

COMMUNITY EDUCATION

Lexington



AUTUMN
2019



On Our Cover

In the Beginning

by Ullrich Javier Lemus

Used with kind permission of the artist, along with Reverend Matthew Fox and Bishop Marc Andrus, co-authors of *Stations of the Cosmic Christ*, published by Unity Publishers where the piece can be found.

"Most of my pieces manifest an Indigenous heritage. Some of them look very ancestral, very old, or just came about naturally when I formed them or made them. I never did sketches or anything—they just came from my mind directly, and always with curves, influenced by my indigenous ancestry and also influenced by nature itself, by the shape of the stars or the shape of the plants or the animals who I love so much too."

—Ullrich Javier Lemus

From the Director

From learning about the Big Bang and Astronomy (page 12), studying Creation Myths from Around the World (page 13), putting pencil or brush to paper (pages 19- 20), to practicing mindfulness and meditation (pages 38-39), or a musical instrument (pages 15-17), to Memoir Writing (page 18), or saying "hello" to a new acquaintance in a new language (pages 22-25), we invite you to peruse and participate in the many good beginnings that await you at LCE this autumn.

— Craig Hall, *Director*

About Lexington Community Education

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

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LCE Online

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

Lexington Public Schools

Superintendent of Schools:

Dr. Julie Hackett

Assistant Superintendent for Curriculum, Instruction, and Professional Development:

Christine Lyons, M.Ed., PhD

LEXINGTON SCHOOL COMMITTEE

Chair: Eileen Jay

Kate Colburn

Alessandro Alessandrini

Kathleen Lenihan

Deepak Sawhney

STUDENT REPRESENTATIVE:

Rosanna Jiang

Lexington Community Education

Director: Craig Hall

Manager of Programming:

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Catalog Design: Pehlke Design

Lexington Community Education presents

They Enable Us to See: Non-Jewish Rescue of Jewish Memory in Poland

WITH LEORA TEC

Tuesday, September 10, 2019 • 7:00-8:30 pm

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



Lexingtonian Leora Tec has recently returned from seven months in Poland which she spent interviewing non-Jewish Poles who devote themselves to preserving Jewish memory. Leora will introduce us to some of

these amazing people and will share clips from video interviews she conducted with them in Poland.

Leora Tec is the founder and director of Bridge To Poland, which creates immersive travel experiences that focus on Jewish life in Poland and how it is being commemorated today. Leora is the daughter of Holocaust survivor and scholar Nechama Tec, whose work focuses on rescue and resistance. Leora sees her work as the second generation of her mother's work. Nechama Tec writes about those who saved lives. Leora works with those who are saving memory. Leora is the American Ambassador to Brama Grodzka-Teatr-NN and serves on the Board of the American Association for Polish Jewish Studies. She holds a B.A. from Wellesley College and a J.D./LL.M from Duke University School of Law.

The 5C's of Successful ADHD Parenting

WITH DR. SHARON SALINE

Monday September 23, 2019 • 7:00-8:30 pm

Lexington Depot, 20 Depot Square • \$15 • **SADHD**



Dr. Sharon Saline, a veteran psychologist, has extensive experience working with children, teens, parents and school staff on how to better manage ADHD, and discusses how listening to and working with the voices of kids diagnosed with ADHD can improve cooperation and success. Based on her new book, *What Your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life*,

Dr. Saline offers rare insights into how kids honestly think and feel about having ADHD and what best helps them. She will share her unique, strength-based approach—'the 5C's of ADHD parenting,' that helps families improve self-Control, Compassion, Collaboration, Consistency and Celebration. Expect to leave this evening with a clear understanding of ADHD and why executive functioning skills matter, practical tools for managing challenging behaviors, tips for developing better study habits and creating useful routines that improve student achievement and strategies for improving organization and motivation. Dr. Saline's collaborative approach integrates mindfulness, cognitive therapy and positive psychology while teaching effective skills to reduce the stress in families' lives.

Sharon Saline, Psy.D., a licensed clinical psychologist with more than 30 years' experience, is a top expert on ADHD, anxiety, learning differences and mental health challenges and their impact on school and family dynamics. Her unique perspective as a sibling of a child who wrestled with untreated ADHD, combined with decades of academic excellence and clinical experience, assists her in guiding families as they navigate from the confusing maze of diagnoses and conflict to successful interventions and connections. Dr. Saline is a member of *ADDitude Magazine's* ADHD Specialist Panel. Dr. Saline is a graduate of Brown University, she received her master's degree in psychology from New College of California and her doctorate in psychology from the California School of Professional Psychology. She lives with her family in Northampton, MA.



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

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

Lexington Community Education presents

An Evening of Fierce and Tender Wisdom

WITH MIRABAI STARR and FEATURING DAVID WHETSTONE

Thursday, September 26, 2019 • 7:00-8:30 pm

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

Mirabai Starr was an adjunct professor of Philosophy and World Religions at the University of New Mexico-Taos for 20 years. Her emphasis has always been on making connections between the perennial teachings found at the heart of all the world's spiritual paths, in an effort to promote peace and justice. Her books include *Caravan of No Despair: A Memoir of Loss and Transformation*, and *The Showings of Julian of Norwich: A New Translation*. Her latest book is *Wild Mercy: Living the Fierce and*



Tender Wisdom of the Women Mystics. Her commentaries on the interconnected wisdom of all traditions are lyrical and evocative. Mirabai builds bridges not only between religious traditions, but also between contemplative life and compassionate service.

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.

When Adam Meets Jacob

DUO MANTAR PERFORMS A PROGRAM OF MANDOLIN AND GUITAR MUSIC

Saturday, October 19, 2019 • 7:30-9:00 pm

First Parish in Lexington, 7 Harrington Rd., Lexington • \$30 • SDUO



Duo Mantar is comprised of two virtuosos, American classical guitarist, **Adam Levin**, and Israeli mandolinist, **Jacob Reuven**. They are described as "visceral and imaginative" and "transcendental

and exuberant," respectively. This novel pairing is rare in the chamber music world, however, the two plucked instruments are complementary and are natural extensions of one another. Levin and Reuven began playing together in Fall 2017 and share a passion for Israeli Music, Hebrew and Jewish songs. Both of them are committed to expanding the repertoire available for mandolin and guitar by actively commissioning today's most sought after Israeli composers. They have already commissioned four renowned Israeli composers, including Josef Bardanashvili, Ittai Rosenbaum, Oren Lok, and Jan Freidlin. Additionally, they are performing works originally written for mandolin and guitar by Yehezkel Braun and fresh arrangements of traditional Hebrew songs by Marc Lavry and Maurice Ravel. They gave their debut in April 2018 at the University of Rhode Island Guitar Festival. Their 2018/19 concert plans include tours in the United States, Israel and Spain. They will be recording their debut album on Naxos Records in Summer 2019 and subsequently will be premiering a new double concerto in Spring 2020. www.duomantar.com

IN COLLABORATION WITH
THE WALDORF SCHOOL OF LEXINGTON

Decolonizing the Mind Through Conversations We Were Never Meant to Have

WITH CLAUDIA FOX TREE AND DEBBY IRVING

Monday, October 21, 2019 • 7:00-8:30 pm

Waldorf School of Lexington, 739 Massachusetts Ave, Lexington, MA, • \$10 • SDTM

Join Claudia Fox Tree and Debby Irving for an onstage conversation as they explore how U.S. narratives shaped their understanding of themselves, one another, and the complex world we live in.



Claudia Fox Tree is a multiracial/ multiethnic Native American whose father is Native American (Arawak-Yurumein) and mother is German (from Mannheim-Feudenheim). Although she spent the first five years of her life in Germany and speaks German, she was born in Boston, has primarily grown up in the U.S.A., and been educated in Massachusetts, where she is active in the local Native American community.

Claudia is on the board of the Massachusetts Center for Native Americans (MCNAA <http://mcnaa.org/>) and the Massachusetts liaison for the United Confederation of Taíno People (UCTP <http://uctp.org/>), headquartered in New York. To find out more about her multicultural consultancy work around social justice, see her blog: <http://multiculturalinitiatives.blogspot.com/>



Debby Irving brings to racial justice the perspective of working as a community organizer and classroom teacher for 25 years without understanding racism as a systemic issue or her own whiteness as an obstacle to grappling with it. As general manager of Boston's Dance Umbrella and First Night, and later as a classroom teacher in Cambridge, Massachusetts, she struggled to make sense of tensions she could feel but not explain in racially

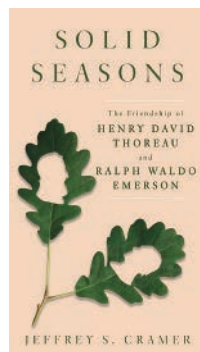
mixed settings. In 2009, a graduate school course, *Racial and Cultural Identities*, gave her the answers she'd been looking for and launched her on a journey of discovery. Debby now devotes herself to working with white people exploring the impact white skin can have on perception, problem-solving, and engaging in racial justice work. Her first book, *Waking Up White*, tells the story of how she went from well-meaning to well-doing and how she unpacked her own long-held beliefs about color blindness, being a good person, and wanting to help people of color. She reveals how each of these well-intentioned mindsets actually perpetuated her ill-conceived notions about race.

Solid Seasons: The Friendship of Henry David Thoreau and Ralph Waldo Emerson

WITH JEFFREY S. CRAMER

Tuesday, October 22, 2019 • 7:00-8:30 pm

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



Any biography that concentrates on either Henry David Thoreau or Ralph Waldo Emerson tends to diminish the other figure, but in *Solid Seasons* both men remain central and equal. Through several decades of writing, friendship remained a primary theme for them both. Collecting extracts from the letters and journals of both men, as well as words written about them by their contemporaries, Jeffrey S. Cramer beautifully illustrates the full nature of their twenty-five-year dialogue. Biographers like to point at the crisis in their friendship,

focusing particularly on Thoreau's disappointment in Emerson—rarely on Emerson's own disappointment in Thoreau—and leaving it there, a friendship ruptured. But the solid seasons remained, as is evident when, in 1878, Anne Burrows Gilchrist, the English writer and friend of Whitman, visited Emerson. She wrote that his memory was failing “as to recent names and topics but as is usual in such cases all the mental impressions that were made when he was in full vigour remain clear and strong.” As they chatted, Emerson called to his wife, Lidian, in the next room, “What was the name of my best friend?” “Henry Thoreau,” she answered. “Oh, yes,” Emerson repeated. “Henry Thoreau.”



PHOTO BY TOM HERSEY

Jeffrey S. Cramer is the editor of *Walden: A Fully Annotated Edition*, winner of a 2004 National Outdoor Book Award, and *The Quotable Thoreau*, recipient of an Umhoefer Prize for Achievement in Humanities. In 2017, Cramer was the historical consultant for the Ken Burns-produced documentary *Walden*, created for the Walden Pond State Reservation during the Thoreau Bicentennial. Cramer is the curator of collections at the Walden Woods Project's Thoreau Institute Library. He lives in Maynard, Massachusetts.

IN COLLABORATION WITH THE LEXINGTON
HIGH SCHOOL ENGLISH DEPARTMENT

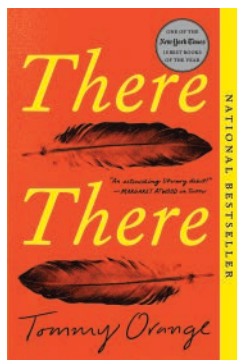
The Native Story in History and Literature

WITH TOMMY ORANGE

Monday, October 28, 2019 • 6:00-7:00 pm

Lexington High School Auditorium, 251 Waltham Street,
Lexington • \$10 • SORA

"Powerful...There There has so much jangling energy and brings so much news from a distinct corner of American life that it's a revelation." —*The New York Times*



Hailed as an instant classic, Tommy Orange's shattering novel *There There* is at once poignant and laugh-out-loud funny, utterly contemporary and always unforgettable. Orange will have an on-stage conversation about his work and take questions from the audience. A book signing will follow the event.

Tommy Orange is the author of the *New York Times* bestselling novel *There There*, a multi-generational, relentlessly paced story about a side of America that few of us have ever seen: the lives

of urban Native Americans. *There There* was one of *The New York Times Book Review's* 10 Best Books of the Year, and won the Center for Fiction's First Novel Prize and was a finalist for the



PHOTO: ELENA SEIBERT

Pulitzer Prize. Orange is a recent graduate from the MFA program at the Institute of American Indian Arts. He is a 2014 MacDowell Fellow, and a 2016 Writing by Writers Fellow. He is an enrolled member of the Cheyenne and Arapaho Tribes of Oklahoma. He was born and raised in Oakland, California, and currently lives in Angel's Camp, California.

The Beauty of Being a Misfit

WITH LIDIA YUKNAVITCH

Sunday, November 10, 2019 • 3:30-5:00 pm

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



Lidia Yuknavitch is the author of the widely acclaimed memoir *The Chronology of Water*, a finalist for a PEN Center USA award for creative nonfiction and winner of the 2011 Oregon Book Award Reader's Choice. The book garnered her a cult following

for honesty and intensity in dealing with loss, abuse, and addiction, as her hopes for Olympic swimming are derailed. Her two National Bestselling novels are *The Small Backs of Children*, winner of the 2016 Oregon Book Award's Ken Kesey Award for Fiction as well as the Reader's Choice Award and *The Book of Joan* (2017), a reimagining of Joan of Arc, poised to save a world ravaged by war, violence, and greed, and forever change history, named a Washington Post Book of the Year. *The Book of Joan* has the singular distinction of being an 'answer' on Jeopardy in 2018. Her first collection of short stories *Verge* (Penguin Random House, 2020), is her first book in two years.



Lidia is famed for her TED talk "The Beauty of Being a Misfit", which has been viewed over 2.5 million times, and inspired her followup book *The Misfit's Manifesto* (2017)—Lidia's love letter to all those who can't ever seem to find the "right" path. In her charming, poetic, funny, and frank style, Lidia will reveal why being a misfit is not something to overcome, but something to embrace. "There's a myth in most cultures about following your dreams. It's called the 'hero's journey'. I prefer another myth to the side of that, or underneath it maybe. It's called the 'misfit's myth,'" she says. "You may not know this yet, but you have the ability to reinvent yourself, endlessly. That's your beauty." She received her doctorate in Literature from the University of Oregon. She lives in Oregon with her husband Andy Mingo and their renaissance man son, Miles.

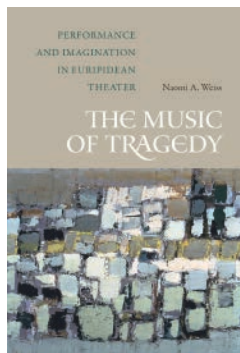
THE FIVEASH LEGACY LECTURE

The Music of Tragedy: Performance and Imagination in Ancient Greek Theater

WITH NAOMI A. WEISS

Thursday, September 19, 2019 • 7:00-8:30 pm

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



In her book, *The Music of Tragedy* Naomi Weiss offers a new approach to the study of classical Greek theater by examining the use of musical language, imagery, and performance in the late work of Euripides. Professor Weiss demonstrates that Euripides' allusions to music-making are not just metatheatrical flourishes or gestures towards musical and religious practices external to the drama but closely interwoven with the dramatic plot.

Situating Euripides' experimentation

with the dramaturgical effects of mousike within a broader cultural context, she shows how much of his novelty lies in his reinvention of traditional lyric styles and motifs for the tragic stage. If we wish to better understand the trajectories of this most important ancient art form, *The Music of Tragedy* argues, we must pay closer attention to the role played by both music and text.



