

Lexington

COMMUNITY EDUCATION

WINTER
2019





On Our Cover:

Baryton
Late 19th century
Object Place: Berlin, Germany
By Adolph Gutche, German,
active late 19th century
Maple, spruce, ebony
Length 127.4 cm, width 37.3 cm
(Length 50 3/16 in., 14 11/16 in.)
Museum of Fine Arts, Boston
Leslie Lindsey Mason Collection 17.1721
Photograph ©2018 Museum of Fine Arts, Boston

From the Director

No matter how beautiful or well crafted the instrument, without the musician's intention the notes can not sing. As the musician breathes, bows, plucks, or strikes—vibration, intonation, inspiration and resonance are at once created and received. Until taken up by the musician, the finest instruments and best compositions sit silent. Whether the pursuit be learning a musical instrument, a new language, fine art, writing, cooking, or the many other categories of study in the pages that follow, we invite you to consider each as a composition waiting to be discovered and played.

May 2019 bring harmony, melody, resonance, and joy. We hope to see you in the New Year!

— 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.

Table of Contents

Around Town	8
Body / Mind	32
Business and Career	30
Classes for Children	23
Computers	21
Cooking	28
Creating Community	8
ELL/Languages	18
Exercise and Dance	34
Fine Arts, Fabric, & Graphic Arts	15
Home, Hobbies and Travel	29
Humanities	10
LCE Presents	3
Music/Theater Arts	11
Parenting Perspectives	28
Test Preparation/ College Planning	26
Writing	14
Instructor Biographies	37
Important Information	42
Directions	42
Registration Form	43
Exercise Release	43
Cancellation and Refund Policy	42

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

LEXINGTON SCHOOL COMMITTEE

Chair: Eileen Jay

Kate Colburn

Alessandro Alessandrini

Kathleen Lenihan

Deepak Sawhrey

STUDENT REPRESENTATIVE:

Rosanna Jiang

Lexington Community Education

Director: Craig Hall

Manager of Programming:

Andrea Paquette

Registrar: Amy Sullivan

Accounts Payable: Deniele Pozz

146 Maple Street

Lexington, Massachusetts 02420

(Access office via 328 Lowell Street)

Telephone 781.862.8043

Fax 781.863.5829

lce@lexingtonma.org

www.lexingtoncommunityed.org

facebook.com/lexingtoncommunityed

Catalog Design: Pehlke Design

Lexington Community Education presents

Write On! How To Make Writing A Pleasurable Pastime

A BOOK LAUNCH WITH IRENE HANNIGAN

Sunday, January 13, 2019 • 3:00-4:30 pm

Lexington Depot, 13 Depot Square, Lexington • \$10 • **SWRI**



Irene Hannigan helps dispel the loneliness of writing with friendly, common sense advice on keeping a writing practice, on writing as process, and on the importance of suspending the internal critic to keep things fluent. – Tom Daley, Creative Writing Instructor

Write On! How to Make Writing a Pleasurable Pastime is a book that fulfills a niche that has been ignored in the many books that have been written about writing.

Written in a conversational and

user-friendly style it offers guidance and concrete strategies that will enable individuals to learn how to make writing a useful and gratifying part of their lives. It is a book that maintains the integrity of what the writing process entails but does so in a way that does not focus on publishing, in a traditional sense, as the ultimate goal.



Irene Hannigan never leaves home without a little notebook tucked into the pocket of whatever she is wearing. As a parent, teacher, staff developer, and principal, writing has always been an important part of her daily routine. She currently offers workshops and courses to adults who are

interested in using writing as a tool for their own personal and professional growth. She is the author of *A Principal's Journey: The School as My Classroom* and *Off to School: A Parent's-Eye View of the Kindergarten Year*.



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.

Beethoven's Ghost: An Evening of Musical Interpretation and Exploration

WITH RICHARD KNISELY, AND FEATURING
PETER SULSKI AND FRIENDS

Saturday, March 16, 2019 • 7:00-8:30 pm

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



Most everyone loves Beethoven's broad strokes: the fist shaker, the tender soul searcher, the rollicking pastoralist. But how many of his lovers have entered into the miraculous microcosm from which he builds these palatial monuments of sound? In this presentation

Richard Knisely, long time classical personality on WGBH Radio, takes you behind these large structures into the world of Beethoven's intricate genius. You will see and



hear for yourself how an entire world of music grew in his mind from the most fundamental ideas, consisting of just a few notes; how he raised those vast landscapes of sound from the smallest stones. Using one of Beethoven's best known chamber music pieces, *The "Ghost"*

Trio, you will learn to recognize these tiny elements and how a macrocosm of magnificent thought and sound grew from them. Peter Sulski and Friends (Ariana Falk, Violoncello, and Randall Hopkinson, Pianoforte) will provide live illustrations of the presentation and then perform the "Ghost" Trio in its entirety.



Peter Sulski was a member of the London Symphony Orchestra for seven years.

While in England he served on the faculty of the Royal College of Music and Trinity College of Music and Drama, as well as being Artistic Director of Chapel Royal

Concerts, which he founded in 1993. For seven years he gave the annual Viola Masterclass, along with many solo recitals and chamber music concerts at the Dartington International Summer School. He gave his Carnegie Hall debut in 1999, and his first London South Bank appearance in 2001. After a brief stint in the Middle East as Head of Strings of the National Palestinian Conservatory, Bicomunal Coordinator for chamber music for the Cyprus Fulbright Commission and Principal Violist of the Cyprus Chamber orchestra, Peter returned in 2002 with his wife Anita to his native Worcester. He is currently on the faculty as teacher of violin/viola/chamber music at Clark University and College of the Holy Cross. He is a member of QX and Mistral. Peter is also Artistic Director of the Thayer Festival in Lancaster, Massachusetts, and records for Centaur Records.

Lexington Community Education presents

All Keys: A Magical Evening with Two Pianos

FEATURING ETHAN IVERSON AND LEWIS PORTER

Friday, January 25, 2019 • 7:00-8:30 pm

Scottish Rite Masonic Museum and Library
33 Marrett Road, Lexington, MA • \$20 • SIVE



For 17 years **Ethan Iverson** was best known as one-third of The Bad Plus, a game-changing collective with Reid Anderson and David King. *The New York Times* called TBP "... Better than anyone at melding the sensibilities of post-'60s jazz and indie rock." TBP has performed in venues as diverse as the Village Vanguard, Carnegie Hall, and Bonnaroo; collaborated with Joshua Redman, Bill Frisell, and the Mark Morris Dance Group; and created

a faithful arrangement of Stravinsky's *The Rite of Spring* and a radical reinvention of Ornette Coleman's *Science Fiction* (the latter with Tim Berne, Ron Miles, and Sam Newsome).

In addition to TBP, Iverson participates in the critically-acclaimed Billy Hart quartet with Mark Turner and Ben Street, and occasionally performs with an elder statesman like Albert "Tootie" Heath or Ron Carter. For a decade, Iverson's blog *Do the Math* has been a repository of musician-to-musician interviews and analysis, which is surely one reason *Time Out New York* selected Iverson as one of 25 essential New York jazz icons: "Perhaps NYC's most thoughtful and passionate student of jazz tradition—the most admirable sort of artist-scholar."



Lewis Porter, pianist, keyboardist, and composer, appears on 27 albums with Dave Liebman, Marc Ribot, Gary Bartz and many others, and his 2018 album *Beauty And Mystery* features John Patitucci, Terri Lyne Carrington, and Tia Fuller.

AllAboutJazz.com writes that Porter's music

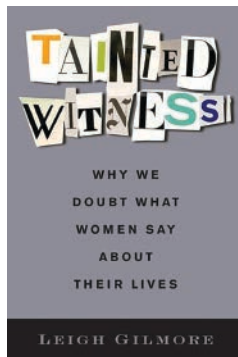
draws from many sources to make "a beautifully creative whole" and that he is "a first-rate pianist," to which *NYC Jazz Record* adds that he has "a mind-boggling array of approaches at his ...fingertips." He received a Grammy nomination in 1995. He has performed across the USA and Europe with Liebman (who premiered one of Dr. Porter's saxophone concertos), Joe Lovano, Wycliffe Gordon, Ravi Coltrane, Ribot, and many others. Awarded a Ph.D. in musicology in 1983, he is well-known as a jazz educator, researcher, and author, most notably of a celebrated volume on John Coltrane. A long-time former music professor at Rutgers in Newark, he also taught at The New School, The Manhattan School of Music, NYU, and Brandeis. He also teaches private students worldwide by Skype. Follow him at Lewisporter.com and on Facebook.

Graphic Witness: Making Sense of the #MeToo Movement

WITH LEIGH GILMORE

Tuesday, January 29, 2019 • 7:00-8:30 pm

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



In 2006, Tarana Burke founded a nonprofit organization called "Me Too" to support girls and women of color who were victims of sexual violence. In 2017, that movement went viral as the hashtag #MeToo was shared twelve million times on social media in 48 hours. Like flipping on a light switch in a dark room, the #MeToo movement revealed anew the widespread existence of sexual abuse and gender discrimination. Leigh Gilmore examines how a new level of accountability

emerged in response to the spontaneous global emergence of #MeToo as a graphic witness. She will show how testimony by survivors and a range of images circulated together to transform public discourse about sexual violence.



Leigh Gilmore is Distinguished Visiting Professor of Women's and Gender Studies at Wellesley. She is the author of *Tainted Witness: Why We Doubt What Women Say About Their Lives*; *The Limits of Autobiography: Trauma and Testimony*, *Autobiographics: A Feminist Theory of Women's*

Self-Representation, and co editor of *Autobiography and Postmodernism*. She has published articles on autobiography, law and literature, and feminist theory in *Feminist Studies*, *Signs*, *Women's Studies Quarterly*, and *Biography*, among others, and in numerous collections.

An Evening with Classical Guitar Virtuoso Eliot Fisk

WITH ELIOT FISK

Saturday, February 2, 2019 • 7:00-8:30 pm

First Parish in Lexington, 7 Harrington Rd., Lexington • \$20 • **SFIS**

PHOTO BY KEIYARO YOSHIOKA



Guitarist **Eliot Fisk** is known worldwide as a charismatic performer famed for his adventurous and virtuosic repertoire. He is also celebrated for his willingness to take art music into unusual venues (schools, senior centers, and even logging camps and prisons!). After nearly 50 years before the public he remains as his mentor Andres Segovia once wrote, “at the top line of our artistic world.” The repertoire of the

classical guitar has been transformed through Fisk’s innumerable transcriptions (including works by Bach, Scarlatti, Haydn, Mozart, Paganini, Schubert, Mendelssohn, Granados, Albeniz and many others). In addition, numerous new works have been dedicated to him by composers as varied as Leonardo Balada, Robert Beaser, Luciano Berio, Ralf Gawlick, Nicholas Maw, George Rochberg, Daniel Bernard Roumain and Kurt Schwertsik.

Eliot Fisk was the last direct pupil of Andres Segovia and also studied interpretation with the legendary harpsichordist Ralph Kirkpatrick at Yale University, from which he graduated “summa cum laude” in 1976, and where, directly following his own graduation in 1977, he founded the guitar department at the Yale School of Music. Described by one *New York Times* headline as a “Fiery Missionary to the Unconverted”, Eliot Fisk is Professor at the Universität Mozarteum in Salzburg, Austria, where he teaches in 5 languages, and in Boston at the New England Conservatory where in 2010 he received the Krasner Award as “Teacher of the Year.” In June 2006, King Juan Carlos of Spain, awarded Eliot the “Cruz de Isabel la Católica” for his service to the cause of Spanish music. Earlier recipients of this honor have included Andres Segovia and Yehudi Menuhin. Fisk is Founder and Artistic Director of Boston GuitarFest (www.bostonguitarfest.org) an annual cross-disciplinary event co-sponsored by the New England Conservatory and Northeastern University and now entering its 13th consecutive year. In 2017 he created and served as Artistic Director of the first ever and immensely successful Salzburg Guitar Fest at the Universität Mozarteum in Salzburg.

Heal Your Body & Your World... With Food!

WITH OCEAN ROBBINS

Sunday, February 3, 2019 • 3:00-4:30 pm

Lexington Depot, 13 Depot Square, Lexington • \$15 • **SOCE**



When it comes to food and your health, the stakes are rising exponentially. A toxic food culture is fueling epidemic rates of chronic illness. If there’s ever been a time when we need to stay informed and take a stand, it’s right now. But there’s great news, too. You can radically extend your life span and decrease your chances of getting cancer, Alzheimer’s, diabetes, heart disease and many other ailments - deliciously. Join Food Revolution Network CEO

and *31-Day Food Revolution* author Ocean Robbins for a candid and inspiring look at the truth about food, and what you can do to be a powerful force for positive change. You’ll find out what’s really going on with GMOs, important breakthroughs in food and medical science, and ten ways you can stand up for a food revolution in your life, and on your planet.

