The bud stands for all things, even for those things that don’t flower, for everything flowers, from within, of self-blessing; though sometimes it is necessary to reteach a thing its loveliness, to put a hand on the brow of the flower, and retell it in words and in touch, it is lovely until it flowers again from within, of self-blessing
– Galway Kinnell

Excerpt from “Saint Francis and the Sow” from MORTAL ACTS, MORTAL WORDS by Galway Kinnell. Copyright © 1990, renewed 2008 by Galway Kinnell. Reprinted by permission of Houghton Mifflin Harcourt Publishing Company. All rights reserved.

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.
One Night on Earth
WITH DEREK GRIPPER
Friday, April 10, 2020 • 7:30 pm
Follen Church Society, 755 Mass. Ave, Lexington • $20 • SDEG

“Five stars…Gripper has brilliantly transferred [the kora] repertoire onto a regular six string guitar. He sees [Toumani] Diabaté as the Segovia, or indeed John Williams, of the kora, championing it as a solo instrument. And Gripper brilliantly takes it back to the guitar. He’s opening a whole new repertoire of classical guitar music…bringing African guitar into the classical mainstream.” [Simon Broughton]

Derek Gripper is a Classical guitarist from Cape Town specialising in the kora music of Mali, in particular the music of Malian kora player Toumani Diabaté. It took Gripper untold hours of painstaking work to transcribe note-for-note the complex compositions of Malian kora player Toumani Diabaté and find a way of playing them on six-string guitar. The results appeared on his ninth album, “One Night on Earth.” The album created an unprecedented meeting point between the written tradition of Western classical music and the oral tradition of the West African griots. Critical acclaim was quick to follow. Classical guitar legend John Williams said he thought it was “absolutely impossible until I heard Derek Gripper do it.” Toumani Diabaté himself asked for confirmation that it was indeed just one person playing one guitar. Both invited Derek to collaborate with them: Derek performed with Williams in London’s Shakespeare’s Globe and King’s Place, and with Diabaté and his Symmetric Orchestra at the Acoustik Festival Bamako, Mali. He also played with Trio da Kali at Carnegie Hall and won a Songlines Award for the best album in Africa and the Middle East. Derek tours regularly in the USA, Canada, Britain, Europe, Zimbabwe, Swaziland, Namibia, Australia, Malaysia, India and Mali. Aside from these transcriptions Derek has created original music from his diverse influences, from Africa: Mali, Senegal, The Gambia, South Africa, Zimbabwe, Arvo Part, and Egberto Gismonti. Derek has also spent many years performing and recording his own translations of Bach’s violin and cello music, infusing his interpretations with his lessons from the oral traditions of Africa. His works for string quartet, larger ensembles or installations have been performed/exhibited at The Venice Architecture Biennale, Peasmarsh Chamber Music Festival in the UK and used in films such as “Five Fingers For Marseilles.”

Writing Wild: 25 Women Who Shaped the Way We Read the Natural World
WITH KATHRYN AALTO
Thursday, April 16, 2020 • 7:00-8:30 pm
Lexington Depot, 13 Depot Square, Lexington • $10 • SWWW

In her latest book Writing Wild: Women Poets, Ramblers, and Mavericks Who Shape How We See the Natural World, Kathryn Aalto takes readers on a journey through the natural world as seen from the perspective of 25 women writers (Dorothy Wordsworth, Susan Fenimore Cooper, Gene Stratton-Porter, Mary Austin, Vita Sackville-West, Nan Shepherd, Rachel Carson, Mary Oliver, Carolyn Merchant, Annie Dillard, Gretel Ehrlich, Leslie Marmon Silko, Diane Ackerman, Robin Wall Kimmerer, Laurel Savoy, Rebecca Solnit, Kathleen Jamie, Carolyn Finney, Helen Macdonald, Saci Lloyd, Andrea Wulf, Camille T. Dungy, Elena Passarello, Amy Liptrot, and Elizabeth Rush). Part travel essay, literary biography, and cultural history, Writing Wild ventures into the landscapes and lives of extraordinary writers and encourages a new generation of women to pick up their pens, head outdoors, and start writing wild.