Originally from Cambridge UK, **Naomi Weiss** arrived at Harvard in 2014 after receiving a BA and MSt from Oxford and a PhD in Classics from the University of California, Berkeley. Much of her research has focused on the performance and representation of *mousikē* (music, song, dance) in archaic and classical Greece, particularly in tragedy, on which she has published multiple

articles. She is currently co-editing two volumes: *The Genres of Archaic and Classical Greek Poetry: Theories and Models* (with Margaret Foster and Leslie Kurke) and *Music and Memory in the Ancient Mediterranean* (with Lauren Curtis).

COMMUNITY CONNECTIONS PRESENTS:

Playing God: CRISPR and the Revolution in Genome Editing

WITH KEVIN DAVIES, PHD, AUTHOR / EXECUTIVE EDITOR, *THE CRISPR JOURNAL*, NEW YORK

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

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



Two decades after the completion of the Human Genome Project, scientists have slashed the cost of sequencing a human genome to a mere \$1,000. But in addition to easily *reading* DNA, we can now *edit* DNA, much like editing a Word document. A new technology called CRISPR – adapted from a bacterial anti-viral immune system -- gives scientists the power to edit the DNA sequence of any gene in any organism. This new technology

heralds a new era in gene therapy and the ability to engineer new properties in crops and livestock, with myriad applications including organ transplantation, malaria eradication and woolly mammoth de-extinction. But in 2018, a Chinese scientist elected to ignore the medical establishment when he directed the birth of twin girls from a gene-edited human embryo. We are only beginning to grapple with the ethical questions posed by this event and the new reality of “Playing God.” British author Kevin Davies (a former Lexington resident) has written extensively about advances in genome research and medicine over the past two decades. In this talk – a preview of his book, *Editing Mankind*, to be published in 2020 -- Kevin will discuss how CRISPR has exploded onto the scientific landscape and spotlight the exciting and controversial areas in science and medicine that will be impacted in the years ahead.

Kevin Davies is a scientific editor, author and publisher. He is the founding editor of *Nature Genetics*, and Executive Editor of *The CRISPR Journal*, a new peer-review journal on gene editing. Kevin is the author of several popular science books including *Cracking the Genome* and *The \$1,000 Genome*. He is also a co-author

with Nobel laureate Jim Watson and Andrew Berry of *DNA: The Story of the Genetic Revolution*. Kevin is the recipient of a 2017 Guggenheim Fellowship and is writing a new book on CRISPR and genome editing. Kevin holds a degree in biochemistry from Oxford University and a PhD in human genetics from St Mary's Hospital Medical School in London. After postdoctoral research fellowships at MIT and Harvard Medical School, he moved into science publishing at Nature magazine.

About COMMUNITY CONNECTIONS:

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 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 series aims to directly involve and further inspire high school students to take initiative, inquire, and widen their perspective about positive change making possibilities.

A Big Band Extravaganza!

FEATURING JERRY BERGONZI, LEWIS PORTER, MARSHALL GILKES AND THE JAZZ COMPOSERS ALLIANCE ORCHESTRA

Saturday, December 7, 2019 • 7:00-8:30 pm

Cary Hall, 1605 Massachusetts Avenue, Lexington • \$30 • SBBE



Curated by acclaimed jazz pianist, composer, and educator Lewis Porter, the evening will begin with a short set by the big band, selected from its unique repertory of the most innovative modern jazz

composers. For the second set, the band will be joined by Porter on piano, world-renowned star Jerry Bergonzi on sax, and trombonist/composer Marshall Gilkes, playing compositions by Bergonzi, Porter and others.



Lewis Porter, P.h.D., is a Grammy-nominated pianist and composer on 30 albums with Dave Liebman, John Patitucci, Terri Lyne Carrington, and many others, as well as a celebrated educator, author, and researcher. His best-known book is *John Coltrane: His Life and Music*. A long-time former music professor at Rutgers in Newark and at Tufts U, he also taught at Brandeis, The New School, Manhattan School of Music, NYU, and William Paterson, as well as guest teaching throughout the USA and Europe. He also teaches private students worldwide by Skype.



Tenor saxophonist **Jerry Bergonzi** is a beloved and internationally acclaimed performer, composer, author, and educator. He has performed throughout the world at all the major jazz festivals and jazz venues, with his own ensembles as well as with Dave Brubeck and many other jazz greats.



Trombonist/composer **Marshall Gilkes** has released five albums under his own name to rave reviews. In 2003 Gilkes was a finalist in the prestigious Thelonious Monk International Jazz Competition, and he has been voted a Rising Star on multiple occasions in *DownBeat* Magazine's esteemed Critics Poll. He has played with Wynton Marsalis and the Jazz at Lincoln Center Orchestra, the Christian McBride Big Band, John Scofield, Chris Potter, Randy Brecker, Patti Austin, and many others.

The Jazz Composers Alliance Orchestra, directed by Darrell Katz, was founded in 1985, with an agenda including the establishment of an active public forum for the presentation of new jazz works, the creation of the JCA Orchestra, and a concert series that included a visiting composers program. With some of New England's finest improvising musicians in its ranks, the JCA Orchestra has premiered over 120 new pieces by its resident composers along with commissioned works by Muhal Richard Abrams, Marty Ehrlich and Wayne Horvitz.

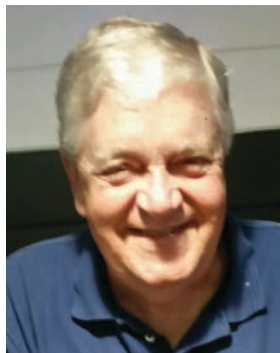
The Anxiety Epidemic

WITH DR. JOHN DACEY

Tuesday, September 17, 2019 • 7:00-8:30 pm

Lexington Depot, 20 Depot Square • \$10 • SANX

My father used to scold me for my fearfulness: "Why do you give in to your nerves? Why don't you just relax?" Sound familiar? Most people simply don't get it: the 40 million of us who live with anxiety disorders in the US can't "just relax." – John Dacey



As a college professor and psychotherapist, as well as a former patient, John Dacey has interviewed hundreds of sufferers, and whether they have generalized anxiety, a specific phobia, or any one of the other six types of anxiety, their frustration is the same: "I'm smart enough – why can't I figure this out?" In the US alone, where the incidence rate used to be about 16 percent, that rate has now risen to 28.7 percent. New research using

the Functional MRI, and new understanding of the human brain, including the amygdala, has lead to a new understanding of anxiety and its causes and new insights into the future of anxiety therapy. In this presentation, Dr. Dacey will explain the causes of and solutions to "the anxiety epidemic."

Dr. John Dacey received a B. A. in Social Science from Binghamton University in 1963, an M. A. T. in social science in 1964 and a Ph. D. in developmental and educational psychology in 1966 from Cornell University. He joined the faculty of B. C. that year and still teaches there as Professor Emeritus in the Capstone Program of the School of Arts and Sciences. Dr. Dacey teaches a course on how authenticity can positively affect human development. He has had a practice as a psychotherapist (licensed in Massachusetts) since 1973. He is the author of 19 books on the subjects of anxiety, creativity and human development, including *Your Anxious Child (2nd Ed.)*, *Why Don't You Just Relax?*, and *Your Child's Social and Emotional Wellbeing*. He has received public service awards from Newton, Holliston, Peabody and Roxbury and has been featured in media interviews in *The Boston Globe*, *The New York Times*, *The Chicago Tribune*, *The San Francisco Chronicle*, *The Washington Post*, *The Today Show*, *NPR*, *Parents Magazine*, *Family Circle*, *Woman's Day*, *Korean National Television* and more. John Dacey@anxcalm.com.



co-sponsored by Lexington Community Education and Community Endowment of Lexington
in association with Lexington Cultural Council, Cary Library, Lexington Symphony and IAL

East Meets West



Shubhendra Rao, SITAR

Saskia De Haas, CELLO

Aditya Kalyanpur, TABLA

CONCERT

Friday, September 27, 2019 • 8:00 pm | **Scottish Rite Masonic Museum**
33 Marrett Rd., Lexington, MA 02420

Indian food for sale from 6:30 pm onward at the venue.

TICKETS
www.shadaj.org

FREE for Students, Seniors and Shadaj members.
For FREE entry, please RSVP at shadajmusic@yahoo.com

PREMIUM: \$100
REGULAR: \$30

FREE DAILY INDIAN CLASSICAL MUSIC APPRECIATION WORKSHOPS

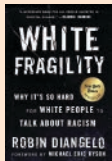
September 23–26, 7:30–9:00 pm each day • Cary Memorial Library, 1874 Massachusetts Ave., Lexington, MA 02420



Creating Community

Lexington Community Coalition Announces the 2019–2020 Recommended Book:

Robin DiAngelo's *White Fragility: Why It's So Hard for White People to Talk About Racism*.



Events around the book will kick off in October, and there will be multiple opportunities to gather and talk about race, racism, and what

we can do to dismantle racism. The Coalition partners (including the Lexington Public Schools and multiple community organizations) share common goals and align actions to help our community thrive. **For event details, visit www.lexhere4you.org.**

Lex Eat Together

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

Lexington Citizens' Academy

Citizens' Academy begins its eleventh year in September and runs through early December. The program is designed to expose residents to the various Town departments so they can gain a better understanding of how municipal government works. Through presentations, discussions, and visits to Town departments, participants have the opportunity to hear from various Directors and Managers and learn about the operations of Town programs and services. It is intended as a two-way dialogue between Town staff and residents. Participants discover new opportunities for public involvement

and the role they can play in Town government. Topics include Fire and Emergency Services, Schools, Public Works, Police, and Human Services, the Town Budget, Recreation Programming, Library Services, and more. The Academy is an annual town program, held once a week in the evenings, and enrolls approximately 30-35 residents. **If you are interested in participating, please contact Rajon Hudson in the Town Manager's Office at rhudson@lexingtonma.gov or 781-698-4543.**

Shadaj Presents: FREE Indian Classical Music Appreciation Sessions

"Shadaj Inc" is a 501(c)(3) non-profit organization, founded and operated by a group of volunteers from Lexington, MA and the greater Boston area. Shadaj's mission is to cultivate, nurture and promote Indian Classical Music in its most authentic form through intimate concerts, music appreciation sessions, as a platform for cultural integration and community outreach.

Monday, 09/23: Similarities and differences between Indian Classical Music and Jazz - Phil Scarff; Tuesday, 09/24: Indian Classical Violin - Tara Anand; Wednesday, 09/25: Indian Classical Sitar - Jawwad Noor; Thursday, 09/26: Percussion in Indian Classical Music - Amit Kavthekar, Pravin Sitaram. For more information visit: www.shadaj.org.

Voices on the Green at First Parish in Lexington

A program of speakers and live music with themes that vary with each show. Voices on the Green is an ongoing series of programs on topics of wide community interest, created by First Parish in Lexington. Each event includes a 15-minute talk by an expert on the topic; 4 - 6 storytellers with MOTH-style personal stories about the impact of the topic in their personal lives; and live music performances related to the theme. Doors open at 6:30 pm for refreshments and conversation. Friday, October 18, 2019 and Friday, February 7, 2020, 7:00 - 9:00

p.m. First Parish in Lexington, 7 Harrington Road. **All are welcome. Suggested donation: \$10 (Sponsor: \$20; Student: \$5). For further information, contact David Rose at drose@cast.org. Tickets in advance at VoicesOnTheGreen.BrownPaperTickets.com.**

Home Alone

Instructor: Officers of the Lexington Police and Fire Departments

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

K009, 1 Tuesday, 6:30-7:30 pm. Meets October 15, Lexington High School, Room 233. Free, but space is limited and pre-registration is required.



Shadaj presents free Indian Classical Music appreciation sessions, this page.

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 September 25, Lexington High School, Room 225, \$25/Seniors \$20.

Fall Classes at LexMedia

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. For more information contact: mark@lexmedia.org. To sign up for a class go to www.lexmedia.org and click the "Classes" button.



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. **7PM on Sept 10th, Oct 8th, Nov 5th Dec 3rd.**

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 aesthetics and framing and capturing the best video signal possible. This is a hands on class. **7:20PM on Sept 10th, Oct 8th, Nov 5th Dec 3rd.**

Field Production 2

Participants continue to learn the basic technical skills of field production with the focus now on lighting and capturing great sound. At the completion of this class members can sign out our portable gear and start producing programming immediately. **7PM on Sept 17th, Oct 15th, Nov 12th, Dec 10th.**

Studio Production

Learn to run studio cameras and to direct a multi-camera TV show. These classes are held when we have studio productions scheduled. Ask to receive our updates.

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

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. **7PM. Sept 18, 24th, Oct 22, 16th, Nov 19, 21st, Dec 12, 17th.**

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. **7PM. Sept 12th, Oct 10th, Nov 13th, Dec 11th.**

Edit Your Podcast

Learn our powerful yet easy to use software "Hindenburg Journalist Pro" and take your podcast to the next level. **7pm. Sept 18, 24th, Oct 22, 16th, Nov 19, 21st, Dec 12, 17th.**

Lexington Destination Imagination: Creativity and Problem Solving for Kids

Destination Imagination (DI) is a program that teaches STEM principles as well as performing arts to K-12 students through creative and collaborative problem solving challenges. Team members work together to develop a solution to one of 7 new challenges each year and present their solutions at a tournament in March. Through the challenges, students learn and experience the creative process from imagination to innovation and learn the skills needed to succeed in school, career and life, including teamwork, communication, project management, perseverance, creative and critical thinking, and self-confidence. The interesting and challenging part is that only students can provide solutions! Any adult advice or help is considered "interference" and is against the rules. This is so that children are empowered to find a solution through their own creativity and collaboration. **For more information about the program and how to register, visit: lexdi.org**



A CULINARY TOUR OF H-MART
with Debra Samuels, page 32

Lexington Children's Chorus

Instructors: Angela Carpenter and Allison Iannuzzi

The Lexington Children's Chorus is for students entering Grades 4-6 in the 2019-2020 school year (by audition). During our weekly rehearsals, singers will experience team-building, ear training, vocal development, reading and aural skills, and so much more! We will be sharing the stage with the Lexington Symphony Orchestra at their Carmina Burana performance (November), their 25th Annual Holiday Pops Concerts (December), and their Spring "Music in the Movies" Concert (May)! In addition to these exciting opportunities to perform with the Lexington Symphony Orchestra, we will also perform our own LCC Concert in May! **For more information visit: lexingtonchildrenschorus.com**

Humanities

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

Introductory Astronomy

Instructor: Pedro Lilienfeld

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

HINA, 5 Thursdays, 6:30-8:30 pm. Begins October 17, Lexington High School, Room 221, \$110/Seniors \$85.

Looking Back at the Vietnam War: Why Now?

Instructor: Paul Shannon

What is it about the Vietnam War that continues to evoke contradictory feelings



Lexington Luminary Jeffrey Leonard teaches *The Music of Duke Ellington*, page 14.

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 Wednesdays, 12:30-2:30 pm. Begins September 18, LCE Conference Room, 146 Maple Street (access via 328 Lowell Street), \$120/Seniors \$100.

Fashions of a Fledgling Nation

Instructor: Nancy McCarthy

This is fashion history 101 for the American context. Early American history is omnipresent in our state and region - historic houses, monuments, and markers are set off by annual reenactments and the steady flow of tourists. Fashion history is another piece of that puzzle. Learn about women's fashion from the founding of the nation up to the end of the civil war. Discover the changing shapes of fashion,

and the undergarments that supported them. This basic knowledge can enrich our understanding of the lives of the early Americans. Clothing can say a surprising amount about its wearers and their time. It affects how the wearer moves and lives. Clothes might not be the key to all understanding, but they're a great place to start!

