

COMMUNITY EDUCATION

# Lexington



WINTER  
2020



### On Our Cover

The Art Object: Unidentified artist, American, 19th century

Musicians in the Snow, 1876(?) Oil on canvas 76.52 x 101.92 cm (30 1/8 x 40 1/8 in.)

Museum of Fine Arts, Boston Gift of Martha C. Karolik for the M. and M. Karolik

Collection of American Paintings, 1815–1865 47.1219

Photograph © December 2019, Museum of Fine Arts, Boston

### The Snow Man

One must have a mind of winter  
To regard the frost and the boughs  
Of the pine-trees crusted with snow;

And have been cold a long time  
To behold the junipers shagged with ice,  
The spruces rough in the distant glitter

Of the January sun; and not to think  
Of any misery in the sound of the wind,  
In the sound of a few leaves,

Which is the sound of the land  
Full of the same wind  
That is blowing in the same bare place

For the listener, who listens in the snow,  
And, nothing himself, beholds  
Nothing that is not there and the nothing  
that is.

—Wallace Stevens

From the collection, *Harmonium*,  
Alfred A. Knopf, New York, 1923. The  
poem was published in the collection  
before 1923 and hence is in the U.S.  
public domain.

### About Lexington Community Education

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

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### LCE Online

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

### Lexington Public Schools

#### Superintendent of Schools:

Dr. Julie Hackett

#### Assistant Superintendent for Curriculum, Instruction, and Professional Development:

Christine Lyons, M.Ed., PhD

#### LEXINGTON SCHOOL COMMITTEE

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**Catalog Design:** Pehlke Design



# Lexington Community Education presents

## A Lexington Writer's Life with Brian David Burrell

**AUTHOR OF POSTCARDS FROM THE BRAIN MUSEUM,  
REACHING DOWN THE RABBIT HOLE AND HOW THE  
BRAIN LOST ITS MIND**

Monday, January 13, 2020 • 7:00-8:30 pm

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



Brian David Burrell, lecturer in mathematics at UMass Amherst and the author of seven books on subjects ranging from genius to madness to mathematics, from famous brains to mental illness to the words we live by, will describe how the unique experience of growing up in Lexington at a special time in its history spurred his interest in writing, and how a sequence of serendipitous events led him from mathematics into the

study of the human brain. In his three most recent books, two of them with co-author Allan Ropper of Harvard Medical School, Mr. Burrell has focused on how brain morphology and pathology have shaped our received wisdom about human attributes, eccentricities, and aberrations. Specifically, he has delved into historical and current theories about the biological correlates of creativity, criminality, neurosis, and psychosis.

The first book of the three (*Postcards from the Brain Museum*) focuses on attempts to preserve and study the brains of famous and infamous men and women—Einstein, Lenin, Byron, and Stalin, to name a few. The second book (*Reaching Down the Rabbit Hole*) deals with the everyday practice of clinical neurology at Brigham and Women's Hospital. The third (*How the Brain Lost Its Mind*), recently published, dwells on a single insidious brain disease with a surprisingly rich history—neurosyphilis. This talk will explain how for this author one thing led to another—from the Lexington school system to other great institutions of learning and research, and eventually to the written page.

**Brian David Burrell** has appeared on the *Today Show*, *Booknotes*, and NPR's *Morning Edition*. He divides his time between writing and statistical research with neuroscientific applications.



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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.

## Constitution in Crisis:

**HOW THE POWER OF PEOPLE CAN SAVE OUR REPUBLIC  
WITH CAROL ROSE**

Thursday, January 30, 2020 • 7:00-8:30 pm

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



"We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America."

The United States Constitution, signed in Philadelphia on September 17, 1787, created a

government that put power in the hands of the people, created a Separation of Powers between three equal branches of government and laid out a system of checks and balances to ensure that no one branch has too much power. This evening, ACLU of Massachusetts Executive Director Carol Rose will discuss this still very relevant historic document.

**Carol Rose** is the Executive Director of the ACLU of Massachusetts ([www.aclum.org](http://www.aclum.org)), a nonpartisan membership organization that uses litigation, legislation, communications, and people power to promote civil rights and defend civil liberties, including voting rights, racial justice, freedom of speech, privacy, and equal protection for all. A lawyer and journalist, Rose started her career as a reporter for *United Press International*, *The New York Times*, and the *Des Moines Register*, with reporting stints in Washington, D.C., Japan, the Middle East, Nepal, Bangladesh, and Pakistan. She later became a First Amendment and civil rights lawyer before taking the helm at the ACLU of Massachusetts. Under her leadership, the ACLU of Massachusetts' has won historic legal and legislative victories in the areas of free speech, equal marriage, gender equality, criminal law reform, immigrant's rights, voting rights, privacy, and reproductive justice. She is a graduate of Stanford University (BSc), the London School of Economics (MSc), and Harvard Law School (JD), and a proud resident of Lexington, MA.

# Lexington Community Education presents

## Freedom of Speech and Dissenting Opinions

WITH ZACHARY R. WOOD

Tuesday, February 4, 2020 • 7:00-8:30 pm

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



**Zachary R. Wood** is known for his dynamic perspective on free speech, race, and dissenting opinions. Wood entered the national spotlight while a senior at Williams College, where he acted as president of the student group Uncomfortable Learning. Wood strengthened the groups commitment to inviting speakers with controversial perspectives to speak freely on the college's campus. Wood is an activist for free

speech and a firm believer that civil debate is a crucial part of one's education. He recently testified before the United States Senate on the necessity of ensuring that college campuses allow for a variety of viewpoints. Through his work with Uncomfortable Learning, Wood found himself at the center of numerous campus controversies, many of which have turned into national news stories. When he invited former *National Review* columnist John Derbyshire to speak, Wood found himself accused of racism by his fellow classmates and the event was canceled by the administration. In the aftermath, there was extensive press coverage of Wood and his work with Uncomfortable Learning, including features in *The Wall Street Journal*, *The Washington Post*, *Time*, and *The Huffington Post*. This brought widespread attention to the issue of campus censorship and cemented Wood's conviction that engaging with an opposing perspective is a catalyst for truly meaningful education. Now, Wood is taking his message beyond his college campus, and is sharing the details of his own personal story and how his own experiences inspired him to be a crusader for open dialogue and free speech. His memoir, *Uncensored*, tells the story of his troubled upbringing, from a difficult early childhood filled with pain, uncertainty, and conflict to the struggles of code-switching between his home in a rough neighborhood and his elite private school. Arguing for a new way of interacting with each other in this deeply polarized society, Wood has cemented his position as a deeply necessary voice—not just at Williams College, but for his generation. Wood was a former Robert L. Bentley Fellow at *The Wall Street Journal*, and graduated from Williams in the spring of 2018 as a Herbert H. Lehman Scholar with a degree in political science. He currently works as an Assistant Opinion Editor of *The Guardian*.

THE FIVEASH LEGACY LECTURE

## The Happiness Capacity:

MODERN HAPPINESS THROUGH AN ANCIENT LENS

WITH HAILEY-HART THOMPSON

A FILM SCREENING AND DISCUSSION

Wednesday, February 12, 2020 • 7:00-8:30 pm

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



What makes us happy?

This question is commonly posed across relationships, with family, with friends, with communities, and with ourselves. In a world that seems to be falling apart, the pursuit for long lasting happiness seems more distant than ever. In her

documentary film *The Happiness Capacity; Modern Happiness through an Ancient Lens*, Boston University researcher and Lexington High School Graduate Hailey Hart-Thompson explores how ancient ideas of happiness intersect with modern narratives in Nepal, Sweden, Denmark, Finland, Canada through fieldwork and cross cultural analysis. The talk will begin with her short documentary titled, *The Happiness Capacity*, where she begins to explain how ancient philosophy can be adapted to modern life and how many people around the world are philosophizing every day to create unique, equitable, and long lasting happiness.



**Hailey Hart-Thompson** is a junior at Boston University pursuing an Independent Major (Anthropology, Classics, and English) with a Dual Degree in Film & TV. Her freshman year, she received the Humanities Scholars Award to analyze ancient texts and conduct field on Aristotle's eudaimonic happiness in modern capacities. Her sophomore year research

focuses on the family structure of a home for displaced children in Rishikesh, India and her most recent research is on displaced families in Beirut, Lebanon. She is currently the program manager for Innovate@BU's First Year Innovation Fellowship and is developing a media and leadership collective for BU's Initiative for Interdisciplinary Approaches on Forced Displacement. She just received the Provost Scholars Award for innovative research and plans to spend the next year working with students across various disciplines to address issues of forced displacement.

## The Great Necks Guitar Trio

WITH SCOTT BORG, ADAM LEVIN, MATTHEW ROHDE

Saturday, February 15, 2020 • 7:30-9:00 pm

Scottish Rite Masonic Museum and Library

33 Marrett Road, Lexington, MA • \$30 • SGNG



The Great Necks Guitar Trio has enchanted audiences across the US with its whimsical, interactive, and daring performances. Founded by

guitarists **Scott Borg**, **Adam Levin**, and **Matthew Rohde**, the trio, through its original madcap arrangements, stretches at the conventions—and at times, the physical limits—of the guitar. “These guys aren’t afraid to shake things up and take chances,” writes *Classical Guitar Magazine*. The trio’s debut album, *Original Arrangements for Three Guitars*, released in November 2018 on the Frameworks/Sony label, reached the top 10 in the Traditional Classical Billboard charts. Praised as “supremely satisfying and original” (*Classical Guitar Magazine*), the album is an exuberant romp through several centuries of orchestral and keyboard repertoire. In Borg’s “audacious” (*Boston Music Intelligencer*) arrangement of Sibelius’ *Finlandia* and Rohde’s “engrossing” (*The Whole Note*) arrangement of Márquez’ *Danzón no. 2*, the trio telescopes the panoply of timbres, colors, and sounds heard in the orchestra through the keyhole of the guitar — that instrument once famously described by the late Andrés Segovia as “an orchestra in miniature.” In Scriabin’s *Preludes*, op. 11; Bach’s *Chromatic Fantasy*, *Toccata “Dorian,”* and *Nun Komm, Der Heiden Heiland*, and Villa-Lobos’ *Alma Brasileira*, the trio splashes new colors and carves new contours into works until now typically only known on the keyboard. In Albéniz’ *Asturias*, trio pays homage to—and “exploits every guitar trick” (*BMI*) to reinvent—one of the most familiar mainstays of the classical guitar repertoire.

As soloists, educators, and composers, Scott Borg, Adam Levin, and Matthew Rohde have distinguished careers of their own, marked by regular festival and concert appearances across five continents and a growing solo discography on the Naxos and Odradek labels. Adam Levin has been praised by the *Washington Post* for his “visceral and imaginative performances.” Of Scott Borg’s Carnegie Hall debut, *New York Concert Review* wrote: “each note was purposeful and focused.” A composer, Matthew Rohde recently completed the score to the “beautifully executed” (*L.A. Times*) 2018 HBO documentary *It Will Be Chaos*. Together, Borg, Levin, and Rohde also co-founded Kithara Project, Inc., a nonprofit organization whose mission is to promote widespread and equitable access to the classical guitar worldwide, particularly in the US and Latin America. The organization actively oversees classical guitar programs for at-risk youth in Boston, Albuquerque, and Mexico City.

## Don’t Touch My Phone:

BALANCING SCREEN TIME FOR  
21ST CENTURY DIGITAL KIDS

WITH DR. SHARON SALINE

Wednesday, February 26, 2020 • 7:00-8:30 pm

Lexington Depot, 13 Depot Square, Lexington • \$15 • SADHD



Overwhelmed by technology? Struggling to help your family, your students or your clients set limits that actually work? In this talk, **Dr. Sharon Saline**, veteran psychologist and author of “*What your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life*,” talks about raising children and teens who are out-of-the-box thinkers in today’s digital world with less arguing and more cooperation.

She shares the latest research about the effect of social media and screens on kids’ developing brains, peer relationships and risky behaviors—especially those with ADHD and LD. Incorporating the voices of kids themselves and their habits and use of screens, Dr. Saline shows you how to create consistent screen policies using meaningful incentives that promote safety, communication and cooperation. You will learn how to set up balanced relationships to electronic devices and social media and help people reconnect with each other.

**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, 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 diagnosis 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.



## A Performance of Scandinavian and Northern European Song

WITH NORTHBOUND

Sunday, March 1, 2020 • 4:00-5:30 pm

Follen Church Society, 755 Mass Ave, Lexington • \$15 • SNBD



Join us for a delightful afternoon of music with a Scandinavian-American twist! Northbound serves up an enlivening and playful mix of folk tunes, insight into traditional and contemporary

Scandinavian styles, and a dash of innovation with new arrangements and a colorful blend of languages and harmonies.

**Northbound** is group of five singers (Megina Baker, Maria Ericsson, Karin Holst, Annette Kövamees and Sonja Schmidt) and two instrumentalists (Earl Gingras and Ken Lundberg) from the Boston area with Scandinavian roots. Their music and performances are defined by a love of Nordic vocal music, long time friendship, humor, and many years of performing traditional and contemporary vocal music together.