Ocean Robbins is co-founder & CEO of the 500,000+ member Food Revolution Network—one of the largest communities of healthy eating advocates on the planet. He has held hundreds of live seminars and events that have touched millions of lives in 190 nations. He is author of *31-Day Food Revolution: Heal Your Body, Feel Great, and Transform Your World*. Ocean’s grandfather founded Baskin-Robbins, and his father, John Robbins, walked away from the family company to write bestsellers like *Diet for a New America* and to become a renowned health advocate. Now, Ocean is on a mission to transform the industrialized food culture into one that celebrates and supports healthy people and a healthy planet, and he’s inviting you to join the food revolution.

Lexington Community Education presents

THE FIVEASH LEGACY LECTURE

The Flame of Things: Lessons in Pyrotechnics

WITH TOM CHEETHAM

Friday, February 15, 2019 • 7:00-8:30 pm

Lexington Depot, 13 Depot Square, Lexington • \$10 • **SIMA**

"[I]maginal love ... does not reach only towards unifying as we have been so tediously taught. When we love, we want to explore, to discriminate more and more widely, to extend the intricacy that intensifies intimacy."

—James Hillman



Many of us have lost contact with the primal immersion in reality where all things are marvellous and strange, both familiar and unexpected. That world is saturated with an incandescent fire, as in the first morning of creation. There are many ways to recover the beginner's mind that reveals the flame of things. If we imagine the fiery heart to be the organ of both Imagination and sensation, as certain traditions have held, we can know the nature

of our task. Fire is magical and dangerous. It is spirit and life, conflagration and despair. It is hearth and hellfire both. Our challenge is to master the pyrotechnics of art and of alchemy, of knowledge and of love. Then we might enact new forms of life that reveal the wonder and mystery in all things. In this lecture I will try to help us take a few small steps towards that end.

Tom Cheetham is the author of five books on the imagination in religion, psychology, the arts and sciences, and one book of poems. He is a Fellow of the Temenos Academy in London, and was Adjunct Professor of Human Ecology at the College of the Atlantic, and Associate Professor of Biology and Environmental Studies at Wilson College. He teaches and lectures in the US and Europe. He and his wife live on a homestead in rural Maine. They have two grown children.

Not Quite Not White: Losing and Finding Race in America

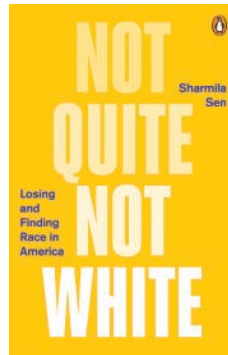
WITH SHARMILA SEN

Sunday, March 3, 2019 • 3:00-4:30 pm

Lexington Depot, 13 Depot Square, Lexington • \$10 • **SSHR**

"Captivating... [a] heartfelt account of how newcomers carve a space for themselves in the melting pot of America."

—Publishers Weekly



At the age of 12, Sharmila Sen emigrated from India to the U.S. The year was 1982, and everywhere she turned, she was asked to self-report her race – on INS forms, at the doctor's office, in middle school. Never identifying with a race in the India of her childhood, she rejects her new "not quite" designation – not quite white, not quite black, not quite Asian — and spends much of her life attempting to blend into American whiteness. But after her teen years trying to assimilate—watching shows like

General Hospital and The Jeffersons, dancing to Duran Duran and Prince, and perfecting the art of Jell-O no-bake desserts—she is forced to reckon with the hard questions: What does it mean to be white, why does whiteness retain the magic cloak of invisibility while other colors are made hypervisible, and how much does whiteness figure into Americanness? Part memoir, part manifesto, *Not Quite Not White* is a searing appraisal of race and a path forward for the next not quite not white generation—a witty and sharply honest story of discovering that not-whiteness can be the very thing that makes us American.



Sharmila Sen grew up in Calcutta, India, and immigrated to the United States when she was twelve. She was educated in the public schools of Cambridge, Mass., received her A.B. from Harvard and her Ph.D. from Yale in English literature.

As an assistant professor at Harvard she taught courses on literatures from Africa, Asia, and the Caribbean for seven years. Currently, she is executive editor-at-large at Harvard University Press. Sharmila has lived and worked in India, Pakistan, and Bangladesh. She has lectured around the world on postcolonial literature and culture and published essays on racism and immigration. Sharmila resides in Cambridge, Mass., with her architect husband and their three children.

Tick Talk: A Holistic Perspective

WITH SHARON LEGGIO FALCHUK

Monday, March 11, 2019 • 7:00-8:30 pm

Lexington Depot, 13 Depot Square, Lexington • \$10 • **STIK**



Join Sharon Leggio Falchuk, FMCHC (Functional Medicine Certified Health Coach), of InTended Holistic Wellness for an interactive talk about Lyme and Tick Diseases. Sharon's unique perspective comes from navigating many years of undiagnosed Lyme Disease, co-infections, and food & chemical sensitivities that became exacerbated to the point that she was bedridden in 2011. Sharon is passionate about sharing the

knowledge she has gathered and implemented in her own life around some of the following topics:

- Tick Bite Prevention
- What To Do If You Do Get Bitten
- Awareness Of Various Tick Diseases (There's so much more than just Lyme!)
- Lyme/Tick Disease Treatment Options (Including local resources)

All of this will be presented with Sharon's "less is more" point of view, which is especially helpful for those who are sensitive, while also keeping the best interest of the Earth in mind. Her Functional Medicine training and holistic approach to wellness sets the intention for a balanced and gentle path to healing.

When I Grow Up I Want to Be a List of Further Possibilities: A Poetry Reading

WITH CHEN CHEN

Tuesday, March 12, 2019 • 7:00-8:30 pm

Lexington Depot, 13 Depot Square, Lexington • \$10 • **SCHN**

"Chen Chen muses his way through the idea of inheritance (specifically, what it means to inherit things like love and family), a concept that is central to his identity as a queer Chinese-American immigrant." —Literary Hub



Chen Chen is the author of *When I Grow Up I Want to Be a List of Further Possibilities*, which won the A. Poulin Jr. Poetry Prize, Thom Gunn Award for Gay Poetry, and the GLCA New Writers Award. Longlisted for the National Book Award, *When I Grow Up I Want to Be a List of Further Possibilities* was also a finalist for the Lambda Literary Award for Gay Poetry, and was named one of the best of 2017 by *The Brooklyn Rail*, *Entropy*, *Library Journal*, and others.

About the collection, Stephanie Burt says, "As Chen's younger self had to escape from constricting familial expectations (become a lawyer, marry a woman, buy a house), the adult writer has to escape from the constrictions of autobiography, into hyperbole, stand-up comedy, fairy tale, twisted pastoral. It's easy to imagine a young reader seeing himself here as he had not seen himself in poems before." He is also the author of two chapbooks, *Set the Garden on Fire*, and *Kissing the Sphinx*. In an interview with NPR, Chen explained, "I felt like I couldn't be Chinese and American and gay all at the same time. I felt like the world I was in was telling me that these had to be very separate things." As someone who was struggling with his sexuality and thinking about identity—with immigrant parents and wondering how to come out, "Poems were a way for those different experiences to come together, for them to be in the same room."

His work has appeared in many publications, including *Poetry*, *Tin House*, *Poem-a-Day*, *The Best American Poetry*, *Bettering American Poetry*, and *The Best American Nonrequired Reading*. Recently, his work has been translated into French, Greek, Spanish, and Russian. *Poets & Writers Magazine* featured him in their Inspiration Issue as one of "Ten Poets Who Will Change the World." He has received fellowships from Kundiman, Lambda Literary, and the Saltonstall Foundation.

Chen earned his MFA from Syracuse University and is pursuing a PhD in English and Creative Writing as an off-site Texas Tech University student. He lives in frequently snowy Rochester, NY with his partner, Jeff Gilbert and their pug dog, Mr. Rupert Giles. Chen is the 2018-2020 Jacob Ziskind Poet-in-Residence at Brandeis University

Around Town

LexMedia Classes

LexMedia TV and Podcasting production classes are available to people who live, work or attend school in Lexington.

All production classes are free unless noted otherwise. A \$25 deposit must be made when you sign up for a class. This will be refunded after you attend the class.

For more information or to sign up contact mark@lexmedia.org

January Production Classes

Orientation and Field Production Part 1. The 8th at 7pm.

Intro to Podcasting. The 9th or 17th at 7pm.

Field Production Part 2. The 15th at 7pm.

Edit your Podcast. The 10th at 7pm.

Intro to Editing. The 22nd at 7pm.

February Production Classes

Orientation and Field Production Part 1. The 5th at 7pm.

Intro to Podcasting. The 6th or 26th at 7pm.

Field Production Part 2. The 12th at 7pm.

Edit your Podcast. The 27th at 7pm.

Intro to Editing. The 13th or 19th at 7pm.

Special Kids Movie Making Class. The 18th thru the 21st. 12 to 3pm. \$100

March Production Classes

Orientation and Field Production Part 1. The 5th at 7pm.

Intro to Podcasting. The 6th or 19th at 7pm.

Field Production Part 2. The 13th at 7pm.

Edit your Podcast. The 20th at 7pm.

Intro to Editing. The 26th or 27th at 7pm.

The "Short Documentary" Class Series

This three part series will teach you all the skills of Doc making using a short 5 minute format. Participants should come to the class with a short doc idea. We will help you organize the idea and make a plan. When the class is over you will have shot some video and gone thru a technical and esthetic critique enabling you to shoot and organize better content. Jan 16, Feb 20th and March 13th at 7pm.

Creating Community

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.

Voices on the Green at First Parish in Lexington

First Parish in Lexington's program series, *Voices on the Green*, will present two programs this winter/spring for the whole community. On Friday, January 25, the theme is "Secrets and Lies," 7:00-9:00 pm at the church (7 Harrington Road), doors opening at 6:30 for refreshments and conversation. VOG programs center around a particular theme, and feature a TED-type talk, personal stories on the theme by local speakers, and live music. The children's program will be led again by Marlon Carey. On Friday, May 10, the theme is "My Best Mistake." All are welcome.

Tickets are \$20 for sponsors, \$10 for general admission, and \$5 for students and children, and are available at www.voicesonthegreen.brownpapertickets.com, at the church office during the week, and at the door.

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 January 15, LHS, Room 221. Free, but space is limited and pre-registration is required.



YOUNG FILMMAKERS
IN THE LEXMEDIA
STUDIO SPACE.

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 January 29, LHS, Room 229. Free, but pre-registration is required.

Simple Ways to Protect Your Home

Instructor: Lexington Police Department

The Town of Lexington has a current population of approximately 33,000 people living in about 11,000 residences. Due to its affluent status and location within the Greater Boston Area with easy access to Routes 2 and 128, it is an attractive target for residential burglaries. Come join Detective Aidan Evelyn, Community Resource Officer from the Lexington Police Department, for a discussion addressing this type of crime prevention. The course will focus on home security systems, target hardening through environmental design and other methods to make your home a hardened target for would be criminals.

FCRIME, 1 Tuesday, 6:30-8:00 pm. Meets February 5, LHS, Room 229, Free, but pre-registration required.



**STRESS LESS:
LEARN TO MEDITATE**
with Richard Geller, p. 33



Melissa Merres teaches New Beginnings: Moms and Infants, see below.

NEW The Art of Comforting

Instructor: Val Walker

This course is ideal for anyone reaching out to others who are grieving, including those of us supporting people with chronic illness, disabilities, or aging. Though we may understand and care, sometimes what to say or do can elude us. We'll explore how to put compassion into action with practical examples of comforting, and review recent research on empathy, grief, and social support to learn best practices for helping people in distress. Finally, participants will be invited to share experiences of comforting others and learn from one another as a group.

M2COM, 1 Friday, 10:00 am - 12:00 pm. Meets January 11, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$25/Seniors \$20.

MCOM, 1 Wednesday, 6:30-8:30 pm. Meets March 13, LHS, Room 220, \$25/Seniors \$20.

NEW New Beginnings: Moms and Infants

Instructor: Melissa Merres

New motherhood is a time of intense transition. With a new baby at home, moms learn more about themselves and their most essential relationships, even as they change. This weekly group will give

new moms a space to come together and share about the transformative experience of motherhood. You are not alone in the chaos or the exhaustion - or the wonder of your new role. Facilitated by certified coach Melissa Merres, the group will encourage participants to learn, grow, and build strong friendships in the midst of this exciting and challenging time. Open to mothers with babies under one year old.

PPAR, 8 Tuesdays, 11:15-12:45 pm. Begins January 15, Hancock Church, 1912 Massachusetts Ave., Lexington, \$100.

NEW Finding Flexible Work and Volunteer Opportunities in Retirement

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

How and where can you find jobs near you, on your schedule, that fit your skills and interests? This class will explore online resources for finding paid and volunteer work. Class participants will learn where to go online depending on what they're looking for, and how to navigate these sites. We will cover paid and volunteer options based on class interest.

FFWV, 1 Thursday, 7:00-8:30 pm. Meets January 17, LHS, Room 226, \$10.



COURSES FOR CHILDREN
p. 23-25

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 Thomas Hardy's *Far from the Madding Crowd*

Instructor: Tracy Marks

Far from the Madding Crowd is a popular classic, set in a pastoral English village, featuring superb characterizations and vivid descriptions. Hardy's story focuses on an engaging heroine overcoming her own personal deficiencies as she learns about the realities and substance of love. This interactive course will involve mini-lecture, discussion, and watching select scenes from three different film adaptations. Please read the first ten chapters (70pp.) by the first class.

