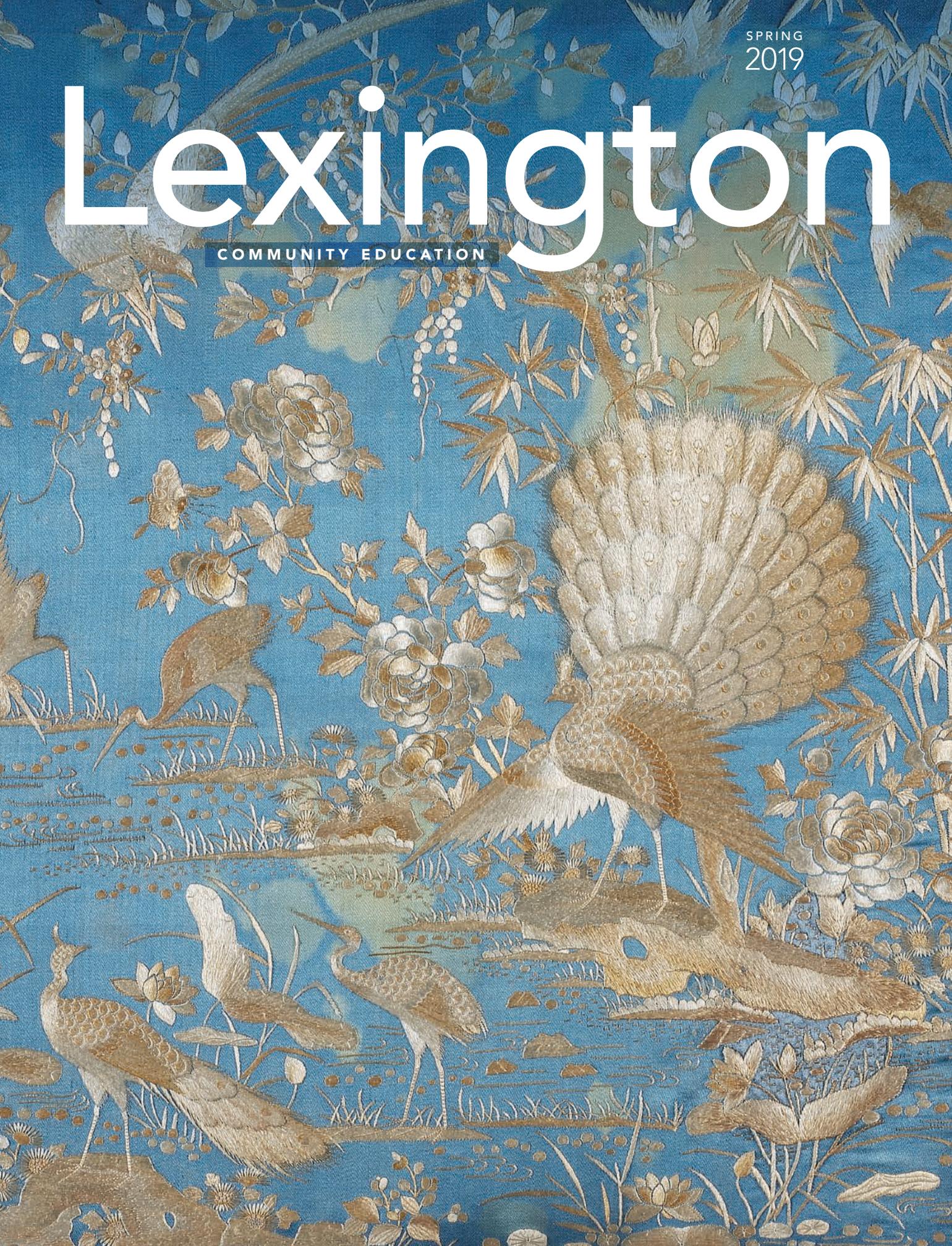


SPRING  
2019

# Lexington

COMMUNITY EDUCATION





### On Our Cover

The Art Object: *Landscape embroidery*  
 Chinese, Qing dynasty; Kangxi period,  
 1662–1722 Silk satin-weave ground with  
 satin-stitch embroidery 73.5 x 55.5 cm  
 (28 15/16 x 21 7/8 in.) Museum of Fine  
 Arts, Boston John Gardner Coolidge  
 Collection 53.980

Photograph © March 2019,  
 Museum of Fine Arts, Boston.

### From the Director

Once again the season of spring summons intellectual resonance with the reawakening world. Myriad colors return, along with reimagining, renewal, and opportunities for brand new beginnings and discovery. With the buds, blossoms, and birdsong comes a feeling of potential breakthrough into the new. While autumn is for harvesting, and winter for planning, the season of spring is the best time for planting.

May the courses and events assembled here act as an invitation to a garden of opportunity and new ideas. We look forward to seeing you this spring!

— Craig Hall, *Director*

### About Lexington Community Education

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

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### LCE Online

Complete course descriptions, class status, and registration information can be found online at [www.lexingtoncommunityed.org](http://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

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Kathleen Lenihan

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#### STUDENT REPRESENTATIVE:

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### Lexington Community Education

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**Catalog Design:** Pehlke Design

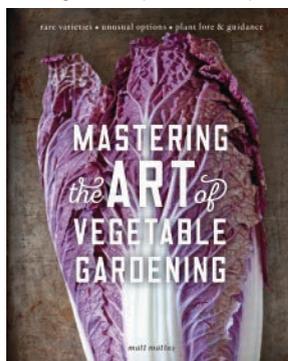
# Lexington Community Education presents

## Mastering The Art of Vegetable Gardens

WITH MATT MATTUS

Tuesday, April 23, 2019 • 7:00-8:30 pm

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



Join Matt Mattus—author of *Mastering the Art of Vegetable Gardening*—as he takes us on a journey through the ever-evolving world of vegetable gardening, touching on the fascinating but often unknown history of some vegetables to learning about the latest cultural methods and tips so that you can improve what you get out of your vegetable garden. A lifelong gardener, Matt sifts through all the hype and separates

myths from facts leaving the final decision up to you. Do eggshells really work? Is it worth making your own fertilizer? What can you do if your carrots split or your fennel just blooms and then goes to seed along with your parsley? Matt offers answers to these problems and more. If you read Matt's blog or books, you'll know what you're in for—stunning photography, interesting stories and a fun journey through the competitive sport of raising great vegetables at home.



**Matt Mattus** is an American visual designer, artist, horticulturist, and futurist. He is also a third generation gardener of his family property in Massachusetts. Matt's popular gardening blog, *Growing with Plants*, has garnered recognition in leading lifestyle magazines and is frequently voted a top five gardening blog. It has won many national awards and nominations and has earned a loyal following of fans. He has served for three years as a trustee of the Tower Hill Botanic Garden (Boylston, MA), is Vice President of the 175-year-old Worcester County Horticultural Society, sits on the board of the Tower Hill Botanic Garden as a trustee, and is also President of the prestigious North American Rock Garden Society. Matt is very active in many plant societies and is a popular speaker at botanic gardens, specialist plant societies, and at horticultural conferences. For 28 years, Mattus was employed by Hasbro, Inc. in creative roles ranging from Creative Director to Visual Futurist in their top-secret Innovation and Invention Lab. Currently, Matt lives in Worcester, Massachusetts.

THE FIVEASH LEGACY LECTURE

## Manly Women: The Political Status and Influence of Wives, Mothers, and Daughters in the Roman Empire

WITH JACQUELINE CARLON

Tuesday, April 9, 2019 • 7:00-8:30 pm

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



While virtually no authentic voices of Roman women survive, their importance in social, political, and economic spheres can be inferred from surviving literature and inscriptions. They must always have had influence, but it is in the late Republic that their power first becomes patent. Under the emperors, Rome would remain the preserve of the imperial family, but opportunities for status outside of the city grew exponentially for both

men and women who had the means and the desire to secure it. Who were these women who stepped beyond the 'traditional' boundaries of feminine behavior? What evidence of their influence did they leave behind? What was their importance in the changed political landscape of the Empire?

**Jacqueline Carlon** is Professor and Graduate Program Director of Classics at UMass Boston. Her research focuses in two areas: elite identity in the early Principate and Latin pedagogy, particularly the ways in which Second Language Acquisition research should inform the Latin classroom. Her book *Pliny's Women* was published by Cambridge University Press in 2009, and her commentary *Selected Letters from Pliny the Younger's Epistulae*, the second volume in the Oxford Greek and Latin Commentary series, was published in March 2016 by Oxford University Press.



LCE is proud to partner with Porter Square Books of Cambridge. [portersquarebooks.com](http://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.

## Graphic Witness: Making Sense of the #MeToo Movement

WITH LEIGH GILMORE

Thursday, April 11, 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 a 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.

## Pedroia String Quartet

WITH JAE COSMOS LEE AND ROHAN GREGORY (VIOLINS), PETER SULSKI (VIOLA), JACQUES WOOD (VIOLONCELLO)

Sunday, April 28, 2019 • 3:00-4:30 pm.

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



With an intense and beautiful blend of freshness and experience, the **Pedroia String Quartet** is bursting onto the Boston scene. To the unified and persuasive core of Peter Sulski and Rohan

Gregory’s ten years of quartet playing together, add the power and fire of first violinist Jae Cosmos Lee, and the consummate beauty and flexibility of cellist Jaques Lee Wood, and you have the Pedroia Quartet.

Sulski’s seven years in the London Symphony, Lee’s founding of the most exciting new chamber orchestra in the U.S. “A Far Cry”, Wood’s solo appearances with orchestras in Seoul and Merkin Hall, Gregory’s tours to India, Thailand and Brazil with famous world music groups, these comprise the ingredients that make up the complex and versatile playing of the Pedroia.

Having steeped themselves in the knowledge of the Juilliard, Cleveland, Tokyo, Vermeer, and Takacs Quartets the Pedroia members have gone on to play as guests with the Borromeo, Jupiter, Audubon, and Alcan quartets, and members have founded, toured and recorded with both the Arden and QX quartets. Sulski and Gregory, founders and ten year members of QX, held a Clark University residency, recorded on Albany Records and performed in Jordan and Mechanics Halls; to this core of experience add the dynamism of Wood and Lee, and Boston’s newest sound is heard: The Pedroia.

## Lexington Noir

WITH RAN BLAKE AND DAVE "KNIFE" FABRIS

Saturday, May 4, 2019 • 7:30-9:00 pm

Scottish Rite Masonic Museum and Library

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



In a career that now spans five decades, pianist **Ran Blake** has created a unique niche in improvised music as an artist and educator. With a characteristic mix of spontaneous solos, modern classical tonalities, the great

American blues and gospel traditions, and themes from classic Film Noir, Blake's singular sound has earned a dedicated following all over the world. His dual musical legacy includes more than 40 albums on some of the world's finest jazz labels, as well as nearly 40 years as a groundbreaking educator at Boston's New England Conservatory. His premiere recording, *The Newest Sound Around*, won the 1963 RCA Album First Prize in Germany and the 1980 Prix Billie Holiday and is included in the Académie du Jazz. Blake frequently incorporates melodies inspired by dreams and film noir into his compositions. Recent releases include 2017's *Town & Country* (with fellow NEC faculty member Dominique Eade), *Indian Winter* (a 2005 album with guitarist/NEC alumnus David Fabris) and *All That Is Tied* (a 2006 album of solo piano that appeared on numerous jazz publications' year-end "Best of" lists, including *The Village Voice* and *Downbeat* magazine.) *Downbeat* says, "Ran Blake is so hip it hurts ... a pianist who can make you laugh at his dry humor one second and wring a tear the next." [www.ranblake.com](http://www.ranblake.com)



The music of guitarist **Dave "Knife" Fabris** has been steeped deeply in an eclectic pool of influences. These influences are evident in the variety of performances and ensembles to his credit. His newest CD, *Lettuce Prey*, seamlessly travels between the worlds of Jazz, Rock, and Contemporary Classical music. He has recorded four records (*Hatology*, *Soul Note*, *NoBusiness*) and toured internationally with his

mentor, third stream pianist Ran Blake, to great acclaim. He is also currently a member of the experimental big band, the Pittsburgh Collective, and the punk-cabaret trio IMPetus. "The Knife" also performed (on banjo) with his traditional jazz band, Mudsole, for both of President Clinton's inaugurals. He was a reserve guitarist for Bernie Worrell, a founder of the seminal funk band Parliament. Mr. Fabris is also the founder of the Fabulous School of Music in Beverly MA and an adjunct professor at St. Thomas Aquinas and Passaic County Community College. [www.davefabris.com](http://www.davefabris.com).