### GIVE THE GIFT OF LEARNING!

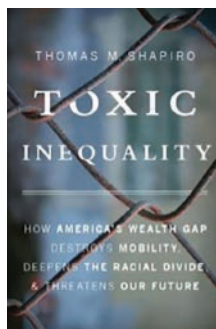
*Whether it be for a specific class or event, or a general certificate for a program of the recipient's choice, the experience of learning is always a smart gift. LCE Gift certificates do not expire and can be applied to any and all of our offerings, year round. Call 781-862-8043, or email [lce@lexingtonma.org](mailto:lce@lexingtonma.org) for more information.*

## Toxic Inequality: How America's Wealth Gap Destroys Mobility, Deepens the Racial Divide, and Threatens Our Future

WITH THOMAS M. SHAPIRO

Thursday, March 5, 2020 • 7:00-8:30 pm

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



Since the Great Recession, most Americans' standard of living has stagnated or declined. Economic inequality is at historic highs. But inequality's impact differs by race; African Americans' net wealth is just a tenth that of white Americans, and over recent decades, white families have accumulated wealth at three times the rate of black families. In our increasingly diverse nation, sociologist Thomas M. Shapiro argues, wealth disparities must be understood

in tandem with racial inequities—a dangerous combination he terms “toxic inequality.” In his book *Toxic Inequality*, Shapiro reveals how these forces combine to trap families in place. Following nearly two hundred families of different races and income levels over a period of twelve years, Shapiro's research vividly documents the recession's toll on parents and children, the ways families use assets to manage crises and create opportunities, and the real reasons some families build wealth while others struggle in poverty. The structure of our neighborhoods, workplaces, and tax code—much more than individual choices—push some forward and hold others back. A lack of assets, far more common in families of color, can often ruin parents' careful plans for themselves and their children. Toxic inequality may seem inexorable, but it is not inevitable. America's growing wealth gap and its yawning racial divide have been forged by history and preserved by policy, and only bold, race-conscious reforms can move us toward a more just society.



**Thomas M. Shapiro** is the Pokross Professor of Law and Social Policy at the Heller School, Brandeis University, where he directs the Institute on Assets and Social Policy. The author of four books, including *The Hidden Cost of Being African American* and, with Melvin Oliver, *Black Wealth/White Wealth*, he lives in Jamaica Plain, Massachusetts.

## Zen on the Trail:

HIKING AS PILGRIMAGE

WITH CHRISTOPHER IVES

Thursday, March 19, 2020 • 7:00-8:30 pm

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



*Zen on the Trail* draws on the Christopher Ives's expertise in Zen, global pilgrimage traditions, and backpacking to offer an approach to hiking—and, more generally, all forms of walking in nature—as a form of pilgrimage, as a spiritual practice that can deepen one's connection to nature, both in the woods and back at home. The book is organized around a two-day backpacking trip in the White Mountains, and it draws from anthropologist Victor Turner's theory

of pilgrimage as consisting of three stages: separation from ordinary social life, liminality, and return to society. In addition to describing Buddhist contemplative practices on the trail and an array of pilgrimage traditions around the world, *Zen on the Trail* highlights lessons that can be brought home from the trail and offers reflections on pilgrimage in a broad sense. In particular, it describes how one can wake up in nature as nature. The book has attracted the attention of not only those who venture out into nature but those who are interested in meditation, pilgrimage, sacred mountains, Asian approaches to nature, and simpler, more mindful ways of living. In his talk Ives will discuss how he came to write the book, connections between backpacking and pilgrimage, a way of hiking that is colored by Zen, bringing lessons from the trail back home, and living life itself as a pilgrimage.



**Christopher Ives** is Professor of Religious Studies at Stonehill College. In his scholarship he focuses on ethics in Zen Buddhism, and currently he is working on Buddhist approaches to nature and environmental issues. His

publications include *Zen on the Trail: Hiking as Pilgrimage*; "Resources for Buddhist Environmental Ethics" (Journal of Buddhist Ethics); *Imperial-Way Zen: Ichikawa Hakugen's Critique and Lingering Questions for Buddhist Ethics*; *Zen Awakening and Society*; a translation of philosopher Nishida Kitaro's *An Inquiry into the Good* (co-translated with Abe Masao, 1990); a translation of Hisamatsu Shin'ichi's *Critical Sermons of the Zen Tradition*; *The Emptying God* (co-edited with John B. Cobb, Jr.); and *Divine Emptiness and Historical Fullness* (edited volume). He has also published numerous book chapters and articles in the Journal of Buddhist Ethics, the Japanese Journal of Religious Studies, the Eastern Buddhist, and elsewhere. He is also on the editorial board of the Journal of Buddhist Ethics and on the steering committee of the Religion and Ecology Group of the American Academy of Religion.

COMMUNITY CONNECTIONS PRESENTS:

## Making Connections: Public Art and Community

WITH ANN HIRSCH

Monday, March 16, 2020 • 7:00-8:30 pm

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



Cambridge/Somerville-based artist **Ann Hirsch** has completed commissions in bronze and stone across the U.S. She is recognized for her Bill Russell Legacy Project at Boston City Hall Plaza, a public artwork that is part sculpture and part interactive playground. The artwork embodies a unique approach to sculpture in bronze by going beyond the traditional statue with interactive site design and the incorporation of community

engagement into design and fabrication. Other commissions include large wall sculptures for the east entry to Patriot Plaza at Sarasota National Cemetery and many site-specific monuments in bronze including a sculpture of the first female CEO in the US, Anna Bissell. In 2018, Ann was shortlisted for the first monument to real women in New York's Central Park. In addition to permanent public work, Ann is engaged in social practice initiatives with local communities. As a 2016-2017 Boston Artist-in-Residence, she worked on a 10-month project with the Vine Street Community Center in Roxbury. As partner in the multidisciplinary collaborative A+J Art+Design, she co-created the floating installation SOS (*Safety Orange Swimmers*) which was awarded 2017 Outstanding Project of the Year by Americans for the Arts. The kinetic sculpture group was commissioned as a Featured Project for ArtPrize9 in Grand Rapids, MI in 2017 and by Waterfront Toronto in 2019. With A+J Art+Design, Ann completed a permanent public artwork in bronze for Boston's oldest public square, North Square, in September 2019. *North Square Stories* is the pilot project for Boston's new Percent for Art program. This addition to Boston's landscape of public art in bronze is exceptional for the extraordinary degree of community involvement it has entailed. Ann teaches at Rhode Island School of Design and is a graduate of Barnard College, New York University G.S.A.S. and the New York Academy of Art.

### 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.

# Creating Community

## **NEW** Making a Difference for Those with Dementia

*Instructor: Carla Koehl*



Do you have a loved one who is living with dementia—or who is providing care for someone with dementia?

If you've wanted to learn more about what dementia is, and how to have successful interactions with those you encounter who live with dementia, this one-hour informational session will provide helpful information. You will leave with a new understanding of how to help reduce the stigma of dementia, and how to better engage with those living with the condition.

**PDEM**, 1 Tuesday, 10:00-11:00 am. Meets February 11, LCE, Large Conference Room, 146 Maple St, Access via 328 Lowell St. Free, but pre-registration is required.

## **Lex Eat Together**

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

## **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 March 3, Lexington High School, Room 221. Free, but space is limited and pre-registration is required.



*Lex Eat Together, this page.*

## **NEW** The Suburban Drug Problem

*Instructor: Officers from the Lexington Police Department*

Drugs continue to be a problem that transcends race, economic class and community boundaries. Drugs are not only limited to urban centers but are also readily available in the suburbs. Affluent communities such as Lexington are not immune to this problem. Detective James Rettman of the Lexington Police Department and the Suburban Middlesex County Drug Task Force will discuss drugs that are most commonly used by youth in the area. The course will also discuss early warning signs for parents to watch for if they suspect their child is using illicit drugs.

**FNAR**, 1 Tuesday, 6:30-8:00 pm. Meets February 11, Lexington High School, Room 226. Free, but pre-registration is required.

## **Simple Ways to Protect Your Home**

*Instructor: Officers of the Lexington Police Department*

The Town of Lexington has a current population of approximately 33,000 people living in about 11,000 residences. Due to its affluent status and location within the Greater Boston Area with easy access to Routes 2 and 128, it

is an attractive target for residential burglaries. Come join Detective Aidan Evelyn, Community Resource Officer from the Lexington Police Department for a discussion addressing this type of crime prevention. The course will focus on home security systems, target hardening through environmental design and other methods to make your home a hardened target for would be criminals.

**FCRIME**, 1 Thursday, 6:30-8:00 pm. Meets March 12, Lexington High School, Room 226. Free, but pre-registration is required.

## **OWLL (Older, Wiser, Lifelong Learners)**

The OWLL program presents courses at the LR&CP (39 Marrett Rd.) on a wide variety of subjects throughout the year. Winter registration begins on December 2, with classes starting in January. Three courses will be offered in the winter: one on Chopin, one on Ornithology, and one on Abilities and Disabilities in the Digital Age. Online registration also begins December 2. Lexington residents fee is \$25 per course, and nonresidents pay \$50 per course.

**For more information, go to OWLL's website: <https://friendsofthecoa.org/owl.asp>. Or email [owll.fcoa@gmail.com](mailto:owll.fcoa@gmail.com), or call 781-698-4800.**



## Around Town

### 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, 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](mailto:drose@cast.org). Tickets in advance at [VoicesOnTheGreen.BrownPaperTickets.com](http://VoicesOnTheGreen.BrownPaperTickets.com)**

#### THE CARY LECTURE SERIES PRESENTS **"Can't Help Myself: Lessons & Confessions from a Modern Advice Columnist" with Meredith Goldstein**

Meredith Goldstein has written The Boston Globe's advice column, Love Letters, for over a decade and also hosts the Love Letters podcast. She's encountered thousands of people's love problems. What has she learned about relationships? How do modern letters compare to the ones Ann Landers received years ago? How does one become an advice columnist to begin with? Meredith will talk about her work and explain why advice columns will forever be popular. She's written a memoir, *Can't Help Myself: Lessons & Confessions from a Modern Advice Columnist*, and two novels: *Chemistry Lessons*, for young adults, and *The Singles*, about a group of dateless guests at a wedding.

**Saturday, March 21, 2020, 8:00 pm. Cary Hall, 1605 Massachusetts Avenue, Lexington.** Cary Lectures are free to all and tickets are not required. Arrive early for the best seat! For more info visit: <http://carylectureseries.org/>

### Winter Classes at LexMedia

All classes at LexMedia are free and available to people who live, work or attend school in Lexington. For more information contact: [mark@lexmedia.org](mailto:mark@lexmedia.org). To sign up for a class go to [www.lexmedia.org](http://www.lexmedia.org) and click the "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.

**7:00 pm on Jan 7, Feb 4, March 3.**  
**This class will be held on other dates as needed.**

#### Field Production 1

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

**7:20 pm on Jan 7, Feb 4, March 3.**

#### 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.

**7:00 pm on Jan 14, Feb 11, March 10.**

#### 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. Call LexMedia at 781-862-5388 for Studio Production class updates.

#### Intro to Editing Part 1 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.

**7:00 pm on Jan 16, 22, Feb 5, March 4, 19.**

#### Intro to Editing Part 2 with Final Cut Pro X or Premiere Pro CC

Moving past the basics we get into working with sound, graphics and advanced tools.

**7:00 pm on Jan 23, Feb 12, March 11, 26.**

#### 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.

**Jan 9, 21, Feb 6, 13, March 5, 18.**

#### Edit Your Podcast

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

**7:00 pm on Jan 27, 29, Feb 25, 26, March 25.**

# Humanities

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

## 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 Friday, 6:30-8:30 pm. Meets January 24, Lexington High School, Room 220, \$25/Seniors \$20.



**AN INTRO TO  
ZEN MEDITATION**  
p. 35

## Queer Victorians

*Instructor: Nancy McCarthy*

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

**HVIC**, 1 Friday, 6:30-8:30 pm. Meets January 17, Lexington High School, Room 220, \$25/Seniors \$20.



**BEETHOVEN AT THE PIANO**  
with Richard Knisely, facing page

## **NEW** George Eliot's *Middlemarch*

*Instructor: Tracy Marks*

Following the 200th anniversary of George Eliot's birth, we will read and discuss her most famous novel, *Middlemarch*, admired by Virginia Woolf as "one of the few English novels written for grown-up people." An engaging character study and exploration of 19th century society, *Middlemarch* will introduce us to the idealistic Dorothea Brooke, the narrow-minded scholar/clergyman Casaubon, and the reformist doctor/artist Will Ladislaw, who gain or fail to gain self-knowledge through conflict. Class sessions will involve mini-lectures, discussion and film clips from the BBC mini-series. Students should expect to read about 90 pages a week. Please read the first eight chapters before the first class.

**HMAC**, 8 Fridays, 12:30-2:30 pm. Begins January 17, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school. \$155 /Seniors \$120.

## Introduction to Buddhism

*Instructor: Srinivas Reddy*

Introduction to Buddhism 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. Our second class will examine 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 Buddhist sutra literature in Pali as well as various Mahayana Buddhist texts will contextualize interactive class discussions.

**HITB**, 2 Mondays, 7:00-8:30 pm. Begins March 9, Lexington High School, Room 232, \$40/Seniors \$30.



*Srinivas Reddy teaches The Bhagavad Gita: Karma, Dharma, Bhakti & Moksha, see below.*

## **NEW** The Bhagavad Gita: Karma, Dharma, Bhakti & Moksha

*Instructor: Srinivas Reddy*

The *Bhagavad Gita* or *Song of God* is a spiritual classic of ancient Indian philosophy. The Sanskrit text consisting of eighteen chapters ranges over a wide array of religious doctrines, metaphysical concepts and devotional practices. Part 1 of the course begins by providing historical/cultural context for the text and its production. In particular we will explore the central concepts of *karma* (action), *dharma* (duty) and *atma* (soul/self). Part 2 of the course builds on Part 1 and delves into the development of *bhakti* traditions (devotion). We will also focus on the seminal concept of *moksha* (liberation) as it is understood in Indian religious traditions. By reading and analyzing important verses in English translation, the course will proceed in an interactive, discussion-based modality. By reading and analyzing important verses in English translation, the course will proceed in an interactive, discussion-based modality. All are welcome.