Beginning with a journey up England’s tallest mountain in the Lake District in the footsteps of Dorothy Wordsworth, Writing Wild captures pioneering women who dared to lace up their boots and pick up their pens to make history. This evening we will celebrate female wordsmiths, both historical and current, whose influential nature writing has deepened our connection to and understanding of the natural world. These inspiring wordsmiths are scholars, spiritual seekers, conservationists, scientists, novelists, and explorers. They defy easy categorization but share a bold authenticity that makes their work distinct and universal.

Kathryn Aalto is an American landscape historian, garden designer, university lecturer, preservation consultant, and writer. She has a M.A. in Garden History and a M.A. in Creative Nonfiction. She also has a diploma in Garden Design from the London College of Garden Design and a B.A. in English from Berkeley. Kathryn is the author of three books including the New York Times Best Seller, The Natural World of Winnie-the-Pooh: A Walk Through the Forest that Inspired the Hundred Acre Wood (2015) and Nature and Human Intervention (2011).

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

**Indian Classical Saxophones and Jazz**

WITH THE LEWIS PORTER-PHIL SCARFF GROUP & MASTERS FROM INDIA

Saturday, May 9, 2020 • 7:00-9:00 pm
Follen Church Society, 755 Mass. Ave, Lexington • $20 • SICS

Deeply meditative ragas. Edgy contemporary jazz. Beautifully intricate rhythms. Soaring flights of melodic exploration. Percussion fireworks. The Lewis Porter-Phil Scarff Group with guest master musicians from India put it all together in this exciting one-time collaboration.

New York-based Grammy-nominated pianist, composer, educator, and author Lewis Porter combines forces with Boston saxophonist and composer Phil Scarff in the Lewis Porter-Phil Scarff Group (www.porterscarff.com). Scarff, noted for his mastery of jazz as well as Indian music, is one of the few Americans who tours India every year alongside Indian masters. The quartet is rounded out with Berklee star faculty Bertram Lehmann on drums, and Lexington’s own Jason Davis on bass. From jazz standards to contemporary treatments of traditional Indian classical fare, and from melodic originals to free-wheeling improvisation, East emerges from West and the audacious emerges from the contemplative. “Conceptually imaginative, impeccably performed,” raves Downbeat.

Our distinguished guest artists are in the USA for a limited time. Both are the winners of awards in India: Classical saxophonist Priyank Krishna (priyankkrishna.weebly.com) has delighted audiences in India and at festivals worldwide with his mastery of North Indian ragas on the saxophone. Anoop Banerjee is one of India’s foremost tabla artists and has performed with many of its best known virtuosos.

**An Evening of Music, Poetry and Story**

WITH DAVID WHETSTONE AND MARTIN SHAW

Thursday, May 28, 2020 • 7:00-9:00 pm
Follen Church Society, 755 Mass. Ave, Lexington • $20 • SMAS

Martin Shaw is a teacher of profound cultural knowledge, and is a master artist at transmitting it. Those transmissions are subtle and profound. We desperately need his work.” – Tony Hoagland

Dr. Martin Shaw is a mythologist, storyteller, and wilderness rites-of-passage guide based in Devonshire, England. Shaw gave up a lucrative music contract to pursue the study of myth while living for four years in a tent in the wilderness of Wales. An international teacher, he tours the United States and Canada annually and is visiting lecturer on Archbishop Desmond Tutu’s Leadership program at Oxford University and leads the Oral Tradition and Mythology program at Stanford University in Northern California. He is the author of many books including Courting the Wild Twin, Cinderbiter: Celtic Poems, and the award winning ‘A Branch From The Lightning Tree: Ecstatic Myth and the Grace in Wildness’.