## Sacred Poems, Passages, and Music of the Mystics

WITH MATTHEW FOX

FEATURING DAVID WHETSTONE

Thursday, May 16, 2019 • 7:00-8:30 pm

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

"Matthew Fox might well be the most creative, the most comprehensive, surely the most challenging religious-spiritual teacher in America." – Thomas Berry, author of *The Great Work*, and *The Dream of the Earth*, and *The Universe Story*



**Matthew Fox** is a spiritual theologian, an Episcopal priest and an activist for gender justice and eco-justice. He has written 37 books that have been translated into other languages over 70 times. Among them are *Original Blessing*, *The Coming of the Cosmic Christ*, *A Spirituality Named Compassion*, *The Reinvention of Work*, *The Hidden Spirituality of Men*, *Christian Mystics* and *The Pope's War*. He has contributed much to the rediscovery of Hildegard of Bingen,

Meister Eckhart and Thomas Aquinas as pre-modern mystics and prophets. Fox holds a doctorate in the history and theology of spirituality from the *Institut Catholique de Paris*. The founder of the University of Creation Spirituality in California, he conducts dozens of workshops each year and is a visiting scholar at the Academy for the Love of Learning. In joining the Episcopal church over 20 years ago, Fox has been working with young people to reinvent forms of worship by bringing elements of rave such as dance, dj, vj and more into the Western Liturgy. The Cosmic Mass has been celebrated over 100 times and in dozens of cities in North America. Fox is recipient of the Abbey Courage of Conscience Peace Award (other recipients being the Dali Lama, Mother Teresa, Ernesto Cardenal and Rosa Parks), the Gandhi King Ikeda Award, the Tikkun National Ethics Award and other awards. He is currently a visiting scholar at the Academy of the Love of Learning in Santa Fe, NM and resides in Vallejo, California.



**David Whetstone** is one of the most active sitarists in the United States, a shagird (disciple) of the legendary Ustad Vilayat Khan. He has collaborated and toured extensively with poets Robert Bly and Coleman Barks since 1974, appearing with them in numerous recordings and films. In 1992 David co-founded Ragamala Music and Dance Theater and created the

repertoire for this group until 1997, with original text, stories and music. An American Institute of Indian Studies Senior Research Fellow in 1988, David also has had training in Western classical music, having studied privately with Philip Meyers, solo hornist of the New York Philharmonic, for five years. David lives in Minneapolis, and teaches at Carleton College.

# Lexington Community Education presents

## Confronting Dystopia: The New Technological Revolution and The Future of Work

WITH EVA PAUS

Monday, June 3, 2019 • 7:00-8:30 pm

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



In the book *Confronting Dystopia: The New Technological Revolution and the Future of Work* (edited by Eva Paus), a distinguished group of scholars analyze the implications of the ongoing technological revolution for jobs, working conditions, and income. Focusing on the economic and political implications of artificial intelligence (AI), digital connectivity, and robotics for both the Global North and the Global South, they move

beyond diagnostics to see solutions that offer better lives for all. Their analyses of the challenges of technology are placed against the backdrop of three decades of rapid economic globalization. The two in tandem are producing the daunting challenges that analysts and policymakers must now confront.

**Eva Paus** is Professor of Economics at Mount Holyoke College. She has published widely on globalization and development; she is the author or editor of seven books and dozens of articles and book chapters. She has received numerous national grants and consulted with different UN organizations. She is also the Founding Director of the McCulloch Center for Global Initiatives at Mount Holyoke. Since its establishment in 2004, the Center has been a creative catalyst for fostering international education on the domestic and international front. Through courses, conferences, research, international internships, study abroad, and collaborations with external partners, students acquire the skills needed for citizenship and careers in today's global world.

### COMMUNITY CONNECTIONS PRESENTS:

## Where We Stand in the Fight for a Future

WITH BILL MCKIBBEN

Thursday, June 6, 2019 • 7:00-8:30 pm.

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

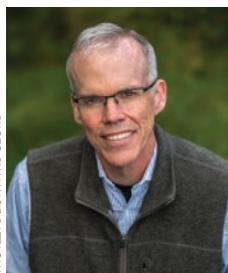


PHOTO BY NANCE BATTAGLIA

**Bill McKibben** is an author and environmentalist who in 2014 was awarded the Right Livelihood Prize, sometimes called the 'alternative Nobel.' His 1989 book *The End of Nature* is regarded as the first book for a general audience about climate change, and has appeared in 24 languages; he's gone on to write a dozen more books. He is a founder of 350.org, the first planet-wide, grassroots climate change movement, which has organized twenty thousand rallies around the world in every country save North Korea, spearheaded the resistance to the Keystone Pipeline, and launched the fast-growing fossil fuel divestment movement.

The Schumann Distinguished Scholar in Environmental Studies at Middlebury College and a fellow of the American Academy of Arts and Sciences, he was the 2013 winner of the Gandhi Prize and the Thomas Merton Prize, and holds honorary degrees from 18 colleges and universities. *Foreign Policy* named him to their inaugural list of the world's 100 most important global thinkers, and the Boston Globe said he was "probably America's most important environmentalist." A former staff writer for the New Yorker, he writes frequently for a wide variety of publications around the world, including the *New York Review of Books*, *National Geographic*, and *Rolling Stone*. He lives in the mountains above Lake Champlain with his wife, the writer Sue Halpern, where he spends as much time as possible outdoors. In 2014, biologists honored him by naming a new species of woodland gnat— *Megophthalmidia mckibbeni*—in his honor.

### About COMMUNITY CONNECTIONS

Starting this spring, Lexington Community Education is partnering with the Lexington School Committee, the Lexington School Administration, and the Lexington High School Staff and Students to present a new speaker/teaching series called Community Connections. The series welcomes leading figures across disciplines to spend a class period during the school day speaking with Lexington Public School students, and then presenting a public talk to the larger Lexington community during the evening. The Community Connections series aims to directly involve and further inspire high school students to take initiative, inquire, and widen their perspective about positive change making possibilities.

## LexMedia Classes

All classes at LexMedia are free and available to people who live, work or attend school in Lexington. Classes are single classes, not a series unless noted. For more information contact: [mark@lexmedia.org](mailto:mark@lexmedia.org).

To sign up for a class go to [www.lexmedia.org](http://www.lexmedia.org) and click the "Class Sign Up" button. Please look at the directions page before coming to LexMedia: <http://www.lexmedia.org/directions.html>



## LexMedia Orientation

This is the prerequisite to all other classes. New members are introduced to everything they need to know to get started. This class can be held on other dates as needed.

**7:00 PM • April 2, May 7, or June 4.**

## Field Production 1

This class gives members a solid understanding of how to set up and operate our tripods and Sony PXW-X70 camcorders. With an emphasis on esthetics and framing and capturing the best video signal possible. This is a hands on class.

**7:20 PM • April 2, May 7, or June 4.**

## Field Production 2

Participants continue to learn the basic technical skills of field production with the focus now on lighting and audio. At the completion of this class members can sign out our portable gear and start producing programming immediately.

**7:00 PM • April 9, May 14, or June 11.**

## Intro to Editing with Final Cut Pro X or Premiere Pro

Ever wanted to edit a movie, a documentary, a road race or soccer game? It's not as hard as you think. This intro class covers how to get started, with tips on avoiding the common problems

that derail the newcomer. Additional one on one editing sessions will be needed.

**7:00 PM • April 25, May 21, or June 18.**

## Intro to Podcasting

Podcasting is a rising form of entertainment and communications. It can be fun and light or deep and heavy and everything in-between. This one hour class will give you an understanding of the possibilities of Podcasting at LexMedia. We have a fully equipped studio that can accommodate up to four people. Come prepared to talk about your ideas.

**7:00 PM • April 11 and 23, May 9 and 15, or June 6 and 12.**

## Edit Your Podcast

Learn our powerful yet easy to use software "Hindenburg Journalist Pro" and take your podcast to the next level.

**7:00 pm. April 30, May 28, or June 25.**

## Summer Kids Movie Making Class Series

For kids 10 to 13 years old. These are two separate one week series and there is a fee\*. Weeks of July 29-Aug 2 or Aug 19-23. This is a hands on movie making series. More details here. [https://www.lexingtonma.gov/sites/lexingtonma/files/uploads/summer\\_2019.pdf](https://www.lexingtonma.gov/sites/lexingtonma/files/uploads/summer_2019.pdf)

\*a fee is charged.

## 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](http://lexeattogether.org), "Like" their page at [Facebook.com/LexEatTogether](https://www.facebook.com/LexEatTogether) or email [lexeattogether@gmail.com](mailto: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 a program this spring for the whole community. On Friday, May 10, the theme is "My Best Mistake," 7:00-9:00 pm at the church (7 Harrington Road), doors opening at 6:30 pm 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. All are welcome.

**Tickets are \$20 for sponsors, \$10 for general admission, and \$5 for students and young adults, and are available at [www.voicesonthegreen.brownpapertickets.com](http://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 May 7, LHS, Room 221. Free, but space is limited and pre-registration is required.



Val Walker teaches *Brave New Friendships*, this page.

## 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 Thursday, 6:30-8:00 pm. Meets May 23, LHS, Room 226, Free, but pre-registration required.

## **NEW** Brave New Friendships

*Instructor: Val Walker*

It takes courage and initiative to break out of a period of isolation and rebuild our support networks. After a serious illness, a period of grieving, or relocating to a new

area, we may find it difficult to “get out there,” to be socially confident, outgoing, and open to new relationships. Simply going to a meetup might not feel right, as we may prefer volunteering, a support group, or a class. This program offers guidance for how to explore and tap our wider communities to build friendships, fellowships, and a deeper sense of belonging.

**MBRN**, 1 Wednesday, 6:30-8:30 pm. Meets May 8, LHS, Room 225, \$25/Seniors \$20.

## **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.

**FFWW**, 1 Thursday, 7:00-8:30 pm. Meets May 9, LHS, Room 225, \$10.

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** Looking Back at the Vietnam War: Why Now?

*Instructor: Paul Shannon*



What is it about the Vietnam War that continues to evoke contradictory feelings and confusion even now, 44 years after it ended? Following up on the Ken Burns series on Vietnam, LCE offers this provocative 6-session evaluation of basic assumptions about this unique event in U.S. history and the implications of the Vietnam experience for today's wars. Using selections from the PBS series', lecture, and historical documents, this in-depth history of the different periods of the war will open up fresh perspectives which replace confusion about this pivotal event in our history with clarity.

**HLBV**, 6 Thursdays, 9:30-11:30 am. Begins April 25, LCE Large Conference Room, 146 Maple Street (access vis 328 Lowell Street), \$120/Seniors \$100.