**HGTA**, 2 Mondays, 7:00-8:30 pm. Begins February 3, Lexington High School, Room 226, \$40/Seniors \$30.

## Music Appreciation

### **NEW** Beethoven at the Piano

*Instructor: Richard Knisely*

Beethoven's piano sonatas were his laboratory. In them he developed daring new forms and ideas that shaped his later work in symphonies and chamber music. He created new forms and sounds that startled his audiences and have kept listeners mesmerized ever since. This class will survey these visionary works and how they map the development of his unique genius. An elementary ability to read music will be helpful.

**HBAP**, 9 Wednesdays, 7:00-8:30 pm. Begins January 22, Lexington High School, Room 240, \$135/Seniors \$115.

### **NEW** Winter Opera Preview

*Instructor: David Collins*

What a variety of opera there is for us this Winter! From Handel to Gershwin, with Rossini, Donizetti and Wagner, our class, using audio and video selections, will be able to prepare for and enjoy great opera thanks to the Metropolitan Opera's HD showings and live stagings in Boston. Gershwin's great American Opera "Porgy and Bess" begins our class. With his classical background and Broadway expertise, Gershwin created the most popular American Opera for which the MET is mounting a brand new production. With "Don Pasquale", Gaetano Donizetti

created his Opera Buffa masterpiece. The typical ploy of the older man desiring the younger woman is full of bubbling music and comic episodes along with a moment of sentimentality when the comedy has gone too far. "Agrippina" is Handel's first great operatic masterpiece. It is an "anti-heroic satirical comedy" involving Agrippina's attempts to get her son Nerone to succeed Claudius as Roman Emperor. The arias are as beautiful as ever. Wagner's first important opera, "The Flying Dutchman" is based on the legend of the ghost ship and the captain who swore an oath that he would round the Cape of Good Hope in the face of a violent storm. With music truly suggestive of stormy waters, Wagner equates this with the turbulent passions of the main characters, creating a riveting psychological drama. We close the class with Rossini's first opera for Naples, "Elisabetta, regina d'Inghilterra". Using the form of Opera Seria (serious opera) including the use of a trouser role (female taking the part of a male), Rossini expands the musical palette with a fuller orchestra and the use of 2 lead tenors. Of course, historical accuracy is not to be expected. Class will meet January 28, February 4, February 25, March 3 and March 10.

**HOPE**, 5 Tuesdays, 6:30-9:00 pm. Begins January 28, Lexington High School, Room 240, \$140/Seniors/\$110.

## Music Performance/Theatre Arts

### Private Music Instrument Lessons for Every Age and Level



LCE provides excellent, convenient, and reasonably priced individual music lessons with highly qualified professional musician

teachers for all interested students and adults. The following instruments are available for individual study: Baritone Horn (Euphonium), Bass, Bassoon, Cello, Clarinet, Electric and Acoustic Guitar, Flute, French Horn, Guitar, Oboe, Percussion (Drums/xylophone), Saxophone, Sitar, Trombone, Trumpet, Tuba, Ukulele, Upright Bass, Violin or Viola, and Voice. 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 length of lessons per week can be: 30 minute, 45 minute, or 60 minutes. 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/>**

### 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**, 8 Mondays, 7:30-9:00 pm. Begins January 13, Lexington High School, Room 240, \$209/Seniors \$159.



Great Necks Guitar Trio, p. 5



## Beginning Cello for Adults

*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, Beginning Cello for Adults 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 the cello with others! No audition required. You just have to have a cello, a music stand, and *Suzuki Book 1* at each class. On a rotating schedule, each class member should plan to bring a little snack to share during the break. Nothing fancy - cookies, fruit, cake, or any kind of non alcoholic beverage.

**MCLO**, 6 Wednesdays, 7:00-8:30 pm.  
Begins January 22, Lexington High School, Room 143, \$100/Seniors \$85.

## Beginning Hand Drumming

*Instructor: Alan Tauber*

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. You are welcome to bring your own drum or rent from the instructor by calling 781-316-8068. A \$5 materials fee, payable to the instructor, will cover the cost of the workbook and all written materials.

**DRUM**, 6 Tuesdays, 7:00-8:30 pm. Begins February 11, Lexington High School, Room 173, \$100/Seniors \$85.



**ART & MINDFULNESS**  
with Sue Dahl, p. 16

## **NEW** Beginning Guitar

*Instructor: Staff from Go Go Allegro Music School*

This exciting beginners guitar course will introduce students to fundamental technique and knowledge of the instrument, general musicianship and introductory level pieces of music. These classes will expose students to different styles of music and the cultures that have influenced multiple musical genres. Please bring a guitar with you to class, other materials will be provided.

**MBGU**, 6 Mondays, 11:30 am - 12:30 pm.  
Begins January 27, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school. \$160.

## Fingerstyle Guitar Workshop for Intermediate & Advanced Students

*Instructor: Staff from Go Go Allegro Music School*

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, 10:30 am - 11:30 am.  
Begins January 27, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school. \$160.



*Beginning Hand Drumming, this page.*

## Guitar Rock Band Sessions

*Instructor: Robert Butler*

Trained at Berklee College of Music, teacher performer Robert Butler has developed this six week guitar workshop focusing on the iconic melodies, riffs and driving rhythms that have been the foundation of Rock music from the 1950's to the present. Students of all levels will be guided in a relaxed yet efficient approach to the wide variety of guitar techniques so essential in playing Rock chord progressions, bassline riffs and exciting improvised lead guitar solos that shape this powerful and historic music style. Each session begins with a 30 minute live classroom demonstration. All will receive individual instruction with Mr. Butler addressing your specific questions and musical goals. Everyone, regardless of proficiency, is welcome to participate in class ensemble/ jams playing a part that matches your ability and skill level. Students are encouraged to bring to class recordings of their favorite Rock artists which will be used to demonstrate and explain technique, composition and practical applied theory. You need not be able to read classical notation to benefit from this series of informative sessions. Whether you are a beginner or an experienced player, you will achieve success as a guitarist with Mr. Butler's Guitar Rock Band Sessions. Also included: How to choose and set up your instrument, amplification and electronic effects devices to achieve the sounds heard on recordings by The Ventures, Hendrix, Santana, Dire Straits, Van Halen and many more. Each student should have an acoustic or electric guitar or bass, portable amp and a notebook. Optional but recommended, a phone or other device for recording class instruction. Mr. Butler will supply all music charts, lead sheets and texts.

**MRGW**, 6 Thursdays, 6:30-9:00 pm. Begins January 16, Lexington High School, Room 247, \$155/Seniors \$130.



**A SCRUMTIOUS INDIAN DINNER**  
with Shruti Mehta, p. 28

## Speak the Speech: 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 Thursday, 6:00-9:00 pm. Meets Thursday, March 5th, Lexington High School, Room 229, \$40/Seniors \$30.

## **NEW** Public Speaking with Confidence

*Instructor: Lau Lapides*

Are you making the impression you want to be making? Need to polish your speaking skills for work? Want to eliminate fears and anxieties of speaking? From the moment you enter a room in literally seconds you make your impression...your smile, your voice, your first few words, your style, your energy, your initial eye contact—all of these ingredients create the successful chemistry to "command presence!" In this dynamic, fast-paced exciting workshop you will strengthen and polish your speaking style by utilizing tools and techniques to help you engage your audience and polish your presentation. Build self-confidence while learning how to organize and deliver interesting and relevant content to your audience. Polish your articulation neutralize local accent/dialect, and work on breathing techniques. Develop storytelling techniques that work and engage your audience! Come dressed in comfortable clothing, bring a notebook and water. No prior speaking experience necessary!

**HPSC**, 1 Thursday, 7:00-8:30 pm. Meets February 6, Lexington High School, Room 225, \$25/Seniors \$20.



*Poornima Kirby teaches Poetry Out Loud, see below.*

## 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 Wednesday, 6:00-9:00 pm. Meets March 11, LHS, Room 229, \$40/Seniors \$30.

## Make A Joyful Noise Chorus for Adults

*Instructor: GoGo 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**, 6 Mondays, 7:15 - 8:45 pm. Begins January 13, Lexington High School, Room 173, \$135.

# Writing

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

## **NEW** Introduction to Fiction Writing

*Instructor: Karen Day*

In this workshop we will focus on the art of fiction writing – how to begin, how to structure your work and what makes a good story. Each week we will focus on a different craft element such as finding your voice, developing characters and drafting a plot. Students can expect in-class writing, sharing work, as well as peer and teacher feedback. This workshop will also feature weekly writing assignments to be completed outside of class. By the end of the workshop, students will have a greater knowledge of what makes a strong piece of fiction and leave with the beginnings of their own stories. This class is open to all levels.

**WFWW**, 6 Wednesdays, 7:30-9:00 pm. Begins January 29, Lexington High School, Room 226, \$180.



**GEORGE ELIOT'S MIDDLEMARCH**  
*with Tracy Marks, p. 10*

## **NEW** Phrasing and Grammar for Writers

*Instructor: John Chamberlain*

Learn about how the English language has a marvelous capacity for phrasing as we see examples and express ourselves. We will study seven phrase patterns (preposition, verb, past and present participle, gerund, infinitive, appositive, absolute or "zoom," and several important sentence patterns involving clauses. Sentence combining will be used to show how writers dynamically arrange ideas in greater complexity on the fly. We will also get to know the "questions answered" approach to grammar, which reveals how modifiers answer a number of basic questions as writers elaborate basic statements. You will gain confidence in staring down any sentence grammatically.

**WP&G**, 4 Wednesdays, 6:30-8:00 pm. Begins January 15, LHS, Room 224, \$65/Seniors \$50.

## **NEW** Mistakes to Avoid in Self-Publishing

*Instructors: Mindy Pollack Fusi and Erin McCormack*

Self-publishing is a classic Do It Yourself project. As with Tim the Tool Man on “Tool Time,” accidents are bound to happen, especially on the first try. Like Tim, the author who self publishes has fancy tools available, if needed, at a price: editing, formatting, cover design, marketing. But if the goal is to have control over your book, and to save money, an author can go it alone, knowing that getting a book self-published can be done—no excuses, and no depending on other’s acceptance or approval. Much of the process of self-publishing has been streamlined and made self-evident to anyone who uses computers on a regular basis. But beware—there are any number of black holes to disappear into, losing precious time and momentum. Knowing ahead of time some of the wrong steps can lead to a happy dance—and higher quality of product. Erin and Mindy will share their happy stories, and horror stories. This is not a how-to self publish class; it is for those who know the basics of self-publishing and want to learn a notebook full of advanced tips. Class will be co-taught by Mindy Pollack Fusi and Erin McCormack.

**WPUB**, 2 Thursdays, 7:00-9:00 pm. Begins February 6, Lexington High School, Room 221, \$50.



**A LEXINGTON WRITER'S LIFE**  
with Brian David Burrell, p. 3

## **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 on Wednesdays/ seven on Fridays) copies of something you have written of a memoir nature—a journal entry, a paragraph describing a relationship, a letter recounting some memorable incident in your life—to the first meeting of the workshop. The piece should be 750 words or less.

**WMEM**, 7 Wednesdays, 4:00-6:00 pm. Begins January 29, Lexington High School, Room 148, \$170/Seniors \$130.

**W2MEM**, 7 Fridays, 12:15-1:45 pm. Begins January 31, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school. \$145/Seniors \$110.

## **Poetry Writing Workshop**

*Instructor: Tom Daley*

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

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

**WPWW**, 7 Wednesdays, 6:15-8:15 pm. Begins January 29, Lexington High School, Room 148, \$170/Seniors \$130.

## **NEW** Descriptive Writing: Writing from the Five Senses

*Instructor: Tracy Marks*

Do you want your writing to sparkle with vivid sensory detail and imagery? To generate metaphors and similes revealing multiple layers of meaning and construct lyrical lines with rich alliteration evoking sound as well as sight? Through mini-lectures, discussion, in-class exercises, and workshopping of students’ writing you will learn to write more descriptively

and precisely. Class examples will be from poetry and fiction, but nonfiction writers also will benefit.

**WCRE**, 4 Tuesdays, 6:30-8:45 pm. Begins January 14, Lexington High School, Room 224, \$85/Seniors \$70.

## **NEW** Writing From Personal Experience

*Instructor: Tracy Marks*

Have you experienced memorable moments which you want to express in a poem or short work of creative nonfiction? In each class we will read and discuss exceptional examples from literature and use writing prompts for in-class writing exercises in whatever form you choose. Those who wish to share their writing may do so, with constructive feedback. All levels of writers are welcome!

**WESS**, 4 Tuesdays, 6:30-8:45 pm. Begins February 25, Lexington High School, Room 224, \$85/Seniors \$70.



**WRITING CLASSES FOR KIDS AND TEENS**  
p. 25

## **NEW** The Way of Haiku

*Instructor: Brad Bennett*



Haiku are short poems about small moments, originating in Japan but now popular all over the globe. Haiku connect us more deeply to the natural world and help us celebrate the extraordinary in the ordinary. At this fun three-part workshop, you will learn about the history, form, and structure of haiku. We will read some winter haiku by Japanese masters and contemporary English-language poets and discuss what makes them effective. With the help of writing prompts and exercises, you will write your own haiku. We’ll also save time to share our poems in a supportive atmosphere. Haiku are so much more than counting syllables!