AFASH, 1 Thursday, 6:30-8:30 pm. Meets September 26, Lexington High School, Room 229, \$30/Seniors \$25.

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 Thursday, 6:30-8:30 pm. Meet September 19, Lexington High School, Room 231, \$30/Seniors \$25.

**NEW Anthony Trollope's
Barchester Towers**

Instructor: Tracy Marks

Anthony Trollope was as popular a writer as Dickens in the 19th century and far more prolific, but is undervalued today. In this course, we will read and discuss *Barchester Towers*, his masterpiece of characterization and humor. Each week we will also watch a segment of *The Barchester Chronicles*, one of the BBC's most highly rated miniseries. Obadiah Slope, Mrs. Proudie, Archdeacon Grantley and Signora Neroni are just a few of the unforgettable characters that will delight you throughout this course. Please read the first six chapters for the first class.

HTREL, 6 Fridays, 12:30-2:30 pm. Begins September 20, Meets at LCE Large Conference Room, (Access by 328 Lowell Street/Enter through blue side door of building), \$115/Seniors \$90.

**NEW Greek Drama and Comedy:
It's Relevance Today**

Instructor: Tracy Marks

Classical Greek dramas and comedies in translation are not only easy to read, they also raise issues relevant to us today, such as the advantages and disadvantages of democracy, how we honor the dead, and our need for the irrational in our lives. In this course, we will read and discuss Euripides' *Bacchae* and *Suppliant Women* and Aristophanes ingenious comedy, *Lysistrata*, about women organizing a sex strike to prevent men from warmongering. We will also watch related video clips. All readings are available free online or may be purchased. Our first reading will be *The Bacchae*, for the second class.

HGRE, 4 Fridays, 12:30-2:30 pm. Begins November 8, Meets at LCE Large Conference Room, (Access by 328 Lowell Street/Enter through blue side door of building), \$80/Seniors \$60.

NEW Shakespeare's As You Like It!

Instructor: Cammy Thomas

When is disobedience the only route? What makes for a good marriage? How do we manage lust? Old age? Come read and discuss this most clever and joyful of Shakespeare's comedies. The action revolves around the witty and warm Rosalind, who's fled to the woods dressed as a boy to escape parental disapproval. Also

present: wise court fool Touchstone, the melancholic Jaques, swains, shepherdesses, dukes, the old and the young! There are lots of questions to consider, along with the laughter. The first meeting will provide background (no reading for that week), and then we'll read an act a week.

HAYL, 6 Thursdays, 7:30-9:00 pm. Begins September 26, Lexington High School, Room 231, \$150/Seniors \$130.



**SHAKE-UP
YOUR SHAKESPEARE!**
with Poornima Kirby, p. 18

**NEW To Kill a Mockingbird by
Harper Lee**

Instructor: Jillian Johnson

This Pulitzer Prize winning novel by Harper Lee, set in the deep south, rivets its readers with it's breadth of human emotions and behaviors. Challenging, informative and inspiring we will look at the historical context of the book, analyze the characters, and explore the conflicts that fill this novel. From the loss of innocence to the kindness, compassion and moral actions of Atticus Finch we will learn about the characters, and the historical context through our weekly discussions of this masterpiece of American literature. Please note class will meet on October 7, 21, 28 and November 4 and 18.

HMOC, 5 Mondays, 6:30-8:00 pm. Begins October 7, Lexington High School, Room 226, \$75/Seniors \$60.

**NEW Dry Tears: The Story of a
Lost Childhood by Nechama Tec**

Instructor: Leora Tec

Join Leora Tec for an exploration of her mother's memoir of surviving the Holocaust in Poland while passing as a Catholic girl. In this four session class we will discuss the book *Dry Tears* and themes of identity, guilt and hope. Participants will get a unique window into the story through the eyes of the author's daughter who is herself an expert in Holocaust remembrance in Poland. Students will be expected to read approximately two chapters per week and come to class ready to discuss the reading. Please read the first three chapters for the first class.

HDry, 3 Thursdays, 7:00-8:30 pm. Begins September 19, Lexington High School, Room 226, \$50/Seniors \$40.

**An Evening of One Mary Oliver
Poem and Our Many Stories**

Instructor: Sharon Heermance, Ph.D.

"I am scorched to realize how many small, available things are in the world that aren't pieces of gold or power - that nobody owns or could buy even for a hillside of money - that just float about the world, or drift over the fields, or into the gardens...." from Summer Story by Mary Oliver

In her powerful poem, *Summer Story*, Pulitzer Prize poet Mary Oliver shows how close attention to a cherished moment and her ongoing life story intersect. Our time together with this poem will invite gentle awareness of what echoes inside. We will lean into this poem to deepen resonance with our own meaningful experiences. "Memory is the diary that we all carry about with us," wrote Oscar Wilde. Indeed, each of us is a collection of stories. With simple prompts, we will gather vivid details from our lives. What emerges may include nuances of experience to a special memory. No prior reading of poetry is necessary -- the instructor will provide the poem (and others if time allows); we will provide each other with an evening of rich reflection, stories, and conversation. Limited to 10.

HEOM, 1 Tuesday, 7:00-9:00 pm. Meets November 5, Lexington High School, Room 220, \$25/Seniors \$20.

**NEW Creation Myths from
Around the World**

Instructor: John Chamberlain

A mythology course that examines creation myths from around the world, including those of Judeo-Christian, Greek, Norse, Native American, Australian Aborigine, and Polynesian origins. We will use a Jungian and philosophical perspective to find common themes and symbolism. Creation myths capture the awe, wonder, and gratitude early humans had, as well as an insightful pre-scientific awareness. The idea of a vast, original wholeness splitting into complex worlds of opposites and an awareness of the 'great chain of being' are among the concepts we will explore.

HWOR, 2 Wednesdays, 6:30-8:30 pm. Begins November 6, Lexington High School, Room 221, \$45/Seniors \$35.

Music Appreciation

NEW Introduction to Buddhism, Part 1: Roots, Origins & Life of the Buddha

Instructor: Srinivas Reddy

Introduction to Buddhism Part 1 explores the origin, philosophy and broader cultural milieu of early Buddhism as it developed in India, Sri Lanka and Southeast Asia. Specific attention will be given to the life of the Buddha and the embodiment of core Buddhist principles such as non-self, mindfulness, and nirvana. Concepts including the Four Noble Truths, the Eight-fold Path, karma and dharma will be discussed in a comparative manner. Textual excerpts from Buddhist sutra literature in Pali will contextualize interactive class discussions.

HITB, 1 Tuesday, 7:00-8:30 pm. Meets October 15, Lexington High School, Room 232, \$25/Seniors \$20.



Introduction to Buddhism Parts 1 and 2 with Srinivas Reddy, this page.

NEW Introduction to Buddhism, Part 2: Mahayana & the Spread of Buddhism

Instructor: Srinivas Reddy

Introduction to Buddhism Part 2 explores the expansive spread of Buddhism into Tibet, East Asia and the West. Attention will be given to the development of Mahayana thought, particularly the Bodhisattva ideal and its diverse cultural expressions. Concepts such as impermanence and co-dependent origination will be covered by reading masters like Nagarjuna and Shantideva. Contemporary practices and Buddhism's spread to America will also be discussed. Textual excerpts from various Mahayana Buddhist texts will contextualize interactive class discussions.

HIB2, 1 Tuesday, 7:00-8:30 pm. Meets October 22, Lexington High School Room, 232, \$25/Seniors \$20.

NEW The Music of Duke Ellington

Instructor: Jeffrey Leonard



Gunther Schuller called Duke Ellington one of the three most important composers in American history. This class will explore the musical, social and historical importance of Duke Ellington's music as it developed over 50 years, from the 1920s to the 1970s. His role as a composer, arranger, bandleader and cultural icon will be examined. Jeffrey Leonard served the Lexington Public Schools for 34 years as Band/Jazz Director and Performing Arts Coordinator. Groups under his direction were invited to perform at Boston's Symphony Hall, Chicago's Orchestra Hall, New York's Lincoln Center, the Monterey Jazz Festival and the Montreux Jazz Festival. Following his retirement, he works at The Boston Conservatory and Berklee College of Music as an assistant professor and as the Co-director of New England Conservatory's Youth Jazz Orchestra. He has been invited to conduct honors Concert and Jazz Bands at the District and All-State level throughout New England. Mr. Leonard is an active performer on woodwind instruments in theater pit orchestras in Boston theaters and around the Northeast.

MELL, 3 Tuesdays, 7:00-9:00 pm. Begins September 17, Lexington High School, Room 233, \$65/Seniors \$50.



THE MUSIC OF TRAGEDY
with Naomi A. Weiss, page 7

NEW Sweet Harmony

Instructor: Richard Knisely

Harmony is the magic in music. It can turn a melody into a lament or a hymn of joy. It is based on the physics of vibration. In this class we will look at how nature provides the dichotomy of consonance and dissonance, how chords that are the building blocks of tonal harmony were derived, and how they have functioned to provide the vivid colors that enchant us all in the music we love. And we will listen to a lot of great music. No knowledge of theory or science is required!

MSWH, 9 Wednesdays, 7:00-9:00 pm. Begins September 18, Lexington High School, Room 240, \$185/Seniors \$165.

NEW Opera Old and New: Nineteenth and Twentieth Century Opera

Instructor: David Collins

This season, the Metropolitan Opera takes us on a journey from the nineteenth to the twentieth century as it presents, in HD screenings, three standard repertory operas and a Met premier: Turandot, Manon, Madama Butterfly and Akhnaten. We start with Puccini's Turandot which had its premier in 1926. Among its memorable arias are "Nessun dorma", "In quest reggia" and "Signore, ascolta". Along with famous singers such as Pavarotti, Corelli, Nilsson, Eva Turner and Caballé, we will also hear some of the rarely performed music of Franco Alfano's original finale which Toscanini edited out. Massenet's "Manon" is next on our schedule. Premiered in 1884, it was the first of two popular operas based on this tale. French elan and theatrical excitement combine with beautiful melodies as Massenet presents a fuller picture of this title character. We will make some comparisons between two very famous singers of the title role, Beverly Sills and Renée Fleming. We return to Puccini for his heart breaking Madama Butterfly which premiered in 1904. Though situated in Japan, this is a thoroughly Italian opera with great passion and melody. We end with Philip Glass's 1984 opera, Akhnaten. This opera is composed of a series of ritualistic scenes depicting moments in the life of Egypt's Pharaoh, Akhnaten (sung by a counter-tenor) and his wife Nefertiti. The dramatic issue is the first known establishment of a monotheistic religion and its demise. Class meets October 1, October 22, November 5 and November 19.

HOPE, 4 Tuesdays, 6:30-9:00 pm. Begins October 1, Lexington High School, Room 240, \$110/Seniors/\$85.



Guitar Rock Band Sessions and Guitar Rock Band Sessions Masterclass, page 17.

Music Performance/ Theatre Arts



Beginning Hand Drumming with DrumConnection, page 17.

Fundamentals of Indian Classical Music

Instructor: Srinivas Reddy

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

MFIC, 1 Thursday, 7:00-8:30 pm. Meets October 24, Lexington High School, Room 240, \$20/Seniors \$15.

NEW A Blues Sampler: From Robert Johnson to Robert Cray

Instructor: Roger Gumley

Explore the fascinating music known as the blues with long-time blues aficionado, Roger Gumley. Blues is the music that forms the foundation of most popular American music of the 20th and 21st centuries, yet it remains obscure to most people. This evening, Roger Gumley will talk and play video clips and the music of such luminaries as Son House, Muddy Waters, B.B. King and Howlin' Wolf, among others. This will be a perfect way to expand your knowledge of this fascinating and somewhat mythical part of America's folklore.

HGUM, 1 Thursday, 7:00-9:00 pm. Meets October 17, Lexington High School, Room 240, \$25/Seniors \$20.

Private Music Instrument Lessons for Every Age & 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/>**

Speak the Speech: (Or How to Give Your Own Ted Talk)

Instructor: Poornima Kirby

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

HTDT, 1 Wednesday, 6:00-9:00 pm. Meets September 25, Lexington High School, Room 229, \$40/Seniors \$30.

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 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, oboists, 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, 9 Mondays, 7:30-9:00 pm. Begins September 16, Lexington High School, Room 240, \$235/Seniors \$180.

NEW Cello for Adults: Beginning and Beyond Beginning

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, **Cello for Adults: Beginning** 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. The **Beyond Beginning** class will pick up where the beginning class left off, and will work from *Suzuki Book 2*. 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, (Beginning), 6 Wednesdays, 7:00-8:30 pm. Begins September 25, Lexington High School, Room 143, \$100/Seniors \$85.

MC20, (Beyond Beginning), 6 Fridays, 7:00-8:30 pm. Begins September 27, Lexington High School, Room 143, \$100/Seniors \$85.



Private Music Instrument Lessons for Every Age and Level, page 15.

NEW Physical Theater

Instructor: Ben Heath

In this class we will be exploring physical acting techniques that help us find greater expression through the body. Techniques will range from telling non verbal stories, to exploring how our dramatic character moves, to stage combat. Engaging your body in acting is a fun and effective way to improve your connection to impulses and emotions, and can open up a whole new dimension of your acting work.

HPTH, 6 Wednesdays, 7:00-9:00 pm. Begins September 25, Lexington High School, \$115/Seniors \$100.

NEW Introduction to the Art and Business of Film

Instructor: Spencer Caddigan

The aim of the class is to deepen the level of both theoretical and technical understanding of the craft and the business of filmmaking. Students will learn how to dissect a film and identify its constituent parts, helping to better inform aesthetic tastes, and equip them with a tool belt to understand as many aspects of the film production process as possible. In addition to viewing foundational films and clips we will examine core principles

of scriptwriting, narrative structure, camera work, editing, sound production, and business aspects of the film industry. The class is designed to be accessible to anyone with a passion for movies wishing to delve deeper into the subject.

HFIL, 5 Saturdays, 10:00 am-12:00 noon. Begins October 5, Lexington High School, Room 220, \$100/Seniors \$85.

NEW Fingerstyle Guitar Workshop for Intermediate and Advanced Students

Instructor: Go Go Allegro School of Music Staff

Study and learn the approach to fingerstyle guitar! Folk, Jazz, Blues and even Classical players use this right hand technique to make a single guitar sound like a full band or orchestra. We will study how to apply this wonderful style of playing guitar to many different musical situations. Please bring guitar with you to class.

MGUI, 6 Mondays, 10:00-11:00 am. Begins September 23, Lexington Community Education Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington School, \$160.

NEW Introduction to Music Theory

Instructor: Go Go Allegro School of Music Staff

Have you always wanted to learn the basics of reading music? Join us to learn notes and rhythms and what they look like on the staff. Whether you're looking to further your musical knowledge to sing in a choir, or brush the dust off your music reading skills, this class will help. All skill levels are welcome!