HHAR, 4 Wednesdays, 12:30-2:30 pm.
Begins January 23, Meets at LCE Large Conference Room, (Access by 328 Lowell Street/Enter through blue side door of building), \$75/Seniors \$60.

NEW Pictures and Patterns: The Enduring Allure of Mosaic Art

Instructor: Suzanne Baratta Owayda

From the ancient city of Pompeii to the New York City subway system, mosaic art is everywhere! This visual presentation will delight your mind and eye with textures, pattern and color as you learn more about one of the oldest and most enduring artforms. Mosaics are pictures or patterns created by the arrangement of small colored pieces of hard material, such as stone, tile, or glass. Through slides and discussion the instructor will travel through time and over continents, starting with mosaics made by ancient Greeks and Romans and ending with contemporary mosaic artists. Learn how mosaics were made in classical times, and see how it has developed into a popular craft and art. Leave this presentation with a greater awareness and appreciation for the mosaic art that surrounds us; and possibly a desire to visit more notable masterpieces in far-flung places around the globe.

AMOS, 1 Tuesday, 6:30-8:30 pm. Meets January 22, LHS, Room 225, \$25/Seniors \$20.

NEW Poetry Out Loud

Instructor: Poornima Kirby

Do poems and song-lyrics rattle around in your head? Do you lose your keys and think "the art of losing is not hard to master," (Elizabeth Bishop) or face a hard day by telling yourself to "screw your courage to the sticking place?" (Shakespeare) Poetry can be a talisman, a war-cry, an invitation to beauty, jokes, or justice. But learning a poem by heart, and saying it out loud - that's ownership that we often don't take. This class is your chance! Whether you're a literary nerd or a poetry-phobe, you'll be welcomed into an exploration of some really great poems, and learn powerful, active techniques for committing them to memory. We'll watch and discuss video clips of poetry delivered out loud; we'll read and discuss poems of different eras, and different structures and cadences. Each student will also get to pick out a favorite poem or excerpt, work on it, and deliver it to the group. This class is a great way to sharpen memorization techniques and public-speaking skills - but most of all it's a chance to explore language in a fun and informal setting!

HPOI, 1 Tuesday, 6:00-9:00 pm. Meets February 26, LHS, Room 229, \$40/Seniors 30.

NEW Don Quixote Madman or Visionary - Volume 1

Instructor: Tracy Marks

Don Quixote, the most popular and bestselling novel in Western literature, is rich in humor, characterization and witty dialogue. This classic novel also explores meaningful philosophical questions related to the boundaries between sanity and madness, illusion and reality, idealism and practicality. Each week, we'll discuss about 90 pages of volume one of *Don Quixote*. We'll also watch and compare clips from three film adaptations. We'll consider the book in the context of its time and its relevance today, questing with our quixotic hero. Students should purchase the highly accessible Grossman translation, and read the first six chapters before the first class.

HDON, 5 Fridays, 12:30-2:30 pm.
Begins February 8, Meets at LCE Large Conference Room, (Access by 328 Lowell Street/Enter through blue side door of building), \$95/Seniors \$75.

Music Appreciation

NEW Exciting Operas this Winter

Instructor: David Collins

This winter, along with the Metropolitan Opera in HD screenings, we will enjoy performances from both The New England Conservatory and the Boston Conservatory. Ranging from the familiar to those less frequently staged, we will enjoy the operas in performance order. We begin with a new production by the Met of Francesco Cilea's most popular opera *Adriana Lecouvreur*, a tragic tale based on the real life French actress of the same name where the music establishes the old world of the Comédié Française. Following is the Met's ever popular *Carmen*. With its stark realism, a case can be made that this opera set the stage for the Verismo movement to come. Donizetti's enchanting Opéra comique, *La fille du régiment* ("The Daughter of the Regiment") is especially known for the tenor aria "Pour mon ame" with its 9 high "C's"! We will sample different singers performing this aria. In the next class, we go back to opera's first masterpiece, Monteverdi's *L'incoronazione di Poppea* ("The Coronation of Poppea"). The New England Conservatory is presenting this tale of politics, deceit and egotism, the first opera to present the success of what we would call an anti-hero. Next is the American opera, *The Consul* to be presented by The Boston Conservatory. Written by Gian Carlo Menotti, this work tells the tragic story of a family destroyed by a totalitarian bureaucracy. Our sessions come to an end with Wagner's most popular "Ring" opera, *Die Walküre*. To glorious music and spectacular staging, this is a tale of two tragedies; the doomed love between Siegfried and Sieglinde and the punishment by the god Wotan of his beloved daughter, Brünnhilde. Join us as we prepare for these exciting Winter operas. Class will meet on January 8, January 29, February 26, March 5, March 19 and March 26.

HOPE, 6 Tuesdays, 6:30-9:00 pm.
Begins January 8, LHS, Room 240, \$165/Seniors/\$125.



Roger Gumley leads *A Blues Sampler*, see below.

Bach: The Greatest Teacher

Instructor: Richard Knisely

Bach is, arguably, considered the greatest of all composers, especially among musicians and those who understand how music is created. Why is he counted among the greatest of all human geniuses, above many of the other most highly regarded composers? Unlike most he did not develop a radical new style, he was not "avant-garde." What Bach did, without breaking any molds, was raise the bar for all composers far beyond the level of sophistication, intellect and profundity any music—perhaps any art—had achieved before him. In the 21st century it is still Bach that is the standard composers must look to for guidance in the search for perfection. In this course we will look at the fundamentals of musical art as Bach received them, greatly expanded them, and handed them on for all future generations. From his teenage years to the end of his life he tirelessly and methodically took on each of the facets of musical art: keyboard, instrumental, orchestral, choral and the large sacred forms, and achieved an entirely new plane of excellence in each. While the material in this course will take two terms (fall and winter), it is not required that students register for both. Some prior knowledge of basic musical forms and theory is highly desirable, but not essential.

HBAC, 9 Wednesdays, 7:00-8:30 pm.
Begins January 16, LHS, Room 240, \$135/
Seniors \$120.



**RICHARD KNISELY AND
PETER SULSKI & FRIENDS**
Explore Beethoven, p. 3

NEW Fundamentals of Indian Classical Music

Instructor: Srinivas Reddy

Fundamentals of Indian Classical Music offers a general introduction to the theory of raga and tala, the core musical concepts that underlie all Indian classical music. Drawing primarily from the Hindustani tradition, this course will explore the definition, historical development, complexity and creative realization of both raga and tala. By using musical excerpts, live demonstration and interactive exercises, we will also explore the improvisatory nature of Indian music and how these techniques can be incorporated into one's own creativity.

MFIC, 1 Thursday, 7:00-8:30 pm. Meets
February 7, LHS, Room 240, \$20/Seniors \$15.

A Blues Sampler: From Robert Johnson to Robert Cray

Instructor: Roger Gumley

Blues music is as American as apple pie and just as delicious. It has grown and evolved and slipped its way into every corner of our nation's culture. This earthy poetry and its simple rhythms is bound to inspire, comfort and bring you to your feet. We will explore the history and the essence of this music that goes far beyond a casual term for depression or sadness. Indeed, you will come to see that blues can be positive and uplifting! If you don't own a mojo hand and never visited a juke joint or do not yet revere Little Walter or Otis Rush, then you need to take this class and learn about these musical giants and their priceless art form.

HGUM, 1 Thursday, 7:00-9:00 pm. Meets
March 7, LHS, Room 221, \$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 Monday, 6:00-9:00 pm. Meets
March 4, LHS, Room 222, \$40/Seniors \$30.

NEW Poetry Out Loud

Instructor: Poornima Kirby

Do poems and song-lyrics rattle around in your head? Do you lose your keys and think "the art of losing is not hard to master," (Elizabeth Bishop) or face a hard day by telling yourself to "screw your courage to the sticking place?" (Shakespeare) Poetry can be a talisman, a war-cry, an invitation to beauty, jokes, or justice. But learning a poem by heart, and saying it out loud - that's ownership that we often don't take. This class is your chance! Whether you're a literary nerd or a poetry-phobe, you'll be welcomed into an exploration of some really great poems, and learn powerful, active techniques for committing them to memory. We'll watch and discuss video clips of poetry delivered out loud; we'll read and discuss poems of different eras, and different structures and cadences. Each student will also get to pick out a favorite poem or excerpt, work on it, and deliver it to the group. This class is a great way to sharpen memorization techniques and public-speaking skills - but most of all it's a chance to explore language in a fun and informal setting!

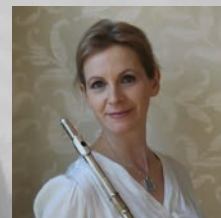
HPOI, 1 Tuesday, 6:00-9:00 pm. Meets
February 26, LHS, Room 229, \$40/Seniors 30.

Music Instrument and Voice Lessons

The following instruments are available for individual study: Baritone Horn (Euphonium), Bass, Bassoon, Cello, Clarinet, Electric and Acoustic Guitar, Flute, French Horn, Guitar, Oboe, Percussion (Drums), Piano, Saxophone, Sitar, Trombone, Trumpet, Tuba, Upright Bass, Viola and Violin. Voice lessons are also available.

To register, or for more information, visit:

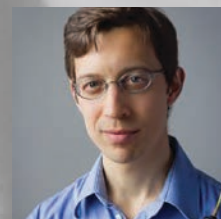
lexingtoncommunityed.org/music-instructors/



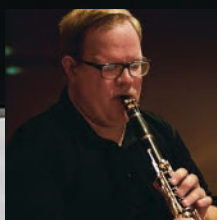
Agita Arista, Flute



Allan Espinosa
Violin, Viola



Ben Fox
Oboe



Bill Kirkley
Clarinet



Brenda Bishop
Voice



Brian Kane
Saxophone



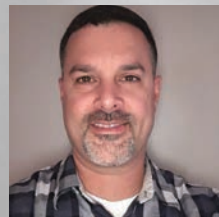
Ellen Donohue-Saltman
French Horn



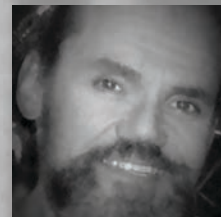
Greg Gettel
Trumpet



James Lattini
Percussion/Drum Set



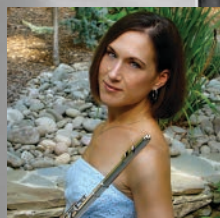
Jason Yost
Guitar / Bass / Ukulele



Robert Butler
Guitar



Jerry Vejmolá
Sax, Clarinet



Jessica Lizak
Flute



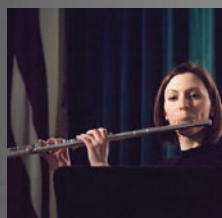
Jobey Wilson
Tuba/Euphonium



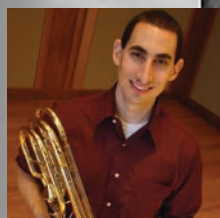
John Claybourne
Drums



Nancy Radnofsky
Clarinet



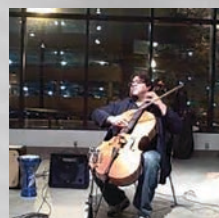
Ona Jonaityte
Flute



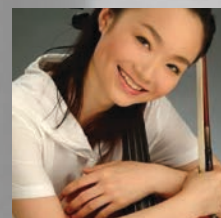
Phil Hyman
Trombone/Euphonium



Raluca Dumitrache
Violin/Viola



Robert Rivera
Cello and Bass Guitar



Yingjun Wei
Cello

NEW Sing for Joy!

Instructor: Jan Maier

Need more singing and joy in your life? Jan's chorus will put a bright spark in your day, as we join voices in easily-learned songs that tell stories about the journeys of life, solidarity, celebration, and hope from ancient to contemporary times. Jan specializes in multicultural songs filled with lots of harmonies, and is known for teaching mostly by ear. The chorus is for all singers and wannabe singers who can "carry a tune", regardless of training background or skill level (reading music is not required). We do not have a concert at the end, which gives us time to creatively PLAY with the songs! Class meets January 9, January 16, January 23, February 13, March 6 and March 13.

MSING, 6 Wednesdays, 7:30-9:00 pm.
Begins January 9, LHS, Room 173, \$100/
Seniors \$75.

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) 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: <https://lexingtoncommunityed.org/music-instrument-lessons/>



Guitar Rock Band Sessions, see below.

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 January 17, LHS, Room 247, \$155/Seniors \$130.

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, 8 Mondays, 7:30-9:00 pm. Begins January 7, LHS, Room 240, \$209/Seniors \$159.

NEW Cello for Adult Beginners

Instructor: Robert Rivera

If you've never picked up a cello before and you wished to, or if you had picked it up and wanted a refresher, this class is for you. We'll be working out of *Suzuki Book 1* for cello. We'll be going through material the same way an orchestral section goes through a musical part. A fun and enjoyable way to play cello with others! No audition required. You just have to have a cello, a music stand, and *Suzuki Book 1* at each class. And on a rotating schedule, each class member should plan to bring a little snack to share during the break. Nothing fancy - cookies, fruit, cake, or any kind of non alcoholic beverage.