David Whetstone is one of the most active sitarists in the United States, and a disciple of the legendary Ustad Vilayat Khan. He has collaborated and toured extensively with poets Robert Bly and Coleman Barks since 1974. David lives in Minneapolis, and teaches at Carleton College.
I Can also Think to Learn: A Book Launch Celebration
WITH MARCIA STEERE
Thursday, April 30, 2020 • 7:00-8:30 pm
Lexington Depot, 13 Depot Square, Lexington • $10 • STTL

We all know that school is a place where the concept of "learning how to think" is explored, and yet it is remarkable how struggling learners can enthusiastically "think to learn" as well. As an educator, researcher and parent of a LABBB student at Lexington High School, Marcia Steere cared about and worked toward expanding the intellectual potential of LABBB students by creating a series of classes and a curriculum that enhanced development through class discussion, individual assignments leading to creative endeavors, daily homework, and tests that allowed students to demonstrate "think to learn" growth. The group learning environment and effect meant that every student became an active participant, and parental involvement was especially beneficial. Her new book I Can also Think to Learn: How Academic Stimulation leads to Growth in Students with Mild Intellectual Disabilities describes the results of a multifaceted four year journey of teaching and learning across disciplines, and explains how she and other LABBB staff developed and experimented with curriculum and testing designed to both challenge and excite struggling learners. The book, and this evening’s talk shares what teachers and students did, and what they learned.

Marcia Steere is an author, parent, artist, and educational researcher who holds a BA in arts and sciences and a BS in education from Indiana University. She has done research in education in conjunction with the Institute for International Education at Stockholm University and mathematical conception studies with Irene Muira of San Jose University. She is the author of an art book, Poems for my Coloring Book.

THE FIVEASH LEGACY LECTURE
What the Ancient Greek Tragedies Can Teach Us Today
WITH BRYAN DOERRIES
Sunday, May 3, 2020 • 4:00-5:30 pm
Lexington Depot, 13 Depot Square, Lexington • $20 • SBRY

Brooklyn-based writer, director, translator, and lecturer, Bryan Doerries is cofounder and Artistic Director of Theater of War Productions, a social impact company that reclaims the power of the ancient Greek texts and uses theater to address pressing social and public health issues and present them to at-risk people in society. Featuring prominent film and stage actors in staged readings of plays from Antigone to Long Days Journey Into Night—each production followed by provocative and intimate audience discussion—he addresses head on issues such as combat-related psychological injury, PTSD, gun violence, police/community relations, end of life care, suicide, prison reform, political violence and torture, domestic violence, alcohol/substance abuse and addiction, and natural and manmade disasters. Viewing the Greek Tragedies not only as storytelling but a profound means of truth-telling, Doerries is a self-described evangelist for classical literature and its relevance to our lives today. Through his many and diverse theater projects, Doerries uses age-old approaches to communalize the trauma and help communities and individuals heal from trauma and loss. He shows us how suffering and healing are part of a timeless process in which dialogue and empathy are inextricably linked. “Our objective is to bridge the divide,” Doerries says, “to raise consciousness, and move us to positive action.” Hailed by the Department of Defense as a “revolutionary public health campaign,” Doerries’s groundbreaking Theater of War has presented over 350 performances of Sophocles’ Ajax and Philoctetes for military and civilian audiences throughout the United States, Europe, and Japan, performing at military sites as diverse as the Pentagon, Guantanamo Bay, Walter Reed Army Medical Center, homeless shelters, high school auditoriums, theaters, and churches.