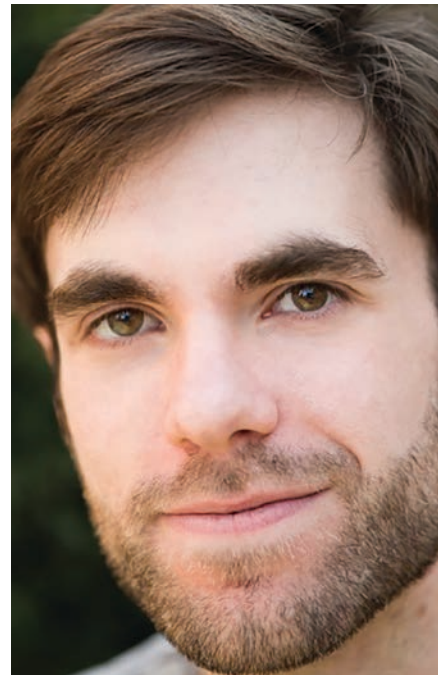
MLIT, 6 Thursdays, 7:00-8:30 pm. Begins October 17, Lexington High School, Room 229, \$170.

NEW Make a Joyful Noise Chorus for Adults

Instructor: Go Go Allegro School of Music Staff

Learn to hold your own in a choral setting! We will help develop your ears for music so you can confidently sing your part whether it is harmony or melody. Experience is helpful but not required. We will explore beginner to intermediate choral repertoire together. Come make a joyful noise!

MSING, 8 Mondays, 7:15-8:45 pm. Begins September 23, Lexington High School, Room 173, \$175.



Ben Heath teaches Physical Theater, this page.

Beginning Hand Drumming

Instructor: Alan Tauber/DrumConnection

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 September 24, Lexington High School, Room 173, \$137/Seniors \$115.

Guitar Rock Band Sessions

Instructor: Robert Butler

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



Duo Mantar performs a program of mandolin and guitar music, page 4.

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

MRGW, 6 Thursdays, 6:30-9:00 pm. Begins September 19, Lexington High School, Room 247, \$155/Seniors \$130.

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 November 7, Lexington High School, Room 173. \$50/Seniors \$45.

Poetry Out Loud

Instructor: Poornima Kirby

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

HPOI, 1 Tuesday, 6:00-9:00 pm. Meets October 1, LHS, Room 226, \$40/Seniors \$30.

Writing

NEW Steinbeck, from Script to Stage

Instructor: John Chamberlain

Be part of a local production of John Steinbeck's *Of Mice and Men*! Steinbeck's style is as chiseled as Hemingway's; his compact masterpiece depicts the roughness of migrant farmers' lives in the 1930's; its characters are indelible in memory and its pages bristle with issues of racism, sexism, ableism, and ageism. Our staging of this in a local auditorium will be an engaging but not too demanding way to get inside Steinbeck's novella. After having taught the book for about 15 years, instructor John Chamberlain has set it into 18 scenes; each actor will be part of two or three short scenes; lines to be memorized are manageable, even for the main characters. We will rehearse once a week across five weeks (on Wednesday evenings, starting September 25) and present it on Wednesday, October 30. This is not about professional acting; the focus is on learning, self-expression, and engagement.

HPTS, 5 Wednesdays, 7:00-9:00 pm. Begins September 25, Clarke Middle School, \$95/Seniors \$75.

NEW Shake-up Your Shakespeare!

Instructor: Poornima Kirby

Whether you're a Shakespeare super-fan or a newcomer to the bard, this one-evening workshop is a great chance to brush the dust off some of the world's best-loved words and stories! We'll explore the fire, beauty - and downright oddity! - of Shakespeare's poetry and plays the way actors would - through rhythm, movement, images, and more. We'll discover adventurous ways to speak, re-write and "scavenge" the text, as each student prepares a short monologue or scene. And we'll draw inspiration from short video clips of some of the greatest performances of Shakespeare's text. This is a great class for high-school or college students looking to demystify Shakespeare, English teachers looking to refresh a curriculum, public speakers looking to tune up their skills, or simply for the curious! Students are encouraged (but not required) to bring a favorite 4-10 line piece of Shakespeare text!

MSHA, 1 Thursday, 6:00-9:00 pm. Meets October 24, Lexington High School, Room 229, \$40/Seniors \$30.

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

Wordcraft

Instructor: Tracy Marks

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

WWOR, 5 Tuesdays, 6:30-8:45 pm. Begins November 12, Lexington High School, Room 222, \$105/Seniors \$85.

Memoir Writing

Instructor: Tom Daley

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

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

WMEM, 8 Wednesdays, 4:00-6:00 pm. Begins October 2, Lexington High School, Room 148, \$195/Seniors \$145.



COOKING QUICK, SIMPLE AND FRESH

with Elissa Goldman, page 32

Poetry Writing Workshop

Instructor: Tom Daley

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

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

WPWW, 8 Wednesdays, 6:15-8:15 pm. Begins October 2, Lexington High School, Room 148, \$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, 8 Fridays, 12:15-1:45 pm. Begins October 11, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school. \$165/Seniors \$125.

Fine Art

NEW Writing Short-Form Poetry: Haiku, Cinquains, Clerihews and More

Instructor: Tracy Marks

Whether you have never written a poem or you are an experienced poet, you can easily express yourself creatively by writing traditional short-form poetry of 2-6 lines. In this course you will learn about and write in nine different forms from all over the world, many based on counting syllables, and most non-rhyming. Have fun discovering your talent for writing haikus, tankas, cinquains, shadormas, sijos, tercets, quatrains, humorous clerihews, and landays, the poetic form of Afghan women.

WSTU, 3 Tuesdays, 6:30-9:00 pm. Begins September 24, Lexington High School, Room 222, \$70/Seniors \$55.



WRITING CLASSES FOR CHILDREN AND TEENS
p. 28

NEW Scratchboard Workshop

Instructor: Catherine Paladino

Learn to use scratchboard to create striking black and white drawings. Scratchboard is a medium used by illustrators to make beautiful detailed images that resemble woodcuts or engravings. It is perfect for drawing all kinds of animals with fur, feathers, wings, or fins; leaves, flowers, trees, architectural elements, and many other subjects! Using a pointed nib, lines and shading are scratched into black ink, revealing the white clay background underneath. The result is a bold black and white image that can be colored later with inks or pencil if desired. This workshop will take you through the process of choosing and sketching your subject, transferring the sketch to scratchboard, and making a variety of marks with different nibs to build your final image. Previous drawing experience is strongly recommended. Please see the LCE website for a list of supplies to be purchased prior to the first class.

ASCB, 5 Thursdays, 6:30-8:30 pm. Begins October 17, Lexington High School, Room 210, \$105/Seniors \$85.

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.

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, 12:15-2:15 pm. Begins September 26, Lexington Community Education Large Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$165/Seniors \$125.



Son-Mey Chiu teaches *Harvest and Autumn Celebrations in the Chinese Brush Style*, this page.

NEW Harvest and Autumn Celebrations in the Chinese Brush Style

Instructor: Son-Mey Chiu

The exuberant summer has gone; now come the festive seasons of harvest and year-end celebrations. Come and learn how to use the Chinese brush/graphic technique to render fall and winter objects such as corn and gourd; chrysanthemum and dragonfly; bittersweet and cardinal; and amaryllis. We will begin with a short practice of the basic strokes of Chinese calligraphy which form the basis of Chinese brush painting. During each lesson, students are encouraged to study the objects from photographs and experiment with brush methods for their renditions. Following a demonstration from the instructor students will finish their weekly painting with instructor guidance. Beginning and returning students are welcome. (Painting supplies for new students: approximately \$57 paid directly to the instructor.) Please bring the following materials to class: A piece of felt or absorbent paper to protect your paintings and to prevent staining table surfaces; three cups or a water container divided into three sections; and a palette or dishes for watercolors. Class will meet October 7, 21, 28 and November 4.

ACBP, 4 Mondays, 1:30-3:30 pm. Begins October 7, Lexington Community Education Large Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$125/Seniors \$95.

Charcoal & Pastel Art Studio for Adults

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 see the LCE website for a list of supplies to be purchased prior to the first class.

ACHR, 6 Tuesdays, 5:30-7:30 pm. Begins September 17, Lexington High School, Room 167, \$135/ Seniors \$105.

Watercolor

Instructor: Ivan Orlinsky

This class is for both beginners and artists who have some experience with watercolor. We will begin with an overview of the history of watercolor 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 palate, 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" x16". 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. Please bring a photo of your choice as a reference to paint.

AWATE, 4 Mondays, 6:30-8:30 pm. Begins November 18, Lexington High School, Room 212, \$90/Seniors \$70.

NEW Introduction to Acrylic Painting - Daytime

Instructor: Donna Calleja

Learn the basics of working with acrylic paints while creating original artwork. For our first project we will learn basic techniques such as color mixing, composition, under painting and paint application techniques while creating a landscape painting from a photograph. How to work in different painting styles and subjects will be explored while students follow their personal interests in their second painting project. The class will combine teacher demonstration with work time devoted to individual instruction. How to prepare canvas and paper for painting and using acrylic in mixed media work will also be covered. Supply List for class - canvas or canvas board (size range from 8 by 10 to 12 by 16 inches), Acrylic paint in tubes (Basic colors – Titanium White, Yellow Hansa, Naphthol Red, Ultramarine Blue, Burnt Sienna) or any set of yellow, blue, red, white and brown acrylic paints, disposable palette paper, and acrylic artist brushes (small round size 2 and 3 flats in size range of 2, 4, 6), 5 by 7 inches (or larger) color photos of landscapes.

ADAC, 8 Thursdays, 10:00 am - 12:00 pm. Begins September 26, Lexington Community Education Large Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$175/Seniors \$130.

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 Wednesdays, 6:00-8:30 pm. Begins October 23, Lexington High School, Room 210, \$135/Seniors \$115.

How to Make a Sculpture

Instructor: Paul Angiolillo

In this one-session class, you'll learn how to create engaging and resilient sculptures: how to settle on a design, assemble objects and materials, and finish and display them--so they're attractive and long-lasting. You can bring in any materials: an interesting piece of pottery, weathered wood, or other found objects, or engaging natural materials, such as seed pods or pieces of natural wood. Free-standing, wall hanging, mobile, and garden sculptures are all possible. We'll discuss your ideas, reveal many "tricks of the trade," and demonstrate basic tools and equipment for working with 3-D art--so you'll be able to create attractive sculptures at your own pace and in your own space.

ASCU, 1 Saturday, 9:30 am - 1:00 pm. Meets November 16, Lexington High School, Room 210, \$40/Seniors \$35.

NEW Mosaic Collage Using Tempered Glass

Instructor: Suzanne Baratta Owayda



Preserve your "paper" memories under beautiful glass! In this class you will make a paper collage using items (cards, ticket stubs, pictures, ribbons, glitter, whatever you like) that are personal to you as well as materials we have gathered, to make an 8 x 10" or 8 x 8" art piece. After you cover your board with your paper design, you will cover it with clear glass and "crash" (tempered) glass, as well as other materials we have in the studio. This gives your design a beautiful shimmery and jewel like quality. This class is great for the first time mosaic artist as well as a new technique for long time mosaic artists! All materials included in the tuition. Class will be held at Mosaic Oasis Studio & Supply at 1189 B Mass Ave in Arlington

AMOS, 3 Mondays, 6:30-8:30 pm. Begins October 21, Mosaic Oasis Studio & Supply, 1189B Massachusetts Ave., Arlington, \$155.



Memoir Writing with Tom Daley, page 18.

Quilting and Beyond

Instructor: Cathy Berry

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

AQ&M, 6 Mondays, 6:30-9:00 pm. Begins September 16 and meets October 7, October 21, October 28, November 4 and November 18. Lexington High School, Room 143, \$140/Seniors \$100.

Weave An Alpaca or Bamboo Scarf for Fall

Instructor: Beth Guertin

Weave an Alpaca Scarf or a Bamboo Scarf on a Rigid Heddle Loom. Rigid heddle looms produce plain weave cloth on a fun and portable loom. In three weeks (9 hours), students will weave a soft bamboo or a soft and warm alpaca

scarf (7" X 72") with a stripe pattern of your design in luscious colors. The first class will consist of designing the stripe warp and warping the loom using the 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. The student will take the loom home to weave the scarf. The third class will consist of finishing the weaving, taking the scarf off the loom, twisting the 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 lightweight enough to be carried in a canvas tote bag provided by the instructor. Students will need to either go to the instructor's studio in Waltham to choose fiber and colors before the class begins or contact the instructor with fiber and color choices. A materials fee of \$25.00 for the yarn will be paid to the instructor. Please bring a pair of scissors to class. Get ready for the colder weather with this scarf! Please note class meeting dates. Sessions are identical.

AWV, 3 Wednesdays, 6:00-9:00 pm. Begins September 18 and meets September 25 and October 16, Lexington High School, Room 214, \$135/Seniors \$105.

A2WV, 3 Wednesdays, 6:00-9:00 pm. Begins October 23, and meets October 30 and November 20, Lexington High School, Room 214, \$135/Seniors \$105.

Daytime Advanced Knitting

Instructor: Kerry Keohane

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

ADKNIT, 10 Wednesdays, 9:30-11:30 am. Begins September 18, Meets at LCE Conference Room, (Access by 328 Lowell Street/Enter through blue side door of building), \$195/Seniors \$150.

NEW Open Sewing Studio

Instructor: Rachel Kuberry

Have a sewing project that has been sitting unfinished in a closet for months? Is there a sewing project that you would like to try but would like some assistance? Or do you just want some more experience using your sewing machine? Come to this class with your unfinished project or wish list and get going! Instructor will provide support for projects like: making a garment using a pattern, making a pieced quilt, creating new pillows for your home. If you do not yet have a project for your sewing machine in mind, come to the first class and practice sewing skills on some simple projects while we design a project to your liking. Please bring your own sewing machine to class. A class sewing machine can be available for use with advanced notice.

ASEW, 4 Tuesdays, 7:00-9:00 pm. Begins October 15, LHS, Room 211, \$100/Seniors \$80.

An Introduction to Metalsmithing

Instructor: Karenn Maraj

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

AITM, 3 Tuesdays, 6:30-8:30 pm. Begins November 5, Karenn Maraj Jewelry Collection, 95 Trapelo Road, Belmont, \$125.



MOSAIC COLLAGE USING TEMPERED GLASS
with Suzanne Barata Owayda,
facing page

Intro to Digital Photography and Photo Editing

Instructor: Damian Barneschi

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

ADPH, 6 Wednesdays, 6:30-8:30 pm. Begins September 18, Lexington High School, Room 215, \$175/Seniors \$135.



WEAVE AN ALPACA OR BAMBOO SCARF FOR FALL
with Beth Guertin, page 21

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 November 4, Lexington High School, Room 220, \$88/Seniors \$66.

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

ASTN, 1 Saturday, 9:30 am - 2:30 pm. Meets September 21, Scott's Stone Carving, 80 Loomis Street, Bedford, \$140.

A2STN, 1 Saturday, 9:30 am - 2:30 pm. Meets October 19, Scott's Stone Carving, 80 Loomis Street, Bedford, \$140.

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

Lighting for Perfect Pictures

Instructor: Scott Metzger

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

APPH, 1 Monday, 7:00-9:00 pm. Meets October 28, Lexington High School, Room 220, \$25/Seniors \$20.



WOMEN ON NON-PROFIT BOARDS
with Stephanie Lawrence, page 35

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: Rosemary Previte

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

LENG, 8 Mondays, 12:30-2:30 am. Begins September 23, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$140/Seniors \$120.



Rick Clerici teaches Mastering the Moment and Fixing Our Broken Sleep, page 38.