**HHAI**, 3 Thursdays, 7:00-8:30 pm. Begins January 30, Lexington High School, Room 225, \$45/Seniors \$35.



**FREEDOM OF SPEECH AND DISSENTING OPINIONS**  
with Zachary R. Wood, p. 4



# Fine Arts, Fabric & Graphic Arts

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 the 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 January 30, Lexington Community Education Large Conference Room, 146

Maple Street, Access by 328 Lowell Street, \$165/Seniors \$125.

## Basic Drawing

*Instructor: Elena Belkova*

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

**ADRAW**, 6 Mondays, 5:00-8:00 pm.  
Begins February 3, Lexington High School, Room 166, \$185/Seniors \$140.

## **NEW** A Late Winter Scene of Hope: Chinese Brush Painting

*Instructor: Son-Mey Chiu*

There is so much beauty in late winter even though we still have to brave its snow and ice. In this course, the instructor will guide the students to complete a late winter landscape focusing on the crane, a Chinese symbol of hope and good fortune. In these four lessons, students will also learn how to use Chinese brush methods to paint rocks, hills, and early blooming trees which form the setting of the painting.

Returning students are welcome. Painting supplies for new students: approximately \$57, payable to the instructor at the first class.

**ACBP**, 4 Mondays, 1:00-3:00 pm. Begins February 24, Lexington Community Education Large Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$125/Seniors \$95.



## INTRO TO FELT MAKING

with Elizabeth Stubbs, p. 16

## 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 January 13, Lexington High School, Room 212, \$90/Seniors \$70.



*Introduction to Acrylic Painting – Daytime with Donna Calleja, p. 16.*

## Charcoal and Pastel Studio

*Instructor: Alma Bella Solis*

Using a combination of charcoal pencils and chalks, or dry pastel pencils and chalks, you will produce your own compositions interpreting subjects ranging from still life to human figures. You'll learn drawing methods including outline, contour, shading, blending, detailing and connectedness and explore perspective, proportion, and more. Class size limited to 7 students. Please 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 January 14, Lexington High School, Room 167, \$135/Seniors \$105.



**TEA: THE ELIXIR OF THE EAST**  
p. 29

## 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 art 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 January 23, Lexington Community Education Large Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$175/Seniors \$130.

## **NEW** Acrylic Landscape Painting – Daytime

*Instructor: Donna Calleja*

In four classes students will learn the basics of working with acrylic paints while creating an original landscape painting. Class one will review color mixing, composition, underpainting and a variety of styles used by landscape artists and students will begin their painting. Class two will introduce a variety of paint application techniques and students will begin to add detail and texture to their paintings. Students will complete their paintings in class three and four. How to prepare canvas and paper for future painting projects will be covered. Please visit the LCE website for class supply list.

**ADLS**, 4 Tuesdays, 9:30 - 11:30 am. Begins February 25, Lexington Community Education Large Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$88/Seniors \$65.

## **NEW** Art & Mindfulness

*Instructor: Sue Dahl*

"Mindfulness"—to pay attention, on purpose, in a particular way. It can both enhance focus and promote relaxation. Art-making is inherently mindful! Using drawing, painting, and collage, students will review a new aspect of mindfulness practice each week. This course offers artists a unique opportunity to develop goals and increase motivation for their artistic efforts. Beginning artists will be able to explore a variety of art techniques and add to their portfolios; more experienced artists will discover new ways to activate their creativity. All materials are provided. A materials fee of \$10 is payable to the instructor at the first class.

**AMMA**, 8 Mondays, 10:00 am-12:00 noon. Begins January 27, Lexington Community Education Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$155/Seniors \$115.

## **NEW** Introduction to Felt Making

*Instructor: Elizabeth Stubbs*

Felt-making is an ancient art found in many cultures. Although its origins were more practical than artistic, the old techniques have evolved and new ones have been invented, often straddling the line between art and craft. Students will

learn basic wet and needle techniques through weekly projects. Some work may occasionally need to be prepared or completed at home. Additionally, we will look at the work of a few contemporary felt artists. A materials fee of \$30 is payable to the instructor at the first class.

**AFELT**, 6 Wednesdays, 1:30-3:30 pm. Begins January 22, Lexington Lexington Community Education Large Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$135/Seniors \$105.

## 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 February 8, Lexington High School, Room 210, \$40/Seniors \$35.

## **NEW** Graphic Design

*Instructor: Damian Barneschi*

Graphic Design provides an introduction to the fundamental principles of typography, color theory, and layout as well as the theories behind effective visual messaging. Through the use of design software including Adobe Photoshop and Illustrator, students will demonstrate an understanding of industry standards, while producing personal work that expresses their individual and creative voice. To see Damian Barneschi's work, please visit his Instagram feed @dbarneschi

**AGRA**, 6 Wednesdays, 6:30-8:30 pm. Begins January 15, Lexington High School, Room 215, \$175/Seniors \$135.

## 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. Please see updated supply list on the LCE website.

**AQ&M**, 6 Mondays, 6:30-9:00 pm.

Begins January 27 and meets February 3, February 10, March 2, March 9 and March 16. Lexington High School, Room 143, \$140/Seniors \$100.

## **NEW** Weave A Set of "Mug Rugs" (Coasters) on a Cricket Loom

*Instructor: Beth Guertin*

Weave a set of six coasters/mug rugs (finished size 5" x 5") using cotton yarn in the warp and heavy linen in the weft in this three session, 9 hour class. The first class will consist of choosing colors, designing your stripe warp and warping the loom using a direct warping method in which students walk back and forth (72 times) between the loom and a peg positioned the length of the warp (90 inches). The second week we'll begin weaving and learn how to measure so each coaster comes out the same size. Students will take the loom home (on loan) to weave the coasters between classes. The third class will consist of taking the coasters off the loom, sewing the hems and learning how to wash them. Schacht Cricket Looms will be provided for student 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. A materials fee of \$20.00, for the yarn, will be paid to the instructor. Students may come to the instructors studio in Waltham to choose their colors prior to the first night of class. Please note the class meeting dates below.

**AWVE**, 3 Wednesdays, 6:00-9:00 pm.

Begins January 22 and meets January 29 and February 12, Lexington High School, Room 214, \$135/Seniors \$105.



*How to Make a Sculpture with Paul Angiolillo, facing page.*

## 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 is limited to 8.

**ADKNIT**, 9 Wednesdays, 9:30-11:30 am. Begins January 15, Meets at LCE Conference Room, (Access by 328 Lowell Street/Enter through blue side door of building), \$175/Seniors \$135.

## An Introduction to Metalsmithing

*Instructor: 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 January 14, Karenn Maraj Jewelry Collection, 95 Trapelo Road, Belmont, \$125.

## Stone Carving Saturdays

*Instructor: Scott Cahaly*

In this popular one-day workshop, you'll have the opportunity to carve your own stone, an art form that is not typically accessible. For beginners and experienced sculptors alike, you'll be guided through the process of looking into the rock for imagery, carving into material, planning and forming a sculpture, and using tools. Hand-carving techniques will be demonstrated, and stone carving lore will be discussed. We'll also touch upon safety in studio, and stone and tool sourcing. You will leave with your stone sculpture in hand. Please bring a bag lunch to class. All materials will be provided. Classes are held at Scott's Stone Carving, 80 Loomis Street (Bike Path) Bedford, MA 01730. For additional class information please visit: [www.stonecarvingdust.blogspot.com](http://www.stonecarvingdust.blogspot.com)

**ASTN**, 1 Saturday, 9:30 am - 2:30 pm. Meets January 25, Scott's Stone Carving, 80 Loomis Street, Bedford, \$140.

**A2STN**, 1 Saturday, 9:30 am - 2:30 pm. Meets February 22, Scott's Stone Carving, 80 Loomis Street, Bedford, \$140.

**A3ST**, 1 Saturday, 9:30 am - 2:30 pm. Meets March 21, Scott's Stone Carving, 80 Loomis Street, Bedford, \$140.



# ESL/Languages

## Portrait Photography

*Instructor: Scott Metzger*

Anyone can shoot a photo, but shooting a portrait is something altogether different. Portrait photography is the art of capturing not only the likeness, but also the spirit of an individual or a small group, by focusing primarily on facial expression. While there are many different styles of portraiture, the most common techniques focus on the eyes and face, while keeping other elements in soft focus. Other styles are contextual, which shoot the subject in a particular environment, such as the workplace, candid portraits, which capture the subject without their knowledge, or creative, in which the photograph is digitally manipulated for artistic effect. By the end of the class, students will feel more comfortable with their ability to make a stronger, more engaging portrait. Please bring your camera to class.

**APPH**, 4 Mondays, 7:00-9:00 pm. Begins January 13, Lexington High School, Room 220, \$88/Seniors \$66.

## 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 March 2, Lexington High School, Room 220, \$88/Seniors \$66.



**SMART PLANNING FOR  
EUROPEAN VACATIONS**

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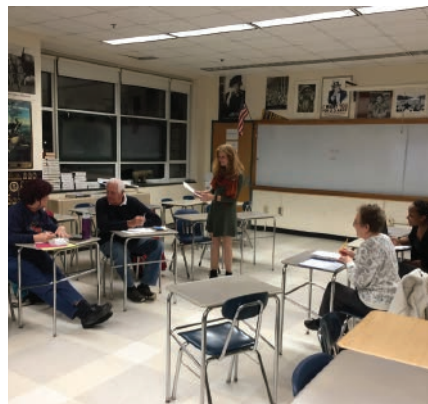
*No matter where you travel in the world, communication is the key to success. Our courses are taught by instructors who both speak well and teach well in multiple languages.*

## Beginning English – Daytime

*Instructor: Julie Leger-Fullerton*

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.

**LBEE**, 8 Mondays, 10:00-12:00 pm. Begins January 27, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$140/Seniors \$120.



*Luci Mandl teaches Intermediate German, p. 21*

## Intermediate English – Daytime

*Instructor: Julie Leger-Fullerton*

In this class we will continue to develop our written and spoken English skills by focusing on grammar and applying it in our daily lives. This class assumes that you have some basic English skills and are interested in applying what you already know and to continue developing your skills.

**LENG**, 8 Mondays, 12:30-2:30 am. Begins January 27, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$140/Seniors \$120.

## Advanced Beginning English

*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, 6:30-8:00 pm. Begins January 23, Lexington High School, Room 222, \$120/Seniors \$105.



**A CULINARY TOUR OF H MART**  
with Debra Samuels, page 29

## English Conversation – Daytime

*Instructor: Ric Calleja*

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

**LCOE**, 8 Tuesdays, 12:30-2:30 pm. Begins January 21, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$135/Seniors \$110.

## Beginning Spanish

*Instructor: Marielle Racicot*

*¡Hola!* This beginner course is for adults with little or no prior knowledge of Spanish. In this dynamic classroom environment, students will learn basic vocabulary, pronunciation and present tense verbs. Fun activities will include: dialogues, reading and writing exercises.

**LBGS**, 8 Wednesdays, 7:00-8:30 pm. Begins January 22, Lexington High School, Room 222, \$165/Seniors \$125.



Ric Calleja teaches *Español Intermedio & Avanzado a Través* / *Spanish Intermediate & Advanced*, this page.

## 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**, 8 Wednesdays, 6:00-7:30 pm.  
Begins January 22, Lexington High School, Room 221, \$100/Seniors \$75.

## NEW Conversational Spanish for Intermediates

*Instructor: Magnolia Rios*

¡Bienvenidos! Join this lively Spanish conversation class, led by an enthusiastic native speaker, and move to the next level on your language fluency. This class is for students who wish to learn, practice and increase their fluency and proficiency of spoken Spanish. Each class will have a topic of conversation that will provide a framework for students to review and strengthen grammatical structures, as well as learning more about the culture of Spanish-speaking countries.

**LSPAI**, 8 Wednesdays, 7:45-8:45 pm.  
Begins January 22, Lexington High School, Room 221, \$70/Seniors \$55

## 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**, 8 Thursdays, 10:00 am-12:00 pm.  
Begins January 23, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$135/Seniors \$110.

## Beginning Italian – Daytime

*Instructor: Francesca Bellini*

Learn the basics of the Italian language in a fun welcoming environment! Our main goal in this class will be the acquisition of a basic knowledge of the language, with special attention to the development of the four linguistic abilities: listening, speaking, reading, and writing. We will use active class discussions, videos, music, readings, and games to build solid foundations for a lasting knowledge of the language. “Nuovo Espresso 1, libro dello studente e esercizi”, L. Ziglio, G. Rizzo, Alma Edizioni, is the book we will use in class. Please note there is no class on January 22.

**LDBI**, 8 Wednesdays, 9:30-11:30 am.  
Begins January 15, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$135/Seniors \$110.

## Advanced Beginning Italian

*Instructor: Francesca Bellini*

This class is the ideal follow up to our Beginning Italian class, or equivalent. With each lesson you will sharpen your

basic knowledge of the language, learning useful communication skills, building vocabulary, and deepening your grammar understanding. You will have the opportunity to practice your pronunciation, communication, listening, reading and writing skills with active exercises, readings and discussions. “Nuovo Espresso 1, Libro dello studente e esercizi”, L. Ziglio, G. Rizzo, Alma Edizioni, is the book we will use in class along with handouts provided by the instructor. Please note there is no class on January 23.