## **NEW** Shakespeare's A Midsummer Night's Dream!

*Instructor: Cammy Thomas*

Two worlds collide in this lively Shakespeare comedy: the world of humans and the world of immortal fairies. In the woods, the fairies baffle the humans (and each other) at every turn, and what's mere play for the immortals feels very real for those like us. Topics to discuss include love, (im)mortality, cultural collision, desire, the theater, ambition. We'll look at some paintings and films inspired by the play. There'll be an introductory class and then five more, one for each act. Come and laugh! No experience necessary.

**HMSN**, 6 Mondays, 7:30-9:00 pm. Begins April 22, LHS, Room 225, \$150/Seniors \$130.



**THE ART OF COFFEE CUPPING**  
with Rob Fitzbiggon, p. 24

# Music Appreciation

## **NEW** Tolstoy's Death of Ivan Ilyich

*Instructor: Tracy Marks*

Would you like to reflect upon the meaning of life as you read two Russian masterpieces about self-interested men transformed by their confrontation with mortality? In this course, we will read and discuss two Tolstoy novellas, *The Death of Ivan Ilyich* and *The Master and Man*, and the issues they raise. If time permits, we may also read two of Tolstoy's short stories. At the end of each class, we will view video clips about Tolstoy's life, as well as scenes from the film, *The Last Station*. Although early translations of these works are online, the instructor recommends purchasing the book *The Death of Ivan Ilyich and Other Stories* translated by Pevear and Volokhonsky.

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

## **NEW** Classical Greek Drama II

*Instructor: Tracy Marks*

The struggles to cope with unjust and excessive suffering, victimization and obsessive passion—these are key themes of Prometheus Bound, Philoctetes and Hippolytus. While reading easy-to-understand, contemporary translations of tragedies by Aeschylus, Sophocles and Euripides, we will use mini-lecture, discussion and video clips to explore these

fascinating dramas and their relevance today. To our first class, please bring *All That You've Seen is God*, by Bryan Doerries which includes our first two plays.

**HGRE**, 4 Wednesdays, 12:00-2:00 pm. Begins May 15, LCE Conference Room, \$75/Seniors \$60.

## **NEW** Queer Victorians

*Instructor: Nancy McCarthy*

The Victorian era was the heyday of gender roles and social conformity, right? Perhaps, perhaps not—but in either case, the social order is not complete without rule breakers! Come get to know a sample of LGBT Victorians who bent the rules of their society, and discuss the difficulties (and rewards) of searching for queer history.

**HVIC**, 1 Friday, 6:30-8:30 pm. Meet May 24, LHS, Room 220, \$30/Seniors \$25.

## **NEW** Roller Prints and Padded Hems: American Fashions of the 1820's and 30's

*Instructor: Nancy McCarthy*

Early nineteenth century, the dawn of the industrial age. As society adapts to the new pace of life, fashion is adapting too. Come learn about the lush and sometimes ridiculous fashions of the 1820s and 30s, when the trim was dense and the trends were large!

**HROL**, 1 Friday, 6:30-8:30 pm. Meets May 31, LHS, Room 220, \$30/Seniors \$25.

## **Fundamentals of Indian Classical Music**

*Instructor: Srinivas Reddy*

Fundamentals of Indian Classical Music offers a general introduction to the theory of rāga and tāla, 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 rāga and tāla. 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 April 25, LHS, Room 240, \$20/Seniors \$15.

## **NEW** An Operatic PotPourri: Met HD and More

*Instructor: David Collins*

Along with the Metropolitan Opera's HD screening in May of Poulenc's opera, *The Dialogs of the Carmelites*, we are very fortunate to have a wide diversity of Boston Based opera performances this Spring. In April there are three local operatic presentations. The New England Conservatory presents two one-act operas by Puccini: *Suor Angelica* and *Gianni Schicchi*. Next comes *Odyssey Opera's* concert performance of Richard Strauss's *The Egyptian Helen* - full of Straussian music and a complex plot we will try to untangle. This is followed by Boston University's presentation of Leos Janacek's "most sunny and tuneful opera", *The Cunning Little Vixen*. After the Met's HD presentation in May, we will take a class to enjoy a survey of "Drinking Songs in Opera". In closing, we will prepare for *Odyssey Opera's* staged performance of *La belle Helène* by Jacques Offenbach, an opéra bouffe in which the composer presents a rollicking satire of the Paris and Helen myth. Class will meet on April 9, 23, 30; May 7, 14 and June 11.

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



*The Fundamentals of Indian Classical Music with Srinivas Reddy, this page.*

# Music Performance/ Theatre Arts

## 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/>

## **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



*Beginning Hand Drumming with DrumConnection, facing page.*

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 April 25, LHS, Room 247, \$155/Seniors \$130.

## **NEW** Guitar Rock Band Sessions-Master Class

*Instructor: Robert Butler*

These master class sessions will provide you the guitarist with the concepts, techniques, and skills necessary to expand your musical vocabulary beyond that of traditional Rock guitar styles. Through in-depth classroom demonstrations and focused individual instruction, Mr. Butler will break down the key musical elements of Jazz, Rock, Fusion, Progressive Rock and Neo-Classical Metal. Included: Analysis of the recorded works of influential musicians and composers known for expanding the musical landscape including Allan Holdsworth, Miles Davis, Jan Hammer, Joe Satriani, Jean-Luc Ponty, John McLaughlin, Gary Moore and Yngwie Malmsteen among others. Our friendly guitar community welcomes you to join us as we explore the richness of Jazz harmony, the intensity and raw power of Rock guitar and the passion and complexity of Classical music. Each student should bring an acoustic or electric guitar or bass, and a notebook. Optional but recommended, a phone or other device for recording class instruction. Mr. Butler will provide all music charts, lead sheets and texts. Please contact Mr. Butler with any questions that you might have. GRYFFON8356@HOTMAIL.com

**MMCG**, 2 Thursdays, 6:30-9:00 pm. Begins June 6, LHS, Room 173, \$50/Seniors \$45.



*Guitar Rock Band Sessions and Guitar Rock Band Sessions Masterclass, this page.*

# Music Appreciation

## 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 April 1, LHS, Room 240, \$209/Seniors \$159.



*Memoir Writing with Tom Daley, this page.*

## 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 April 24, LHS, Room 173, \$100/Seniors \$85.

## 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 April 30, LHS, Room 173, \$137/Seniors \$115.

# 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.*

## **NEW** Grammar 101 for Adults

*Instructor: Tracy Marks*

That or which? Who or whom? Affect or effect? Even the best-educated people can struggle with basic grammar and punctuation. If you're yearning to know the difference between commas and semicolons, how to avoid dangling participles, and whether it's ever okay to split an infinitive, join us for this fun and funny foray into grammar. We'll focus on several dozen common mistakes, do practice exercises in class, and learn easy-to-remember rules to help you focus on what you're trying to say, rather than on how you're saying it.

**WWOR**, 2 Tuesdays, 6:15-8:30 pm. Begins April 23, LHS, Room 225, \$45/Seniors \$35.

## Memoir Writing

*Instructor: Tom Daley*

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

Whether you intend to share your written remembrances with family and friends or a broader audience, you will find this a collegial and supportive workshop in which optional weekly exercises will help you to transform the rich material of your life into unique works of art, including memoir pieces, personal essays and even the beginning of a book-length memoir. All work will be written outside of the workshop and brought for a critique by other participants and the instructor, during which time techniques for better writing will be explored. Bring nine copies of something you have written of a memoir nature—a journal entry, a paragraph describing a relationship, a letter recounting some memorable incident in your life—to the first meeting of the workshop. The piece should be 750 words or less.

**WMEM**, 8 Wednesdays, 4:00-6:00 pm. Begins April 3, LHS, Room 149, Library Media Center, \$195/Seniors \$145.



**AN INTRODUCTION TO  
RADICAL HONESTY**

*with Anne Bryer, p. 29*

## Poetry Writing Workshop

Instructor: Tom Daley

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

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

**WPWW**, 8 Wednesdays, 6:15-8:15 pm. Begins April 3, LHS, Room 149, \$195/ Seniors \$145.

## Daytime Memoir Writing

Instructor: Tom Daley

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

Whether you intend to share your written remembrances with family and friends or a broader audience, you will find this a collegial and supportive workshop in which optional weekly exercises will help you to transform the rich material of your life into unique works of art, including memoir pieces, personal essays and even the beginning of a book-length memoir. All work will be written outside of the 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 April 12, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school. \$145/Seniors \$110.

## Strategies for Getting Published in Journals, Magazines and Online: A Workshop for Creative Writers

Instructor: Tom Daley

Have you written poetry, fiction, or creative non-fiction? Are you looking for a broader audience for your work? This workshop will offer successful techniques for finding the right journal, magazine, or online venue for your creative output. We will discuss issues such as developing a relationship with an editor, the right kind of cover letter, the timing of your submission, the pros and cons of contests, how to use the web to maximize your exposure, simultaneous submissions, and how to attract the attention of agents. The instructor's poems and reviews have been published or are forthcoming in numerous journals and other venues, including *The Boston Globe*, *Fence*, *Harvard Review*, *Denver Quarterly*, *The Massachusetts Review*, *Crazyhorse*, *Barrow Street*, *Poetry Ireland Review*, *Prairie Schooner*, *32 Poems*, *Diagram*, *Salamander*, *Del Sol Review*, *Southern Humanities Review*, *The Bulletin of the Emily Dickinson International Society*, and *Studio Potter*.

**W011**, 1 Friday, 6:00-8:00 pm. Meets June 7, LHS, Room 220, \$35/Seniors \$30.

## 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 May 1, LCE Large 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** Mosaic Mirrors

Instructor: Betsy Rodman

Create an original 10"x10" mosaic mirror in this three-session workshop. We will begin by covering cutting techniques, design considerations and materials and then you will jump in to begin working on your mirror. In the second class students should be able to complete the mirror and in class #3 the mirrors will be grouted to be made ready to hang on the wall! Think about the space where this little, decorative mirror will be hung to get ideas about color choices and style. If you are looking at other mosaics for examples remember that simple and bold are the way to go! A materials fee of \$15 is payable to the instructor at the first class.

**AMOS**, 3 Thursdays, 6:00-9:00 pm. Begins May 2, LHS, Room 210, \$150..

## Watercolor

Instructor: Ivan Orlinsky

This class is for both beginners and artists who have some experience with water color. We will begin with an overview of the history of water color as a medium, successful watercolor painters from the past and present and getting acquainted with the materials and supplies we will be using. Our first exercise will be laying a flat wash. In subsequent classes we will work on different techniques such as wet on wet, value studies, layering, mixing colors, what colors to include on your palette, and a brief overview of the qualities of water color paint such as transparent, semi-transparent and opaque. There will be a 20 minute warm up exercise at the beginning of each class. Please bring the following materials to the first class: Paints: Cadmium yellow deep; Lemon yellow; Cobalt blue; French Ultramarine blue; Cerulean blue; Prussian blue; Cadmium red; Vermillion; Burnt Sienna; Yellow Ochre and Payne's grey. Brushes: Bring what brushes you have; I recommend #8 #10 round and a one inch flat. Paper: Good quality watercolor pad; 12" x 16". Palette: White china plate or a

butchers tray. Other supplies: Two or three jars for holding water, Rags, paper towel, an HB pencil, kneaded eraser. A photo of your choice as a reference to paint.