English as a Second Language Level 2

Instructor: Rosemary Previte

This course is for those who have studied some basic English and who want to improve their grammar, vocabulary, pronunciation, and conversation skills. Grammar topics will include parts of speech, simple present, present progressive, and past tenses, and subject and object pronouns. We will use a textbook and worksheets, and we will practice pronunciation, listening, and conversation skills in class. This class will improve your understanding of American English, as well as your speaking and writing skills. (Purchasing the textbook is optional.)

LINE, 8 Thursdays, 6:30-8:30 pm. Begins September 26, Lexington High School, Room 222, \$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, 10 Tuesdays, 12:30-2:30 pm. Begins September 24, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$170/Seniors \$135.

Beginning Spanish

Instructor: Pilar Cabrera, Ph.D

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

LBGS, 8 Wednesdays, 6:30-9:00 pm. Begins September 25, Lexington High School, Room 222, \$165/Seniors \$125.

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.

LSBC, 10 Wednesdays, 6:30-8:00 pm. Begins September 18, Lexington High School, Room 234, \$125/Seniors \$95.



Karen Girondel teaches French Language and Conversation Through Film, and French Conversational Workshop, page 24.

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, 10 Thursdays, 10:00 am-12:00 pm. Begins September 26, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$170/Seniors \$135.

Advanced Spanish Conversation

Instructor: Ylser Valero

LADS, 8 Wednesdays, 6:30-8:00 pm. Begins September 18, Lexington High School, Room 225, \$100/Seniors \$75.

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, 8 Tuesdays, 7:45 pm -9:00 pm. Begins September 24, Lexington High School, Room 148, \$135/Seniors \$105.

Advanced Beginning Italian

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, 8 Tuesdays, 6:30 pm - 7:45 pm. Begins September 24, LHS, Room 148, \$135/Seniors \$105.

Beginning Italian - Daytime

Instructor: Sonia Parravano

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

LDBI, 8 Wednesdays, 10:45 am - 12:00 pm. Begins September 25, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$135/Seniors \$105.

Intermediate Italian - Daytime

Instructor: Sonia Parravano

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

LIIT, 8 Wednesdays, 9:15 - 10:45 am. Begins September 25, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$135/Seniors \$105.

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, 8 Wednesdays, 12:00 noon - 1:15 pm. Begins September 25, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$135/Seniors \$105.

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.

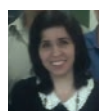
LOBR, 11 Thursdays, 12:30-2:30 pm. Begins September 19, Lexington Community Education Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$220.

French: Beginner II

Instructor: Maurice Bombrun

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

LBFR, 12 Tuesdays, 12:30-2:30 pm. Begins September 17, Lexington Community Education Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$240



ITALIAN CLASSES

with Sonia Parravano, pages 23, 24

Intermediate French II

Instructor: Maurice Bombrun

Intermediate French II is for students who have attended Intermediate French 1 or are familiar with all basic concepts of pronunciation, grammar and vocabulary. Students further learn to communicate with more complex sentences in applicable French culture situations and conversations. The textbook will be discussed at the first class.

LINF, 11 Thursdays, 3:30-5:30 pm. Begins September 19, Lexington High School, Room 233, \$220.

LIN2, 11 Thursdays, 6:30-8:30 pm. Begins September 19, Lexington High School, Room 233, \$220.

Daytime Intermediate French

Instructor: Karen Girondel

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

LDIF, 10 Tuesdays, 9:30-11:30 am. Begins September 17, Lexington Community Education Large Conference Room, 146 Maple Street, \$170/Seniors \$135.

French Language and Conversation Through Film

Instructor: Karen Girondel

Film transports us to another place, another time and another life. Film provides language learners with a rich audio-visual context, along with dynamic vocabulary, idiomatic expressions, authentic dialogue, in addition to cultural and historical references. This course will feature presentation of vocabulary and some key grammatical structures which students will practice in the context of the film, as well as open-ended exercises, activities, discussions, and role-playing designed to help them improve their proficiency. Listening and speaking skills will be emphasized in this class rather than reading and writing. This course is for you if you know some basic French, understand some of what you hear when spoken at normal rate of speed, and want the opportunity to speak in a context that will encourage increased vocabulary and grammatical accuracy without lists of words and tedious written exercises.

LFFIL, 10 Wednesdays, 7:00-9:00 pm. Begins September 18, Lexington High School, Room 166, \$170/Seniors \$135.

French Conversational Workshop

Instructor: Maurice Bombrun

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

LFCW, 12 Tuesdays, 9:30 - 11:30 am. Begins September 17, Lexington Community Education Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$220.

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 dialogue with your fellow students. Basic grammar will be introduced through reading and writing exercises. Handouts will be provided. *Willkommen* – welcome!

LBGE, 8 Wednesdays, 5:00-6:30 pm. Begins October 16, Lexington High School, Room 235, \$148/Seniors \$128.

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, 8 Wednesdays, 7:00-9:00 pm. Begins October 16, Lexington High School, Room 235, \$168/Seniors \$148.

Standard Arabic for Beginning and Beyond Beginning Students

Instructor: Janet Atiyyat

Originating in the 6th century, the Arabic language has become one of the

most widely spoken and recognizable languages in the world today. Taught by a native speaker, the **Beginning** class will introduce modern conversational Arabic using an interactive and practical instructional method. Emphasis will be on listening comprehension, vocabulary, and speaking skills. The **Beyond Beginning** class is for those who have taken the Beginning level class or its equivalent.

LBAR, (Beginning), 8 Tuesdays, 6:30-8:30 pm. Begins September 24, Lexington High School, Room 231, \$165/Seniors \$148.

LBBA, (Beyond Beginning), 8 Thursdays, 6:30-8:30 pm. Begins September 26, Lexington High School, Room 231, \$165/Seniors \$148.

NEW Japanese for Beginners I

Instructor: Amy C. Franks

This course introduces students with no previous Japanese language experience to basic conversation, grammar, and the writing system. Through our study of these three subjects, we will also explore cultural issues such as polite language and Japan's integration of foreign words and ideas. Basic conversation and cultural topics include self-introductions, getting around on public transportation, food and drink, shopping, famous cultural and historical sites, and other topics of interest to students.

HJLC, 8 Tuesdays, 6:30-8:30 pm. Begins September 24, Lexington High School, Room 226, \$165/Seniors \$148.

NEW Russian for Beginners

Instructor: Elena Neva

The course is open to all students with a general interest in Russian. No prior knowledge of Russian is required as the course is for complete beginners. The class has been designed to promote interaction among the students and with the instructor. It requires preparation, active participation and attendance. Language learning is an interesting and fascinating experience in which students will be exposed to new and different ways of relating to people, places and the world. You need to set aside time to review and prepare class and assignments.

LRUS, 10 Tuesdays, 6:30-9:00 pm. Begins September 24, LHS, Room 231, \$170/\$135.



Uschi Kullmann teaches Beginning and Intermediate German, this page.

Computers

From editing digital photos, to creating your own web page, you are sure to find something to match your ability and interest. Mac Computers are provided for all computer classes. However, if preferred, students may bring their laptops for any of Kristen Butler's classes.

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

WordPress: Build Your Working Website or Blog

Instructor: Fan Stanbrough

Do you want to create an easy-to-build website or personal blog? If you have purchased a domain name or are ready to buy a hosting package, this class is for you. WordPress is a powerful and easy-to-use tool for building virtually any kind of site. Your instructor will guide you through the hosting domain process and will help you install WordPress on your own server. You will review the steps to configure settings, pick a theme, add pages and a blog; learn how to grow your website traffic with simple Search Engine Optimization (SEO) tips; install essential plugins for Search Engine Optimization (SEO), Google Analytics, and photo gallery. You will learn to build online forms, and learn to sell advertising, set up PayPal on your site, back up your database, control your bandwidth usage. This class is taught in a computer lab. There is no need to bring your own computer. Before the first class, you must set up a website host for your site. (The instructor can set-up a temporary site upon your requirement.)

CWDP, Saturday and Sunday, 9:30 am - 1:30 pm. Meets September 21 and 22, Lexington High School, Room 155, \$125/ Seniors \$115.

iPhone Capabilities

Instructor: Kristen Butler

Unlock the mysteries and wonderment of the iPhone. Learn how to create an Apple ID and how it is used. Never lose your phone again by setting up Find My iPhone. Learn about the built-in Apps and

how to install new ones. How to make Siri understand you. Keep your iPhone safe from prying eyes. And more...

CIPH, 1 Wednesday, 6:00-9:00 pm. Meets September 18, Lexington High School, Room 155, \$39/Seniors \$35.

CDPH, 1 Friday, 9:00 am-12:00 pm. Meets September 27, LCE Conference Room, \$39/Seniors \$35.

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.

CD2PH, 1 Friday, 9:00 am-12:00 pm. Meets October 4, LCE Conference Room, \$39/Seniors \$35.

C2PH, 1 Wednesday, 6:00-9:00 pm. Meets October 16, Lexington High School, 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.

CDGSL, 1 Friday, 9:00 am-12:00 pm. Meets October 11, LCE Office Conference Room, \$42.

CGSL, 1 Wednesday, 6:00-9:00 pm. Meets November 6, Lexington High School Room 155, \$42.

NEW Syncing and The Cloud

Instructor: Kristen Butler

How can syncing your devices to the Cloud make things easier in some ways and harder in others. What to sync what not to sync and when. Calendars, contacts, photos, and more.

CDSYNC, 1 Friday, 9:00 am-12:00 pm. Meets October 25, LCE Office Conference Room, \$39/Seniors \$35.

CSYNC, 1 Wednesday, 6:00-9:00 pm. Meets October 30, Lexington High School, Room 155, \$39/Seniors \$35.



SWEET HARMONY
with Richard Knisely, page 14

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.

CDORG, 1 Friday, 9:00 am-12:00 pm. Meets November 1, LCE Office Conference Room, \$42.

CORG, 1 Wednesday, 6:00-9:00 pm. Meets December 4, Lexington High School, Room 155, \$42.

Managing Your Photos

Instructor: Kristen Butler

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

CPHO, 1 Wednesday, 6:00-9:00 pm. Meets September 25, Lexington High School, Room 155, \$39/Seniors \$35.

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

CD2PIC, 1 Friday, 9:00am - 12:00 pm. Meets November 22, LCE Office Conference Room, \$39/Seniors \$35.



Kristen Butler teaches computer classes, this and following page.

NEW Aging and Technology

Instructor: Kristen Butler

Do you really need a Smartphone? How can using a Smartphone make life easier or safer? Step by step instructions on how to use your phone as a helpful tool.

CDAGE, 1 Friday, 9:00 am - 12:00 pm. Meets November 15, LCE Office Conference Room, \$39/Seniors \$35.

CAGE, 1 Wednesday, 6:00-9:00 pm. Meets November 20, Lexington High School Room 155, \$39/\$35.

Courses for Children

Introduction to Microsoft Excel

Instructor: Kristen Butler

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

CINX, 1 Wednesday, 6:00-9:00 pm. Meets November 13, Lexington High School Room 155, \$42.

CDEX, 1 Friday, 9:00 am-12:00 pm. Meets December 6, LCE Office Conference Room, \$42.

Intro to MS Word

Instructor: Kristen Butler

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

CWOR, 1 Wednesday, 6:00-9:00 pm. Meets October 2, Lexington High School, Room 155, \$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 October 23, Lexington High School, Room 155, \$39/Seniors \$35.



INTRO TO DIGITAL PHOTOGRAPHY AND EDITING
with Damian Barneschi, p 22

Computer Consulting "Ala Carte"

Instructor: Kristen Butler

Computer consultant Kristen Butler is available to meet and assist up to two people in personalized computer consulting. Want to fully understand the iCloud and backup? Want to make certain your devices are synced? Want to know if you have the proper updates and software on your computer? Want to create a photographic presentation or video for a special occasion? These



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

are just a few items that Kristen can help you with. Meetings will be held in the Lexington Community Education office and the charge is \$120 per hour for up to two people. There is a minimum of a two hour meeting. To arrange a time with Kristen please contact the LCE office at 781 862 8043.

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 October 22, Lexington High School, Room 222, \$75/Seniors \$60.

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.

Art Studio: Pastel and Charcoal (Grades 2-6)

Instructor: Alma Bella Solis

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

KPAC, 8 Mondays, 3:30-5:30 pm. Begins September 16, Lexington High School, Room 167, \$220

Calligraphy (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 toward the end of this session. Mastery can be achieved by a focus on penmanship skills in both print and long hand, as well as practicing and using the skills learned in class. Please see the LCE website for a list of supplies to be purchased prior to the first class.

KCAL, 8 Tuesdays, 3:30-5:30 pm. Begins September 27, Lexington High School, Room 167, \$220.



THE 5C'S OF SUCCESSFUL ADHD PARENTING
with Dr. Sharon Saline, page 3

Heartsaver CPR

Instructor: Court Booth

American Heart Association Heartsaver CPR teaches how to recognize and respond to cardiac emergencies, including CPR life support for adults, children, and the AED. Additional certification in Infant CPR optional. Materials (current text), certification and supplies included in the fee.

KCPR, 1 Monday, 5:00-8:15 pm. Meets October 7, Lexington High School Room 148, \$80.



DUNGEONS AND DRAGONS FOR MIDDLE SCHOOLERS

with Gerry Goolkasian, facing page

Babysitting

Instructor:

DBabysitter Training (ages 11-15)

Instructor: Windy Winters-Harrington, Safety Savvy

American Red Cross Babysitting Basics class covers a wide range of information that can help new babysitters gain the skills and confidence needed to care for infants and children. The course includes information on: how to care for infants and children; what to do in an emergency and how to stay safe; choosing age appropriate activities; recognizing, understanding and handling certain behaviors; basic first aid, epi pen training, hands-only CPR; and how to start a babysitting business. Upon successful completion students will receive a printable certificate from the American Red Cross. All equipment and materials provided. Class limited to 12.

KBTR, 2 Meetings, 4:00-7:15 pm. Meets Tuesday, November 12 and Thursday, November 14, Lexington High School, Room 167, \$130..

NEW Watercolor for Middle Schoolers

Instructor: Catherine Paladino

This class is for beginning painters as well as for those with some experience. If you would love to try watercolors but are intimidated by this flowing and unpredictable medium and don't know where to start, this class is for you. Learn techniques that will help you to bring

controlled spontaneity into your work. Each class will focus on a different special effect achieved by allowing the properties of water and pigments to work their "magic" on the paper. Quality materials will be used so that your efforts will produce the best possible result. After learning several techniques, we will apply them to specific subjects from nature such as flowers, fruit, seashells, rocks, and clouds to create stunning images. Please see the LCE website for a list of supplies to be purchased prior to the first class.

KWAT, 5 Wednesdays, 3:30-5:30 pm. Begins September 25, Lexington High School, Room 167, \$120.

Home Alone

Instructor: Officers of the Lexington Police Department

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 October 15, Lexington High School, Room 233. Free, but space is limited and pre-registration is required.

NEW Intro to Show Business (Grades K-2)

Instructor: Laura McLaine

Do you love to sing and dance? Have you ever wondered how to make a story come to life on stage? If you have, this is the class for you! Over 8 weeks, we will make scenery, costumes, write a script, and make a story come alive on stage! We will have a short production on the last day of class for friends and family. Laura is an Instructional Assistant at Diamond Middle School and teaches Show Business at Explorations.

KISB, 8 Tuesdays, 3:30-5:00 pm. Begins September 24, Lexington High School, Room 173, \$160.