MCLO, 6 Wednesdays, 7:00-8:30 pm. Begins January 23, LHS, Room 211, \$100/ Seniors \$85.



**AN EVENING WITH
CLASSICAL GUITAR
VIRTUOSO ELIOT FISK** p. 5

Writing

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

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 February 12, LHS, Room 220, \$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 Thursdays, 7:00-9:00 pm. Begins January 17, LHS, Room 225, \$135/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.



Musician, educator, translator, and scholar Srinivas Reddy visits to discuss Fundamentals of Indian Classical Music, page 11.

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, 8 Tuesdays, 7:00-8:30 pm. Begins January 22, LHS, Room 173, \$137/Seniors \$115.

Learn to Play the Ukulele

Instructor: Jason Yost

Have you ever wanted to learn how to accompany yourself and others on the Ukulele? Maybe you already know the basics to the Ukulele but you want to improve? The Ukulele is a small 4-string, guitar-like instrument native to Hawaii, and its sound reflects the happiness and joy of life on the island. Bring your own instrument and come learn different playing techniques, chords, and musical styles on the Ukulele! The LCE Office Conference Room is in the Old Harrington/Lexington Public Schools Central Office building located at 146 Maple Street, access via 328 Lowell Street.

MUKU, 4 Thursdays, 2:00-3:00 pm. Begins January 10, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$45/Seniors \$35.

Fine Art

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, 7 Wednesdays, 4:00-6:00 pm. Begins January 23, LHS, Room 149, Library Media Center, \$170/Seniors \$125.



Son-Mey Chiu teaches *Depicting Winter Images with the Chinese Brush* (Chinese Painting), page 16.

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, 7 Wednesdays, 6:15-8:15 pm. Begins January 23, LHS, Room 222, \$170/Seniors \$125.

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 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, 7 Fridays, 12:15-1:45 pm. Begins January 25, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school. \$145/Seniors \$110.

NEW Making Writing a Pleasurable Pastime

Instructor: Irene Hannigan

Can writing really be a pleasurable pastime or even a satisfying hobby? It can be if publication, in the traditional sense, is not the ultimate goal. Freed from this pressure, writing can become a significantly different endeavor that brings much satisfaction, delight and discovery. This course is intended for novice writers and for those who have written in the past but would like to make writing a more important part of their lives. Irene's latest book *Write On! How to Make Writing a Pleasurable Pastime*, will be our springboard for discussion and experimentation. It is available for \$10 on Amazon.

WDWP, 6 Wednesdays, 1:00-3:00 pm. Begins February 6, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school. \$125/Seniors \$95.

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.

NEW Pictures and Patterns: The Enduring Allure of Mosaic Art

Instructor: Suzanne Baratta Owayda

From the ancient city of Pompeii to the New York City subway system, mosaic art is everywhere! This visual presentation will delight your mind and eye with textures, pattern and color as you learn more about one of the oldest and most enduring artforms. Mosaics are pictures or patterns created by the arrangement of small colored pieces of hard material, such as stone, tile, or glass. Through slides and discussion the instructor will travel through time and over continents, starting with mosaics made by ancient Greeks and Romans and ending with contemporary mosaic artists. Learn how mosaics were made in classical times, and see how it has developed into a popular craft and art. Leave this presentation with a greater awareness and appreciation for the mosaic art that surrounds us; and possibly a desire to visit more notable masterpieces in far-flung places around the globe.

AMOS, 1 Tuesday, 6:30-8:30 pm. Meets January 22, LHS, Room 225, \$25/Seniors \$20.

Fundamentals of Drawing

Instructor: Susan Dahl

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, and an eraser.

AFOD, 8 Mondays, 12:00-2:00 pm.
Begins January 7, 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. We will 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 will 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 Tuesdays, 6:30-9:00 pm.
Begins January 8, LHS, Room 210, \$175/ Seniors \$135.

Charcoal & 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: lexingtoncommunityed.org

ACHR, 6 Tuesdays, 1:00-3:00 pm. Begins January 15 Lexington Community Education Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$135/ Seniors \$105.



Suzanne Baratta Owayda teaches Pictures and Patterns: The Enduring Allure of Mosaic Art, see below.

NEW Depicting Winter Images with the Chinese Brush (Chinese Painting)

Instructor: Son-Mey Chiu

There is so much beauty in winter even though we have to brave its snow and ice. In this course, the instructor will demonstrate how to use the Chinese brush to paint the following winter images: the bitter-sweet berries or the poinsettia; the "Three Friends of Winter": the pine, the bamboo and the plum—Chinese traditional plants which are tolerant of winter chill; and birds such as the chickadees, sparrows or the cardinals. After watching the demonstrations, students will practice the brush techniques and compose winter scenes with the images introduced. Beginning and returning students are welcome. (Painting supplies for new students, approximately \$57, payable to the instructor at the first class.)

ACBP, 4 Tuesdays, 1:30-3:30 pm. Begins February 12, Lexington Community Education Large Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$125/\$95.

NEW How to Make a Sculpture

Instructor: Paul Angiolillo

In this one-session class, you'll learn many of the basic techniques for creating 3D works of art, including how to create an engaging design, how to assemble materials, and how to finish and display them. A handsome old wooden bowl with a chip or crack in it, for instance, might become a whimsical piece of freestanding art. Or some eye-catching natural materials or objects could be transformed into a wall relief. Garden sculptures are

also possible. The instructor will discuss ideas for your projects (you can bring in some favorite materials or objects), while demonstrating various tools, equipment, fixatives, and other tricks-of-the-trade for creating attractive and resilient works of art. The goal is to provide you with basic skills to work independently in your own space and at your own pace.

ASCU, 1 Wednesday, 6:00-9:00 pm. Meets January 30, LHS, Room 210, \$30/Seniors \$25.

NEW Introduction to Human Form: Cast Drawing Facial Features

Instructor: Elena Belkova

Our work in class will start with the plaster fragments of Michelangelo's David such as eye, nose, lips and ear as a model and several preliminary sketches examining the planes from different angles. In addition to drawing from plaster casts and becoming acquainted with drawing the planes of facial features, which prepare you to draw a real human face, we will discuss constructive anatomy to obtain the skills needed to draw a realistic human head, as well. 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 Thursdays, 6:30-9:00 pm.
Begins January 24, LHS, Room 210, \$175/ Seniors \$135.



**DRAWING
FOR GRADES 6-9**

with Elena Belkova, p. 25

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 January 14 and meets January 28, February 4, February 11, March 4 and March 11. LHS, Room 143, \$140/Seniors \$100.

NEW Embroidery

Instructor: Daniela Cermenati

In this embroidery classes we will focus on awakening your creativity through embroidery, learning some traditional basic points, to get started in this technique. This six session will be an ideal opportunity to learn about different thread and wool options, assemble color palettes and explore options without rules so you can get started in the embroidery technique. This class is directed through experimentation in order to explore new, non-traditional possibilities, learning the basics of embroidery. You'll explore techniques for transferring images and detailing stitches to accentuate dimension and color. All levels welcome. A supply fee will be charge on the first class.

AEMB, 6 Wednesdays, 9:30-11:30 am. Begins February 13, LCE Large Conference Room, 146 Maple Street, \$115/Seniors \$90.

NEW Kitchen Crafts: Hand Painted People Wooden Spoons

Instructor: Daniela Cermenati

Join us for a two-hour session of fun for the whole family. The idea is that each member of the family paint their own image, or an imaginary character of their choice. We will use different types of paint, papers and pencils. Turning ordinary wooden spoons into painted kitchen artwork.

ASPO, 1 Saturday, 9:30-11:30 am. Meets February 2, LHS, Room 210, \$39 per adult/child pair.

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, 9 Wednesdays, 9:30-11:30 am. Begins January 9, Meets at LCE Conference Room, (Access by 328 Lowell Street/Enter through blue side door of building), \$175/Seniors \$135.

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 January 15, Karenna Maraj Jewelry Collection, 95 Trapelo Road, Belmont, \$125.



EVERYTHING YOU NEED TO KNOW ABOUT AUTO REPAIR
with Bruce Gerry, p. 29

Stone Carving Workshop – Wednesdays

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

AWSTN, 10 Wednesdays, 7:00-10:00 pm. Begins January 9, Scott's Stone Carving, 80 Loomis Street, Bedford, \$535.

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 January 19, Scott's Stone Carving, 80 Loomis Street, Bedford, \$140.

A2STN, 1 Saturday, 9:30 am - 2:30 pm. Meets February 16, Scott's Stone Carving, 80 Loomis Street, Bedford, \$140.

A3ST, 1 Saturday, 9:30 am - 2:30 pm. Meets March 16, Scott's Stone Carving, 80 Loomis Street, Bedford, \$140.



Paul Angiolillo teaches How to Make a Sculpture, page 16.

NEW Event Photography

Instructor: Scott Metzger

Whether it's a child's birthday party, a summer barbeque, a Halloween party or a wedding if you own a camera, and don't take pictures with your phone, you are the person that will be called to photograph memorable events. This course will introduce you to techniques used by a professional photographer to get the best pictures possible. Discussion will include how to get genuine expressions from your subjects, how to create poses that look natural, how to create variety by changing framing or background and best settings and lenses to use for different effects. Please bring your camera to class.

APPH, 4 Mondays, 7:00-9:00 pm. Begins February 4, LHS, Room 220, \$88/Seniors \$66.

Intro to Adobe Photoshop

Instructor: Damian Barneschi

In this class, students will learn how to use Photoshop as both a tool to alter digital images and as a means of creating finished pieces of original artwork. The course begins with an explanation of Photoshop tools and soon has students using these tools to manipulate images. Students will then learn how to use Photoshop to improve digital photos. For this purpose, students are encouraged to work from their own image bank, but images will be provided if necessary. Finally, students will use their acquired knowledge to create original pieces of artwork, including a print advertisement and a photo collage.

CAPS, 4 Wednesdays, 6:30-8:30 pm. Begins January 23, LHS, Room 215, \$135/Seniors \$100.

ELL/ Languages

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.

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, 8 Tuesdays, 9:30-11:30 am. Begins January 22, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$135/Seniors \$105.

Intermediate English

Instructor: TBA

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 January 24, LHS, Room 226, \$135/Seniors \$105.

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, 8 Mondays, 12:30-2:30 pm. Begins January 14, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$135/Seniors \$105.

Beginning Spanish

Instructor: TBA

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 January 23, 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, 8 Wednesdays, 6:30-8:00 pm. Begins January 16, LHS, Room 225, \$100/Seniors \$75.



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

NEW Español Intermedio & Avanzado a Través del Uso de Películas/Spanish Intermediate & Advanced Through the Use of Film

Instructor: Ric Calleja

Este curso está orientado hacia estudiantes que han llegado al nivel intermedio o avanzado en español. Miraremos varias películas y las usaremos como base para mejorar la comunicación. Por medio de este curso, Ud. desarrollará su vocabulario y su capacidad de hablar y entender el idioma español mirando, comentando, y escribiendo sobre algunas de las películas más significativas del mundo hispanico en las últimas tres décadas. This course is oriented towards students who have reached the intermediate or advanced level in Spanish. We will watch several films and will use them as the basis for improving your ability to communicate. In this course, you will develop your vocabulary, and your capacity to speak and understand the Spanish language by watching, commenting and writing about some of the most significant movies from the Spanish speaking world in the past three decades.

LDII, 8 Thursdays, 10:15 am - 12:15 pm. Begins January 17, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$135/Seniors \$105.

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, 8 Mondays, 10:00 am-12:00 pm. Begins January 7, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$135/Seniors \$105.

Beginning Italian – Level 1 (Daytime)

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.

LDBIT, 8 Fridays, 10:30 - 11:45 am. Begins January 25, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$160/Seniors \$120.

NEW Italian Cooking and Language

Instructor: Omar Laurino

Did you know that you don't need cream for a creamy carbonara? Or that stunning focaccia and ciabatta breads are just two hours away, using regular kitchen tools? From everyday basics to articulate desserts and risottos, Italian native and food enthusiast Omar Laurino will teach you how to cook Italian dishes with simple ingredients you can find easily, and tools you already have in your kitchen. Hands-on lessons will be seasoned with anecdotes about the origins of some staple Italian and Italian American dishes. It will demystify some of the traditional misconceptions about Italian food, while giving you the basic skills that will allow you to stun your dinner guests and explore Italian recipes on your own. You will also deepen your knowledge of beginner Italian. What are you waiting for? *Vieni a cucinare con noi!* Materials fee of \$30 payable to the instructor at the first class. Class will be filmed for broadcast and is appropriate for those who have completed *Beginning Italian Level 1*.

NCOO, 6 Wednesdays, 6:30-8:30 pm. Begins January 16, LexMedia Studios. \$145.



FIXING OUR BROKEN SLEEP
with Rick Clerici, p. 32

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 landscape 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, 8 Tuesdays, 6:30-8:30 pm. Begins January 15, LHS, Room 242, \$135, Seniors \$100.