**AWATE**, 6 Mondays, 6:30-8:30 pm. Begins April 1, LHS, Room 212, \$135/Seniors \$100.

**ADYW**, 6 Tuesdays, 12:00-2:00 pm. Begins April 2, LCE Large Conference Room, \$135/Seniors \$100.

## 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 Thursdays, 12:00-2:00 pm. Begins April 4, Lexington Community Education Large Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$165/Seniors \$125.

## **NEW** Aquatic Scenes with Chinese Brush and Colors

*Instructor: Son-Mey Chiu*

During this spring season students are invited to explore painting aquatic flora and fauna. A variety of subject matters will be introduced to cater to students of different levels of experience with Chinese ink and colors. Students will learn painting water birds such as the kingfisher and egret. Aquatic plants such as the water lily and lotus will be introduced. Students will also be given the opportunity to paint the Chinese goldfish and koi. Beginning and returning students are welcome. (Painting supplies



*Paul Angiolillo teaches How To Make A Sculpture, this page.*

for new students, approximately \$57, payable to the instructor at the first class.)

**ACBP**, 4 Mondays, 1:30-3:30 pm. Begins May 6, Lexington Community Education Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$125/\$95.

## Charcoal and Pastel Studio

*Instructor: Alma Bella Solis*

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

**ACHR**, 6 Tuesdays, 2:15 - 4:15 pm. Begins April 2, Lexington Community Education Large Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$135/Seniors \$105.

## Acrylic Painting

*Instructor: Linda Balek*

Studio acrylic painting classes are the ideal art class for those who want to relax, explore painting, and meet fellow artists in the community. This class will address mixing, composition, and painting techniques while encouraging your unique painting style through individual instruction. Please bring to class a photo of what you would like to paint for your unique artwork. In every class, painting instruction is given on a one to one learning approach and will cater to each student's personal needs and interests. Because we also learn from

others work, we will have a group painting critique at the end of each class. While painting on canvas, you will explore and experiment with your personal artistic style. Recommended material list is canvas, easel, container for water, acrylic paint (Basic colors: white, cadmium yellow medium, cadmium red medium, ultramarine blue) mixing palette, and artist brushes.

**AACR**, 5 Thursdays, 6:00-8:30 pm. Begins April 4, LHS, Room 212, \$135/Seniors \$115.



## **SLEEP: MYTH, MAGIC, AND MEDICINE**

*with Rick Clerici, p. 30*

## 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 May 15, LHS, Room 210, \$30/Seniors \$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 April 1, and meets April 22, April 29, May 13, May 20 and June 3. LHS, Room 143, \$140/Seniors \$100.



**WRITING CLASSES FOR CHILDREN AND TEENS**  
p. 20

## Weave A Bamboo Scarf

*Instructor: Beth Guertin*

Rigid heddle looms produce plain weave cloth on a fun and portable loom. In three weeks (9 hours), students will weave a bamboo scarf (finished size 6" X 72") with lace stripes and then either sew the scarf together to create an infinity scarf or twist fringe. The first class will consist of choosing colors and warping the loom using a direct warping method. To warp the loom students walk back and forth between the loom and a peg positioned the length of the warp. Students will walk a distance of approximately 9 feet, approximately 50 times to complete this part of the project. The second week weaving will begin and the use of a pick-up stick to create lace stripes (optional) will be taught. Students will take the loom home to weave their scarf between classes. The final class will consist of taking the scarf off the loom, sewing the infinity scarf or twisting fringe, and learning how to wash the scarf. Schacht Cricket Looms will be provided for students use (and can be purchased from the instructor). These looms are small and light-weight enough to be carried in a canvas tote bag provided by the instructor. A materials fee of \$20.00 for the yarns will be paid to the instructor. Students may come to the



*Son-Mey Chiu teaches Aquatic Scenes with Chinese Brush and Colors, page 13.*

instructors studio in Waltham to choose their colors prior to the first night of class. Please bring scissors to class. Note that the class meets for two weeks, May 8 and 15 and then skips a week to provide weaving time. The final class meets on May 29 to complete the project.

**A2WV**, 3 Wednesdays, 6:00-9:00 pm. Begins May 8, and meets May 15 and May 29, LHS, Room 214, \$135/Seniors \$105.

## Embroidery

*Instructor: Daniela Cermenati*

In this embroidery classes we will focus on awakening your creativity through embroidery, learning some traditional basic points, ideal to get started in this technique. This xx 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**, 5 Wednesdays, 9:30-11:30 am. Begins May 8, LCE Large Conference Room, 146 Maple Street, access via 328 Lowell St. \$100/Seniors \$85.

## 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 April 3, 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: Karena 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. Please note there is no class on April 16.

**AITM**, 3 Tuesdays, 6:30-8:30 pm. Begins April 2, Karena Maraj Jewelry Collection, 95 Trapelo Road, Belmont, \$125.

# ELL/Languages

## Stone Carving Saturdays

*Instructor: Scott Cahaly*

In this popular one-day workshop, you'll have the opportunity to carve your own stone, an art form that is not typically accessible. 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 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](http://www.stonecarvingdust.blogspot.com)

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

**A2STN**, 1 Saturday, 9:30 am - 2:30 pm.  
Meets May 18, Scott's Stone Carving, 80 Loomis Street, Bedford, \$140.

**A3ST**, 1 Saturday, 9:30 am - 2:30 pm.  
Meets June 15, Scott's Stone Carving, 80 Loomis Street, Bedford, \$140.

## Photography: The Basics and Beyond

*Instructor: Scott Metzger*

Great photographs are created through the right mixture of angle, light, subject, story, and spirit. To capture all of these ingredients in the snap of a shutter, a photographer needs the skill set to potentially assess, frame, and shoot in a fraction of a second. In this class, we will stock our photographic "tool box" through studying the essential elements of taking a great picture. We will explore documentary, lighting, the rule of thirds, camera and computer processing equipment, and composition. We will also examine ways to manage workflow and the particulars of portrait, landscape and commercial photography. By the end of the class, students will feel more comfortable with their ability to make a stronger, more engaging photograph. Please bring your camera to class.

**APBB**, 4 Mondays, 7:00-9:00 pm. Begins April 1, LHS, Room 222, \$88/Seniors \$66.

*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**, 9 Tuesdays, 9:30-11:30 am. Begins April 2, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$150/Seniors \$120.

## Intermediate English

*Instructor: Rosemary Previte*

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 April 25, 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 April 1, 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: Pilar Cabrera, Ph.D*

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

**LBGS**, 8 Wednesdays, 6:30-9:00 pm.  
Begins April 10, LHS, Room 220, \$165/  
Seniors \$125.



*Ric Calleja teaches Daytime English Conversation, this page.*

## Advanced Beginning Spanish

*Instructor: Yisel Valero*

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 April 3, LHS, Room 225, \$100/  
Seniors \$75.

## **NEW** Conversational Spanish for Beginners

*Instructor: Magnolia Rios*

This class (for those who have a basic knowledge of Spanish) will focus on developing conversational skills through oral and written exercises on a variety of topics, working on pronunciation, role-play, and practicing everyday activities. Students will learn about culture, how to construct phrases, ask and answer questions, write short, weekly compositions, to acquire confidence making the language alive for them. Please note class will meet: April 3, 24; May 1, 8, 15, 22, 29; and June 5.

**LSBC**, 8 Wednesdays, 6:30-8:00 pm.  
Begins April 3, LHS, Room 229, \$100/  
Seniors \$75.

## **NEW** Español Intermedio & Avanzado a Través/Spanish Intermediate & Advanced

*Instructor: Ric Calleja*

*Este curso está orientado hacia estudiantes que han llegado al nivel intermedio o avanzado en español. Usando poemas, cuentos, artículos sobre temas de actualidad y por lo menos una película, este curso lo ayudará a desarrollar su vocabulario y su capacidad de hablar, escribir y entender el idioma español.* This course is for students who have reached the intermediate or advanced level in Spanish. Using poetry, stories, current news articles, and at least one movie, this course will help you develop your vocabulary, and your capacity to speak, write and understand the Spanish language.

**LDII**, 9 Thursdays, 10:15 am-12:15 pm.  
Begins April 4, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$150/Seniors \$115.

## **Spanish Conversation – Daytime**

*Instructor: Tony Marques*

Sustain and enhance your Spanish-speaking ability. We will attempt to speak only Spanish for a full immersion experience in this interactive, funny, high-energy class. Students need to have at least two years of Spanish study (or equivalent), the ability to speak and understand Spanish at an intermediate



Sonia Parravano teaches Conversational Italian – Evening or Daytime, facing page.

to advanced level 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 April 1, 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**

*Instructor: Sonia Parravano*

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

**LBIT**, 9 Tuesdays, 6:30-7:45 pm. Begins April 2, LHS, Room 148, \$150/Seniors \$120.

## **Advanced Beginning Italian (Daytime)**

*Instructor: Sonia Parravano*

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

**LIAB**, 9 Fridays, 10:45 am - 12:00 noon.  
Begins April 5, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$150/Seniors \$120.

## **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 may be just two hours away, using regular kitchen tools and ingredients? 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. The course 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 keep exploring Italian recipes on your own. 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.

**NCOO**, 6 Wednesdays, 6:30-8:30 pm. Begins April 24, LexMedia Studios. \$145.

### **Conversational Italian – 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**, 9 Fridays, 9:15-10:45 am. Begins April 5, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$150/Seniors \$120.

### **Conversational Italian – Evening**

*Instructor: Sonia Parravano*

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

**LICO**, 9 Tuesdays, 7:45 - 9:00 pm. Begins April 2, LHS, Room 148, \$150/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**, 8 Tuesdays, 12:30-2:30 pm. Begins April 23, LCE Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$140/Seniors \$130.

### **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**, 8 Tuesdays, 3:30-5:30 pm. Begins April 23, LHS, Room 233, \$140/Seniors \$130.

### **Daytime Intermediate French**

*Instructor: Karen Girondel*

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

**LDIF**, 8 Tuesdays, 9:30-11:30 am. Begins April 2, Lexington Community Education Large Conference Room, 146 Maple Street, \$135/Seniors \$105.



*Maurice Bombrun teaches Total Beginner French and Intermediate French, this page.*

## French Language and Conversation Through Film

Instructor: Karen Gironde

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 April 3, LHS, Room 166, \$135/  
Seniors \$105.

## 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 includes 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**, 8 Thursdays, 12:30-2:30 pm.  
Begins April 25, Lexington Community Education Conference Room, 146 Maple Street, \$140/Seniors \$130.



**SMART PLANNING FOR EUROPEAN VACATIONS**  
with Wim Nijenberg, p. 25.



Paul Angiolillo teaches *How to Make a Sculpture*, page 13.

## 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 April 24, 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 April 24, LHS, Room 148, \$132/  
Seniors \$125.

## NEW Standard Arabic for Beginning and Beyond Beginning Students

Instructor: Janet Atiyat

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 April 11, LHS, Room 231, \$165/Seniors \$148.

**LBBA**, (Beyond Beginning), 8 Tuesdays, 6:30-8:30 pm. Begins April 9, LHS, Room 231, \$165/Seniors \$148.



Uschi Kullmann teaches *Beginning and Intermediate German*, this page.

## NEW Beginning Japanese Language and Culture

Instructor: Amy C. Franks

This course introduces the Japanese language to students with no previous experience. Basic greetings, grammar, vocabulary, and sentence structure, along with the hiragana and katakana writing systems, will be covered, with an emphasis on acquiring the ability to carry out simple conversations. Useful expressions for travel will also be covered. Finally, we will also investigate how the language reflects Japanese culture and customs. Textbook: *Genki*, Ch. 1, 2 and 3.