ALL CLASSES MEET AT LEXINGTON HIGH SCHOOL UNLESS OTHERWISE NOTED

NEW College Financial Toolkit for High School Students

Instructors: Sumeit and Sanjay Aggarwal

Give your college bound kid the ultimate going away gift. As your 10th – 12th graders start planning for college in the coming years, don't forget to pack the financial toolkit in their bags. In this workshop, we will introduce the personal finance tools that they are going to need as they start to make independent financial decisions. Get hands-on practice and experience with pay stubs, banking, savings, credit cards, credit score, taxes and more. Attendees will walk out with a list of financial to-dos that will give their high school graduation checklist a head start. This class will be co-taught by Sumeit and Sanjay Aggarwal. They have written this course with a focus on building financial literacy as a life skill in young adults.

KCFT, 1 Friday, 7:00-8:30 pm. Meets September 27, Lexington High School, Room 221, \$25.

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 November 6, Lexington High School, 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 October 16, Lexington High School, Room 231, \$90.

Dungeons & Dragons for Middle Schoolers

Instructor: Gerry Goolkasian

This ever popular game of logic and imagination begins with the creation of characters with the rolling of dice. You and your collaborators guide your characters through an imaginary journey encountering exciting adventures along the way. Your journey is referred to as a "campaign" which is creatively structured like the plot of a good book by one player known as the Dungeon Master. This player is usually a more experienced player. In Week 1, we will begin taking requests to write and run campaigns, and then create characters. After that our imaginations will guide us onward. Both experienced players and beginners are welcome. Students will have an option to play a game of Crack-About in the gym each week. Please note this class meets on Tuesday and Thursday afternoons: December 3, 5, 10, 12, 17, 19.

KCDD, 6 sessions, 3:00-6:00 pm. Begins December 3, Clarke Middle School, Room 227, \$125.

Beginning Japanese for Young People I (for Ages 10+)

Instructor: Amy Franks

This course introduces students with no previous Japanese language experience to basic conversation, grammar, and the *hiragana* writing system. Through our study of these three subjects, we will also explore cultural issues such as polite language and Japan's integration of foreign words and ideas. Basic conversation and cultural topics include greetings, self-introductions, food and drink, shopping, popular culture, *manga* and *anime*, and other topics of interest to students.

KATA, 8 Thursdays, 4:00-5:30 pm. Begins September 26, Lexington High School, Room 173, \$165/Seniors \$148.

NEW Beginning Japanese for Young People II (for Ages 10+)

Instructor: Amy Franks

This course is a continuation of Beginning Japanese for Young People I. Taking up where the previous course ended, students will further develop their skills in four core areas: speaking, listening, reading and writing.

KAT2, 8 Thursdays, 4:00-6:00 pm. Begins September 26, Lexington High School, Room 173, \$165/Seniors \$148.

NEW Ballet II (for Ages 10 - 14)

Instructor: Kendall Sealey, db Studios

Ballet II is a 90 minute class that will help your dancer develop a deeper understanding of both the technical and artistic aspects of the art form. In ballet 2 students begin to work on more complicated adagio, petit allegro, as well as turning variations. In ballet 2 we emphasize the importance of good posture, poise, strength, and agility. Using both barre exercises as well as center work students will gain a well rounded understanding of the principals of ballet, and the importance of good technique.

KBAL, 11 Thursdays, 5:15 - 6:45 pm. Begins September 19, Class is held at db Studios, 442 Marrett Road, Lexington, \$300.



David Lenoir teaches Home Downsizing 101, page 33.

NEW Hip Hop I (for Ages 7-9)

Instructor: Kendall Sealey, db Studios

Hip Hop 1 will introduce your child to the wonderful world of hip hop dance! Your dancer will learn about isolations, musicality, self expression and more. This class is perfect for those who are new to dance, or have had less than a year of dance class! Class is held at db Studios, 442 Marrett Road, Lexington.

KHIP, 11 Thursdays, 3:15 - 4:15 pm. Begins September 19, Class is held at db Studios, 442 Marrett Road, Lexington. \$250.

NEW Contemporary Dance I (for Ages 7-9)

Instructor: Kendall Sealey, db Studios

Contemporary Dance I is a great introduction to the art of contemporary dance. Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Students will be exposed to jazz dance terminology, posture/poise, turns, leaps, and more!

KCONT 9 Mondays, 5:00-6:00 pm. Begins September 16, Class is held at db Studios, 442 Marrett Road, Lexington. \$210.



A BIG BAND EXTRAVAGANZA!

Featuring Jerry Bergonzi and other guests, page 8

Jazz in the Middle

Instructors: Toby Forman and Gregory Tracy

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

KLHS, 10 Wednesdays, 3:30-5:00 pm. Begins September 18, Lexington High School, Room 131, \$170.

Test Prep/College Planning

Lexington Children's Chorus

Instructors: Angela Carpenter and Allison Iannuzzi

The Lexington Children's Chorus is for students entering Grades 4-6 in the 2019-2020 school year (by audition). During our weekly rehearsals, singers will experience team-building, ear training, vocal development, reading and aural skills, and so much more! We will be sharing the stage with the Lexington Symphony Orchestra at their Carmina Burana performance (November), their 25th Annual Holiday Pops Concerts (December), and their Spring "Music in the Movies" Concert (May)! In addition to these exciting opportunities to perform with the Lexington Symphony Orchestra, we will also perform our own LCC Concert in May!

For more information visit:
lexingtonchildrenschorus.com

Lexington Destination Imagination: Creativity and Problem Solving for Kids

Destination Imagination (DI) is a program that teaches STEM principles as well as performing arts to K-12 students through creative and collaborative problem solving challenges. Team members work together to develop a solution to one of 7 new challenges each year and present their solutions at a tournament in March. Through the challenges, students learn and experience the creative process from imagination to innovation and learn the skills needed to succeed in school, career and life, including teamwork, communication, project management, perseverance, creative and critical thinking, and self-confidence. The interesting and challenging part is that only students can provide solutions! Any adult advice or help is considered "interference" and is against the rules. This is so that children are empowered to find a solution through their own creativity and collaboration. **For more information about the program and how to register visit: lexdi.org**



SPEAK THE SPEECH: (OR HOW TO GIVE YOUR OWN TED TALK)
page 15

In Control: Crash Prevention Training

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

Driver Education

Instructor: CS Driving School

Registration for Driver Education is now online. 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. The cost for the course is \$740. To register for upcoming Lexington Community Education Driver Education classes: Go go: <http://csdriving.com/locations.html>, Select "Lexington High School," Click "Enroll," Complete the registration process. Submit your payment of \$740

ACT Prep for the December Exam

Instructor: David Bell

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

PCOL, 10 Wednesdays, 6:30-8:30 pm.
Begins September 18, Lexington High School, Room 231, \$335.

SAT TEST PREP

Writing and Language/Essay SAT Prep for the November/December Exam

Instructor: Christen Walters

Develop the grammar, structural, infographic, and comprehension skills necessary for the writing test. For the new essay, learn the specific strategies needed. Students will have the opportunity to craft essays and receive feedback on their writing skills. Required Text for classes: *The Official SAT Study Guide*, published by the College Board.

PSWR, 6 Wednesdays, 6:30-8:30 pm.
Begins September 18. Lexington High School, Room 220, \$200

Reading SAT Prep for the November/December Exam

Instructor: Christen Walters

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, 6 Tuesdays, 6:30-8:30 pm.
Begins September 17, Lexington High School, Room 220, \$200.

Math SAT Prep for the November/December Exam

Instructor: Chris Doucette

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

PSAM, 5 Mondays, 6:15 - 8:45 pm.
Begins September 16, Lexington High School, Room 232, \$200.

PMST, 6 Thursdays, 3:30-5:30 pm.
Begins September 19, Lexington High School, Room 230, \$200.



The College Interview, What to Expect and How to Prepare, with Karen Mechem, this page.

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 a 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. Class will be co-taught with Aaron Ladd.

PFIT, 1 Tuesday, 6:30-8:00 pm. Meets September 24, Lexington High School, Room 226, \$25.

You Can Afford College If...

Instructor: Donald Anderson

If... you plan in advance; you understand the financial aid process; and you act early enough to be successful. Financial aid goes to the families who plan in advance—ideally before December 31 of the child's sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process, and how implementing strategies may increase a family's eligibility even if you have a "high income" or own

a business. The greatest amount of financial aid goes to the families who act in the years before college. Remember: procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. Tuition is \$25 for two adults in the household. For more information please visit our website at www.collegefundingadvisors.com.

PMFA, 1 Tuesday, 6:30-8:30 pm. Meets October 15, Lexington High School, Room 226, \$25.

The College Interview – What to Expect, How to Prepare

Instructor, Karen Mechem

Learn the skills you need for a successful college interview. This one meeting seminar will cover: What questions might you be asked? What questions WILL you be asked? What questions should you ask? What should you wear? What research should you do before the interview?

PINT, 1 Thursday, 7:00-8:30 pm. Meets September 19, Lexington High School, Room 232, \$25.

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. Class will be co-taught with Aaron Ladd.

PADM, 1 Thursday, 6:30-8:00 pm. Meets September 19, Lexington High School, Room 225, \$25.

NEW Giving Your College Bound Student-Athlete a Competitive Advantage

Instructor: Nick Michael, Founder Odyssey College Search

Assisting the college bound student-athlete has become more complex than it is for the non-athlete. While getting into the best college remains the same objective for all students, the process and timetable are quite different. Research shows that being a student-athlete, regardless of gender or sport, increases the chances of being accepted into college. This course will educate parents of 9th, 10th and 11th grade student-athletes to harness this process and leverage their child's athletic ability to improve academic outcomes. The underlying premise of our approach is to focus on the preferences of the individual student-athlete and match the student's preferences with colleges which share the same attributes. The coaches and admissions offices of these selected colleges become the target of an outreach email campaign written to make each school aware of your child's interest and abilities. Maintaining this communication plan increases the likelihood of your child being recruited and, ultimately, accepted. This course will assist parents and students make objective, fact-based decisions using case studies to demonstrate successful outcomes and will identify action items required to successfully navigate the recruiting process.

PNSA, 1 Wednesday, 6:30-9:00 pm. Meets October 23, Lexington High School, Room 166, \$30 per adult/student pair.



ESTATE PLANNING 101
with Rebecca O'Brien, page 32

Parenting Perspectives

NEW Keep Calm and Parent On: The Positive Parenting Guide You Never Knew Existed

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 Monday, 6:30-9:00 pm. Meets October 21, Lexington High School, Room 225, \$33.

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 September 24, Lexington High School, Room 229, \$30/Seniors \$25.

NEW Warm Discipline: Fostering a Parent-Led Home

Instructor: Jennifer Goodman

We all know those stressful days when we're trying our hardest to be kind to our children, but it seems like they're not listening to a thing we say! This workshop will introduce a model of discipline for our times, based on the principle of orienting young children to listen to the wisdom of adult direction and being considerate of others, so they can make good decisions when they're older and more ready. We will explore a developmental approach, building through the three stages of childhood, and we'll also discuss concrete tools for everyday struggles, like transitions, food issues, and peer interactions.

PWDW, 1 Saturday, 1:00 - 4:00 pm. Meets October 5, Lexington High School, Room 220, \$40.

Cooking

NEW Heart Smart Snacks

Instructor: Elissa Goldman

In this 60-minute interactive class, you will learn how to prepare simple, delicious and heart-healthy snacks from a local food and nutrition expert. Class includes an interactive cooking demonstration, samples of all dishes prepared, along with recipes, skills, and important nutrition education to prepare these snacks at home. Class includes three simple and delicious recipes including Fall themed flavors! A \$15 food fee is payable to the instructor in class. This class may be filmed for broadcast.

NHSS, 1 Wednesday, 6:30-7:30 pm. Meets October 2, LexMedia Studio Kitchen, 1001 Main Campus Dr., Lexington, MA. \$30.

NEW Cooking Quick, Simple, and Fresh

Instructor: Elissa Goldman

In this 75-minute interactive cooking class, participants learn how to prepare three simple and delicious no-cook recipes that have heart healthy components and ingredients. Class includes a cooking demonstration for each recipe followed by participants preparing the recipe, samples of all dishes prepared, along with the recipe handouts and important nutrition education to prepare the recipes at home. The recipes include a: roasted red pepper and hummus wrap, overnight oats, and a sweet or savory toast (pesto tuna or peach and pistachio). A \$20 food fee is payable to the instructor in class. This class may be filmed for broadcast.

NQSF, 1 Tuesday, 6:30-8:00 pm. Meets September 24, LexMedia Studio Kitchen, 1001 Main Campus Dr., Lexington, MA. \$30.

A Culinary Tour of H Mart

Instructor: Debra Samuels

The Asian supermarket H Mart is 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. "Shop with a recipe; that helps to focus your task" says Samuels. 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. Meet at the entrance of the Food Court.

NHMT, 2 Tuesdays, 6:30-8:30 pm. Begins September 24, meeting at H Mart, 3 Old Concord Rd, Burlington, \$75.

Tea: 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 Tuesday, 7:00-8:30 pm. Meets November 12, Lexington High School, Room 143, \$25.

Home Baking Skills

Instructor: Mimi Fix

In this class, we're moving out of the kitchen and into the classroom for a comprehensive discussion of baking techniques and methods. Bring all your baking questions! In one short evening you'll learn shortcuts and tricks for best baking results. 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 October 17, Lexington High School, Room 143, \$35/Seniors \$30.

Home, Hobbies and Travel

Residential Addition 101

Instructor: Nancy Dickinson

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

FRES, 1 Tuesday, 6:30-8:30 pm. Meets September 17, Lexington High School, Room 225, \$25/Seniors \$20.

Home Downsizing

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 October 17, Lexington High School Room 226, \$25/Seniors \$20.

Smart Planning for European Vacations

Instructor: Wim Nijenberg

Learn to book the best possible products and services - air, hotel, ground transportation and sightseeing - from an expert with decades of experience. Whether traveling individually or with a tour or cruise, become aware of the many discounts in Europe and avoid missed opportunities. Even if you've already made your arrangements, you can still benefit from this information-packed evening. Participants receive access to Travel to Europe two proprietary websites



Organization 101, and Coaching to Conquer the Clutter with Francesca Verri, this page.

- the Simplify Planning your European Vacation tutorial, and the Europe Vacation Resource Center for 19 countries. You also receive your family's personal Europe Vacation Discount Pass.

FEUR, 1 Tuesday, 7:00-9:00 pm. Meets November 19, Lexington High School, Room 226, \$25. Seniors \$20.

NEW Planning a Stress-Free Wedding

Instructor: Donna Kim

Whether you are the bride, a parent of the bride or someone interested in the business of being a wedding planner, this class has something for you. The current trend is that weddings seem to be getting more elaborate and detail oriented. But where do you start if you want a beautiful wedding and have no idea where to begin? In this class we will discuss the steps needed to create a wonderful and stress free wedding. The class structure will include: an introduction to different types of weddings and creating a budget; an overview of Vendors - where to find them and how to select them and how to read their contract; the wedding invitation/website/hashtag/social media, The Wedding Ceremony & Reception; and the actual wedding day schedule and how to organize the day. Come learn from an experienced wedding planner professional to make the day as stress free (and enjoyable!) as possible. A materials

fee of \$20 is payable to the instructor at the first class.

FWED, 5 Tuesdays, 7:00-8:30 pm. Begins September 24, Lexington High School, Room 224, \$65.