Bryan Doerries lectures on his work at cultural venues throughout the world and, in recent years, has taught courses at Princeton University, the Stella Adler School of Acting, and the Bard Prison Initiative. He is a proud board member of the Alliance for Young Artists & Writers, Arts in the Armed Forces, and Friends of the Young Writers Workshop. His books include, The Theater of War: What Ancient Greek Tragedies Can Teach Us Today, along with All That You’ve Seen Here is God, a volume of Doerries’s translations of ancient Greek tragedies.
Motherhood Across Borders: Immigrants and their Children in Mexico and New York
WITH GABRIELLE OLIVEIRA
Wednesday, April 29, 2020 • 7:00-8:30 pm
Lexington Depot, 13 Depot Square, Lexington • $10 • SMAB

While we have an incredible amount of statistical information about immigrants coming in and out of the United States, we know very little about how migrant families stay together and raise their children. Beyond the numbers, what are the everyday experiences of families with members on both sides of the border? Focusing on Mexican women who migrate to New York City and leave children behind, Motherhood across Borders examines parenting from afar, as well as the ways in which separated siblings cope with different experiences across borders. Oliveira offers a unique focus on the many consequences of maternal migration and illuminates the life trajectories of separated siblings, including their divergent educational paths, and the everyday struggles that undocumented mothers go through in order to figure out how to be a good parent to all of their children, no matter where they live.

Gabrielle Oliveira’s research focuses on immigration and mobility—on how people move, adapt, and parent across borders. Her expertise includes gender, anthropology, transnationalism, and bilingualism with a concentration on Latin America. Merging the fields of anthropology and education through ethnographic work in multiple countries, Oliveira also studies the educational trajectories of immigrant and first-generation children. Oliveira received her bachelor’s degree in her native Brazil and earned her master’s and doctoral degrees from Columbia University, where she was also a National Academy of Education/Spencer Foundation Dissertation. She is a current manuscript reviewer at the Journal of Diaspora, Indigenous and Minority Education and the Journal of Anthropology and Education Quarterly. She is also the co-founder of the group Colectiva Infancias, which develops free courses on the sociology and anthropology of children and migration in Latin America.

Sharenthood: Why We Should Think before We Talk about Our Kids Online
WITH LEAH PLUNKETT
Wednesday, June 10, 2020 • 7:00-8:30 pm
Lexington Depot, 13 Depot Square, Lexington • $10 • SLEA

Our children’s first digital footprints are made before they can walk even before they are born as parents use fertility apps to aid conception, post ultrasound images, and share their baby’s hospital mug shot. Then, in rapid succession come terabytes of baby pictures stored in the cloud, digital baby monitors with built-in artificial intelligence, and real-time updates from daycare. When school starts, there are cafeteria cards that catalog food purchases, bus passes that track when kids are on and off the bus, electronic health records in the nurse’s office, and a school surveillance system that has eyes everywhere. Unwittingly, parents, teachers, and other trusted adults are compiling digital dossiers for children that could be available to everyone—friends, employers, law enforcement forever. In this incisive book, Leah Plunkett examines the implications of “sharenthood” adults’ excessive digital sharing of children’s data. She outlines the mistakes adults make with kids’ private information, the risks that result, and the legal system that enables “sharenting.”

Leah Plunkett describes various modes of sharenting including “commercial sharenting,” efforts by parents to use their families’ private experiences to make money and unpacks the faulty assumptions made by our legal system about children, parents, and privacy. She proposes a “thought compass” to guide adults in their decision making about children’s digital data: play, forget, connect, and respect. Enshrining every false step and bad choice, Plunkett argues, can rob children of their chance to explore and learn lessons. The Internet needs to forget. We need to remember.

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 for more information.
Creating Community/ Around Town

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 Monday, 10:00-11:00 am. Meets April 6, LCE, Large Conference Room, 146 Maple St, Access via 328 Lowell St., $5.

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

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

K009, 1 Tuesday, 6:30-7:30 pm. Meets April 28, Lexington High School, Room 221. Free, but pre-registration is required.

Household Goods
Household Goods is a non-profit, volunteer driven organization that provides a full-range of donated furniture and household items, free of charge, to help people in need make a home.