**HJLC**, 7 Tuesdays, 6:30-8:30 pm. Begins April 23, LHS, Room 226, \$145/Seniors \$135.

# Computers

## **NEW** Computer Consulting "A la Carte"

*Instructor: Kristen Butler*

Computer consultant Kristen Butler is available to meet and assist up to two people at a time with personalized computer consulting. Would you like to fully understand the iCloud and backup, or make certain your devices are synced? Want to know if you have the proper updates and software on your computer? Need to create a photographic presentation or video for a special occasion? These are just a few of the items and issues that Kristen can help you with. Meetings will be held in the Lexington Community Education office and the charge is \$120 per hour for individual sessions or up to two people per session. There is a two hour minimum per meeting.

**To arrange to meet with Kristen contact the LCE office at 781.862.8043, or [LCE@lexingtonma.org](mailto:LCE@lexingtonma.org).**

## **NEW** WordPress I: Create Your Own Website or Blog

*Instructor: Fan Stanbrough*

Do you want to create an easy-to-build website or personal blog? Don't want to deal with website updates, worry about site security and technical problems? Then a WordPress site is for you. WordPress is a powerful and easy-to-use tool for building virtually any kind of site. In this class you will learn to set up a site using this service, with their starter free plan. You will choose the look and feel of your site, add text and photos, and use specialized features. You will also learn how to grow your website traffic with simple Search Engine Optimization (SEO) tips. We'll cover everything you need to know to manage your site. Class takes place in a computer lab so there's no need to bring your own computer. This class is for beginners. Prerequisite: Basic computer experience and Internet skills required. There will be an hour lunch break from 12:30-1:30 pm. Feel free to bring a bag lunch or visit Lexington center lunch/sandwich shops.

**CWDP**, 1 Saturday, 9:30 am - 4:30 pm. Meets April 27, LHS, Room 155, \$125/ Seniors \$115.



### **PHOTOGRAPHY: THE BASICS AND BEYOND**

*with Scott Metzger, p. 15*

## **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 Friday, 9:00 am-12:00 pm. Meets April 12, LCE Conference Room, \$39/ Seniors \$35.

## **Managing Your Photos – Daytime**

*Instructor: Kristen Butler*

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

**CDPIC**, 1 Friday, 9:00 am - 12:00 pm. Meets May 3, LCE Office Conference Room, \$39/Seniors \$35.

## **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 Friday, 9:00 am-12:00 pm. Meets May 10, LCE Office Conference Room, \$42.

## **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 Friday, 9:00 am-12:00 pm. Meets May 17, 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 Friday, 9:00 am-12:00 pm. Meets May 24, LCE Office Conference Room, \$39/Seniors \$35.

## **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 Friday, 9:00 am-12:00 pm. Meets May 31, LCE Office Conference Room, \$42.

## **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 April 10, LHS, Room 155, \$39/ Seniors \$35.

## **Managing Your Photos**

*Instructor: Kristen Butler*

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

**CPHO**, 1 Wednesday, 6:00-9:00 pm. Meets April 24, LHS, Room 155, \$39/Seniors \$35.

## **Organizing Your Computer**

*Instructor: Kristen Butler*

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

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

# Courses for Children

## 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 May 8, LHS, Room 155, \$39/Seniors \$35.

## 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 May 15, LHS Room 155, \$42.

## 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 May 14, LHS, Room 220, \$75/Seniors \$60.



### CONFRONTING DYSTOPIA: THE NEW TECHNOLOGICAL REVOLUTION

with Eva Paus, p.6

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

## Home Alone

Instructor: Officers of the Lexington Police and Fire Departments

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

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



### ESTATE PLANNING 101

with Rebecca O'Brien, p. 28

## Fiction Writing for 4th and 5th Graders

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 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 May 15, LHS, Room 225, \$90.

## Fiction Writing for Middle Schoolers

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 April 24, LHS, Room 231, \$90.

## Calligraphy (for Ages 10+)

Instructor: Alma Bella Solis

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

**KCAL**, 8 Wednesdays, 3:30-5:30 pm. Begins April 10, LHS, Room 166, \$220.

## **NEW** Beginning Japanese Language and Culture for Middle Schoolers

Instructor: Amy Franks

Join us for an informative and entertaining look at the fascinating world of Japanese language and culture. This course introduces the Japanese language to students with no previous experience. Basic greetings, grammar, vocabulary, and sentence structure, along with the *hiragana* and *katakana* writing systems, will be covered, with an emphasis on acquiring the ability to carry out simple conversations. Other cultural topics, such as *anime* and *manga*, will also be introduced. Textbook: *Genki*, Ch. 1, 2 and 3.

**KATA**, 6 Thursdays, 4:00-5:30 pm. Begins Thursday April 25, LHS, Room 173, \$95.



### A CULINARY TOUR OF H MART

with Debra Samuels, p. 24

# 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](http://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](http://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



*Kristen Butler teaches computers, pages 19-20.*



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

## **NEW** Yoga and Posture Workshop for High School and College Bound Students

*Instructor: Helen Theodosiou*

Do you carry a full backpack and/or sports equipment to school everyday? Do you spend many hours at the computer studying or looking down at an iPad or phone? All these behavioral patterns could set you up for future musculoskeletal aches and pains. You can nip these problems in the bud! Postural awareness and aligning the spine to support the muscles and joints can stop you developing neck, shoulder and back pain later in life. Learn to practice postural exercises and yoga poses that will strengthen the back, lengthen hamstrings and open the front of the body. You will notice better breath capacity to support cognition and study, as well as less strain in the body and a greater sense of calm in the mind. Please bring a Yoga Mat to class.

**KPOS**, 2 Mondays, 5:00-6:30 pm. Begins May 6, LHS, Room 210, \$35.



**YOGA AND POSTURE WORKSHOP FOR ADULTS**  
with Helen Theodosiou, p. 32

## **Babysitting and Safety Training (Grade 6 and up)**

*Instructor: Court Booth, Playworks*

Students will receive training in pediatric first aid, household safety, and the fundamentals of childcare. Additional discussions include learning to interview for a babysitting job, selecting safe and suitable games and activities, preventing accidents, performing basic first aid and CPR. We will also cover feeding, burping a baby, spoon-feeding, crying, preparing for bed, and behavioral challenges. Pocket guidebooks (American Academy of Pediatrics) are included in the cost of the class and you will be earning a Babysitting completion certificate.

**KBTR**, 2 Wednesdays, 4:00-7:00 pm. Begins May 1, LHS, Room 169, \$70.

## **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 April 4, LHS, Room 166, \$220.

**ALL CLASSES MEET AT LEXINGTON HIGH SCHOOL UNLESS OTHERWISE NOTED**

## SUMMER INTENSIVE SAT TEST PREP



### Writing and Language/Essay SAT Prep

*Instructor: Karen Mechem*

Develop the grammar, structural, infographic, and comprehension skills necessary for the writing test. For the new essay, learn the specific strategies needed. An unlimited number of essays may be submitted for scoring. Required Text for classes: *The Official SAT Study Guide*, published by the College Board.

**PSWR**, 4 meetings, 9:00 am-12:00 pm. Meets July 1, 2, 3, 5. LHS, Room 177, \$200

### Reading SAT Prep

*Instructor: Karen Mechem*

Prepare for the Reading SAT by actively reading passages, answering inferential and line-referenced questions, and interpreting infographics. Practice tests will be taken and analyzed. Required Text for class: *The Official SAT Study Guide*, published by the College Board.

**PRTH**, 5 Meetings, 9:00-11:30 am. Meets July 8, 9, 10, 11, 12. LHS, Room 177, \$200.

### 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.

**PREP**, 5 Meetings, 9:00-11:30 am. Meets July 22, 23, 24, 25, 26. LHS, Room 177, \$200.

### Summer Intensive College Essay Writing Workshop

*Instructor: Mindy Pollack Fusi*

Calling all rising seniors! Don't wait until fall college application deadlines approach and wonder what to create for your personal statement/essay. Be prepared by spending only one week (half days) this summer learning the do's and don'ts of the essay and creating yours! You will receive help on all essay aspects, from developing a strong topic to completing the essay. Join fellow rising seniors as popular College Application Essay Coach, Mindy Pollack-Fusi, teaches you insider tips and a foolproof technique on how to choose your topic. From there, you will draft your essay and receive feedback. After revising the essay, you will evaluate feedback again—several times. You will polish your essay until you have a completed statement that is concise yet creative and authentic. This workshop will help you break through fear and frustration, guide you to the finish, and help you relax in fall when your essay is done! Class size limited to six students - Rising Seniors Only!

**PINT**, 4 Meetings, 10:00 am - 1:30 pm. Meets June 25, 26, 27, and 28. The class will meet at The Place for Words, 200 Great Road, Suite 254A, Bedford. \$500.

**P2INT**, 5 Meetings, 10:00 am-1:00 pm. Meets July 29, 30, 31 and August 1 and 2, LHS, Room 177, \$500.

**P3INT**, 4 Meetings, 10:00 am -1:30 pm. Meets August 6, 7, 8, and 9, LHS, Room 177, \$500.

### Finding The Right Fit: The College Admissions Process

*Instructor: Larry Dannenberg*

Looking to find the right school for your child or obtain merit money? We will show you how to choose the school that is the right fit for your child as we walk you through the admissions process. Learn about how merit money works and what you can do to better your position even if you are not a top student. This class is particularly important if your student is at the top of the class, has learning disabilities, is an athlete, or is average. 2015 was a year of significant change, Standardized testing has

shifted, timing for Financial Aid has accelerated, a new application from the Consortium, and admissions have become more competitive. Learn why starting the process early can offer significant advantages. College Solutions has over 30 years of experience in college placement and financial aid. For adults only. The \$25 tuition is for two adults in the household.

**PFIT**, 1 Tuesday, 6:30-8:30 pm. Meets April 2, LHS, Room 221, \$25.



*Mindy Pollack Fusi teaches Summer Intensive College Essay Writing Workshop, this page.*

### 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](http://www.collegefundingadvisors.com).

**PMFA**, 1 Monday, 6:30-8:30 pm. Meets April 29, LHS, Room 229, \$25.



The College Admissions Game, see below.

### 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.

**PCOL**, 1 Thursday, 6:30-8:00 pm. Meets May 9, LHS, Room 221, \$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, May 14 and Thursday, May 16, 7:00-9:00 pm. LHS, Room 166, \$40 per adult/student pair.

## Parenting Perspectives

### 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 Tuesday, 6:30-9:00 pm. Meets April 23, LHS, Room 226, \$33.



### INTRO TO COACHING: SETTING STRONG BOUNDARIES

*with Melissa Merres, p. 30*

### Estate Planning 101

*Instructor: Rebecca O'Brien*

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

**BWIL**, 1 Tuesday, 7:00-9:00 pm. Meets May 14, LHS, Room 222, \$30/Seniors \$25.



Rebecca O'Brien teaches Estate Planning 101, 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 HMart, 3 Old Concord Road., Burlington at the entrance of the Food Court.

**NHMT**, 2 Wednesdays, 6:30-8:30 pm. Begins May 8, meeting at HMart, 3 Old Concord Rd, Burlington, \$65.

## **NEW** Community Food Crawl: Eating Local, Sustaining Local

*Instructor: Mimi Fix*

Join culinary and business instructor Mimi Fix, for a Saturday walking tour with stops at various Lexington businesses. In addition to some tasty eats, we'll learn about the challenging role of small, local businesses in creating and sustaining unique communities. A week before class, we'll contact you about our meeting place, optional personal out of pocket food costs and parking suggestions.