NEW Buongiorno Cafe – Intermediate Italian

Instructor: Eleonora Cordovani

Learn how to prepare a real Italian coffee and enjoy it with fellow coffee lovers, while talking about art, travels, news and other topics in Italian! This class is for intermediate Italian speakers. Students will have the opportunity to prepare coffee for the whole class, under the supervision of the teacher. This class will not be filmed for broadcast.

LBUON, 8 Mondays, 9:30-11:30 am. Begins January 7, LexMedia Studios, \$135/Seniors \$105.

Italian Conversation and Culture

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 excerpts 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.

LILC, 8 Thursdays, 6:30-8:30 pm. Begins January 17, LHS, Room 222, \$135/Seniors \$105.

Conversational Italian: Level 5 – Daytime

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.

LDCO, 8 Fridays, 9:15-10:30 am. Begins January 25, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$160/Seniors \$120.

Total Beginner French

Instructor: Maurice Bombrun

Total Beginner French is for students with no or “forgotten” French knowledge. The course introduces basic pronunciation, grammar, and vocabulary to build the foundation of the language in a fun environment, taking into consideration each student’s requirements and questions. Students will learn to communicate simple concepts in French through numerous exercises. Pronunciation, reading, listening and speaking are the focus of the class for a progressive learning experience. The college-level *Contacts, Valette/Valette, Version 8*, may be purchased online or from a bookstore.

LOBR, 9 Fridays, 9:00-11:00 am. Begins January 11, Lexington Community Education Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$155/Seniors \$145.

French: Beginner 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, 9 Mondays, 3:30-5:30pm. Begins January 7, LHS, Room 233, \$155/Seniors \$145.

Intermediate 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, 9 Thursdays, 3:30-5:30 pm. Begins January 10, LHS, Room 233, \$155/Seniors \$145.



WALKING THE BRITISH ISLES
with Mary Hamilton, p. 29

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, 8 Tuesdays, 9:30-11:30 am. Begins January 8, Lexington Community Education Large Conference Room, 146 Maple Street, \$135/Seniors \$105.

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 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, 8 Wednesdays, 7:00-9:00 pm. Begins January 9, LHS, Room 166, \$135/Seniors \$105.



Maurice Bombrun teaches French Conversational Workshop, see below.

French Conversational 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, 9 Thursdays, 12:30-2:30 pm.

Begins January 10, Lexington Community Education Large Conference Room, 146 Maple Street, \$155/Seniors \$145.

Beginning German: For New and Continuing Students

Instructor: Uschi Kullmann

While German has the reputation of being a difficult language this course is meant to show you otherwise. Using real life situations like shopping or a doctor's visit you will learn useful phrases to get around and express yourself. Expect to listen to recordings, to watch video clips, and to engage in dialogues with your fellow students. Basic grammar will be introduced through reading and writing exercises. Handouts will be provided. *Willkommen* – welcome!

LBGE, 6 Wednesdays, 5:00-6:30 pm.

Begins January 16, LHS, Room 148, \$100/Seniors \$85.

Intermediate German

Instructor: Uschi Kullmann

German – I know I knew it. Intermediate German is a course for students with previous knowledge (levels A1 / A2), focusing on reading and speaking in common situations. Some grammar cannot be avoided though. In this interactive class, we will use videos, games, and handouts to prepare you for communication in and travel to a German speaking country.

LREG, 6 Wednesdays, 7:00-9:00 pm.

Begins January 16, LHS, Room 148, \$132/Seniors \$125.

NEW Standard Arabic for Beginning and Beyond Beginning Students

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. The Beyond Beginning class is for those who have taken the Beginning level class or its equivalent.

LBAR, (Beginning), 8 Thursdays, 6:30-8:30 pm. Begins January 17, LHS, Room 231, \$165/Seniors \$148.

LBBA, (Beyond Beginning), 8 Tuesdays, 6:30-8:30 pm. Begins January 15, LHS, Room 231, \$165/Seniors \$148.

Computers

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 Conference Rooms are 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."**

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 January 10, LCE Large 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 January 17, LCE Office Conference Room, \$42.



Kristen Butler teaches computers, pages 21-23.

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 January 24, LCE Office 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 January 31, LCE Office Conference Room, \$42.

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 February 7, LCE Office Conference Room, \$39/Seniors \$35.



MAKING WRITING A PLEASURABLE PASTIME
p. 15

NEW Intro to Google Suite – Daytime

Instructor: Kristen Butler

An overview of the powerful Google Suite including an introduction to Google Docs, Google Slides, Google Sheets and Sharing.

CDGSL, 1 Thursday, 9:00 am-12:00 pm. Meets February 28, LCE Office Conference Room, \$42.

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 March 7, LCE Office Conference Room, \$39/Seniors \$35.



POWER 8: STRENGTH AND FLEXIBILITY EXERCISES
with John Deming, p. 35

Intermediate Excel I – Daytime

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.

CDIX, 1 Thursday, 9:00 am-12:00 pm.
Meets March 14, LCE Office Conference Room, \$42.

Intermediate Word – Daytime

Instructor: Kristen Butler

Learn how to use this powerful word processor to create your own letterhead, your own fax cover sheet, create footnotes and endnotes, use styles, make a table of contents and more. Students must be familiar with the basics of how to use a word processor.

CDIW, 1 Thursday, 9:00 am-12:00 pm.
Meets March 21, LCE Office Conference Room, \$42.

NEW Intro to Google Suite

Instructor: Kristen Butler

An overview of the powerful Google Suite including an introduction to Google Docs, Google Slides, Google Sheets and Sharing.

CGSL, 1 Wednesday, 6:00-9:00 pm. Meets January 9, LHS Room 155, \$42.



EMBROIDERY
with Daniela Cermenati, p. 17

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 January 16, LHS, Room 155, \$39/Seniors \$35.

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 January 23, LHS, Room 155, \$39/Seniors \$35.

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. Meets January 30, LHS, Room 155, \$42.

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!

CIpH, 1 Wednesday, 6:00-9:00 pm. Meets February 6, LHS Room 155, \$39/Seniors \$35.



Brigid Gorry-Hines teaches Teen Writing Workshop, this page.

Courses for Children

Each summer LCE's *Lexplorations* 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 January 15, 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 February 4, LHS, Room 220, \$60.

NEW Fiction Writing for 4th and 5th Graders (Now meets for three sessions!)

Instructor: Karen Day

In this three-session fiction workshop, students will be introduced to the nuts and bolts of what makes a good story. They will brainstorm for ideas and begin writing a story that focuses on key fictional elements such as voice and plot. In addition to written comments from the teacher, they can also expect to leave the

Intermediate Excel II

Instructor: Kristen Butler

Learn how to set up databases to use mail merge, create pivot tables and define macros. Students must be familiar with the basics of how to use Excel.

CEXX, 1 Wednesday, 6:00-9:00 pm. Meets February 27, 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 March 6, LHS, Room 155, \$42.

Understanding iPhone Capabilities – Part 2

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.

C2PH, 1 Wednesday, 6:00-9:00 pm. Meets March 13, LHS, Room 155, \$39/Seniors \$35.

Buying and Selling on eBay (and Amazon)

Instructor: Tracy Marks

Do you want to learn how to safely and effectively sell items on eBay and/or Amazon? In this workshop, taught by an active Amazon seller and previously certified eBay trainer/powerseller, we'll first cover how to safely buy and sell on eBay. After focusing on how to search for items, research prices, bid, and leave feedback, we'll spend most of class learning to create and submit listings, prepare photos, determine auction timing, manage auctions, handle payment and shipping, and deal with security issues and non-responsive buyers. For the last class, students will create eBay listings which together we will constructively critique and help improve. We will also cover the quick and easy process of becoming an Amazon Marketplace seller.

CBAY, 3 Tuesdays, 6:30-9:00 pm. Begins January 15, LHS, Room 220, \$75/Seniors \$60.

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 March 20, LHS Room 155, \$39/Seniors \$35.

class with the beginnings of a story of their own. This is an instructional course that leaves plenty of time for in-class writing and participation.

K2FIC, 3 Wednesdays, 6:00-7:30 pm.
Begins February 13, LHS, Room 221, \$90.

NEW Fiction Writing for Middle Schoolers (Now meets for three sessions!)

Instructor: Karen Day

This three-session fiction writing workshop will focus on some of the most important components of writing a story: voice, setting and plot. We will brainstorm for ideas, begin writing a story and explore what it means to revise. Students will receive written comments from the teacher. We will also work on being our own editors as well as critiquing others. Each class will build on the next and at the end students can expect to have a solid start to their own novel or story.

KFIC, 3 Wednesdays, 6:00-7:30 pm.
Begins January 16, LHS, Room 221, \$90.

NEW The Write Shop for Teens with Author G. Johnson

Instructor: G. Johnson

The Write Shop w/G. Johnson is a 3-hour intensive writing workshop designed to help writers find their voice. In this class, students will work on various exercises that will strengthen their creativity and expand upon their passion for literacy, using group and individualized tasks. This is the perfect way to help teen-aged writers find their niche or simply develop stronger writing skills needed for school.

KWST, 1 Tuesday, 6:00-9:00 pm. Meets February 12, LHS, Room 221, \$35.

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. Students will have an option to play a game of Crack-About in the gym each week.

KCDD, 9 Wednesdays, 3:00-6:00 pm.
Begins January 9, Clarke Middle School, Room 227, \$190.

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 the 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, 8 Wednesdays, 3:30-5:30 pm.
Begins January 16, LHS, Room 166, \$220.

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 be earning 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, 3:45-6:45 pm.
Begins January 16, LHS, Room 167, \$70.

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, 3:45-6:45 pm.
Begins February 6, LHS, Room 167, \$80.

NEW CPR Basic Life Support for the Healthcare Professional

Instructor: Court Booth, Playworks

The American Heart Association BLS for Healthcare Providers Course covers core material such as adult and pediatric CPR (including two-rescuer scenarios and use of the bag mask), foreign-body airway obstruction, and automated external defibrillation. Students must pass a written exam and skills test in order to earn Basic Life Support certification. This level of training is required for lifeguard positions. Course Includes: Pocketmask and AHA Manual; Course Completion Card: and American Heart Association certification valid for 2 years.

MBLS, 2 Wednesdays, 3:30-6:00 pm.
Begins March 6, LHS, Room 167, \$85.

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. Tuition is per child. Please note no class on January 19 and February 23.

KBAL, 8 Saturdays, 10:30-11:30 am.
Begins January 12, db Studios, 442 Marrett Road, \$160.

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 3D 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 instructor. Please bring the following supplies to class: a Drawing Pad (11" x 14"), Pencil HB, Colored Pencils (12), an Eraser and an 8 ½" x 11" pad of graph paper.

KARCH, 7 Tuesdays, 4:00-6:00 pm. Begins January 8, LHS, Room 173, \$140.

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.

KPAC, 8 Thursdays, 3:30-5:30 pm. Begins January 17, LHS, Room 166, \$220.



Alma Bella Solis teaches Art Studio: Charcoal and Pastel for Grades 2-6, this page.

NEW Drawing (Grades 6-9)

Instructor: Elena Belkova

The focus of this course is to develop and improve student's drawing ability. Students will learn the essential basic skills of drawing, starting with exercises sketching objects from life. As skills develop students practice drawing more complex forms such as plaster casts of fragments from the face of Michelangelo's David beginning with the study of the variety of facial planes. We will cover and discuss many instructional topics with the main focus of learning to draw in an accurate way. 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.

KDRAW, 7 Fridays, 6:00-8:00 pm. Begins January 11, LHS, Room 210, \$140.

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. Class is co-taught by Toby Forman and Gregory Tracy. Class will meet: January 7, 14, 28; February 4, 11, 25; March 4, 11, 18, 25; April 1, 8, 22, 29; and May 6, 20.

KLHS, 16 Mondays, 3:30-5:00 pm. Begins January 7, LHS, Room 131, \$275.

Bold Voices: How to Have Fun Having Your Say!

Instructor: Poornima Kirby

Ever get tongue-tied when the teacher calls on you? Are you outgoing with your friends, but shy in front of a crowd? This workshop is a crash course full of tips

and tricks to break out of your nerves, and say your piece. We'll use improv games, storytelling, and writing prompts to prepare you for those moments in the school day (and beyond) when you need to speak in front of a crowd. We'll touch on everything from how to stand and gesture, to linking ideas persuasively, to using humor and story to persuade your audience. Each student will go home with a brief video clip of their best public speaking!

KHHC, 1 Tuesday, 4:00-6:00 pm. Meets March 12, LHS, Room 235, \$33.

NEW Russian School of Math for Grades 4-5 (After School)

Instructor: Staff from the Lexington Russian School of Math

RSM-Lexington will hold an introductory course for students in 4th and 5th grade at each of the Lexington Elementary schools. The course is appropriate for students who have had no previous experience with the RSM curriculum and want to learn techniques to improve their understanding of mathematical concepts. The course will also help students develop logical and critical thinking skills. Logic and critical thinking skills can be developed at an early age, and algebra is the ideal tool. RSM practices are rooted in the theories of Russian psychologist Lev Vygotsky, supported by a growing body of research that has come to recognize that young children's minds can benefit greatly from an early introduction to algebra. To successfully provide this introduction, RSM developed an elementary math enrichment program that's dynamic, intuitively structured, and appropriately paced for all students.