**LIAB**, 8 Thursdays, 7:30-9:30 pm. Begins January 16, LHS, Room 222, \$135/Seniors \$110.

## Intermediate Italian

*Instructor: Francesca Bellini*

In the Intermediate Italian class, you will learn to communicate in Italian in many different settings. You will learn how to express yourself in more complex real-life situations, express your opinions, talk about yourself, and communicate your needs in an effective manner. This class is for students that are comfortable in a full immersion environment and have a good knowledge of the basics of the Italian language or have taken our beginner and advanced beginner Italian classes. “Nuovo Espresso 2, Libro dello studente e esercizi”, M. Bali, G. Rizzo, Alma Edizioni, is the textbook we will use in class. Please note there is no class on January 23.

**LIIT**, 8 Thursdays, 6:00-7:30 pm. Begins January 16, Lexington High School, Room 222, \$105/Seniors \$85.

## Italian Conversation – Daytime

*Instructor: Francesca Bellini*

This class is for students with intermediate to advanced knowledge of the Italian language. Here you will speak Italian and only Italian! We will explore different topics picking from the current news, the Italian way of life, traditions, history and Italian culture. In this class you will have the chance to immerse yourself in the modern Italian language in a fun and engaging setting. Please note there is no class on January 22.

**LICO**, 8 Wednesdays, 11:45 am - 1:15 pm.  
Begins January 15, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$105/Seniors \$85.

## Total Beginner French

*Instructor: Maurice Bombrun*

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

**LOBR**, 9 Tuesdays, 6:30-8:30 pm. Begins January 14, Lexington High School, Room 233, \$180.

**LDBF**, 9 Fridays, 9:30-11:30 am. Begins January 17, Lexington Community Education Large Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$180.

## **NEW** Beginner French I

*Instructor: Maurice Bombrun*

If you have some or long-since-forgotten basic knowledge of French, this class is for you. In the Beginner French I level course, we will assume that some basic concepts of pronunciation, grammar, and vocabulary have been studied. Students will get familiar with new vocabulary, grammar rules, verbs, and expressions through exercises to review and build on the foundation with focus on pronunciation, simple vocabulary and basic grammar. Students will learn masculine/feminine, singular/plural, adjectives, articles, possession, questions, demonstrative adjectives, present tenses of -ir and -re regular verbs, comparatives/superlatives. 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.

**LBFI**, 9 Thursdays, 12:30 - 2:30 pm. Begins January 16, Lexington Community Education Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$180.

## Beginner French II

*Instructor: Maurice Bombrun*

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

**LBFR**, 9 Tuesdays, 12:30-2:30 pm. Begins January 14, Lexington Community Education Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$180.



*Beginning, Intermediate or Conversational French with Maurice Bombrun, this page.*

## Intermediate French

*Instructor: Maurice Bombrun*

Intermediate French is for students with all basic concepts of pronunciation, grammar and vocabulary. The course quickly reviews the foundation to build upon and expand the language patterns

and grammatical structures. Vocabulary is enhanced further through simple dialogues, readings, and translations. Verbs tenses are reviewed and more are presented. Students learn how to communicate with simple sentences in applicable situations. The college-level *Contacts, Valette/Valette*, may be purchased online or from a bookstore.

**LDIF**, 9 Thursdays, 3:30-5:30 pm. Begins January 16, Lexington High School, Room 233, \$180.

## Intermediate French II

*Instructor: Maurice Bombrun*

Intermediate French II is for students who have attended Intermediate French I 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**, 9 Thursdays, 6:30-8:30 pm. Begins January 16, Lexington High School, Room 233, \$180.

## French Conversational Workshop

*Instructor: Maurice Bombrun*

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

**LFRE**, 9 Tuesdays, 9:30 - 11:30 am. Begins January 14, Lexington Community Education Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$180.

**LFFIL**, 9 Wednesdays, 7:00-9:00 pm. Begins January 15, Lexington High School, Room 233, \$180.

**LFCW**, 9 Thursdays, 9:30 - 11:30 am. Begins January 16, Lexington Community Education Small Conference Room, 146 Maple Street, Access by 328 Lowell Street. Please note class size is limited to six students, \$180.





Sumeit (and Sanjay) Aggarawal teach *Taking Control of your Financial Health*, p. 31

## Beginning German: For New and Continuing Students

*Instructor: Luci Mandl*

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 January 22, Lexington High School, Room 235, \$148/Seniors \$128.

## Intermediate German

*Instructor: Luci Mandl*

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 January 22, 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 January 21, Lexington High School, Room 231, \$165/Seniors \$148.

**LBBA**, (Beyond Beginning), 8 Thursdays, 6:30-8:30 pm. Begins January 23, Lexington High School, Room 231, \$165/Seniors \$148.

## **NEW** Beginning Mandarin

*Instructor: Hongxing Zhang*

This course is designed for adults who have no prior knowledge of the Chinese language. It provides students with the opportunity to work toward proficiency in both spoken and written Mandarin at a basic, everyday level. This course focuses on building a working vocabulary and developing a student's conversational language skills of speaking and listening, while also familiarizing students with the tools to read and write the language. This course will be taught in a mix of English and Mandarin, utilizing the 'pinyin' phonetic system as well as Chinese characters.

**LMAN**, 8 Thursdays, 6:30-8:00 pm. Begins January 23, Lexington High School, Room 225, \$148/Seniors \$128.

## Japanese for Beginners

*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 Thursdays, 6:30-8:30 pm. Begins January 23, Lexington High School, Room 226, \$165/Seniors \$148.



## **STONE CARVING SATURDAYS**

*with Scott Cahaly, p. 17*

## 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**, 8 Fridays, 3:30-5:30 pm. Begins January 24, LHS, Room 231, \$135/Seniors \$110.

## **NEW** Russian for Advanced Beginners

*Instructor: Elena Neva*

Continue to build upon the basic foundation provided in Level I. Topics include accusative and genitive cases, motion verbs, verbs of position, conjunctions as well as the days of the week and times of the day. Upon completion, students can expect to express absence, possession and attribution, specific quantity. During the oral practice students will talk about daily activities and schedules, academic world, homes, rooms and furnishings, family members. Prerequisite: Elementary Russian 1, one year of high school Russian.

**L2RUS**, 8 Mondays, 3:30-5:30 pm. Begins January 13, LHS, Room 231, \$135/Seniors \$110.



## **AN AFTERNOON OF SCANDINAVIAN & NORTHERN EUROPEAN SONG**, p. 6

# Computers

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

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

## iPhone Capabilities – Daytime

*Instructor: Kristen Butler*

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

**CDPH**, 1 Friday, 9:00 am-12:00 pm. Meets January 24, LCE Conference Room, \$39/Seniors \$35.

## iPhone Capabilities – Part 2 – Daytime

*Instructor: Kristen Butler*

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

**CD2PH**, 1 Friday, 9:00 am-12:00 pm. Meets January 31, LCE Conference Room, \$39/Seniors \$35.



**PHOTOGRAPHY: THE BASICS AND BEYOND**  
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**MAC COMPUTERS ARE PROVIDED FOR ALL COMPUTER CLASSES**

However, if preferred, students may bring their laptops for any of Kristen Butler's classes.

## Managing Your Photos – Daytime

*Instructor: Kristen Butler*

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

**CDPIC**, 1 Friday, 9:00 am - 12:00 pm. Meets February 14, LCE Office Conference Room, \$39/Seniors \$35.

## Intro to Google Suite – Daytime

*Instructor: Kristen Butler*

Learn how to use Google Docs, Sheets and Slides. Learn to share documents with others and manage your Google Drive.

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

## **NEW** Intermediate Google Suite – Daytime

*Instructor: Kristen Butler*

Learn how to use Google Forms, Google Calendar, Google Maps, Google translate and more...

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

## Organizing Your Computer – Daytime

*Instructor: Kristen Butler*

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

**CDORG**, 1 Friday, 9:00 am-12:00 pm. Meets March 20, LCE Office Conference Room, \$42.

## Introduction to Microsoft Excel – Daytime

*Instructor: Kristen Butler*

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

**CDEX**, 1 Friday, 9:00 am-12:00 pm. Meets March 27, LCE Office Conference Room, \$42.

## 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 January 15, Lexington High School, Room 155, \$39/Seniors \$35.

## Intro to Google Suite

*Instructor: Kristen Butler*

Learn how to use Google Docs, Sheets and Slides. Learn to share documents with others and manage your Google Drive.

**CGSL**, 1 Wednesday, 6:00-9:00 pm. Meets January 22, Lexington High School, Room 155, \$42.

## **NEW** Intermediate Google Suite

*Instructor: Kristen Butler*

Learn how to use Google Forms, Google Calendar, Google Maps, Google translate and more...

**CGDO**, 1 Wednesday, 6:00-9:00 pm. Meets January 29, 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 February 5, Lexington High School, Room 155, \$39/Seniors \$35.

## Introduction to 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 February 12, Lexington High School Room 155, \$42.



Kristen Butler teaches Intro to Google Suite, facing page.

## Intermediate Excel II

*Instructor: Kristen Butler*

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

**CEXX**, 1 Wednesday, 6:00-9:00 pm. Meets February 26, Lexington High School Room 155, \$42.

## Understanding iPhone Capabilities – Part 2

*Instructor: Kristen Butler*

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

**C2PH**, 1 Wednesday, 6:00-9:00 pm. Meets March 4, Lexington High School, Room 155, \$39/Seniors \$35.



## INTRODUCTION TO GRAPHIC DESIGN

with Damian Barneschi, p. 16

## Organizing Your Computer

*Instructor: Kristen Butler*

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

**CORG**, 1 Wednesday, 6:00-9:00 pm. Meets March 11, 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 March 18, Lexington High School, Room 155, \$39/Seniors \$35.

## Computer Consulting "A la 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 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) – Daytime

*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 the 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 Mondays, 12:30 - 3:00 pm.

Begins January 13, Lexington Community Education Large Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$75/Seniors \$60.

## Build a WordPress Website or Blog from Scratch

*Instructor: Fan Stanbrough*

Do you want to create an easy-to-build a 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. We 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 add photos, gallery, video or a map, or sell advertising, set up PayPal on your site. You will learn to build online forms, back up your database and update the site. There is no need to bring your own computer, just the credentials of hosting and website are needed. If you need to purchase a hosting package, WpZipHost is recommended.

**CWDP**, 1 Saturday, 12:30-4:30 pm. Meets February 29, Lexington High School, Room 155, \$135/Seniors \$120.

## **NEW** How to Increase Website Traffic with the Help of SEO and Social Media Marketing

*Instructor: Fan Stanbrough*

Ever wonder how successful businesses manage to draw heavy traffic onto their websites? In this course you will learn how to: optimize your website; get it fully indexed by the search engines; assess your website's search engine performance; spidering your site to assess indexability and SEO status, select keywords. You will learn how to use several tools, including Google Analytics (GA) and Webmaster Tools (WMT). Reach your goals with the help of SEO, and own your space in the market! We will talk about the differences between each social media platform (Facebook, linkedin, Twitter, Pinterest, Google, etc), and learn how to use social media force to make your site traffic burst.

**CHOW**, 1 Thursday, 6:00-9:00 pm. Meets March 5, Lexington High School, Room 155, \$110/Seniors \$100.



# Classes for Children

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

## Home Alone

*Instructor: Officers of the Lexington Police 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 March 3, Lexington High School, Room 221. Free, but space is limited and pre-registration is required.

## Babysitter 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. Please note sections are identical.

**KBTR**, 2 Meetings, 4:00-7:15 pm. Meets Tuesday January 28th and Thursday, January 30th, Lexington High School, Room 166, \$130.

**K2BTR**, 2 Meetings, 4:00-7:15 pm. Meets Tuesday, March 10th and Thursday, March 12th, Lexington High School, Room 166, \$130.

## **NEW** Creative Art for Kids (Grades K-2)

*Instructor: Laura McLaine*

Come join us for 8 weeks of Art! We will be coloring, painting, using clay and much more. We will make seasonal decorations. Children will be able to work at their own pace and enjoy an afternoon of Art! Laura is an Instructional Assistant at Diamond Middle School and teaches Show Business at Explorations.

**KISB**, 8 Tuesdays, 3:30-5:00 pm. Begins January 21, Lexington High School, Room 166, \$160.

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

*Instructor: Alma Bella Solis*

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

**KPAC**, 8 Mondays, 3:30-5:30 pm. Begins January 13, Lexington High School, Room 167, \$220.



**DRAWING FOR GRADES 6–9**  
with Elena Belkova, this page

## Calligraphy (for ages 10+)

*Instructor: Alma Bella Solis*

Learn the timeless art of beautiful writing in seven weeks using Uncial-Foundational script. After a brief overview of the history of calligraphy and the original scripts of Western Calligraphy we will experiment with spacing between letters, words, and between sentences/verses and paragraphs; and the proper angle in nib usage. Students will write their favorite poem, quotation, or any text of their own choosing in Uncial-Foundational script 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 January 14, Lexington High School, Room 167, \$220.

## Drawing & Architecture for Grades 2 – 5

*Instructor: Elena Belkova*

Each class will start with time to sketch everyday objects, helping students develop the skill "to draw what you see, not what you know". We will move on to basic drawing of 2-D and 3-D geometrical shapes to learn foundational techniques and to practice different aspects of drawing. We will also explore drawing architecture - from a study of simple architectural elements, to designing buildings using graph paper as a guide for proportion. Students will have the opportunity to design and work independently as well as with the instructor. Please bring the following supplies to class: a Drawing Pad (11" x 14"), Pencil HB, Colored Pencils (12), an Eraser and an 8 1/2" x 11" pad of Graph paper. A Materials fee of \$10 is payable to the instructor at the first class.