**NCOM**, 1 Saturday, 9:00 am-1:00 pm. Meets May 4, Location TBD, \$49.



*Debra Samuels teaches A Culinary Tour of H Mart, this page.*

## **NEW** The Art of Coffee Cupping

*Instructor: Rob Fitzgibbon*

From the world-wide harvesting origins of coffee beans, to types of roasting techniques, the history and culture of coffee is as fascinating, intricate, and as enjoyable as the world of tea or wine. In this interactive cupping and tasting session you will discover how coffee is grown, explore the concepts of aroma, taste, and mouth feel, and sample three different coffee types. Using the flavor wheel we will begin to develop a better understanding of coffee based on aroma and taste. Through paying attention to our senses as they are engaged by coffee we will come away with a deeper appreciation for the complexity and wonder of a drink that we both depend on yet typically take for granted in our day to day life.

**NACC**, 1 Thursday, 7:00-8:30 pm. Meets April 25, LHS, Room 143, \$25.

## The Elixir of the East

*Instructor: Paul Angiolillo*

"Tea's proper use is to amuse the idle, relax the studious, and dilute the full meals of those who cannot exercise," said English writer and lexicographer Samuel Johnson, who reputedly drank 25 cups of tea each day. Indeed, no other plant has influenced human history as much as *camellia sinensis*, the tea plant. From China, India, and Russia, to the Middle East, England, and the Americas, tea has played a key role in politics (the Opium War), trade (the Russian caravan), technology (clipper ships, porcelain), and craftsmanship (furniture, teapots.). Join us to sample a half-dozen fine teas from around the world, as we enjoy a visual history of tea, from fierce Tibetans guarding the "Tea Route" and vast English tea gardens, to rare Chinese teapots. Snacks will accompany the tastings and you'll take home plenty of samples. Bring a favorite mug or two to class.

**NTEA**, 1 Wednesday, 7:00-8:30 pm. Meets May 8, LHS, Room 143, \$25.

## 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 may be just two hours away, using regular kitchen tools and ingredients? 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. The course 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 keep exploring Italian recipes on your own. 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.

**NCCO**, 6 Wednesdays, 6:30-8:30 pm. Begins April 24, LexMedia Studios, \$145.



## **START AND RUN A HOME-BASED BAKING BUSINESS**

*with Mimi Fix, p. 26*

## Home Baking Skills for Pleasure or Profit

*Instructor: Mimi Fix*

Gain the confidence of an industry professional! In this class, we're moving out of the kitchen and into the classroom for a comprehensive discussion of commercial baking techniques. We'll talk about shortcuts and tricks for recipe and product development, quantity production, shelf-life testing, packaging, storage, food safety, and more. Learn everything you didn't know to ask about equipment and appliances, and how oven heat affects baked goods. Discover the art of maximizing products for visual and sales appeal, and how to adapt traditional recipes for healthier whole grain baking. Whether you're baking for profit or simply want to learn tips and tricks from a professional, this class is for you.

**NBAKE**, 1 Thursday, 6:30-9:30 pm. Meets May 23, LHS Room 143, \$35/Seniors \$30.

ALL CLASSES MEET AT LEXINGTON HIGH SCHOOL UNLESS OTHERWISE NOTED

# Home, Hobbies and Travel

## **NEW** Home Downsizing 101

*Instructor: David Lenoir*

Are you an empty nester? Do you need to help aging parents with their housing options? Or do you just need a smaller home? The prospect of downsizing raises many questions, and this session will address the pros and cons of different strategies. For example, what to do with years of belongings; buying vs. renting your next home; selling your current home or renting it out; understanding home values locally as well as in different towns/states. We will also explore housing options such as: single family homes, condos, adult communities, full-service amenity buildings and more. A local realtor will lead the discussions.

**FDOW**, 1 Thursday, 7:00-9:00 pm. Meets May 9, LHS Room 226, \$25/Seniors \$20.

## **Smart Planning for European Vacations**

*Instructor: Wim Nijenberg*

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

**FEUR**, 1 Thursday, 7:00-9:00 pm. Meets April 25, LHS, Room 225, \$25. Seniors \$20.



*Francesca Verri teaches Coaching to Conquer the Clutter, this page.*

## **NEW** Organization 101: Get Ready for Spring

*Instructor: Francesca Verri*

Join Francesca Verri in this lively class as she teaches about the basic tenets of organization and how they are integral to living a healthy life. You will learn the 3 steps in the process to get organized, and the 2 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 April 4, LHS, Room 225, \$40.



## **MAKING WRITING A PLEASURABLE PASTIME**

*with Irene Hannigan, p. 12*

## **NEW** Coaching to Conquer the Clutter

*Instructor: Francesca Verri*

Join Francesca Verri in this 4-session, small group coaching class as she teaches the basic tenets of organization and how they can be used to conquer the clutter in your home. This is a very personalized class where students will share one area of their home that they want to declutter, and, using that week's class lesson, be coached to make the changes necessary to get it organized. Weekly assignments will be given to hold students accountable in making progress in their space. If you struggle with clutter, and want to develop a greater understanding of the laws of organization while you actively apply them to your life, this unique group coaching workshop is for you. [Enrollment is limited to four students so reserve your spot today!] Please note class meets from 7:00-8:30 pm on May 9 and from 7:00-8:00 pm on May 16, 23, and 30.

**FCONQ**, 4 Thursdays, 7:00-8:30 pm. Begins May 9, LHS, Room 229, \$150.

## **Aging in Your Own Home**

*Instructor: William Dickinson*

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

**HAGE**, 1 Tuesday, 6:30-8:00 pm. Meets April 9, LHS, Room 220, \$25/Seniors \$20.



## **BUYING & SELLING ON EBAY (AND AMAZON)**

*with Tracy Marks, p. 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 Thursday, 6:30-8:00 pm. Meets May 23, LHS, Room 226, Free, but pre-registration required.



*David Lenoir teaches Home Downsizing 101, this page.*

## Daytime Classes

### Daytime Classes

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## 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.*

### Long-Term Care: Planning for the Potential Need

*Instructor: Len May*

People are living longer. A well thought out plan for addressing the potential need for care is essential to the physical, emotional, and financial needs of you and your family. Living a long life doesn't guarantee that it will be a healthy one. At least 70% of people over age 65 will require long-term care services at some point in their lives. (from [www.longtermcare.gov](http://www.longtermcare.gov)). This evening we will address questions such as: what are the long-term care risks and consequences; what are the options to protect your savings and home; how about transferring assets to your kids to qualify for Medicaid?; how do the stand-alone long-term care and the new hybrid insurance alternatives work, and which might be appropriate for your situation? and, finally, how to develop a plan of action? This presentation is most appropriate for those age 44-70.

**FLTERM**, 1 Tuesday, 7:00-8:30 pm. Meets May 21, LHS Room 229, \$25/Seniors \$20.

### Start and Run a Home-Based Baking Business

*Instructor: Mimi Fix*

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

**BBUS**, 2 Thursdays, 6:30-9:30 pm. Begins May 2, LHS, Room 220, \$49/Seniors \$45.

### NEW Where Do We Go From Here? A Workshop for Small Food Business Owners

*Instructor: Mimi Fix*

Small food business owners are often new to the business world and face what can feel like insurmountable problems. There are typically ongoing issues of growth, customer service, vendors and suppliers, competitors, and other problems. Whether you have a storefront or work from home, we'll discuss ways to deal with, and respond to, these challenges. Bring your questions and ideas to class.

**BFOOD**, 1 Friday, 6:30-9:30 pm. Meets May 10, LHS, Room 220, \$39/Seniors \$35.

### NEW Growing a Home Based Business: Resources for Micro-Entrepreneurs

*Instructor: Reem Yared*

76% of American businesses are self-employed people with no employees. How do you build, grow and manage your business if you are one of these 23 million Americans? We will share resources and ways to overcome common challenges.

**FGHB**, 1 Wednesday, 7:00-8:30 pm. Meets May 1, LHS, Room 222, \$10.

### NEW Women and Investing

*Instructor: Sumeit and Sanjay Aggarwal*

This workshop is designed for women who want to play a more active role in their Investment strategy. If investing scares you, or you want to make sure you have a clear understanding of risks and rewards, or if you are simply looking for where to begin, this is the class for you. In this 2-part workshop, we will go over basics of Investing, discuss step by step approach to investing and cover different types of investments and retirement plans. You will also learn how to gain confidence in your research, evaluate alternatives and design a portfolio. No prior knowledge of investing is required. Beginners are especially encouraged to attend. This class will be co-taught by Sumeit and Sanjay Aggarwal. They have written this course with a practical focus explicitly in mind.

**BW&I**, 2 Fridays, 7:00-8:30 pm. Begins April 26, LHS, Room 221, \$35/Seniors \$30.

## Budgeting for Success

*Instructor: Sumeit and Sanjay Aggarwal*

In this 2-part workshop, we will go over the fundamentals of personal finance, discuss why, how and types of budgeting. You will learn budgeting tools to get started on building your own budget. Participants will get hands-on experience in organizing credit card and bank transactions using Excel, setting budget targets, and analyzing them to find money saving ideas. Bring your own laptop or follow along on the screen as we analyze transactions and discuss next steps after a budget is set. Join us for a personal finance workshop on budgeting for success. This class will be co-taught by Sumeit and Sanjay Aggarwal. They have written this course with a practical focus explicitly in mind.

**BBFS**, 2 Fridays, 7:00-8:30 pm. Begins May 10, LHS, Room 221, \$35/Seniors \$30.

## **NEW** Women on Nonprofit Boards

*Instructor: Stephanie Lawrence*



Are you in a transformative or transitional stage of life and eager to put your passion for a nonprofit cause into practice? Searching for an experience that will provide you with both personal satisfaction and professional development? Nonprofit board service provides hands-on leadership involvement and valuable opportunities for personal satisfaction, skill building, resume updating, and growth of professional networks. A nonprofit board is responsible for the organization's strategic planning and oversight; a well-functioning board is critical to the health and financial viability of an organization. This workshop is open to all but geared towards women looking to make a career change or find a new role in the nonprofit sector. Topics will include the typical board structure, responsibilities of a board member, and how to determine the right organizational match for you by researching board job descriptions and by-laws, current member composition, and meeting attendance expectations.

**BWNP**, 1 Thursday, 7:30-9:00 pm. Meets May 9, LHS, Room 224, \$25/Seniors \$20.

## How Medicare Works: An Introduction for Boomers

*Instructor: Arthur Budnik*

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

**BMED**, 2 Thursdays, 6:30-8:30 pm. Begins May 30, LHS, Room 225, \$25.

## **NEW** Your Retirement Countdown with TIAA-CREF

*Instructor: Rose Thompson*

Are you or your spouse part of the 15% of Lexington's population that participate in a TIAA-CREF retirement plan? Come hear the ins and outs of these plans from a former TIAA-CREF financial consultant. The five years before and the five years after retirement are your critical planning years for a successful and sustainable retirement. Are you 50 years+ and concerned that longevity, inflation, and undependable market returns will negatively impact your retirement? Hear independent thinking about the strengths and limitations of your TIAA-CREF retirement plan, and how it may or may not fit into your overall planning. Each student will receive a retirement planning workbook in class.

**BRET**, 1 Tuesday, 6:30-8:30 pm. Meets May 7, LHS, Room 229, \$25.



**BODY IMAGE: CHALLENGING NORMS, FINDING ACCEPTANCE**  
with Jamie Dannenberg, p. 29



**TIME, MONEY, AND JOY**  
with Glenn Frank, p. 28



*Sumeit and Sanjay Aggarwal teach Women and Investing, see facing page.*

## Time, Money, and Joy

*Instructor: Glenn Frank*

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

**BTMJ**, 1 Monday, 7:00-9:00 pm. Meets April 29, 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 Monday, 7:00-9:00 pm. Meets April 22, LHS, Room 220, \$25/Seniors \$20.