KFRM, 16 Tuesdays, 3:20-5:20 pm. Begins January 29, Fiske Elementary School, \$900.

KHRM, 16 Wednesdays, 3:20-5:20 pm. Begins January 16, Harrington Elementary School, \$900.

KBORM, 16 Fridays, 3:20-5:20 pm. Begins February 1, Bowman Elementary School, \$900.

KBRRM, 16 Fridays, 3:20-5:20 pm. Begins February 1, Bridge Elementary School, \$900.

KERM, 16 Fridays, 3:20-5:20 pm. Begins February 1, Estabrook Elementary School, \$900.

KHARM, 16 Fridays, 3:20-5:20 pm. Begins February 1, Hastings Elementary School, \$900.

Test Prep/ College Planning

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.

Driver Education - Registration

for Driver Education programs is now Online.

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 to: <http://csdriving.com/locations.html>

Select "Lexington High School"

Click "Enroll"

Complete the registration process

Submit your payment of \$710



Poornima Kirby teaches Bold Voices, page 25.

SAT TEST PREP

Math SAT Prep

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.

MATH SAT PREP FOR THE MARCH EXAM

PSAM, 6 Mondays, 6:30-8:30 pm.
Begins January 7, LHS, Room 232, \$200.

PMST, 6 Thursdays, 3:30-5:30 pm.
Begins January 17, LHS, Room 230, \$200.

MATH SAT PREP FOR THE MAY/JUNE EXAM

P2SAM, 6 Mondays, 6:30-8:30 pm.
Begins March 11, LHS, Room 232, \$200.

P2MST, 6 Thursdays, 3:30-5:30 pm.
Begins March 14, HS, Room 235, \$200.

Reading SAT Prep

Instructor: Staff, Catalyst Prep

LCE has partnered with Catalyst Prep for a comprehensive SAT course covering SAT Reading this fall. Students will benefit from: six, two hour lessons with one of Catalyst's expert instructors; 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. Our unique approach to standardized test preparation has been featured in or on *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 information to send class confirmations and results of diagnostic tests.*

READING SAT PREP FOR THE MARCH EXAM

PRTH, 6 Tuesdays, 6:30-8:30 pm. Begins January 8, LHS Room 222, \$200.

READING SAT PREP FOR THE MAY/JUNE EXAM

PENG, 6 Tuesdays, 6:30-8:30pm. Begins March 12, LHS, Room 222, \$200.

Writing and Language/Essay SAT Prep

Instructor: Staff, Catalyst Prep

LCE has partnered with Catalyst Prep for a comprehensive SAT course covering SAT Reading this fall. Students will benefit from: six, two hour lessons with one of Catalyst's expert instructors; 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. Our unique approach to standardized test preparation has been featured in or on *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 information to send class confirmations and results of diagnostic tests.*

WRITING AND LANGUAGE/ESSAY SAT PREP FOR THE MARCH EXAM

PWTU, 6 Wednesdays, 6:30-8:30 pm.
Begins January 9, LHS Room 231, \$200.

WRITING AND LANGUAGE/ESSAY SAT PREP FOR THE MAY/JUNE EXAM

PWST, 6 Wednesdays, 6:30-8:30 pm.
Begins March 13, LHS Room 221, \$200.

ACT Test Prep for the April 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. Class will meet: January 9; January 16; February 6; February 13; February 27; March 6; March 13; March 20; March 27 and April 3. Required text for class: *The Official ACT Prep Guide*. The ISBN # for the 2018 edition is 978-1-119-39890-5
PCOL, 10 Wednesdays, 6:30-8:30 pm.
Begins January 9, LHS, Room 234, \$335.



The College Admissions Game, see below.

NEW The College Admissions Game

Instructor: Larry Dannenberg

Your GPA doesn't tell the whole story -- all your unique attributes go into your college application. Resolve to start preparing now for a bright future. Join Larry Dannenberg, founder of College Solutions, and a national expert in college application counseling and financial aid planning, to learn how parents and students can plan to succeed at the college admissions game. Learn how the most selective colleges think about choosing students vs less selective colleges. This session is particularly important for athletes, artists, top students and students with learning differences. The \$25 tuition is for an adult/student pair or two adults in the household.

PFIT, 1 Thursday, 6:30-8:00 pm. Meets January 10, LHS, Room 229, \$25.

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 February 4, LHS, Room 229, \$25.

Navigating the Student-Athletes 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, February 26 and Thursday, February 28, 7:00-9:00 pm. LHS, Room 148, \$40 per adult/student pair.

Parenting Perspectives

NEW Positive Discipline Workshop

Instructor: Alexis Davis

Are you ever frustrated because your child repeatedly ignores your directions? Do you sometimes feel defeated as a parent? This workshop teaches you how to effectively use a few concrete tools like child-directed play, purposeful praise, limit-setting and establishing appropriate consequences to help you manage everyday parenting struggles. If you're looking to feel like a more effective parent while developing (or restoring) a positive relationship with your child then this workshop is for you.

PHLP, 1 Wednesday, 6:30-9:00 pm. Meets January 23, LHS, Room 220, \$33.

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 January 29, LHS, Room 229. Free, but pre-registration is required.



ESTATE PLANNING 101
with Rebecca O'Brien, p. 31

NEW New Beginnings: Moms and Infants

Instructor: Melissa Merres

New motherhood is a time of intense transition. With a new baby at home, moms learn more about themselves and their most essential relationships, even as they change. This weekly group will give new moms a space to come together and share about the transformative experience of motherhood. You are not alone in the chaos or the exhaustion—or the wonder of your new role. Facilitated by certified coach Melissa Merres, the group will encourage participants to learn, grow, and build strong friendships in the midst of this exciting and challenging time. Open to mothers with babies under one year old.

PPAR, 8 Tuesdays, 11:15-12:45 pm. Begins January 15, Hancock Church, 1912 Massachusetts Ave., Lexington, \$100.

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 March 20, LHS Room 155, \$39/ Seniors \$35.



Paul Angiolillo teaches The World of Tea, this page.

Cooking

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 H Mart, 3 Old Concord Road., Burlington at the entrance of the Food Court.

NHMT, 2 Wednesdays, 6:30-8:30 pm. Begins March 6, meeting at H Mart, 3 Old Concord Rd, Burlington, \$60.

The World of Tea

Instructor: Paul Angiolillo

Some cultures are known for their coffee connoisseurs, others for wine aficionados or beer enthusiasts. Yet almost every place has its tea lovers, whether they're into malty Assams, brisk Ceylons, aromatic Yunnans, plummy oolongs, delicate green teas, or highly-prized jasmines. 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 Thursday, 7:00-8:30 pm. Meets January 24, LHS, Room 143, \$25.

Home, Hobbies & Travel

NEW Italian Cooking and Language

Instructor: Omar Laurino

Did you know that you don't need cream for a creamy carbonara? Or that stunning focaccia and ciabatta breads are just two hours away, using regular kitchen tools? From everyday basics to articulate desserts and risottos, Italian native and food enthusiast Omar Laurino will teach you how to cook Italian dishes with simple ingredients you can find easily, and tools you already have in your kitchen. Hands-on lessons will be seasoned with anecdotes about the origins of some staple Italian and Italian American dishes. It will demystify some of the traditional misconceptions about Italian food, while giving you the basic skills that will allow you to stun your dinner guests and explore Italian recipes on your own. You will also deepen your knowledge of beginner Italian. What are you waiting for? Vieni a cucinare con noi! Materials fee of \$30 payable to the instructor at the first class. Class will be filmed for broadcast and is appropriate for those who have completed *Beginning Italian Level 1*.

NCOO, 6 Wednesdays, 6:30-8:30 pm.
Begins January 16, LexMedia Studios. \$145.

NEW Quick and Easy Weeknight Meals

Instructor: Katie Walter / Two Aprons Cookery

We all fall into the same weeknight rut of fixing the same meals over and over again. Get culinary inspiration and learn some new favorite dinner recipes including mains and side dishes. Recipes are healthy and can be put together with minimal time and effort. Whether you're a whiz in the kitchen or have trouble boiling water, you'll go home with confidence to try some new, delicious recipes including Barbeque Roasted Salmon, Sheet Pan Chicken Thighs with Leeks and Peas, Guacamole Greens Salad and Roasted Broccoli with Parmesan and Garlic. A \$12 food fee is payable to instructor at class. This class will be filmed for broadcast.

NMEAL, 1 Saturday, 2:00-5:00 pm. Meets February 9, LexMedia Studios, 1001 Main Campus Drive, Lexington. Please visit, lexmedia.org for detailed driving directions. \$75.

Walking in the British Isles

Instructor: Mary Hamilton

England, Scotland, Wales, and Ireland all have extensive networks of well maintained, well marked long distance walking paths that afford the luxury of finding your own pace while exploring new, quaint, and beautiful places. Although there are many costly companies that will set up an itinerary for you, transport your luggage, and even provide rides for the weary, there is nothing like the sense of adventure and accomplishment that comes from independently learning about and affordably enjoying this experience by doing it yourself. This evening you will be able to find out about route choices, maps and guidebooks, B&B's, travel etiquette, public transport options, and what to pack and carry for your well-paced tour.

F011, 1 Tuesday, 7:00-8:30 pm. Meets March 5, LHS, Room 220, \$33.



BUYING & SELLING ON EBAY (AND AMAZON)

with Tracy Marks, p. 23

NEW CPR Basic Life Support for the Healthcare Professional

Instructor: Court Booth, Playworks

The American Heart Association BLS for Healthcare Providers Course covers core material such as adult and pediatric CPR (including two-rescuer scenarios and use of the bag mask), foreign-body airway obstruction, and automated external defibrillation. Students must pass a written exam and skills test in order to earn Basic Life Support certification. This level of training is required for lifeguard positions. Course Includes: Pocketmask and AHA Manual; Course Completion Card; and American Heart Association certification valid for 2 years.

MBLS, 2 Wednesdays, 3:30-6:00 pm.
Begins March 6, LHS, Room 167, \$85.



LEARN TO PLAY THE UKULELE

with Jason Yost, p. 14

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, 3 Saturdays, 9:30-11:30 am.
Begins February 9, LHS, Room 220, \$66/Seniors \$55.

NEW Get and Stay Organized – For the Health of It!

Instructor: Francesca Verri

Join Francesca Verri in this lively class as she teaches the basic tenets of organization and how they are integral to living a healthy life. You will learn the three steps in the process to get organized, and the two imperatives to staying organized. You will also leave with a more complete understanding about why organization is the tie that binds together all wellness possibilities, and how to use it daily to find peace in your day-to-day. If you struggle with clutter, have tried unsuccessfully to organize various areas of your life and home, and are looking to create calm and efficiency in your life, this class is for you.

FORGA, 1 Thursday, 7:00-8:30 pm. Meets January 17, LHS, Room 220, \$40.

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 that can help you determine the future

Daytime Classes

cost of owning a bigger home. Its offline functionality will let you play with it without sharing your personal financial information. This class will be co-taught by Sumeit and Sanjay Aggarwal.

BCTO, 1 Friday, 7:00-9:00 pm. Meets February 8, LHS, Room 221, \$25/Seniors \$20.

Residential Addition 101

Instructor: Nancy Dickinson

If you have been thinking of adding onto your house, but don't know where to start, this one night class is for you! Nancy Dickinson, Principal at Dickinson Architects in Concord, will give an overview of the design and construction process for residential additions and renovations. The class will review zoning and septic issues, programming, budgeting, whether to "move or stay", the architectural process, contractor selection, permitting and what to expect during construction. Time will be allowed for questions about your specific project.

FRES, 1 Tuesday, 7:00-9:00 pm. Meets February 12, LHS, Room 229, \$25/Seniors \$20.

Simple Ways to Protect Your Home

Instructor: Lexington Police Department

The Town of Lexington has a current population of approximately 33,000 people living in about 11,000 residences. Due to its affluent status and location within the Greater Boston Area with easy access to Routes 2 and 128, it is an attractive target for residential burglaries. Come join Detective Aidan Evelyn, Community Resource Officer from the Lexington Police Department for a discussion addressing this type of crime prevention. The course will focus on home security systems, target hardening through environmental design and other methods to make your home a hardened target for would be criminals.

FCRIME, 1 Tuesday, 6:30-8:00 pm. Meets February 5, LHS, Room 229, Free, but pre-registration required.