BUYING AND SELLING ON EBAY AND AMAZON

with Tracy Marks, p. 27

Organization 101: Steps to Get and Stay Organized

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 4 steps in the process to get organized, and the 3 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, 6:30-8:00 pm. Meets September 26, Lexington High School, Room 225, \$40.

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!

FCOQ, 4 Tuesdays, 6:30-8:00 pm. Begins October 15, Lexington High School, Room 229, \$150.

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Daytime Classes

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Business, Career and Finance

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

NEW Return-To-Work Strategies: Work After Caregiving

Instructor: Leanne Rodd

Are you contemplating a jump back into the job market after a pause for child or eldercare? Concerned about your qualifications, workplace readiness, or knowing where to start? In this one-night workshop we'll cover strategies and tips for getting clear on your direction, navigating the current job search process, and updating your job search toolkit. Participants will leave with a roadmap for pursuing their next professional steps with confidence.

BRTW, 1 Thursday, 7:00-9:00 pm. Meets September 19, Lexington High School, Room 229, \$40.

Introduction to LinkedIn

Instructor: Kristen Butler

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

CLINK, 1 Wednesday, 6:00-9:00 pm. Meets October 23, Lexington High School, Room 155, \$39/Seniors \$35.

NEW Turn Your Kitchen into a Business

Instructor: Mimi Fix

Many states, including MA, have a cottage food law that allows for baking and selling in one's home kitchen. This class will guide you step-by-step through the entire process. You'll learn how to implement market research; price, label, and package products; find wholesale and retail customers; set up a simple bookkeeping system; and begin the process of obtaining legal permits. You'll leave class with a business plan and a checklist for moving ahead. *Class meets September 19 and October 3.*

BBUS, 2 Thursdays, 6:30-9:30 pm. Begins September 19, Lexington High School, Room 220, \$49/Seniors \$45.

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 Tuesday, 7:00-8:30 pm. Meets October 1, Lexington High School, Room 222, \$20/Seniors \$15.

Finding Flexible Work and Volunteer Opportunities in Retirement

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

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

FFWV, 1 Thursday, 7:00-8:30 pm. Meets September 19, Lexington High School, Room 225, \$20/Seniors \$15.

NEW Smart about Student Loans: For Parents of High School Students

Instructor: Sumeit and Sanjay Aggarwal

It's an exciting time when you are preparing for your child's college admission, but there is a good chance that paying for college and student loans are on your mind. With this workshop, you will have a resource that can solve your problems and ease your mind as we discuss tools and resources to help you make the best decisions on college financing. Topics will include how to get started, understanding your choices to pay for college, basic terms that every borrower should know, different types of loans available, and resources that you can use to learn more about college financing. We will also walk through a sample college financing calculation and discuss how your assets impact the financing decisions.

BSSL, 1 Friday, 7:00-9:00 pm. Meets September 20, Lexington High School, Room 220, \$25.

Women and Investing 101

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 the 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 October 4, Lexington High School, Room 221, \$35/Seniors \$30.

NEW Women and Investing 201

Instructor: Sumeit and Sanjay Aggarwal

This workshop is designed for women who want to take their investing skills to the next level. In this 2-part workshop, we will go over advanced concepts of Investing such as Asset Allocation, Diversification Strategies, Understanding Fees and Monitoring your own investments. Come join us as we walk through building portfolios for different timelines and risk tolerance. Beginner level knowledge of investing is required. Beginners are encouraged to attend the Women and Investing 101 class as a prerequisite. Post-class, attendees will have the opportunity to participate (at no extra charge) in a regular 'Book-Club style' investing group where we will discuss additional topics and issues that come up as you are constructing your personal investing roadmap. This class will be co-taught by Sumeit and Sanjay Aggarwal. They have written this course with a practical focus explicitly in mind.

BW12, 2 Fridays, 7:00-8:30 pm. Begins October 25, Lexington High School, Room 221, \$35/Seniors \$30.



PLANNING A STRESS-FREE WEDDING

with Donna Kim, p. 33



Sumeit and Sanjay Aggarwal teach Women and Investing 101, this page.

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 Wednesday, 7:30-9:00 pm. Meets September 25, Lexington High School, Room 221, \$25/Seniors \$20.

How Medicare Works: An Introduction for Boomers

Instructor: Elaine Miler

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 Wednesdays, 6:30-8:30 pm. Begins September 18, Lexington High School, Room 226, \$25.



HOME BAKING SKILLS FOR PLEASURE OR PROFIT

with Mimi Fix, p. 32

Understanding Crypto Assets, Blockchain, and "Bitcoin Fever"

Instructor: Andrew Rodwin

While the media abounds with stories about the boom and bust cycle of bitcoin, most people don't understand the basic principles of how crypto assets like bitcoin work. This class fully explains the technologies "under the hood", as well as relevant tools and the crypto ecosystem. The course covers coin types, mining, forking, wallets, cryptography, blockchain and its growing adoption through the economy, transactions, exchanges, government regulation,

security, taxation, coin valuation criteria, and much more. While the course avoids investment recommendations, it provides people with the conceptual and detailed knowledge required to understand how crypto assets and blockchain might affect them personally, as well as influence society at large.

BBCT, 2 Tuesdays, 7:00-9:00 pm. Begins September 24, Lexington High School, Room 225, \$55/Seniors \$45.

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). 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 Wednesday, 7:00-8:30 pm. Meets September 25, Lexington High School Room 224, \$25/Seniors \$20.

Time, Money, and Joy

Instructor: Glenn Frank

Do you want to be happier? Do you want to make better decisions? Time and money are invariably in tension with everyone's desire to be happy. If the goal is to maximize family happiness, how do you reconcile TM&J on a day-to-day basis and when life's crossroads surface? This workshop is a step-by-step process to answer these critical questions. "Create" more time for what brings joy; alleviate financial stress, discover greater HPD (happiness per dollar) and greater HPH (happiness per hour); avoid family disasters that might look good on paper; and understand the basis of informed decisions.

BTMJ, 1 Monday, 7:00-9:00 pm. Meets October 7, Lexington High School Room 229, \$25/Seniors \$20.

Estate Planning 101

Instructor: Rebecca O'Brien

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

BWIL, 1 Tuesday, 7:00-9:00 pm. Meets September 24, Lexington High School, Room 220, \$30/Seniors \$25.

NEW Break the Habits Holding Your Career Back

Instructor: Miki Feldman Simon

What behaviors and habits are keeping you stuck? These behaviors may have worked for you earlier in your career, which is why you may be tempted to cling to them but they are preventing you from moving your career forward. The behaviors that undermine women are often different from the behaviors that undermine men. In this class, Miki will share the most common habits that hold women back. Participants will then each identify the habits that are holding them back and choose the 1 habit they will focus on changing. The most powerful thing you can do for your career is to change what's in your control, your behavior. Miki will share 5 steps every woman can take to clear their path of self-imposed obstacles, so that they can become more successful and take greater satisfaction in their work.

BFBP, 1 Monday, 7:00-9:00 pm. Meets September 23, Lexington High School, Room 221, \$40.



Rick Fentin teaches Tax Planning Strategies for the Four Major Stages of Retirement, this page.

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 Wednesday, 7:00-9:00 pm. Meets October 2, Lexington High School, Room 225, \$25/Seniors \$20.



CREATION MYTHS FROM AROUND THE WORLD
p. 13

NEW Tax Planning Strategies for the Four Major Stages of Retirement

Instructor: Rick Fentin

The new tax law has introduced some tough challenges and some new opportunities. Utilizing the best tax strategies can make a significant difference in your overall retirement picture. The spending phase of retirement is more complicated than the savings phase of pre-retirement and tax planning is often overlooked. We will cover critical tax questions to answer before retirement; the Social Security "tax trap" and how to avoid it; when to tap assets to avoid higher Medicare premiums; challenges of Traditional and Roth IRAs; estate planning and taxes and more. Come learn the four stages of retirement planning and important tax actions in each stage.

BTAX, 1 Tuesday, 7:00-9:00 pm. Meets October 15, Lexington High School, Room 225, \$25.

Body/Mind

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 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 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 Tuesday, 7:00-8:30 pm. Meets October 15, Lexington High School, Room 221, \$25/Seniors \$20.

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 October 7, Lexington High School Room 229, \$25/Seniors \$20.

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 Thursday, 7:00-8:30 pm. Meets September 26, Lexington High School, Room 221, \$25/Seniors \$20.



Glenn Frank teaches Time, Money, and Joy, this page.

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.

MOOS, 1 Wednesday, 7:00-9:00 pm.
Meets October 16, Lexington High School, Room 222, \$25/Seniors \$20.



STOP DIETING

with Sue McCombs, this page

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 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 Tuesday, 7:00-8:30 pm. Meets October 22, Lexington High School, Room 166, \$40.

Mastering the Moment

Instructor: Rick Clerici

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

MMOM, 1 Thursday, 7:00-8:30 pm. Meets November 7, Lexington High School, Room 225, \$35.

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 September 25, Lexington High School, Room 225, \$25/Seniors \$20.

The Art of Comforting

Instructor: Val Walker

This course is ideal for anyone reaching out to others who are grieving, including those of us supporting people with chronic illness, disabilities, or aging. Though we may understand and care, sometimes what to say or do can elude us. We'll explore how to put compassion into action with practical examples of comforting, and review recent research on empathy, grief, and social support to

learn best practices for helping people in distress. Finally, participants will be invited to share experiences of comforting others and learn from one another as a group.

MCOMM, 1 Wednesday, 6:30-8:30 pm.
Meets October 23, Lexington High School, Room 225, \$25/Seniors \$20.

Fixing Our Broken Sleep

Instructor: Rick Clerici

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

MSLE, 1 Wednesday, 7:00-8:30 pm. Meets October 16, Lexington High School, Room 225, \$35.

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 Tuesday, 7:00-8:30 pm. Meets October 29, Lexington High School, Room 166, \$40.



INTRO TO BUDDHISM PART I AND II

with Srinivas Reddy, page 14

Exercise and Dance

Stress Less: Learn to Meditate

Instructor: Richard Geller

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

SLLM, 4 Thursdays, 7:00-8:00 pm. Begins October 17, Lexington High School, Room 247, \$66/Seniors \$49.

Introduction to Meditation

Instructor: Sue McCombs

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

MMED, 1 Monday, 7:00-8:30 pm. Meets November 4, Lexington High School, Room 148, \$40.



BEGINNING YOGA

with Helen Theodosiou, p. 40

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

Afternoon Ballroom

Instructor: Kendall Sealey, db Studios

Enjoy learning the Foxtrot, Waltz, and Swing in our afternoon ballroom class. No dance experience or partner needed, students will be introduced to the wonderful world of ballroom dancing! With an emphasis on learning basic step patterns and the unique character of each dance, this is a wonderful course for beginners. Ballroom dancing is a low impact way to get some exercise, move to music, and build your confidence. Tuition is per person.

EDANCE, 10 Wednesdays, 2:00-2:45 pm. Begins September 18, db studios, 442 Marrett Road, Lexington, \$200.

Beginner Salsa

Instructor: Kendall Sealey, db Studios

Learn the basics of the wonderful world of salsa- no partner or experience needed. This class will teach you basic foot patterns and introduce students to the basic principles of timing, footwork, partnership and expression. This class will be a great way to get good exercise as well! Tuition is per person.

ESAL, 6 Mondays, 6:30-7:15 pm. Begins September 23, db studios, 442 Marrett Road, Lexington, \$120.



DANCE CLASSES FOR KIDS

See p. 29

NEW Couch to 5K

Instructor: Marcia Gerrior

Are you wondering if you could ever complete a 5k run? You absolutely CAN! Couch to 5K is a program for beginners that will give you the tools to get you to the finish line! Starting with training tips and suggested training plans for your unique ability level, this program will coach you through with a goal of completing the Genesis Battle Green Run in Lexington on Sunday, November 3, 2019! This class provides details of training programs with suggested

schedules and does not do "on the road" training. You will have everything you need to put together a program that works for you including cross training days, running days and strength training days. All you need to do is commit and get moving!

EC5K, 1 Tuesday, 6:30-8:30 pm. Meets September 17, Lexington High School, Room 225, \$25/Seniors \$20.

Introduction to Tai Chi and Eight Pieces of Brocade

Instructor: Virginia Payne

Originally one of the ancient Chinese martial arts, Tai Chi (or Taijiquan) is practiced today by students primarily as a method of exercise that cultivates physical and mental harmony in movements. Scientific studies show that Tai Chi improves and possibly prevents chronic conditions such as arthritis, heart disease and diabetes. In fact, practicing Tai Chi regularly helps reduce stress, improve balance and coordination, strengthen immune systems, and develop body awareness and confidence. Eight Pieces of Brocade is primarily designated as a form of medical qigong, meant to improve health. It consists of eight separate exercises coupled with deep breathing – which are primarily used as warm-ups in this intro class before practicing the Tai Chi form. Wear soft, comfortable clothes and soft-soled shoes, such as flat sneakers. Outdoor shoes are not permitted inside the studio. Please make sure to attend the very first class where the instructor will give a brief introduction to the history and benefits of Tai Chi and Qigong, as well as a demo of the Tai Chi form.

EVTI, 10 Thursdays, 5:30-6:30 pm. Begins September 19, Lexington High School, Room 244, \$135/Seniors \$100.

Tai Chi III

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 II" class. The first and second sections of the Tai Chi form will be further refined along with deep breathing exercises in each class. Emphasis



Asha Ramesh teaches Hatha Yoga, page 41.

will be on practicing and doing the moves correctly with fluidity. Students will also be learning new moves from the third section of the form. However, the pace of the class is customized to the level of the students. Therefore this class might or not cover all 46 moves of the third section of the form, depending on the comfort level of the students. 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.

ETC3, 10 Wednesdays, 5:30-6:40 pm. Begins September 18, Lexington High School, Room 244, \$135/Seniors \$100.

Advanced Tai Chi and Push Hands

Instructor: Virginia Payne

This class is a continuation of the "Advanced Tai Chi" class, and the students will continue to learn Tai chi Push-hands. However, they will continue to practice and improve the 108 moves of the Tai Chi basic form, 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. Outdoor shoes are not permitted inside the studio.

EITC, 10 Wednesdays, 5:30-7:00 pm. Begins September 18, Lexington High School, Room 244, \$165/Seniors \$125.

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 Tuesdays, 5:45-6:45 pm. Begins September 24, Barre3 Studio, 158 Great Road, Bedford, \$110.

E2BR, 8 Thursdays, 8:30-9:30 am. Begins September 26, Barre3 Studio, 158 Great Road, Bedford, \$110.

Power 8: Strength and Flexibility Exercises

Instructor: John Deming

Simple exercises done daily will improve your posture, core strength, and flexibility. You will learn a set of twelve sequential exercises designed to be done in eight to sixteen minutes. We will leave time

to answer your individual questions and suggest exercise modifications and adaptations when necessary.

EPW8, 3 Mondays, 7:00-8:00 pm. Begins October 21, Lexington High School, Room 140, \$40/Seniors \$35.

Stretch & Tone

Instructor: Kendall Sealey, db Studios

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

ESTRETCH, 6 Saturdays, 12:00-1:00 pm. Begins September 21, db studios, 442 Marrett Road, Lexington, \$120.



THE MUSIC OF DUKE ELLINGTON
with Jeffrey Leonard, page 14

Beginning Yoga

Instructor: Helen Theodosiou

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

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



Linda Del Monte teaches Joyful Yoga, p. 42.

Advanced Beginner Yoga

Instructor: Helen Theodosiou

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

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

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, 5:00-6:30 pm. Begins October 21, Lexington High School, Black Box, \$35.