*Miki Feldman Simon and Leanne Rodd teach Interview Tips from the Experts, this page.*

## Estate Planning 101

*Instructor: Rebecca O'Brien*

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

**BWIL**, 1 Tuesday, 7:00-9:00 pm. Meets May 14, LHS, Room 222, \$30/Seniors \$25.

## 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 April 2, LHS, Room 220, \$40 per couple.

## Interview Tips from the Experts

*Instructors: Miki Feldman Simon and Leanne Rodd*

Whether you have been interviewing for a while, or you are just starting your journey of entering back to the workforce, you can learn from Miki Feldman Simon and Leanne Rodd’s extensive experience working with job seekers and hiring managers. In this workshop they will share their wisdom with you and cover the key components for the preparation of every interview including: what research to do before the interview; matching your experience to the job requirements; how to prepare questions to ask at the interview; how to tell your story (your elevator pitch); what to wear to the interview; and how to address an employment gap and job transitions. They will also provide a review of the most common interview questions and tips for framing your answers, what your body language says about you during your interview and how to follow up after the interview. Please bring a copy of your resume (old or new) and a couple of job descriptions that piqued your interest (these will be for your own use).

**BINT**, 1 Tuesday, 7:00-9:00 pm. Meets April 9, LHS, Room 221, \$45.

## 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 April 10, LHS, Room 155, \$39/Seniors \$35.



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

# Mind and Body

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

## **NEW** Body Image: Challenging Societal Norms and Finding Body Acceptance

*Instructor: Jamie Dannenberg, MS, RD, LDN*

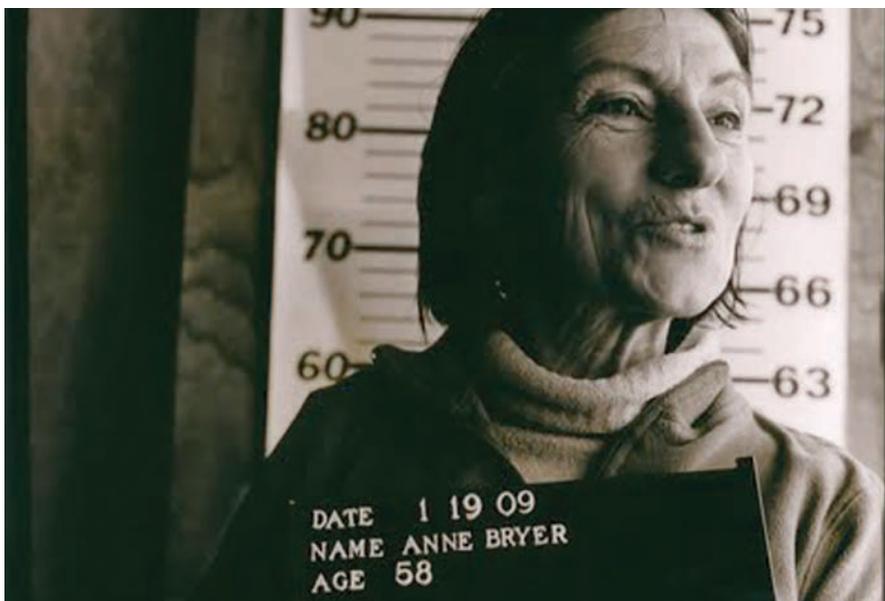
How much time do you spend thinking about your body and appearance? Do you ever compare your physical appearance to others around you and to those in the media? Do you try to change your diet or exercise routines in an effort to lose weight? When it comes to body image, there are so many different factors that influence how you think about your body shape and size. The messages that we receive about how bodies are "supposed to" look are often internalized and lead us to believe that our bodies need to be fixed. In this workshop, we'll explore what led us to think this way about our bodies and how we can work towards moving beyond current societal norms that idealize certain sizes and appearances over others. In a supportive environment, we'll consider ways to challenge these harmful messages in our culture in order to improve our body image.

**MBDI**, 1 Wednesday, 7:00-8:30 pm. Meets June 5, LHS, Room 221, \$25/Seniors \$20.

## **NEW** Intuitive Eating: Learning to Make Peace with Food and Your Body

*Instructor: Jamie Dannenberg, MS, RD, LDN*

Do you find yourself confused by the ever-changing nutrition messages we receive about what you "should" and "should not" be eating to be healthy? Do you ever feel guilty after eating something you've actually enjoyed? Have you tried dieting only to regain the weight that you lost? Have you heard about Intuitive Eating but wonder what that actually means? It makes sense if you answered, "yes" to any of these questions, and it also makes sense if you are sick of the shame, fear, and sense of lack of control you may experience around food. This workshop will introduce you to the concept of Intuitive Eating, created by Evelyn Tribole



*Anne Bryer teaches An Introduction to Radical Honesty, this page.*

and Elyse Resch in 1995, which teaches you how to form a healthy relationship with your food, mind, and body. Intuitive Eating posits that dieting behaviors that are commonplace in our society, including calorie counting and limiting certain food groups, are not only making people suffer emotionally, but these behaviors are actually associated with many of the health problems that were previously considered the result of unhealthy eating. The purpose of this workshop is to help you understand how to listen to your body to help you make food choices that are satisfying, nourishing, and provides energy to get you through your day. You'll learn how to pay attention to your own physical feelings of hunger and to absolve yourself of the guilt you may feel after eating one of your favorite foods. You are the expert of your own body. You will increase your awareness around deprioritizing weight in favor of other indicators of health and wellness, which will help facilitate your process of making peace with food and achieving body trust and wisdom.

**MNUT**, 1 Wednesday, 7:00-8:30 pm. Meets June 12, LHS, Room 221, \$25/Seniors \$20.

## **NEW** Brave New Friendships

*Instructor: Val Walker*

It takes courage and initiative to break out of a period of isolation and rebuild our support networks. After a serious illness, a period of grieving, or relocating to a new area, we may find it difficult to "get out there," to be socially confident, outgoing,

and open to new relationships. Simply going to a meetup might not feel right, as we may prefer volunteering, a support group, or a class. This program offers guidance for how to explore and tap our wider communities to build friendships, fellowships, and a deeper sense of belonging.

**MBRN**, 1 Wednesday, 6:30-8:30 pm. Meets May 8, LHS, Room 225, \$25/Seniors \$20.

## **NEW** An Introduction to Radical Honesty

*Instructor: Anne Bryer*

The truth not only has the power to set us free, it can also be a key to an authentic relationship, a source of well-being, and a vehicle through which the powers of compassion and action can be positively manifested in our lives. This lecture is based on the thought and writing of Dr. Brad Blanton whose popular book *Radical Honesty* teaches a very matter-of-fact and potentially liberating way of being honest with ourselves and those around us. This evening we will be introduced to practical ways of honest listening and speaking. We'll also explore useful techniques that allow us to notice things and events as they truly are vs. thinking in a pre-conditioned way, judgmental way. Join us and gain the confidence and/or ability to tell people in your life what you honestly think and feel.

**MOO5**, 1 Wednesday, 7:00-9:00 pm. Meets April 24, LHS, Room 222, \$25/Seniors \$20.



Richard Geller teaches Stress Less: Learn to Meditate, this page.

### **NEW Intro to Coaching: Setting Strong Boundaries**

*Instructor: Melissa Merres*

Boundaries help us define who we are and who we are not. All too often, we learn to act or speak in ways that are designed to make others comfortable or pleased, at the expense of our personal boundaries. Overwhelmed with commitments because you say “yes” to everything someone asks you to do? Find yourself participating in personal or familial obligations that are not serving your well-being? Consistently putting someone else’s priorities ahead of your own in a way that keeps you from moving forward? This is your chance to learn what you will and will not accept, what’s gotten in your way in implementing limits in the past, and how to maintain healthy boundaries for yourself once you know what they are.

**MCRE**, 2 Thursdays, 7:00-8:30 pm. Begins May 2, LHS, Room 222, \$40/Seniors \$30.

### **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 April 29, LHS, Room 148, \$40.

### **NEW Sleep: Myth, Magic, and Medicine**

*Instructor: Rick Clerici*

Sleep is the foundation of physical, emotional and cognitive health. The science of sleep medicine has proven this in numerous studies. In fact, we now know more about sleep than at any other time in human history. And yet we struggle more with sleeplessness, low energy, anxiety and depression, and dream of getting by with less sleep. In this presentation we will combine the

findings of modern medicine with ancient wisdom and mythology to create a much deeper more comprehensive and holistic model of sleep. From this model we will discover how to rescue our sleep with all its mysteries intact. It may be that much of what we seek as a culture, resides behind closed eyes, in the rich world of sleep.

**MM&M**, 1 Wednesday, 7:00-8:30 pm. Meets May 8, LHS, Room 222, \$33.

### **Fixing Our Broken Sleep**

*Instructor: Rick Clerici*

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

**MSLE**, 1 Wednesday, 7:00-8:30 pm. Meets June 5, LHS, Room 222, \$33.

### **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.

# Exercise and Dance

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](http://www.meditationprograms.com)). Participants sit in chairs and wear normal attire. Sorry, no eating in the class.

**SLLM**, 4 Thursdays, 7:00-8:00 pm. Begins May 16, LHS, Room 247, \$66/Seniors \$49.

## 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 April 22, LHS, Room 148, \$40.

## **NEW** Spring Into Action: Health Coaching For Mid-Life Women

*Instructor: Pam Wolfson*

As the warm months heat up, feel and look your best. Get motivated to make positive changes to improve your well-being. We will discuss how to reduce stress, lose weight and become more physically fit. By creating a personal wellness plan and setting specific goals, you will take charge of your health. A certified health coach will guide the group by asking questions, listening carefully and leading brainstorming exercises. Participants (40 to 60 years of age) will have a great opportunity to support and learn from each other. Please bring a notebook and pen to the first class.

**MHEC**, 3 Wednesdays, 10:30 am - 12:00 pm. Begins April 10, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$45/Seniors \$35.

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

## **NEW** Tai Chi II and Eight Pieces of Brocade

*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 I" class. Students will continue to learn more moves in the second section of the long form while continuing to practice and improve the first section along with deep breathing exercises in each class. 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.

**ETC2**, 9 Thursdays, 5:30-6:45 pm. Begins April 4, LHS, Room 247, \$150/Seniors \$115.

## **NEW** Tai Chi V

*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 IV" 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.

**ETC5**, 9 Wednesdays, 6:00-7:10 pm. Begins April 3, LHS, Room 140, \$135/Seniors \$100.



## **CELLO FOR ADULT BEGINNERS**

*with Robert Rivera, p. 11*

## 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 April 3, LHS, Room 140, \$150/Seniors \$115.



*Virginia Payne teaches Tai Chi, this page.*

## Barre3

*Instructor: Natasha Groblewski*

Barre3 is a full-body workout designed with our signature approach of sustained holds, micro-movements, and cardio bursts that will leave you feeling balanced in body and empowered from within. From the elite athlete to someone just getting back in the game, barre3 workouts are designed to equally challenge people of all fitness levels and life stages, connecting where they are with where they want to be. All you will need is a water bottle -- all other supplies are provided by the studio! Wear comfortable clothing. We will work barefoot or with sticky socks (which can be purchased at the studio). Please arrive 15 minutes early to fill out a waiver and get all setup. We can't wait to see you! Classes held at Barre3 Bedford (158 Great Road, Bedford, MA).