The Art of Comforting.....	9
New Beginnings: Moms and Infants	9
Far from the Madding Crowd.....	10
Don Quixote, Madman or Visionary	10
Play the Ukulele	14
Memoir Writing.....	14, 15
Making Writing a	
Pleasurable Pastime	15
Fundamentals of Drawing.....	15
Charcoal & Pastel Studio	16
Winter Images with the	
Chinese Brush	16
Embroidery.....	17
Hand Painted Spoons	17
Advanced Knitting	17
Stone Carving Saturdays.....	17
Daytime ELL	18
Intermediate/Advanced Spanish	
through Film.....	19
Spanish Conversation.....	19
Beginning Italian–Level 1	19
Buongiorno Cafe	19
Conversational Italian: Level 5.....	20
Total Beginner French	20
French: Beginner II	20
Intermediate French	20
French Conversational Workshop ...	22
Daytime Computer Classes	21, 22
Calligraphy for Ages 10+	24
Babysitting Training.....	24
First Aid and CPR Certification	
for Babysitters	24
CPR Basic Life Support for the	
Healthcare Professional.....	24
Ballroom Basics for Grades 2-5	24
Drawing and Architecture	
for Grades 2-5,	25
Charcoal and Pastel for Grades 2-6	25
Jazz in the Middle.....	25
Russian School of Math	
for Grades 4-5.....	25
SAT and ACT Test Prep	26
Quick and Easy Weeknight Meals...	29
The Nonprofit Relaunch Connector	30
Afternoon Ballroom.....	34
Pilates Mat/Reformer	35
Barre3	35
Beginning Yoga.....	35
Advanced Beginning Yoga	35
Joyful Yoga.....	36
Yoga for Osteoporosis	36
Iyengar Yoga	36

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.

Taking Control of Your Financial Health

Instructor: Sumeit and Sanjay Aggarwal

Even with the abundance of advice on individual personal finance topics, how do you know if your finances are healthy? Even with thoughtful decision-making, does managing personal finance feel like a game of whack-a-mole? This 2-part workshop will provide tools and strategies to help you get fiscally fit in the new year. We will walk through a financial health questionnaire that will help participants determine their financial well-being and open channels of communication within the family. Participants will use a set of mock financial transactions and have a hands-on opportunity to build a personal balance sheet. This holistic view of managing personal finances will enable you to monitor your financial health throughout the year. This class will be co-taught by Sumeit and Sanjay Aggarwal. They have written this course with a practical focus explicitly in mind.

BTCF, 2 Fridays, 7:00-8:30 pm. Begins January 18, LHS, Room 221, \$35/Seniors \$30.

The Nonprofit Relaunch Connector

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 identify and 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

recognizing 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.

BCWC, 3 Wednesdays, 9:30-11:30 am. Begins January 23, LCE Large Conference Room, \$65/Seniors \$45.

How Medicare Works: An Introduction for Boomers

Instructor: Barbara Deveau

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 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? When can I make changes to my coverage? 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. Class will meet on February 12 and 26.

BMED, 2 Tuesdays, 6:30-8:30 pm. Begins February 12, LHS, Room 226, \$25.

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



Sumeit and Sanjay Aggarwal teach Calculating the True Cost of Home Ownership (pg 29) and Taking Control of Your Financial Health (pg 30).

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 Monday, 7:00-9:00 pm. Meets January 28, LHS Room 220, \$25/Seniors \$20.

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

Instructor: Glenn Frank



Understand the industry Lexicon - ROBOs, brokers, IRAs, 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. January 31, LHS, Room 220, \$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 Wednesday, 7:00-9:00 pm. Meets March 13, LHS, Room 229, \$30/Seniors \$25.

NEW Introduction to Coaching: Professional Transitions

Instructor: Melissa Merres

Some of us reach a point mid-career and realize that, despite the metrics of success, we’re not in the right place. All too often we’ve made choices about our jobs in response to opportunities and obstacles, without a road map of who we are at our core and what we most want our professional contribution to be. If you feel you’ve woken up to a toxic workplace, with a job you dread or simply continue to do as a default, this course is for you. The time to add intention, agency, and inspiration to your career path is right now. In this three week course, participants will work with certified coach Melissa Merres to uncover core values, design career goals and

Mind & Body

strategize an action plan to make a vision into a reality. We will use our meetings to explore the first steps of coaching and receive support for finding and prioritizing our individual life's work.

BWTC, 3 Thursdays, 7:00-8:30 pm. Begins January 24, LHS, Room 226, \$55/Seniors \$40.

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 Tuesday, 7:00-9:00 pm. Meets March 12, LHS, Room 220, \$40 per couple.



Rick Fentin teaches Savvy Social Security Planning for Couples, this page.

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 January 23, LHS, Room 155, \$39/Seniors \$35.

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 January 14, LHS, Room 148, \$40.

NEW CPR Basic Life Support for the Healthcare Professional

Instructor: Court Booth, Playworks

The American Heart Association BLS for Healthcare Providers Course covers core material such as adult and pediatric CPR (including two-rescuer scenarios and use of the bag mask), foreign-body airway obstruction, and automated external defibrillation. Students must pass a written exam and skills test in order to earn Basic Life Support certification. This level of training is required for lifeguard positions. Course Includes: Pocketmask and AHA Manual; Course Completion Card; and American Heart Association certification valid for 2 years.

MBLS, 2 Wednesdays, 3:30-6:00 pm. Begins March 6, LHS, Room 167, \$85.

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 Thursday, 7:00-8:30 pm. Meets March 14, LHS, Room 232, \$33.

NEW Mastering the Moment

Instructor: Rick Clerici

Dr. Herbert Benson coined the term "The Relaxation Response" after studying the rich history of yoga, meditation and mind/body practices. Mindfulness practices then grew from the soil of Benson's work. In Mastering the Moment we will explore techniques that take from 4 seconds to 15 minutes to initiate various intensities of the relaxation response. These techniques are designed to be tools that you take with you into your daily world. These techniques facilitate focus, clarity and peace right in the midst of living. These tools are perfect for those who find meditation allusive and frustrating. If you feel the need to release old tensions and fears and develop more enjoyable responses to daily life, this is the class for you.

MMOM, 1 Wednesday, 7:00-8:30 pm. Meets January 16, LHS, Room 232, \$33.



GET AND STAY ORGANIZED - FOR THE HEALTH OF IT!

with Francesca Verri, p. 29

NEW Health Coaching for Women over Fifty: Get on Track in the New Year

Instructor: Pam Wolfson

Women over fifty have the wisdom, experience, and authority to make effective health changes. Health coaching empowers them to take careful, positive steps to improve their well being. By setting specific goals, participants will learn how to reduce stress, lose weight, and to become more physically fit. During three sessions, they will engage in eight short writing exercises and group discussions to help them master change. Participants should bring a notebook and pen to the workshop and be prepared to get motivated. The small group format encourages women to support each other. Limited to 8.

MCRE, 3 Thursdays, 7:00-8:30 pm. Begins January 24, LHS, Room 221, \$45/Seniors \$35.

NEW The Road to Calm and Confidence for Women with Narcissistic Mothers

Instructor: Stephanie Kriesberg

Many women with narcissistic mothers struggle with anxiety, self-doubt, guilt, and setting boundaries. They feel alone with their problem. In this class you will learn why you feel this way, based on the latest research on narcissism. Although this is not a therapy group, you will learn strategies to feel more calm, confident, and in control based on the instructor's years of working with women with narcissistic mothers. You will learn about the power of listening to your inner voice and turning down the volume on the critical one that plays in your head through guided imagery, written exercises, and discussion.

PDNM, 1 Monday, 7:00-9:00 pm. Meets March 4, LHS, Room 229, \$33.

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 January 28, LHS, Room 148, \$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 January 8, LHS, Room 247, \$66/Seniors \$49.

NEW The Art of Comforting

Instructor: Val Walker

This course is ideal for anyone reaching out to others who are grieving, including those of us supporting people with chronic illness, disabilities, or aging. Though we may understand and care,

sometimes what to say or do can elude us. We'll explore how to put compassion into action with practical examples of comforting, and review recent research on empathy, grief, and social support to learn best practices for helping people in distress. Finally, participants will be invited to share experiences of comforting others and learn from one another as a group.

MCOM, 1 Wednesday, 6:30-8:30 pm. Meets March 13, LHS, Room 220, \$25/Seniors \$20.

M2COM, 1 Friday, 10:00 am-12:00 pm. Meets January 11, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$25/Seniors \$20.

Staying Healthy With the Seasons: Winter

Instructor: Sarah Fuller

Stay healthy and vibrant all year long! When living and eating in harmony with the seasons, you optimize your health and create the happier life you have been wanting. Rooted in Traditional East Asian Medicine theory, this class will cover the basics of living according to the seasons, with an emphasis on how you can stay warm and nourished during the winter months.

MHAN, 1 Monday, 7:00-9:00 pm. Meets January 28, LHS, Room 222, \$30/Seniors \$25.

NEW Surviving the Winter Blues: Coping with Less Light

Instructor: Pam Wolfson

Do you get the winter "blahs" or blues? Every winter, we New Englanders must adjust to seasonal changes. This loss of light—not to mention cold and snow—can have a profound effect on our mood. Many of us feel less energetic, miss nature's bright colors, and find ourselves unmotivated and prone to overeating. Tonight we will get perspective on Seasonal Affective Disorder (SAD). We will discuss proactive steps you can take to boost your energy. These include light therapy, nutrition, exercise, visual art and medications. You will come away with a clear set of actions to boost your mood.

MSAD, 1 Monday, 7:00-9:00 pm. Meets January 14, LHS, Room 220, \$25/Seniors \$20.

Exercise and Dance

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

Beginner Salsa

Instructor: Kendall Sealey, db Studios

Beginner Salsa is a six week course that will get you out on the dance floor in no time! The class will focus on learning salsa patterns, understanding the basics of leading and following, and will also work on musicality. This is a great course for those who have always wanted to learn how to salsa, but don't have much/any experience dancing. No partner needed! Class will be held at db Studios, 442 Marrett Road, Lexington. Tuition is per person.

ESAL, 6 Tuesdays, 6:30-7:15 pm. Begins January 22, db studios, 442 Marrett Road, Lexington, \$120.



BEGINNER BALLROOM BASICS FOR KIDS
p. 24

NEW Afternoon Ballroom

Instructor: Kendall Sealey, db Studios

Afternoon Ballroom is a six week course designed for those interested in learning the basic steps to the six most popular ballroom dance styles. No partner or experience needed. You can expect to learn the basic steps to Foxtrot, Tango, Waltz, Cha-Cha, Rumba, and Swing. This class is perfect for those who want to learn something new, get exercise, and gain confidence on the dance floor! If you can walk then you can learn to dance, all you have to do is try! Class will be held at db Studios, 442 Marrett Road, Lexington. Tuition is per person.

EBAL, 6 Wednesdays, 2:00-2:45 pm. Begins January 23, db studios, 442 Marrett Road, Lexington, \$120.

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



Virginia Payne teaches Advanced Tai Chi and Tai Chi Sword, this page.

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, 9 Thursdays, 5:30-6:30 pm. Begins January 10, LHS, Room 247, \$120/Seniors \$90.

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, 9 Wednesdays, 6:00-7:10 pm. Begins January 9, LHS, Room 140, \$135/Seniors \$100.

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, 9 Wednesdays, 6:00-7:30 pm. Begins January 9, LHS, Room 140, \$150/Seniors \$115.

NEW Pilates Mat/Reformer

Instructor: Amy Ginsburg, Studio Pilates

Pilates is a unique movement practice that stretches and strengthens the entire body focusing on mindful movement, breath and the muscles of the core. Each class will start with 20 minutes of mat work followed by 35 minutes on Reformer. Mat work will focus on the five basic principles of STOTT Pilates and teach essential exercises that build core strength, increase flexibility and improve alignment. Reformer will add resistance training through a system of spring tension that increases strength throughout the body, challenges coordination and increases mobility of the spine and joints. The combination of Mat and Reformer creates a unique and varied exercise environment. Your highly-trained instructors will guide you to do your best in this challenging, effective, and fun workout! Class size: limited to 5. Please wear athletic attire and gripper socks (or go barefoot) and bring a water bottle. Class is held at Studio Pilates, 573 Main Street, Winchester.

Beginning:

EPIL, 4 Tuesdays, 4:30-5:25pm. Begins January 15, Studio Pilates, 573 Main Street, Winchester, \$115.

E2PIL, 4 Fridays, 10:00-10:55 am. Begins January 18, Studio Pilates, 573 Main Street, Winchester, \$115.

E3PIL, 4 Fridays, 11:00-11:55am. Begins March 1, Studio Pilates, 573 Main Street, Winchester, \$115.

Advanced Beginning:

EABPIL, 4 Tuesdays, 4:30-5:25 pm. Begins February 26, Studio Pilates, 573 Main Street, Winchester, \$115.

E2ABP, 4 Fridays, 10:00-10:55 am. Begins March 1, Studio Pilates, 573 Main Street, Winchester, \$115.

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 Mondays, 5:45-6:45 pm. Begins January 7, Barre3 Studio, 158 Great Road, Bedford, \$110.

E2BR, 8 Wednesdays, 9:45-10:45 am. Begins January 9, Barre3 Studio, 158 Great Road, Bedford, \$110.

E3BR, 8 Sundays, 4:00-5:00 pm. Begins January 13, Barre3 Studio, 158 Great Road, Bedford, \$110.

NEW Power 8: Strength and Flexibility Exercises

Instructor: John Deming

Simple exercises done daily will improve your posture, core strength, and flexibility. You will learn a set of twelve sequential exercises designed to be done in ten to fifteen minutes. We will leave time to answer your individual questions and suggest exercise modifications and adaptations when necessary.