**KARCH**, 6 Wednesdays, 4:00 - 6:00 pm. Begins February 5, Lexington High School, Room 166, \$125.

## Drawing for Grades 6–9

*Instructor: Elena Belkova*

The focus of this course is to develop and improve student's drawing ability. Students will learn the essential basic skills of drawing, starting with exercises sketching objects from life. As skills develop students practice drawing more complex forms such as plaster casts of fragments from the face of Michelangelo's David beginning with the study of the variety of facial planes. We will cover and discuss many instructional topics with the main focus of learning to draw in an accurate way. Materials fee of \$12 is payable to the instructor at the first class. Please bring an 18 x 24 Drawing Pad (not newsprint), a Pencil HB, Eraser and Pencil sharpener. A Materials fee of \$12 is payable to the instructor at the first class.

**KDRAW**, 6 Fridays, 5:00-8:00 pm. Begins February 7, Lexington High School, Room 166, \$185.

**NEW 7Cs Workshop for High Schoolers: Building Social, Emotional and Leadership Competencies**

*Instructors: Madeline Wang and Caroline Yang*

Do you wonder how to approach college applications with a positive mindset? Or how to discover your natural talents and become an authentic leader while cultivating competencies for long-term success? The 7Cs Workshop, created by a team of leaders in business and education, helps high school students address these and other similarly important topics. Caroline Yang and Madeline Wang have developed a framework of 7 core competencies—Critical-thinking, Creativity, Communication, Collaboration, Confidence, Compassion and Consciousness—and focus on cultivating participants’ social, emotional, and leadership skills. They use a self-assessment tool, CliftonStrengths, to help participants identify their strengths, select student activities, and find their paths to leadership during high school, college, and beyond. We offer an encouraging and open-minded environment for discussions. This Workshop is structured with guided small-group discussions and activities accommodates 16 participants. Participants’ parents have an opportunity to attend an optional (but recommended) separate session developed just for them. Caroline Yang and Madeline Wang aim to leverage this Parent Workshop and help strengthen the communication and collaboration between participants and their parents. Detailed information on the parents’ session will be provided at the end of the student Workshop.

**K7CS**, (Student Workshop) 5 Saturdays, 1:00 - 2:30 pm. Begins February 29, Lexington High School, Room 220, \$395.

**K7PW**, (Parent Workshop) 1 Saturday, 1:00 - 3:00 pm. Meets April 4, Lexington High School, Room 220, \$95.

**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 March 4, Lexington High School, Room 226, \$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 January 29, Lexington High School, Room 226, \$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: January 14, 16, 21, 23, 28, 30 and February 4, 6, 11, 13.

**KCDD**, 10 sessions, 3:00-6:00 pm. Begins January 14, Clarke Middle School, Room 227, \$210.

**NEW February Vacation Geo-Art for Middle Schoolers**

*Instructor: Gerry Goolkasian*

If you enjoy art and computer games, join us for an action-packed week solving visual puzzles and creating original 2-D and 3-D designs. Draw and build beautiful, full-color geometric creations, including fantasy architecture, graphic design featuring really cool lettering, and learn how to use color pastels to create the illusion of 3-d forms like robotic city dwellers. You will also enjoy figuring out all the angles as you play in our daily miniature golf tournament on the computer. Class size is limited to eight students.

**KGEO**, 4 Sessions, 9:00am-12:00pm. Meets February 18, 19, 20, and 21, Lexington Community Education Conference Room, 146 Maple Street, Access by 328 Lowell Street, \$105.

**NEW After School Guitar Rock Band Sessions for Grades 9–12**

*Instructor: Robert Butler*

Learn how to play Rock music in a guitar band. Master Guitarist and teacher Robert Butler brings his exciting Guitar Rock Band Sessions series to LHS. Beginners through advanced players are welcome to join our friendly group. Trained at Berklee College of Music, Mr. Butler is known for his relaxed classroom style and for his success in developing outstanding guitar skills in his students. Included: live classroom demonstrations of the powerful rhythms and exciting lead guitar solos heard on recordings by the famous icons of Rock guitar, individual instruction addressing your specific questions and musical goals, how to choose and set up an electric guitar, amplifier and the electronics necessary to recreate the classic Rock guitar sounds used by professionals. Everyone is encouraged to participate in class jam sessions where students are given a part that matches their ability level. Mr. Butler will supply all music charts. Students should have an electric guitar, small amplifier and notebook. Optional: a phone to record class instruction for reference when playing at home. Please contact Robert Butler at (978) 283-7186 with any questions that you might have.

**KASG**, 6 Thursdays, 3:30-5:00 pm. Begins January 16, Lexington High School, Room 247, \$150.

# Test Prep/ College Planning

## Beginning Japanese for Young People (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**, 6 Thursdays, 4:00-5:30 pm. Begins Thursday January 23, Lexington High School, Room 173, \$95.



### SAT TEST PREP

*facing page*

## 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. The last class is a concert on May 23.

**KLHS**, 18 Wednesdays, 3:30-5:00 pm. Begins January 15, Lexington High School, Room 131, \$305.



### FIXING OUR BROKEN SLEEP

*with Rick Clerici, p. 35*

## In Control: Crash Prevention Training

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

## Driver Education: Registration for Driver Education programs is now Online.

*Instructor: CS Driving School*

A complete driver's education program (classroom and behind-the-wheel lessons) is available through LCE. Students must be at least 15.9 years old to begin the

program. Please see the LCE website at [www.lexingtoncommunityed.org](http://www.lexingtoncommunityed.org) for details and dates. The cost for the course is \$740.

To register for upcoming Lexington Community Education Driver Education classes:

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

Select "Lexington High School"

Click "Enroll"

Complete the registration process

Submit your payment of \$740

## ACT Prep for the December Exam

*Instructor: David Bell*

The ACT is one of the two major college admissions tests 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*. Class will meet: January 22; February 12 and 26; March 4, 11, 18, 25; and April 1.

**PCOL**, 8 Wednesdays, 6:30-8:30 pm. Begins January 22, Lexington High School, Room 231, \$270.



*Private music instrument lessons for every age and level, p. 11.*



# SAT Test Prep

## Writing and Language/Essay SAT Prep

*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.

### Prep for the March SAT Exam:

**PWST**, 6 Wednesdays, 6:30-8:30 pm.

Begins January 15. Lexington High School, Room 220, \$200

### Prep for the May/June SAT Exam:

**PWTU**, 6 Wednesdays, 6:30-8:30 pm.

Begins March 11, Lexington High School, Room 220, \$200.

## Reading SAT Prep

*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.

### Prep for the March SAT Exam:

**PRTH**, 6 Tuesdays, 6:30-8:30 pm. Begins January 14, Lexington High School, Room 220, \$200.

### Prep for the May/June SAT Exam

**PSWR**, 6 Tuesdays, 6:30-8:30 pm. Begins March 10, Lexington High School, Room 220, \$200.

## Math SAT Prep

*Instructor: Chris Doucette*

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

### Math SAT Prep for the March Exam

PLEASE NOTE: Sections are identical.

**PSAM**, 6 Mondays, 6:30 - 8:30 pm. Begins January 13, Lexington High School, Room 232, \$200.

**PMST**, 6 Thursdays, 3:30 - 5:30pm. Begins January 16, Lexington High School, Room 235, \$200.

### Math SAT Prep for the May/June Exam

PLEASE NOTE: Sections are identical.

**P2SAM**, 5 Mondays, 6:15 - 8:45 pm.

Begins March 16, Lexington High School, Room 232, \$200.

**P2MST**, 6 Thursdays, 3:30-5:30 pm. Begins

March, 12, Lexington High School, Room 230, \$200.

## 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 Thursday, 7:00-8:30 pm. Meets January 23, Lexington High School, Room 229, \$25.

## You Can Afford College If...

*Instructor: Donald Anderson*

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



Caroline Yang (above) and Madeline Wang teach 7Cs Workshop for High Schoolers: Building Social, Emotional and Leadership Skills, page 25.

All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. Tuition is \$25 for two adults in the household. For more information please visit our website at [www.collegefundingadvisors.com](http://www.collegefundingadvisors.com).

**PMFA**, 1 Wednesday, 6:30-8:30 pm. Meets February 5, Lexington High School, Room 229, \$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, 7:00-8:30 pm. Meets March 12, Lexington High School, Room 229, \$25.

## Parenting Perspectives

### Navigating the Student-Athletes' College Search and Sports Recruiting Process

*Instructor: Nicholas Michael*

Assisting college bound student-athletes has become more complex in recent years. 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.<sup>†</sup> This course will educate parents of 9th, 10th and 11th grade student-athletes to manage this process and leverage their child's athletic ability to increase a student's choices and the likelihood of being accepted. The underlying premise of our approach is to identify and focus on the preferences of the individual student-athlete and then matching these 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 prepare parents and students to make objective, fact-based decisions using case studies to demonstrate successful outcomes and will identify action items required to successfully navigate the academic and athletic aspect of the sports recruiting process. Please note that tuition is for an adult/student pair.

<sup>†</sup>New York Times, 9 January 2011

**PNSA**, 1 Wednesday, 6:30-9:00pm. Meets March 4, Lexington High School, Room 167, \$40 per adult/student pair.



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

### Estate Planning 101

*Instructor: Rebecca O'Brien*

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

**BWIL**, 1 Wednesday, 7:00-9:00 pm. Meets March 18, Lexington High School, Room 229, \$30/Seniors \$25.



Rebecca O'Brien teaches Estate Planning 101, see above.

### NEW Preventing Teen Dating Violence

*Instructor: Officers of the Lexington Police Department*

Teen dating violence and abuse does not discriminate. It affects young people of all races, religions, ages, sexual orientations, genders and cultures. It can affect teens regardless of how much money they have or what neighborhood they live in. This evening the Lexington Police Department will offer an informational night for parents and other concerned adults to learn the warning signs of dating violence and how to get involved in preventing abuse, and to learn about the resources available to support victims and families.

**FDAT**, 1 Tuesday, 7:00-8:30 pm. Meets March 10, Lexington High School, Room 226, Free, but pre-registration is required.



**BALANCING SCREEN TIME FOR 21ST CENTURY DIGITAL KIDS**  
with Sharon Saline, p. 5

## Cooking

### NEW A Scrumptious Indian Dinner

*Instructor: Shruti Mehta*

Come join Shruti Mehta for an evening of cooking and culture as we prepare a simple meal together. We will fry, sauté, roll and stir a variety of ingredients and come up with a scrumptious dinner. Come prepared for hands on participation and get transported to another world. Possible dishes may include Creamed corn and vegetable fritters (deep-fried pakoras), served with Date Chutney (sweet and sour dipping sauce made with dates and tamarind), Aloo-Gobhi (A simple curry made with Cauliflower chunks and cubed potatoes cooked with ginger, chilies, tomato and spices), Masoor Dal (Lemony red lentils stew with ginger, garlic and chilies), Jira Rice (rice laced with ghee and cumin seeds, and a touch of brown sugar), Cucumber Raita (a mixture of yogurt and grated cucumber with mustard, providing a cool contrast to other spicy dishes). These dishes will be served with a quick Garlic Naan (popular store bought bread embellished with garlic and butter), and sweet Phirni (a North Indian dessert with cream of wheat, saffron, cardamom and nuts).

**NAID**, 1 Thursday, 6:00-9:00 pm. Meets February 27, LexMedia Studio Kitchen, 1001 Main Campus Drive, Lexington, \$60.

### NEW A Southern Indian Affair

*Instructor: Shruti Mehta*

Southern Region of India is known to the world for its coastal beauty, IT industries, and Classical Indian music and Dance. The food of South India, however, though quite popular in India, remains a secret to the world. Unlike the cuisine of the North, South Indian cuisine is distinguished by a greater emphasis on rice as the staple grain, the liberal use of coconut and curry leaves and particularly coconut oil. South Indian cooking is even more vegetarian-friendly than north Indian cooking and incorporates fewer spices and simpler ingredients. Come, explore this cuisine and learn to make Uttapam (rice and lentil crepes with onions and chilies), accompanied by onion and potato bhaji (stew) and a spicy lentil and radishes soup called Sambar. Other dishes include Pongal which is the ultimate southern comfort food (a risotto of rice and dal cooked with cashews and ghee), and a

# Home, Hobbies, and Travel

popular dessert of vermicelli cooked with milk, almonds and cardamom. A \$20 food fee is payable to the instructor at class. This class will be filmed for broadcast on LexMedia.

**NSIA**, 1 Thursday, 6:00-9:00 pm. Meets March 26, LexMedia Studio Kitchen, 1001 Main Campus Drive, Lexington, \$60.

## A Culinary Tour of H Mart

*Instructor: Debra Samuels*

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

Debra will provide handouts with recipes and how to stock your own "starter" Asian pantry. Class meets at H Mart, 3 Old Concord Road., Burlington at the entrance of the Food Court.

**NHMT**, 2 Wednesdays, 6:30-8:30 pm. Begins March 4, 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 February 4, Lexington High School, Room 143, \$25.

## Home Downsizing 101

*Instructor: David Lenoir*

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

**FDOW**, 1 Tuesday, 7:00-9:00 pm. Meets February 11, Lexington High School, Room 226, \$25/Seniors \$20.



**POETRY WRITING WORKSHOP**  
with Tom Daley, p. 14

## Simple Ways to Protect Your Home

*Instructor: Officers of the Lexington Police Department*

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

**FCRIME**, 1 Thursday, 6:30-8:00 pm. Meets March 12, Lexington High School, Room 226. Free, but pre-registration is required.