**EBAR**, 8 Mondays, 9:45-10:45 am. Begins April 1, Barre3 Studio, 158 Great Road, Bedford, \$105.

**E2BR**, 8 Wednesdays, 5:45-6:45 pm. Begins April 3, Barre3 Studio, 158 Great Road, Bedford, \$105.

**E3BR**, 8 Thursdays, 7:00-8:00 pm. Begins April 4, Barre3 Studio, 158 Great Road, Bedford, \$105.

## **NEW** Power 8: Strength and Flexibility Exercises

*Instructor: John Deming*

Movement 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 15 to 20 minutes. We will leave time to answer your individual questions and suggest exercise modifications and adaptations when necessary.

**EPW8**, 3 Mondays, 6:00-7:00 pm. Begins April 22, 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**, 6 Mondays, 12:00-1:00 pm. Begins April 29, Munroe Center, \$105/Seniors \$75.

## 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**, 6 Mondays, 10:45-11:45 am. Begins April 29, Munroe Center, \$105/Seniors \$75.

## **NEW** Yoga and Posture Workshop

*Instructor: Helen Theodosiou*

Hunching over computers and other technological devices for long periods of time and our increasingly sedentary lifestyle has led many of us to develop aches and chronic pains that may be alleviated with postural adjustments. Creating an awareness of habitual sitting, standing and walking patterns and making adaptive changes can relieve stress in the body. Learning postural re-alignment of the spine and simple yoga poses can build strength, flexibility and balance to support the muscular skeletal system. This can help with neck, shoulder, back and joint pain; and further lead to less compression of vital organs, improved breathing and digestion, increased energy and greater mental clarity. Please Bring a Yoga Mat to class.

**EPOS**, 2 Mondays, 6:30-8:00 pm. Begins May 6, LHS, Room 210, \$35.



### YOGA AND POSTURE WORKSHOP

for HS & college-bound students, p. 21

## 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



Asha Ramesh teaches Hatha Yoga, facing page.

## Our Instructors

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**, 10 Wednesdays, 11:30 am-12:45 pm. Begins April 3, Hancock Church, \$200/Seniors \$165.

**EYF2**, 10 Fridays, 12:00 noon-1:15 pm. Begins April 5, Hancock Church \$200/Seniors \$165.

### Hatha Yoga

*Instructor: Asha Ramesh*

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

**EHYO**, 8 Wednesdays, 7:00-8:00 pm. Begins April 3, Diamond Middle School, Room 180, \$130/Seniors \$100.

### Yoga for Osteoporosis

*Instructor: Mary Wixted*

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

**EOST**, 7 Thursdays, 11:00 am-12:30 pm. Begins April 25, Hancock Church, \$120.

### 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**, 7 Tuesdays, 9:15-10:45 am. Begins April 23, Hancock Church, \$135/Seniors \$105.

### 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**, 9 Mondays, 7:00-8:00 pm. Begins April 1, Hastings School Gymnasium, \$125/Seniors \$95.

### 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 season. 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 nine week EZUM course.

**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 Atiyat** 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.

**Linda Balek** is an artist who has been painting for over 30 years and has been teaching with Lexington Community Education since 2016. Her work can be seen at [www.lindabalek.com](http://www.lindabalek.com).

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



### BEGINNING HAND DRUMMING

with Alan Tauber, p. 11

**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.

**Anne Bryer** is a certified Radical Honesty teacher and trainer.

**Arthur Budnik** is Assistant SHINE Program Manager and has been with the Minuteman Senior Services SHINE Program since 2010. He is retired from a career in business application software development and holds a Master degree in Economics. He was honored in Washington D.C. for winning the Silver MetLife Foundation and n4a Older Volunteers Enrich America Award in 2011. Art does do counselor certification training for SHINE.

**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.

**Pilar G. Cabrera**, PhD, is a native Spanish speaker and a Schoolworks Consultant.

**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.

**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.

**Jamie Dannenberg, MS, RD, LDN** is a registered dietitian at Metrowest Nutrition in Newton and Framingham. She uses a non-diet and Health at Every Size® (HAES) approach in her clinical practice, and helps her clients heal their relationships with food and their bodies, to allow for a better connection and relationship to themselves.

**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.

**John Deming** has spent more than 20 years refining mat exercises to improve his own posture, core strength, and flexibility. He's taken years of Yoga and Pilates classes and is an ACE certified personal trainer as well as a retired Lexington Speech Pathologist.

**William Dickinson**, is principal of Dickinson Architects, LLC in Concord. Bill is a registered architect and has over 30 years of experience in design and construction.

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

**Miki Feldman Simon** is a career and an executive coach who has held leading executive roles in marketing, business development, recruiting and human resources management. Miki founded lamBackatWork to help women who have taken a career break return to the workforce.

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

**Rob Fitzgibbon** is a software professional and coffee advocate from Essex, MA.

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

**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.

**Amy C. Franks** earned her PhD in Japanese Language and Literature from Yale University, and her BA in Japanese Studies and English from Wellesley College.

**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](http://www.meditationprograms.com) for more information.

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

**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.

**Beth Cederberg Guertin** has been a weaver for more than forty years, and has a strong local and regional reputation for her knowledge and support of weaving and the fiber arts. She has been involved with teaching weaving for more than thirty years, first through her store in Arlington (The Batik and Weaving Supplier), and now through her studio in Waltham (A Place to Weave).

**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.

**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** is a nonprofit sector career re-entry advisor and philanthropic sector consultant. She was Executive Director of Neighbor Brigade, Chair & Founder of the Community Endowment of Lexington, and is Founder & Principal of Cause After A Pause.

**David Lenoir**, MBA, SRES, Real Estate Agent International Diamond Society, Coldwell Banker Residential Brokerage.

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

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

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

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

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

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

**Karen Mechem** is a retired teacher from the LHS English Department and has taught SAT Preparation since 1977.

**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.

**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](http://www.metzgerstudios.com).

**Nicholas Michael** is the founder of Odyssey College Search.

**Wim Nijenberg**, CTC, has been planning European travel for 35 years.

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

**Ivan Orlinsky** grew up in, and attended many of the art schools in New York City. He is a lifelong artist and has worked as a graphic designer, technical illustrator, and draftsman. His current focus is on watercolor painting.

**Sonia Parravano** is a native Italian speaker and has been teaching with Lexington Community Education since 2010.

**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 Clarke Middle School in Lexington for their 2011 musical play production "Mulan".

**Mindy Pollack Fusi** is a college application essay coach, veteran journalist/essayist for *The Boston Globe*, and author of the recently-released novel, *The Narcissist's Daughter: A Meshugenah Love Story*.

**Rosemary Previtte** has a master's degree in reading and language and several years of experience teaching English as a Second Language. She is also a published editor, with nearly 20 years experience as a writer, an editor, and a professor.

**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.

**Leanne Rodd** is a learning professional with more than 20 years' experience in training & development. She is passionate about helping people return to paid work after a career pause for roles that are meaningful and fairly compensated.

**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.

**Leanne Rodd** is a career coach and Associate Director of Talent for FlexProfessionals Boston office. She has 20+ years' experience in workplace training with a focus on career and workplace readiness following a career break and career transition best practices.

**Betsy Rodman** has been making mosaics for more than 10 years and was the co-owner of Mosaic Oasis Studio & Supply in Arlington for 8 years. She has taught mosaics extensively for both the beginner and more advanced student and specializes in creating mosaic mirrors and household items as well as murals, floors and wall art. She has shown her work at multiple exhibitions in the area and has also made multiple commissions for homes, churches, synagogues, schools, and private institutions. Her work is also sold locally.

**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.

**Paul Shannon** has taught social science courses in Greater Boston area colleges for 41 years. He has taught variations of his Vietnam course for over 15 years to undergrads and high school teachers at Middlesex Community College, Northeastern University and Merrimack Educational Center. Now retired, he was on the staff of the American Friends Service Committee in Cambridge for over 3 decades.

**Miki Feldman Simon** is a career and an executive coach who has held leading executive roles in marketing, business development, recruiting and human resources management. Miki founded lamBackatWork to help women who have taken a career break return to the workforce.

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

**Fan Stanbrough** is an experienced and highly rated instructor of topics like WordPress and social media marketing for community programs in Newton, Brookline, Framingham and Marlborough MA. Fan has trained countless people to use WordPress since 2012. Fan's teaching style is hands-on and practical. Fan also is the owner of BBDS Design, a web design company located in Metrowest Boston. Fan is a professional web designer, expert at WordPress design, Magento eCommerce, Search Engine Optimization and Google Analytics.

**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.

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

**Cammy Thomas'** first book of poems, *Cathedral of Wish*, received the 2006 Norma Farber First Book Award from the Poetry Society of America. Her poems have appeared or are forthcoming in *Appalachia*, *The Classical Outlook*, *The Maine Review*, *Off The Coast*, *Spillway* and *Third Wednesday*. She teaches literature and creative writing at Concord Academy.

**Rose Thompson** worked for TIAA-CREF as a financial consultant to area universities, colleges, hospitals and other non-profits. Rose guided over 1,000 doctors, nurses, professors, researchers, administrators and staff on their retirement planning. Currently Rose works for Common Capital Advisors, a Registered Investment Advisory firm in Needham, MA.

**Ysel Valero** is a Civil Engineering graduated from the Universidad Central de Venezuela (UCV) in Caracas, Venezuela. Prior to teaching Spanish in the US she used to work in the banking area in South America specifically in Mortgage-Financing for Construction Projects. Ysel has gained experience teaching Spanish through group classes and private lessons.

**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](http://www.HearteningResources.com)

**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** is a certified health coach. She delivers wellness workshops at Atrius Health and Mystic Valley Elder Services. Pam has consulted with healthcare firms such as Harvard Pilgrim, New England Medical Center, and CVS and has a special interest in women's issues. See [www.wolfson-wellness.com](http://www.wolfson-wellness.com).

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



# SUMMER 2019 LEXPLORATIONS

Children's Summer Program  
For Academic and Creative  
Enrichment

Explorations 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. Explorations 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 Explorations 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:** 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 through Friday, April 15 - April 19  
Monday, May 27.

Whenever Lexington High School is closed there are no LCE classes at LHS. When Lexington Public Schools are closed due to weather, LCE is also closed. You may call LCE at 781.862.8043 for a recorded announcement. Public School closings may be found online at <http://lps.lexingtonma.org/snow>.

## Cancellation and Refund Policy

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

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

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

No other refunds will be granted.

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

## Directions To Sites in Lexington

### Lexington Community Education

**Central Office** is located at 146 Maple St.

Vehicle Access is via 328 Lowell Street.

As you enter the driveway, continue past Harrington Elementary School Building.

The LCE Central Office building is the brick building behind the school. Please park in designated areas (not in front circle due to fire lane restrictions)

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

### Lexington High School

#### 251 Waltham Street

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

### Diamond Middle School

99 Hancock Street

Please enter front door only from Hancock Street entrance.

### Hancock Church

1912 Massachusetts Avenue

The stone church facing the Battle Green.

### Hastings School

7 Crosby Street, Lexington

### Munroe Center for the Arts

1403 Massachusetts Ave., Lexington

### The Waldorf School of Lexington

739 Massachusetts Ave.

### barre 3 Studios – Bedford

158 Great Road, Bedford, MA

### LexMedia Studios

54 Concord Ave. in the

Avalon Lexington Complex

Please see LexMedia's website: [www.lexmedia.org](http://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.

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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](mailto:LCE@lexingtonma.org)

Web: [www.lexingtoncommunityed.org](http://www.lexingtoncommunityed.org)



[www.facebook.com/lexingtoncommunityed](https://www.facebook.com/lexingtoncommunityed)





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