EPW8, 3 Mondays, 6:45-7:45 pm. Begins February 4, LHS, Room 140, \$40/Seniors \$35.

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, 8 Mondays, 12:00-1:00 pm. Begins January 7, Munroe Center, \$140/Seniors \$105.



POETRY OUT LOUD

with Poornima Kirby, p. 10

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, 8 Mondays, 10:45-11:45 am. Begins January 7, Munroe Center, \$140/Seniors \$105.



Yoga, pages 35-36.



Katie Walter teaches Quick and Easy Weeknight Meals, page 29.

Joyful Yoga

Instructor: Linda Del Monte

Beginners, and intermediate students 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. We will work on finding balance, distributing weight equally, and aligning the body in a therapeutic way that will keep you safe, and also offer you many challenges, if you wish. Either way, the joy will come. Yoga mat required. Wear comfortable, loose fitting clothing, and bare feet.

EYFW, 9 Wednesdays, 11:30 am-12:45 pm. Begins January 9, Hancock Church, \$180/Seniors \$150.

EYF2, 9 Fridays, 12:00 noon-1:15 pm. Begins January 11, Hancock Church \$180/ Seniors \$150.

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, 9 Wednesdays, 7:00-8:00 pm. Begins January 9, Diamond Middle School, Room 180, \$145/Seniors \$115.

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. Class size is limited to 10 students.

EOST, 9 Thursdays, 11:00 am-12:30 pm. Begins January 10, Hancock Church, \$150.

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, 9 Tuesdays, 9:15-10:45 am. Begins January 8, Hancock Church, \$175/Seniors \$135.

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.

EGOLD, 9 Tuesdays, 5:45-6:45 pm. Begins January 8, LHS, Room 140, \$130/Seniors \$100.

Zumba®: Ditch the Workout, Join the Party!

Instructor: Ami Stix

Let's face it, working out can be healthy, rewarding and beneficial. Working out can be lots of things, but it's never been known to be an exhilarating experience... until now! Zumba® is a dynamic, exciting, and effective fitness system. Routines feature an interval approach where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class! You don't need to know how to dance. Just enjoy the music and follow along.

EZUM, 8 Mondays, 7:00-8:00 pm. Begins January 7, Hastings School Gymnasium, \$110/Seniors \$85.

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 eight scheduled Zumba classes this winter. 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 eight 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 Eastern Massachusetts.

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). Paul has also been creating sculptures and functional "art" objects for several decades, in both representational and abstract styles. For many years he studied with master sculptor Joseph Wheelwright in Boston. Paul has shown his works in galleries, art centers, libraries, museum shops (deCordova, Fuller Craft), and other venues, as well as in many outdoor exhibits.

Janet Atiyyat is an Arabic native speaker and Arabic language teacher. She has been teaching Arabic for over five years. She has also been interpreting for non-English speakers in public schools for five years.

Suzanne Baratta Owayda is the owner of Mosaic Oasis Studio and Supply in Arlington. She has been making, teaching, and studying mosaics for 12 years.

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.

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 Paris and the University of Grenoble.

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

Robert Butler trained at Berklee College of Music majoring in Instrumental Performance of the Guitar and studied Music Theory at Boston University. His students' personal goals for their instruments and the style that they wish to play is a key part of every lesson. Beginner through advanced players are made welcome with Mr. Butler's patient mentoring approach to the art.

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 SSCC.

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.

Daniela Cermenati is an artist who was born and raised in Santiago de Chile, and now lives in Boston. While formally trained as a graphic designer, her true passion is crafts and handmade art. Her method consists of playing and interacting with

different materials, colors and shapes to create unique and unrepeatable pieces that reflect a vibrant way of seeing the world.

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.

Susan Dahl studied art at a variety of places, including Amherst College, Parsons School of Design, and The School of Visual Arts, and worked as a graphic designer for many years. She began teaching in community art programs in Boston in 1996, and this led her to complete a degree in Art Therapy at Lesley University.

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

Larry Dannenberg is a professional college placement consultant.

Alexis Davis, is a licensed social worker who has worked in a broad range of settings over the past 20 years, primarily focused on child and family dynamics. She is trained in two parent guidance models ("Incredible Years" and "Triple P") and is challenged to "practice what I preach" in the evolution of her relationships with her own two young boys.

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

Linda Del Monte has been teaching yoga for 20 years now. She is a Kripalu certified teacher, with an extensive background in Anusara yoga. Her style of teaching is about being in the best “space” of your body, by learning how to align in the most healthful way possible. This ensures, a deeper way of connection to body, mind and spirit, the true meaning of yoga. She also offers challenges in all her classes, and teaches you to practice from the heart.

Barbara Deveau is the Assistant Director of the SHINE Program (Serving the Health Insurance Needs of Everyone) administered by the Massachusetts Executive Office of Elder Affairs. SHINE provides health insurance information, counseling, and education to Massachusetts residents with Medicare and their caregivers at no cost. Barbara is a licensed social worker with 25 years of community experience with seniors and their caregivers. She has held positions in nonprofits, municipal and state government, and in the private sector.

Nancy Dickinson is a registered architect with over 25 years of experience; for 20 years, she has specialized in Residential Design. See her website at DickinsonArc.com

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 Registered Investment Adviser and Principal of Cambridge Financial Associates in Arlington.

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.

Sarah Fuller is a licensed acupuncturist and Reiki Master teacher. Sarah wishes to teach others self-care through nutrition, stress management and mind-body awareness.

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.

Amy Ginsburg, Ed.D., is a Pilates Method Alliance Certified Pilates Instructor and is trained in Pilates Mat and Reformer (through the Advanced levels). She has taught Pilates for 14 years, and was a senior Pilates instructor in Durham, NC before her recent relocation to Winchester. Prior to teaching Pilates full time, Amy was an Associate Professor of Dance at Dickinson College in Carlisle, PA. Her Pilates teaching is enhanced by her extensive background in dance.

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.

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.

Mary Hamilton is an avid traveler with over 15 years of experience walking in the British Isles.

Irene Hannigan has always considered writing to be a significant part of her daily routine and never leaves home without a little notebook tucked into the pocket of whatever she is wearing. She hopes that her latest book, *Write On! How to Make Writing a Pleasurable Pastime* will help others to discover the satisfaction and pleasure of writing. She is also the author of *A Principal's Journey: The School as My Classroom* and *Off to School: A Parent's-Eye View of the Kindergarten Year*.

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.

Stephanie M. Kriesberg, Psy.D. is a licensed psychologist with 25 years' experience working with children, adolescents, and adults. Dr. Kriesberg specializes in the treatment of women with narcissistic mothers. She writes on this topic for the *Triumph*, the women's newsletter of the Anxiety and Depression Association of America. Dr. Kriesberg has a private practice in Concord, Massachusetts.

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.

Omar Laurino was born in Napoli, Italy and has worked as a researcher and software engineer at astronomical observatories in Italy and the United States for his entire career. He is a food enthusiast and passionate home baker.

Stephanie Lawrence advises and coaches women who have taken a career pause and are now interested in re-launching 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.

Sailey Leone Luterman, CT, a Lexington resident, grief counselor and certified thanatologist, supports people as they grieve in her Lexington-based private practice.

Jan Maier is an inspiring, enthusiastic, creative and humor-filled teacher with over 20 years of choral conducting/teaching experience. She co-founded Vocal Arts Collaborative, founded the singing ensemble Constellations; recorded with Joanne Hammil, Sol Weber, Evy Mayer, Christine Lavin, and self-produced her own CD, Mountain Skies.

Karenn Maraj is a professional jewelry artist who studied metalsmithing at RISD and has taught locally for many years. The Karenn 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.

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.

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.

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

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.

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

Robert Rivera holds a diploma from the Mannes School of Music, a Bachelor of Music degree from the Manhattan School of Music, and a Certificate of Performance from Moscow Conservatory. Currently, Robert is a freelance cellist in the Boston and New York areas, working in genres such as classical and jazz. He is also the Music Director at the Langham Boston Hotel, a position he has held for the past eight years.

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.

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

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

Alan Tauber is a gifted percussionist, musician, facilitator and educator who has spent over 40 years sharing his passion for drumming and healing with the worldwide community.



Asha Ramesh teaches Hatha Yoga, page 36.

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.

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

Francesca Verri has 17+ years experience as a Professional Organizer. She uses her certification as a holistic health coach to help people see where they are cluttered and unwell and make sustainable changes so they can live a healthy, purposeful life.

Val Walker is the author of *The Art of Comforting: What to Say and Do for People in Distress* which won the Nautilus Book Award in 2011. Her work has appeared in AARP Bulletins, TIME, Good Housekeeping and more. A counselor and educator with a Master of Science degree in Rehabilitation Counseling, she facilitates groups for living with illness and facing major life changes. www.HearteningResources.com

Katie Walter is the co-author of the cookbook "Some Like it Hot", has interned at America's Test Kitchen in Boston, and has taught cooking classes for the past 5 years, first in her home in London and now in Lexington, MA.

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.

Pam Wolfson, of Wolfson Wellness Coaching, has consulted with national health plans such as Harvard Pilgrim and CVS, and has been a guest speaker at the Picker Institute and the Maine Hospital Association. www.wolfson-wellness.com

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

Jason Yost is a professional musician and music teacher.



Look for the
Lexplorations 2019 Catalog
in early February, 2019

SUMMER 2019 LEXPLORATIONS

Children's Summer Program
For Academic and Creative
Enrichment

Lexplorations is LCE's summer academic and creative enrichment program for children and is open to all regardless of town residency. With week-long programming for grades K-12, small class sizes, and an expert teaching staff made up primarily of Lexington Public School teachers. Lexplorations is considered a rewarding summer destination by students and parents alike.

Some of our programs fill very quickly so if participation in a particular program is of special

importance to you or your child we recommend that you register as soon as possible to prevent disappointment.

Don't forget that Lexplorations now offers early morning drop-off and after-school care.

Lexington Community Education

146 Maple Street, Lexington, MA 02420
LexingtonCommunityEd.org • 781.862.8043

Important Information

HOW TO REGISTER

Online: Visit our website at lexingtoncommunityed.org to register using a Visa or MasterCard.

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:

Monday, January 21;

Monday through Friday, February 18 - February 22.

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 Street.

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.

Studio Pilates

573 Main Street, Suite 3, Winchester

barre 3 Studios – Bedford

158 Great Road, Bedford, MA

LexMedia Studios"

54 Concord Ave. in the

Avalon Lexington Complex

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

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.

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
146 Maple Street

Lexington, Massachusetts 02420

Phone: 781.862.8043

Fax: 781.863.5829

Email: lce@lexingtonma.org

Web: www.lexingtoncommunityed.org



www.facebook.com/lexingtoncommunityed

Winter 2019 REGISTRATION FORM | Lexington Community Education

Last Name _____ First Name _____

Street Address _____ Town or City _____ ZIP _____

Home Phone _____ Work Phone _____

E-Mail _____ Birthdate (seniors only) _____

Name of Class	Course Code**	Start Date	Amount

**Each course code is listed with each course title. Thank you. NO CONFIRMATION WILL BE SENT!

*Write one check for the TOTAL amount and mail to: Lexington Community Education, 146 Maple St., Lexington, MA 02420

†V-code is the last 3 digits of the number above your signature on the back of your card.

Total*

Please charge the following credit card ☐ VISA ☐ MasterCard Amount to charge: \$ _____

Account Number _____ Expiration Date _____ V Code† _____
 MONTH YEAR

 Name as it appears on card Signature

FOR OFFICE USE ONLY:

REC'D _____

ENTERED _____

CK# _____

Lexington Community Education, 146 Maple Street, Lexington, MA 02420

GENERAL RELEASE AND WAIVER OF LIABILITY

2018-2019 Academic Year

September 1, 2018 – June 30, 2019

Participants in Lexington Community Education classes are expected to have a good understanding of their overall health and any health problems **BEFORE** commencing any Lexington Community Education program. If there is any doubt about starting any program, a participant is strongly advised to check with their healthcare provider before beginning the program.

I acknowledge that I will not seek to have the Town of Lexington, its officers, boards, departments, committees, staff, volunteers, agents and employees (collectively, the "Releasees"), held liable in the event of any personal injury, death or property damage arising out of or related to my participation in Lexington Community Education Classes, whether caused by the negligence of the Releasees or otherwise. I hereby assume full responsibility for any risk of bodily injury, death or property damage arising out of or related to my participation in Lexington Community Education Classes whether caused by the negligence of the Releasees or otherwise. **I have read and understand and accept all of the statements recited above and accept full responsibility as described.**

 Student Name Student Signature Date

 (As appropriate) Parent/Guardian Name Parent/Guardian Signature Date



Lexington Community Education
146 Maple Street
Lexington, Massachusetts 02420

Non-Profit Org.
U.S. Postage
PAID
Boston, MA
Permit No. 172

WS CAR-RT-SORT

Postal Patron
Lexington, MA

Please share this catalog with a friend!

lexingtoncommunityed.org

