weeks to process.

Directions To Sites in Lexington

Lexington Community Education

Central Office is located at 146 Maple St. Vehicle Access is via 328 Lowell Street.

As you enter the driveway, continue past Harrington Elementary School Building. The LCE Central Office building is the brick building behind the school. Please park in designated areas (not in front circle due to fire lane restrictions).

The LCE door is on the side of the building, under the blue Lexington Community Education sign. *All building entrances at the Central Office are locked, and students need to ring the doorbell to gain access to the LCE office as well as the front door to the building.*

Lexington High School 251 Waltham Street

LHS is located near the corner of Waltham St. and Worthen Rd. Enter through new main entrance via parking lot on Worthen Road. Most classes are on the 2nd floor of main building. Our office is in the LHS Dean's Office on the first floor in Room 142.

Clarke Middle School 17 Stedman Road

Stedman Road is off of Waltham Street.

db Studios

442 Marrett Road, Lexington, MA

Diamond Middle School 99 Hancock Street

Please enter front door only from Hancock Street entrance.

Hancock Church

1912 Massachusetts Avenue

The stone church facing the Battle Green.

Hastings School

7 Crosby Street, Lexington

Munroe Center for the Arts

1403 Massachusetts Ave., Lexington

The Waldorf School of Lexington

739 Massachusetts Ave.

barre 3 Studios – Bedford

158 Great Road, Bedford, MA

Upbeat Cycling

6 Shouler Court, Arlington, MA

Lexington Community Education

Conference Rooms, 146 Maple Street, access via 328 Lowell St. The LCE Office Conference Rooms are in the Old Harrington/Lexington Public Schools Central Office building. Our office is located in the back corner of the building. Drive into the parking area and enter the door under the blue "Lexington Community Education" awning.

LexMedia Studios

54 Concord Ave. in the Avalon Lexington Complex

Please see LexMedia's website: www.lexmedia.org for detailed directions.

LCE complies with equal opportunity legislation (chapter 622 and Title IX).

We are committed to serving the needs and interests of the community—adults, seniors, and children.

Any information and/or advice, either expressed or implied, in any LCE class, is solely that of the instructor. LCE assumes no responsibility for the course content. Courses are designed for education and enjoyment, and are not intended to serve as the basis and/or rationale for any decision on the part of the participants.

Contact Info

Lexington Community Education
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info@lexingtoncommunityed.org
www.lexingtoncommunityed.org



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