**PLANNING FOR FINANCIAL SUCCESS AFTER DIVORCE**  
with Chris Chen, p 32



Shruti Mehta teaches *An Indian Dinner* and *A Southern Indian Affair*, facing page.





Test Prep Classes for Students & College Planning Classes for Parents, page 27.

## 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 - 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 March 3, Lexington High School, Room 225, \$25/Seniors \$20.



**BUILDING THE BEST CAPSULE WARDROBE FOR YOU**  
with Randi Siu, p 32

## **NEW** Say Yes to the Perfect Wedding Dress

*Instructor: Randi Siu*

Are you engaged or the mother-of-the-bride and planning to be shopping for a wedding dress in the near future? With so many wedding dress styles and options to choose from, it can be overwhelming and confusing to find that perfect dress. In this class you will learn what your figure type is and which style(s) of dresses will flatter your unique figure, to take the pressure out of shopping and help you navigate through all the choices out there. The result is that you will feel confident when you say yes to the dress and you'll look stunning on your special day!

**FYES**, 1 Tuesday, 7:00-8:30 pm. Meets January 21, Lexington High School, Room 229, \$30.

## 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 Tuesday, 6:30 - 8:00 pm. Meets March 10, Lexington High School, Room 221, \$40.

## **NEW** Preventing Teen Dating Violence

*Instructor: Officers of the Lexington Police Department*

Teen dating violence and abuse does not discriminate. It affects young people of all races, religions, ages, sexual orientations, genders and cultures. It can affect teens regardless of how much money they have or what neighborhood they live in. This evening the Lexington Police Department will offer an informational night for parents and other concerned adults to learn the warning signs of dating violence and how to get involved in preventing abuse, and to learn about the resources available to support victims and families.

**FDATE**, 1 Tuesday, 7:00-8:30 pm. Meets March 10, Lexington High School, Room 226, Free, but pre-registration is required.

## **NEW** The Suburban Drug Problem

*Instructor: Officers from the Lexington Police Department*

Drugs continue to be a problem that transcends race, economic class and community boundaries. Drugs are not only limited to urban centers but are also readily available in the suburbs. Affluent communities such as Lexington are not immune to this problem. Detective James Rettman of the Lexington Police Department and the Suburban Middlesex County Drug Task Force will discuss drugs that are most commonly used by youth in the area. The course will also discuss early warning signs for parents to watch for if they suspect their child is using illicit drugs. Free, but pre-registration is required.

**FNAR**, 1 Tuesday, 6:30-8:00 pm. Meets February 11, Lexington High School, Room 226, Free, but pre-registration is required.

# Business and Career

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

## Taking Control of Your Financial Health

*Instructor: Sumeit Aggarwal and Sanjay Aggarwal*

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

**BTCF**, 2 Fridays, 7:00-8:30 pm. Begins January 17, Lexington High School, Room 221, \$35/Seniors \$30.



**LEARN CPR**  
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## **NEW** Retirement Planning: The Before Stage

*Instructor: James Wood*

In this presentation, Jim Wood, a Fiduciary Financial Planner, will cover how Financial planners can help you establish goals for your post-retirement needs. Jim will address how the differences between mutual funds and exchange traded funds, including how expenses can affect your returns. Jim will review the differences between Index Funds and Actively managed funds and returns of each type of investment. He will address the importance of allocating assets between

fixed income and equities according to your risk tolerance and how rebalancing your portfolio may help maintain your established risk tolerance. He will review the impact of traditional and Roth 401K in your retirement plan and when it is appropriate to select one or the other. Finally he will introduce you to a planning method that will help you calibrate how much you spend from your retirement assets and not run out of money, and the best way to spend down these assets.

**BSIR**, 1 Thursday, 7:00-9:00 pm. Meets January 16, Lexington High School, Room 225, \$25/Seniors \$20.

## 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. In this workshop, Miki will share the most common habits that hold people back. Participants will then each identify the habits that are holding them back and choose the one 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 five steps you can take to clear your path of self-imposed obstacles, so that you can become more successful and take greater satisfaction in your work.

**BFBP**, 1 Wednesday, 7:00-9:00 pm. Meets March 18, Lexington High School, Room 224, \$40.

## **NEW** Acting Skills for Business

*Instructor: Lau Lapidés*

Business professionals want to learn the trade secrets that stage actors and industry pros know in the media and broadcasting industry! Come learn the actors bag of tricks geared specifically for corporate presenters, sales professionals, customer service personnel. Learn how to get a leg up on the competition and get that promotion. As analytical thinkers working in quantitative ways our goal is to train you to develop the highest level of soft skills available, and apply these skills to your work. Discover tools and techniques to build confidence while

strengthening physical and vocal presence whether you are presenting live, online, or by phone. Engage and ignite your audience with storytelling techniques that work and build rapport while commanding presence! Learn how to think fast on your feet through improvisation and role-playing, manage your physical and vocal message by incorporating breathing and speech technique and have fun discovering new approaches to communicating in your work. Come dressed in comfortable clothing, bring a notebook and water. No prior experience necessary!

**HASB**, 1 Thursday, 7:00-8:30 pm. Meets February 13, Lexington High School, Room 221, \$25/Seniors \$20.

## 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 February 5, Lexington High School, Room 155, \$39/Seniors \$35.

## NEW Interview Skills

*Instructor: Miki Feldman Simon*

Whether you have been interviewing for a while, are just out of college, or you are starting your journey of entering back to the workforce, you can learn from Miki Feldman Simon's extensive experience as a recruiter and career coach working with both job seekers and hiring managers. In this workshop Miki will cover the key components for interview success including: what research to do before the interview; matching your experience to the job requirements; how to answer key interview questions; how to prepare questions to ask at the interview; how to tell your story (your elevator pitch); what to wear to the interview; and how to address an employment gap and job transitions.

**BINT**, 1 Tuesday, 7:00-9:00 pm. Meets January 14, Lexington High School, Room 225, \$40.

## NEW Building the Best Capsule Wardrobe for You

*Instructor: Randi Siu*

Wouldn't it be great to open up your closet and find that all of your clothes mix and match perfectly together for who you are and what you wear on a daily basis? In this class you will learn what clothing items are needed for your personal lifestyle capsule wardrobe; how to organize your wardrobe to best use what you have; how to create new outfit combinations and how to fill in the gaps of what is missing. The result will be you'll have many more new outfit combinations, that you'll actually enjoy and wear.

**BCWC**, 1 Tuesday, 7:00-8:30 pm. Meets January 28, Lexington High School, Room 226, \$30.

## NEW Planning for Financial Success After Divorce

*Instructor: Chris Chen*

Many people start their post-divorce lives not fully understanding the financial impact of their settlement. It can be challenging to adapt to a new life, but even harder to adjust to a new standard of living, new asset level, and new financial goals. It is usually more effective to start the planning process as soon as possible, ideally before the agreement is final. You will begin developing the architecture of your financial plan for the rest of your life. This includes managing your spending plan, your debt (including your mortgage) and your assets (including QDRO). You will leave class more confident with a clear roadmap of what you need to do to get back on track for your future.

**BDIM**, 1 Wednesday, 7:00-9:00 pm. Meets February 26, Lexington High School, Room 229, \$25/Seniors \$20.



*Thomas M. Shapiro teaches Toxic Inequality, p. 6*

## 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 January 31, 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 February 28, Lexington High School, Room 221, \$35/Seniors \$30.



## 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 March 11, Lexington High School, Room 222, \$25.

## 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 Tuesday, 7:00-9:00 pm. Meets January 28, Lexington High School Room 229, \$25/Seniors \$20.



*John Deming teaches Power 8: Strength and Flexibility Exercises, p. 36.*

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

*Instructor: Glenn Frank*

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

**BDIY**, 1 Thursday, 7:00-9:00 pm. Meets January 30, 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 Wednesday, 7:00-9:00 pm. Meets March 18, Lexington High School, Room 229, \$30/Seniors \$25.

## Social Security Planning for Couples

*Instructor: Rick Fentin*

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

**BCSS**, 1 Thursday, 7:00-9:00 pm. Meets February 13, Lexington High School, Room 226, \$40.

## **NEW** The Process of Purchasing A Home

*Instructor: Jeremy Richman*

Learn in detail the latest information about buying a home so you can feel confident, informed, knowledgeable and in control from the start to the finish of the largest purchase you may ever make. Learn about: determining your “real ideal” home; qualifying a home; assessed or appraised vs. Zillow valuations; making offers and negotiating to yes for less; home inspections; protecting your deposits; choosing an attorney, home inspector and mortgage agent; buying short-sales and bank-owned properties;

# Mind and Body

and how to choose, hire and work with a real estate agent to represent you as your "buyer's agent." Included are worksheets and forms and a copy of the 40-page handbook, "The Homebuyer's Companion," written by the instructor.

**BHOM**, 1 Tuesday, 6:30-9:30 pm. Meets February 25, Lexington High School, Room 226, \$30/Seniors \$25.

## **NEW** The Process of Selling a Home

*Instructor: Jeremy Richman*

Get tips on successfully selling your home in today's economic landscape and hear the latest intelligence on the local real estate market. Learn how to prepare your home for sale, what turns buyers on and off, and how to select a realtor versus selling the house yourself.

**BSHO**, 1 Thursday, 6:30-9:30 pm. Meets March 5, Lexington High School, Room 226, \$30/Seniors \$25.



**ZEN ON THE TRAIL:  
HIKING AS PILGRIMAGE**  
*with Christophr Ives, p. 7*

## 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 February 25, Lexington High School, Room 226, \$25.

*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** American Red Cross: Restaurant Emergency Training for Massachusetts/Choke Saver

*Instructor: Windy Winters-Harrington, Safety Savvy*

This course covers an overview of knowledge and skills necessary to recognize and provide basic care for injuries (including choking) and sudden illness until more advanced medical help arrives. This class meets the Massachusetts Department of Health requirement 105 CMK590.009, which states that food service establishments with a seating capacity of 25 persons need to have on premises an employee trained in removing food lodged in a person's throat.

**MCPR**, 1 Tuesday, 12:30-2:30 pm. Meets January 14, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, \$70.

## **NEW** Making a Difference for Those with Dementia

*Instructor: Carla Koehl*

Do you have a loved one who is living with dementia—or who is providing care for someone with dementia? If you've wanted to learn more about what dementia is, and how to have successful interactions with those you encounter who live with dementia, this one-hour informational session will provide helpful information. You will leave with a new understanding of how to help reduce the stigma of dementia, and how to better engage with those living with the condition.

**PDEM**, 1 Tuesday, 10:00-11:00 am. Meets February 11, LCE, Large Conference Room, 146 Maple St, Access via 328 Lowell St. Free, but pre-registration is required.

## **NEW** American Red Cross: Adult and Pediatric First Aid/CPR/AED

*Instructor: Windy Winters-Harrington, Safety Savvy*

The Adult and Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

**MFACP**, 1 Tuesday, 4:00-7:30 pm. Meets March 24, Lexington High School, Room 166, \$136.



**ADVANCED TAI CHI AND  
PUSH HANDS II**  
*with Virginia Payne, p. 36*

## 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 habits, 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 January 21, Lexington High School, Room 148, \$40.

## **NEW** Deep Relaxation for Better Sleep

*Instructor: Rick Clerici*

In this presentation we will focus on mind/body relaxation, one of the most important factors in falling asleep, staying asleep and getting restorative sleep. You will learn daytime relaxation exercises, instant momentary relaxation exercises and techniques for relaxing into sleep and back into sleep from night time awakenings. There is an emphasis on the positive changes that can be made during the 16 hours of wake that will improve sleep quality. A guided relaxation exercise teaches techniques for initiating sleep and returning to sleep.

**MIND**, 1 Wednesday, 7:00-8:30 pm. Meets January 15, Lexington High School, Room 225, \$35.



**THE HAPPINESS CAPACITY:  
MODERN HAPPINESS  
THROUGH AN ANCIENT LENS**  
p. 4

## 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 March 18, Lexington High School, Room 225, \$35.

**LCE IS ALWAYS LOOKING  
FOR EXCELLENT TEACHERS  
OF INTERESTING TOPICS**

To propose a class, visit:  
[https://lexingtoncommunityed.org/  
looking-for-excellent-teachers/](https://lexingtoncommunityed.org/looking-for-excellent-teachers/)



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

## 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 January 14, Lexington High School, Room 148, \$40.

## **NEW** An Introduction to Zen Meditation

*Instructor: Open Meadow Zen Teaching Staff*

The ancient practice of Zen meditation aims at deeply understanding oneself and being completely mindful, receptive, and present in the moment. In this four week course, you will be introduced to Zen meditation and the Zen teachings of keeping a beginners "Don't Know Mind." Through sitting and walking meditation, instructional in-class readings (or Dharma talks), and Kong-an practice, you will learn to connect with the beginner's mind of compassionate awareness. The Open Meadow Zen Group was founded by Zen Master Bon Haeng (Mark Houghton). Zen Master Bon Haeng is a Dharma heir to Korean Zen Master Seung Sahn, the 78th Patriarch in his line of transmission in the

Chogye order of Korean Buddhism, and founder of the Kwan Um School of Zen.

**MZEN**, 4 Thursdays, 7:00-8:30 pm. Begins January 23, Meets at Open Meadow Zen, located at 212 Marrett Rd (Rt 2A) in Lexington, \$68.