E2POS, 2 Mondays, 6:30-8:00 pm. Begins October 21, Lexington High School, Black Box, \$35.

NEW Yoga and Posture Workshop for Parkinson's Disease

Instructor: Helen Theodosiou



This is a workshop for anyone with Parkinson's Disease who wishes to engage in a yoga practice to strengthen and lengthen the muscle groups that support posture. We will learn cues that help with postural alignment and balance, and practice poses that can also aid in alleviating pain. There is a breathing and relaxation component to the class. The class is limited to six participants, so that individual attention can be given to each student's unique situation. Students will work safely in their comfort level, using a chair for support if needed. Caregivers are welcome. Class will meet November 4 and November 18.

EPRO, 2 Mondays, 5:00-6:30 pm. Begins November 4, Lexington High School, Black Box, \$35.



TURN YOUR KITCHEN INTO A BUSINESS

with Mimi Fix, page 34

NEW Yoga and Posture Workshop Refresher

Instructor: Helen Theodosiou

If you attended a Yoga and Posture Workshop in the past and would like to revisit the material, this workshop is for you. We will review the principles of postural alignment and the yoga poses we practiced, building on this foundation. We will also look at how we have been able to integrate the poses and postural awareness into our daily lives, exploring the challenges, pitfalls and successes. Please bring a yoga mat and towel. Please bring a Yoga Mat to class. Class will meet November 4 and November 18.

EREF, 2 Mondays, 6:30-8:00 pm. Begins November 4, Lexington High School, Black Box, \$35.

NEW Yoga for Better Balance

Instructor: Shari Solomon

Strengthen the muscles around your center and take control of your center of gravity. You will learn exercises for the torso, hips, gluts, and low back to help you balance better. Class will cover exercises to invigorate the thighs, calves and ankle muscles for agility in walking, turning, standing up and sitting down. This yoga workshop will bolster your coordination, concentration and confidence. All levels are invited and remember the wall will be there for you.

EBAL, 2 Tuesdays, 11:30 am -12:30 pm. Begins September 17, Hancock Church, \$25/Seniors \$20.

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 the breath. Postures are basic, without compromising on the wellness they deliver. The format changes from one week to another, allowing for variation and multiplicity in poses. The yoga you take home will allow customization to suit your mood and needs. Dress comfortably and bring your own mat.

EHYO, 9 Wednesdays, 7:00-8:00 pm. Begins September 18, Diamond Middle School, Room 180, \$145/Seniors \$115.



Virginia Payne teaches Tai Chi, pages 39–40.

Joyful Yoga

Instructor: Linda Del Monte

Beginners, and intermediate students can enjoy this style of yoga, known as a “celebration of the heart.” This is yoga that combines a Kripalu (heart-centered) and a detail-oriented style. We will work on finding balance, distributing weight equally, and aligning the body in a therapeutic way that will keep you safe, and also offer you many challenges, if you wish. Either way, the joy will come. Yoga mat required. Wear comfortable, loose fitting clothing, and bare feet.

EYFW, 11 Wednesdays, 11:30 am-12:45 pm. Begins September 18, Hancock Church, \$220/Seniors \$180.

EYF2, 12 Fridays, 12:15-1:30 pm. Begins September 20, Hancock Church \$240/ Seniors \$198.

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, 11 Thursdays, 11:00 am-12:30 pm. Begins September 19, Hancock Church, \$180.

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. Please note there is no class on September 24.

EYEN, 11 Tuesdays, 9:15-10:45 am. Begins September 17, Hancock Church, \$215/ Seniors \$165.

Gentle Yoga

Instructor: Eleonora Cordovani



Our lives are often in a rush, and yoga is our chance to have a break during the week: a chance to have one hour for ourselves here and now. This class is appropriate for beginners as well as the student who prefers a softer, gentler approach to

yoga. We will move slowly and mindfully, allowing every student to move safely into each pose (Asana), with sufficient time to make proper adjustments.

Gentle Yoga is a slow-paced, meditative and relaxing practice, focusing on the breath (pranayama), and offering nurture, kindness and compassion for the body. Please bring a yoga mat to class. Blocks and a yoga belt are recommended.

EGENT, 8 Wednesdays, 7:15-8:15 pm. Begins September 25, Lexington High School, Room 140, \$110/Seniors \$85.

Zumba®: Ditch the Workout, Join the Party!

Instructor: Ami Stix



Zumba is a cardio fitness program combining a variety of Latin and international music with dance moves.

Using music from around the world with dance, students will experience everything from salsa to belly dance to Bollywood. Each class incorporates the concept of interval training by alternating fast and slow rhythms for one hour of aerobic exercise. This is an all-levels class and NO dance knowledge or experience is required. The only requirements are sneakers, a smile and a bottle of water. (Although, a towel might be a good idea.) This class encourages students to participate comfortably at their own pace and level—wherever they may be on their fitness journey. According to the Mayo Clinic: “aerobic exercise reduces health risks, strengthens your heart and boosts your mood”. It’s a simple formula: feel the music, have fun and dance.

EZUM, 10 Mondays, 7:00-8:00 pm. Begins September 16, Hastings School Gymnasium, \$135/Seniors \$105.

Drop-In Zumba®

Instructor: Ami Stix

Students have the option to buy a five-session drop-in card that allows you to participate in any five of the 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 Ten Week EZUM course.

Our Instructors

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

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

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

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

Damian Barneschi is an art teacher at Lexington High School.

David Bell is an experienced SAT and ACT tutor.

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

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

Anne Bryer is a certified Radical Honesty teacher and trainer.

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.

Spencer Caddigan, has worked professionally in the film industry for nearly a decade, working in the grip, electric, and audio departments. He has a Bachelor's in Screen Studies from Clark University, specializing in the Film Noir period. He received a certificate degree from The Boston University Center for Digital Imaging Arts in 2012, and has been a member of I.A.T.S.E. since 2014.

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 SCCC.

Donna Calleja has worked as an artist and teacher of visual arts for thirty-five years. Her recent exhibits include *MJ1* at ConcordArt, *Spring Awakening* at Belmont Gallery of Art, and *Inspired Views* at Montserrat College of Art. Her work can be viewed at www.donnacalleja.com

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

Angela Carpenter is the Music Specialist at Harrington Elementary School (Lexington, MA). She attended the Eastman School of Music (Rochester, New York) where she received her Bachelor of Music and Master of Arts degrees in Music Education.

John Chamberlain is an eighth grade English teacher at the Clarke Middle School.

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

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

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

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

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.

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

Chris Doucette is a veteran Lexington High School 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 to return to the workforce.

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

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

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

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

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 for more information.

Marcia Gerrior, M.Ed., is a Physical Education and Wellness Teacher and Certified Adapted Physical Educator (CAPE) at Harrington Elementary School.

Karen Girondel is a retired Lexington High School teacher of French language and culture.

Elissa Goldman owner of Nutrition by Elissa LLC, is a Boston based food and nutrition expert. As a licensed Registered Dietitian, Elissa has extensive experience working in diverse settings and with multiple health concerns. As a Dietitian in private practice, Elissa focuses on making general healthy eating and meal preparation simpler for busy people.

Jennifer Goodman, M.Ed., is a trained Waldorf Collaborative Counselor, Simplicity Parenting Coach, and Social Inclusion Coach, with an M.Ed. in Counseling and a B.A. in philosophy.

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).

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

Ben Heath is a professional actor and fight choreographer in the Boston area. He graduated from Emerson College with a BA in acting and directing in 2014 and since then has been acting on both stage and screen. Recent area credits include Oliver in *As You Like It* (Brown Box Theatre Project), Rick in *Six Degrees of Separation* (Bad Habit Productions), and fight choreographer for Hamlet (Brown Box Theatre Project).

Sharon Heermance, Ph.D., is a psychologist with a private practice in Arlington, MA. Higher education includes a doctorate in counseling

psychology from Boston College and a Master of Arts in Teaching from Brown University. She has led workshops with Lexington and Arlington Community Education that integrate poetry with mindfulness. To learn more about the instructor, check out her listing at www.psychologytoday.com

Allison Ianuzzi is an experienced performing arts educator, having taught music and drama to students in Pre-K through eighth grade for the past nineteen years.

Jillian Johnson is a sixth through eighth grade Special Ed/English Language Arts teacher at the Clarke Middle School.

Poornima Kirby has taught acting and theater arts at the Nirmal Arts

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

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

Donna Kim is the owner of The Perfect Details, and a wedding and event consultant. She is a trusted and highly sought after wedding planner and designer with over 16 years of experience.

Richard Knisely spent 25 years on air as the champion of local musicians at WGBH Radio, Boston. His Classical Performances™ program introduced people to music new and old from the concert halls and summer festivals of the New England region. With a master's degree in piano and composition from Boston University, Richard is strongly committed to helping people appreciate the importance of great music in our culture and our lives.

Rachel Kuberry is the District Wide Assistive Technology Specialist for Lexington Public Schools, licensed in severe special education all levels and instructional technology.

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

Stephanie Lawrence 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.

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

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

Jeffrey Leonard served the Lexington Public School for 34 years as Band/Jazz Director and Performing Arts Coordinator. Groups under his direction were invited to perform at Boston's Symphony Hall, Chicago's Orchestra Hall, New York's Lincoln Center, the Monterey Jazz Festival and the Montreux Jazz Festival. Following his retirement, he works at The Boston Conservatory and Berklee College of Music as an assistant

professor and as the Co-director of New England Conservatory's Youth Jazz Orchestra.

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

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

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.

Laura McLaine is an Instructional Assistant at Diamond Middle School and teaches Show Business at Explorations during the summer.

Karen Mecham is a retired teacher from the Lexington High School English Department and has taught SAT Preparation since 1977.

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

Nicholas Michael is the founder of Odyssey College Search.

Elena Neva is a native Russian speaker and a faculty member at Bunker Hill Community College in the Foreign Language Department.

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 is an accomplished painter and art teacher.

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

Catherine Paladino is an art and science teacher with more than 10 years of experience and has written several award-winning children's books.

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".

Andrea Pizzi is a licensed Zumba and Zumba Gold instructor. She is an active wellness seeker that enjoys the benefits of dance for brain health, cardiac care, creative self-expression and increasing body confidence.

Rosemary Previte 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.

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.

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

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

Kendall Sealey trained in ballet for over 18 years, has her B.F.A in dance from Point Park University,

and is a Fred Astaire National Rhythm Finalist, as well as a regional Standard Champion.

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 Executive Coach who helps people become the best version of themselves, personally and professionally. Miki founded IamBackatWork to help women who have taken a career break, return to the workforce, fulfill their professional careers and regain their confidence and independence.

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

Shari Solomon believes that yoga can nurture, calm, and support a person. Her wish is to have her students bring whatever they learn on the mat into their daily lives. Shari is certified in Hatha, Yin, Prenatal and Curvy Yoga.

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 has danced since childhood. It remains her passion and favorite vehicle for exercise and to pursue a healthy lifestyle, connecting the mind, body and spirit. In her opinion, Zumba provides the perfect format to experience the true joy of movement and all its benefits. Her goal is to create a safe space where students can pursue their fitness goals, build confidence and inspire each other. Ami has lived in Lexington with her husband and two boys since 1997.

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.

Leora Tec is the founder and director of Bridge To Poland, which creates immersive travel experiences that focus on Jewish life in Poland and how it is being commemorated today. www.bridgetopoland.com

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

Cammy Thomas' 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.

Gregory Tracy is an instrumental music instructor in the Lexington Public Schools.

Yisel 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. Yisel 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

Christen Walters received her Bachelor's Degree in English and Secondary Education and her Master's Degrees in Curriculum and Instruction both from Boston College. She is currently an 11th and 12th Grade English Teacher at Lexington High School. She has been teaching at Lexington High School for seven years.

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 an expert in helping beginners enjoy the practice of yoga, while taking more experienced students to their maximum pose and protecting the body with the use of props when needed.

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



Amy Stix teaches Zumba®: *Ditch the Workout and Join the Party*, and *Drop-in Zumba*, page 42

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.

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 the 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 the 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.

No-School Dates

There will be no LCE classes or lessons on the following dates:

Monday, September 30 (no day or evening classes); Tuesday, October 8 (no evening classes); Wednesday, October 9 (no day or evening classes); Thursday, October 10 (no evening classes at Lexington High); Monday, October 14 (no day or evening classes); November 11 (no day or evening classes); November 27 (no classes after 12:00 noon); November 28 (Thanksgiving) and 29 (no day or evening classes).

Whenever Lexington High School is closed there are no LCE classes at Lexington High School. 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>.

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

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

db Studios

442 Marrett Road, Lexington, MA

Diamond Middle School 99 Hancock Street

Please enter front door only from Hancock Street entrance.

Hancock Church

1912 Massachusetts Avenue

The stone church facing the Battle Green.

Hastings School

7 Crosby Street, Lexington

Munroe Center for the Arts

1403 Massachusetts Ave., Lexington

The Waldorf School of Lexington

739 Massachusetts Ave.

barre 3 Studios - Bedford

158 Great Road, Bedford, MA

LexMedia Studios

54 Concord Ave. in the Avalon

Lexington Complex

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

Lexington Community Education

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

LCE complies with equal opportunity legislation (chapter 622 and Title IX). We are committed to serving the needs and interests of the community—adults, seniors, and children.

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

Contact Info

Lexington Community Education
146 Maple Street
Lexington, Massachusetts 02420
Phone: 781.862.8043
Fax: 781.863.5829
Email: LCE@lexingtonma.org



www.facebook.com/lexingtoncommunityed

Autumn 2019 REGISTRATION FORM | Lexington Community Education

Last Name _____ First Name _____

Street Address _____ Town or City _____ ZIP _____

Home Phone _____ Work Phone _____

E-Mail _____ Birthdate (seniors only) _____

Name of Class	Course Code**	Start Date	Amount

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

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

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

Total*

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

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

 Name as it appears on card Signature

FOR OFFICE USE ONLY:

REC'D _____

ENTERED _____

CK# _____

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

GENERAL RELEASE AND WAIVER OF LIABILITY

2019-2020 Academic Year

September 1, 2019 – June 30, 2020

Participants in Lexington Community Education classes are expected to have a good understanding of their overall health and any health problems **BEFORE** commencing any Lexington Community Education program. If there is any doubt about starting any program, a participant is strongly advised to check with their healthcare provider before beginning the program. I acknowledge that I will not seek to have the Town of Lexington, its officers, boards, departments, committees, staff, volunteers, agents and employees (collectively, the "Releasees"), held liable in the event of any personal injury, death or property damage arising out of or related to my participation in Lexington Community Education Classes, whether caused by the negligence of the Releasees or otherwise. I hereby assume full responsibility for any risk of bodily injury, death or property damage arising out of or related to my participation in Lexington Community Education Classes whether caused by the negligence of the Releasees or otherwise.

I have read and understand and accept all of the statements recited above and accept full responsibility as described.

 Student Name Student Signature Date

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



Lexington Community Education
146 Maple Street
Lexington, Massachusetts 02420

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Author Tommy
Orange
discusses his
new novel,
There There



4

*Fierce & Tender
Wisdom:*
Author Mirabai
Starr with
Musician David
Whetstone



3

Dr. Sharon
Saline discusses
*The 5Cs of
Successful
ADHD
Parenting*



9

A Big Band
Extravaganza!
with Jerry
Bergonzi, Louis
Porter, Marshall
Gilkes (pictured)
and the JCAO
Big Band