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

**SLLM**, 4 Tuesdays, 7:00-8:00 pm. Begins January 14, Lexington High School, Room 247, \$66/Seniors \$49.



# Exercise and Dance

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

## Tai Chi II and Eight Pieces of Brocade

*Instructor: Virginia Payne*

Practicing Tai Chi regularly helps reduce stress, improve balance and coordination, strengthen immune systems, and develop body awareness and confidence. This class is a continuation of the "Tai Chi I" class. Students will continue to learn more moves in the Second Section of the long form while continuing to practice and improve the First Section along with deep breathing exercises in each class. The Eight Pieces of Brocade Qigong will again be used as warm-up exercises before practicing the Tai Chi form. Wear loose, comfortable clothes and soft-soled shoes, such as flat sneakers. Outdoor shoes are not permitted inside the studio.

**ETC2**, 9 Thursdays, 5:30-6:40 pm. Begins January 16, Lexington High School, Room 244, \$140/Seniors \$105.

## Tai Chi IV

*Instructor: Virginia Payne*

Practicing Tai Chi regularly helps reduce stress, improve balance and coordination, strengthen immune systems, and develop body awareness and confidence. This class is a continuation of the "Tai Chi III" class. Students will continue to learn the 3rd Section of the form, and then review the 2nd Section. The 108-move Tai Chi form will be further refined along with deep breathing exercises in each class. Emphasis will be on practicing and doing the moves correctly and with fluidity. The Eight Pieces of Brocade Qigong will again be used as warm-up exercises before practicing the Tai Chi form. Wear loose, comfortable clothes and soft-soled shoes, such as flat sneakers. Outdoor shoes are not permitted inside the studio.

**ETC4**, 9 Wednesdays, 5:30-6:40 pm. Begins January 15, Lexington High School, Room 244, \$140/Seniors \$105.



*Asha Ramesh teaches Hatha Yoga, p. 37.*

## Advanced Tai Chi and Push Hands II

*Instructor: Virginia Payne*

This class is a continuation of the "Advanced Tai Chi & Push-Hands" class, and the students will continue to learn Tai Chi double-hand Push-Hands, while reviewing the single-hand Push-Hands. However, they will continue to practice and improve the 108 moves of 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**, 9 Wednesdays, 5:30-7:00 pm. Begins January 15, Lexington High School, Room 244, \$185/Seniors \$135.

## 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, 8:30 - 9:30 am. Begins January 21, Barre3 Studio, 158 Great Road, Bedford, \$110.

**E2BR**, 8 Wednesdays, 6:30 - 7:30 pm. Begins January 22, Barre3 Studio, 158 Great Road, Bedford, \$110.

**E3BR**, 8 Fridays, 9:45 - 10:45 am. Begins January 24, Barre3 Studio, 158 Great Road, Bedford, \$110.

## Power 8: Strength and Flexibility Exercises

*Instructor: John Deming*

Movement exercises done daily will improve your posture, core strength, and flexibility and jogging/walking stamina. You will learn a set of eight sequential exercises covering the major muscle groups and designed to be done in eight to sixteen minutes. The first five mat exercises are performed on your back. We will leave time to answer your individual questions and suggest exercise modifications and adaptations when necessary. Please bring a mat and wear comfortable clothes.

**EPW8**, 3 Mondays, 6:30-7:30 pm. Begins February 24, Lexington High School, Room 140, \$40/Seniors \$35.



**INTRODUCTION TO BUDDHISM**  
*with Srinivas Reddy, p. 10*

## Beginning Yoga

*Instructor: Helen Theodosiou*

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

**EYOM**, 6 Mondays, 12:00-1:00 pm. Begins January 6, Munroe Center, \$110/Seniors \$85.

## Advanced Beginner Yoga

*Instructor: Helen Theodosiou*

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

**EABY**, 6 Mondays, 10:45-11:45 am. Begins January 6, Munroe Center, \$110/Seniors \$85.

## 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.

**EYF2**, 9 Fridays, 12:15-1:30 pm. Begins January 17, Hancock Church \$180/Seniors \$149.

## 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**, 8 Wednesdays, 7:00-8:00 pm. Begins January 15, Diamond Middle School, Room 180, \$130/Seniors \$100.

## Yoga for Osteoporosis

*Instructor: Mary Wixted*

This gentle yoga class is designed to introduce students to the ways that yoga can help maintain bone health. Students will be taught the 12-minute daily yoga sequence which was studied by Dr. Loren Fishman and shown to build bone density, as reported in *The New York Times*. Dr. Fishman was a student of the yoga master BKS Iyengar and his work is partly based on his teachings. As a nationally certified Iyengar yoga teacher, Mary is qualified to teach the alignment principles which keep students safe and maximize the benefits of the poses. This class would also be an excellent choice for those looking for a gentle yoga class. Please note there is no class on February 20.

**EOST**, 8 Thursdays, 11:00 am-12:30 pm. Begins January 23, Hancock Church, \$130.

## 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 February 18.

**EYEN**, 8 Tuesdays, 9:15-10:45 am. Begins January 21, Hancock Church, \$160/Seniors \$120.

## 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, 7:00-8:00pm. Begins January 6, Lexington Public Schools Central Administration Building Gymnasium, 146 Maple Street, access via 328 Lowell St. Please use the front entrance. Bell is on your left, \$135/Seniors \$105.

## Drop-In Zumba®

*Instructor: Ami Stix*

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

**EDZU**, Mondays, 7:00-8:00 pm. \$75 for Five Sessions of the 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** strives to create works of art that are both timeless and contemporary, universal and unique. He often incorporates opposites into his work: abstract/representational, rustic/refined, whimsical/contemplative. Paul has exhibited extensively in New England, including having his studio crafts currently in the deCordova and Fuller museum shops. He also 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).

**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.

**Damian Barneschi** is an art teacher at Lexington High School.

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

**David Bell** is an experienced SAT and ACT tutor.

**Francesca Bellini** is a native Italian speaker from Perugia and is a certified Italian Language teacher in Massachusetts. Francesca has lived in Massachusetts with her family for over five years.

**Brad Bennett's** haiku have appeared in over thirty magazines and journals. He has published two collections of haiku, a drop of pond (2016), and a turn in the river (2019). a drop of pond won a Touchstone Distinguished Book Award from the Haiku Foundation. He has taught haiku to children and adults for over twenty years.

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

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

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

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

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

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

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

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

**Chris Chen**, CFP® CDFA is a fiduciary wealth strategist who helps individuals and families plan difficult life transitions such as retirement and divorce. His cost-effective and tax-efficient strategies help clients achieve their long term financial goals with wealth preservation, retirement income planning, and legacy planning.

**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.

**Larry Dannenberg** is a professional college placement consultant.

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

**Linda Del Monte** 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.

**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 IamBackatWork 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.

**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.

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

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

**Go Go Allegro Music School's** general philosophy is to make lessons as enjoyable and relevant for the students as possible. <https://gogoallegro.com/>

**Gerry Goolkasian** is a retired Lexington Public Schools math teacher.

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

**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).

**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.

**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.

**Carla Koehl** is Director of Community Relations for Artis Senior Living in Lexington.

**lau lapides company** is a boutique-coaching vocal studio designing fresh programs to meet the need of professional voice over talent, actors, and business executives alike. [laulapidescompany.com](http://laulapidescompany.com)

**Julie Leger-Fullerton** attended Boston University, Harvard University, and the Université de Moncton, and teaches ESL and French locally.

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

**Luci Mandl**, was born in Austria and thus a native German speaker. She taught Elementary school in Vienna and enjoys teaching the German language to adult learners.

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

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

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

**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.

**Erin McCormack** has taught English and writing in the Boston area for many years. She has written and self-published three novels, *Spanish Soap Operas (Telenovelas)* (2011); *Blue Eyes in Black Wonderland* (2015); and *In Regalia* (2019).

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

**Shruti Mehta** has been teaching Indian cooking to aficionados for over 25 years. She also conducts private classes upon request.

**Scott Metzger** is an award-winning Lexington based photographer. For more info visit, [www.metzgerstudios.com](http://www.metzgerstudios.com).

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

**Elaine Miller** is a Regional SHINE Director, based in Wilmington, MA.

**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.

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

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

**Rosemary 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.

**Marielle Racicot** graduated from Providence College with a degree in languages. She has studied abroad in both Spain and France and taken students on cultural exchanges. Ms. Racicot has taught language at the community college, high school, and middle school levels.

**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.



Son-Mey Chiu teaches *A Late Winter Scene of Hope: Chinese Brush Painting*, p. 15.

**Jeremy Richman** has been in the real estate market for over 20 years, with combined experience as a Realtor®, developer, mortgage consultant and even a foreclosure counselor. Jeremy grew up in Lexington, LHS class of '76, and holds an Sc.B. from Brown University '83.

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

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

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

**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 *IamBackatWork* to help women who have taken a career break to return to the workforce.

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

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

**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.

**Elizabeth Stubbs** has been an artist all her life, working in a variety of mediums. For the past twenty years she has been exploring felt making as an art form and sharing it with others through classes and workshops at several locations including the Winsor School, Waldorf School of Lexington, ArtSpan Lexington, Umbrella Community Arts and private students.

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

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

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

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

**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.

**Madeline Wang** had a successful career in energy finance before co-founding 7Cs Workshop. She served as structured finance and capital markets executives at leading renewable

energy companies in recent years. Earlier in her career, she worked as a power and utility investment banker at Deutsche Bank and Bank of America Merrill Lynch, and a strategy consultant at McKinsey & Co. Madeline is passionate about learning and about the transformative power of ideas and insights.

**James Wood** is a Wealth Strategist focused on developing the wealth management strategies for business owners, executives, and professionals at all stages of their life's journey. Jim is a long term resident of Lexington, Massachusetts with interest in Town Governance (25 year Town Meeting member).

**Mary Wixted** is a nationally certified Iyengar yoga instructor with over 12 years of teaching experience (10 years with Lexington Community Education). Mary is an expert in helping beginners enjoy the practice while taking more experienced students to their maximum pose protecting the body with the use of props when needed.

**Caroline Yang** is Co-Founder of 7Cs Workshop. She was born and raised in Seoul, Korea and moved to the US in the middle of high school. Caroline received a BA in Economics from Smith College and spent her Junior year in Tokyo, Japan as an exchange student. After college, she worked for Mitsui Marine and Fire Insurance Co. in Tokyo for five and a half years. She earned an MBA from MIT Sloan School, and joined United Technologies Corporation in Connecticut for their Leadership Development program. She has lived in Lexington with her husband and two daughters since 2008. She has held various volunteer positions in town including President of Community Nursery School, Chair of Trivia Bee and VP of Community Relations of Lexington Education Foundation. She is fluent in Korean, English and Japanese.

**Hongxing Zhang** graduated from Beijing Normal University with a degree of Bachelor of Arts. Taught middle school and high school students in history classes in Beijing, China for six years. Came to the US and took college level classes in social science and humanity. Taught Mandarin Language class at Middlesex Community College Lowell campus for two years. Have been teaching Mandarin Language classes at our center and other Chinese Language Schools since 2011

A large, stylized orange graphic of a sun's face with wavy rays, serving as the background for the page.

# SUMMER 2020 LEXPLORATIONS

Children's Summer Program  
For Academic and Creative  
Enrichment

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

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

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

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

#### **Lexington Community Education**

146 Maple Street, Lexington, MA 02420  
[LexingtonCommunityEd.org](http://LexingtonCommunityEd.org) • 781.862.8043



# Important Information

## HOW TO REGISTER

**Online:** Using a Visa or Mastercard.

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

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

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

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

## Registration Confirmations:

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

## Discounts and Scholarships

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

**Senior** Students are aged 65 and older.

## No-School Dates

There will be No Classes:  
January 20  
February 17-21

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>.

## 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.

## Directions To Sites in Lexington Lexington Community Education Office & Conference Rooms

are located at 146 Maple Street.

Vehicle Access is via 328 Lowell Street. As you enter the driveway, continue past Harrington Elementary School Building. The LCE Central Office building is the brick building behind the school. Please park in designated areas (not in front circle due to fire lane restrictions).

The LCE door is on the side of the building, under the blue Lexington Community Education awning. *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 Public Schools Central Administration Building Gymnasium

In the same building as LCE Office, however for evening classes please go to the front entrance of the building and ring the doorbell to gain access to the gym.

## 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.

## Clarke Middle School 17 Stedman Road

## Diamond Middle School 99 Hancock Street

Please enter the front door only from Hancock Street entrance.

## Hancock Church

## 1912 Massachusetts Avenue

The stone church facing the Battle Green.

## Munroe Center for the Arts

1403 Massachusetts Ave., Lexington

## The Waldorf School of Lexington

739 Massachusetts Ave.

## barre 3 Studios – Bedford

158 Great Road, Bedford, MA

## LexMedia Studios

## 54 Concord Ave. in the Avalon Lexington Complex

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

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

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

## Contact Info

Lexington Community Education  
146 Maple Street  
Lexington, Massachusetts 02420  
Phone: 781.862.8043  
Fax: 781.863.5829  
Email: [LCE@lexingtonma.org](mailto:LCE@lexingtonma.org)  
 [www.facebook.com/lexingtoncommunityed](https://www.facebook.com/lexingtoncommunityed)

# Winter 2020 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 \_\_\_\_\_

WS CAR-RT-SORT

Postal Patron  
Lexington, MA

Please share this catalog with a friend!

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