Each year Household Goods furnishes 2,700 homes for people in need referred by social service agencies throughout Massachusetts. Help someone in need set up a home by volunteering or donating good quality furniture and smaller household items. Donations are accepted Tuesdays, Thursdays, and Saturdays from 9 to noon (except holidays and major holiday weekends) at 530 Main Street, Acton, MA 01720. Please visit householdgoods.org for a complete list of acceptable donations and volunteer opportunities.

Voices on the Green at First Parish in Lexington
A program of storytellers and music on the theme, “And Then a Funny Thing Happened,” true stories of the odd, hilarious, paradoxical, or bizarre occurrences of our personal lives. This program is one in an ongoing series of programs called Voices on the Green, on topics of wide community interest, created by First Parish in Lexington. Each event includes storytellers with MOTH-style personal stories about the impact of the topic in their personal lives; and live music performances related to the theme. There is a separate, concurrent Children’s Voices Storytelling event at First Parish that evening led by a professional storyteller that is open to all children. Doors open at 6:30 pm for refreshments and conversation. All are welcome.

General Admission Seating. Suggested donation: General $10, Donor $20; Youth/Student/Child: $5. Tickets in advance at VoicesontheGreen.org or at the door.

For information on how to participate, contact David Rose at drose@cast.org.

gallery twist
Lexington’s gallery twist is located in the center of town at 1963 Massachusetts Avenue, in a beautiful historic home near the Battle Green. The gallery’s unique setting in a beautiful historic house, together with the distinctive way they display art, makes for a gallery with a twist. Each year gallery twist presents five exhibitions that offer visitors an opportunity to enjoy an eclectic mix of New England artwork in various styles and media. Typically 200+ artworks by 30+ artists are shown. Here, in a home setting, you can easily imagine the art in your own home or workspace. Owners John and Gillian Ross encourage visitors to ‘just be’ with each piece, and offer what many have called ‘an art experience’. For more information about visiting and current exhibits please visit: www.gallerytwist.com

Media Production Classes at LexMedia
All classes at LexMedia are free and available to people who live, work or attend school in Lexington. For more information and to sign up for a class go to https://www.lexmedia.org/events-classes/. LexMedia is a membership-based non-profit community access media center serving the town of Lexington, Massachusetts.
Humanities

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

NEW Shakespeare's Richard III
Instructor: Cammy Thomas

"Now is the winter of our discontent," the play begins, the line spoken by Richard, a bitter, malignant combatant in the medieval Wars of the Roses. He’s a nasty piece of work, and adorns it up front. And he’s after the crown, but there are many claimants in his way. How will he get rid of them? Shakespeare’s language in this play is brilliant and beautiful, including some of his best insults, as when former Queen Margaret calls Richard a “poisonous, bunch-backed toad”! Come and be amazed, or horrified, by Richard’s evil designs. What forces in the play, and maybe in himself, stand against his ambition, cruelty, amorality? No experience with Shakespeare is necessary. The first week will be an introduction to the play (no reading for that week), followed by five weeks, one act per week until done.

HKR3, 6 Thursdays 7:30-9:00 pm. Begins April 2, Lexington High School, Room 225, $95/Seniors $75.

NEW All Quiet on the Western Front
Instructor: Tracy Marks

The award-winning classic, All Quiet on the Western Front by Erich Maria Remarque is a vivid portrayal of a German soldier’s experience on the front lines during World War I. In this class, we will discuss this literary masterpiece and view clips from the film. We will also read excerpts from the highly relevant sequel, The Road Back, about a veteran’s mental and emotional struggles returning to Germany after losing the war. Please read the chapters 1-3 of All Quiet (Wheel translation, free online) before the first class.

HWTL, 7 Fridays, 12:30-2:30 pm. Begins April 17, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school. $135 /Seniors $105.

NEW Women of Greco-Roman Mythology
Instructor: Skye Shirley

The Ancient Greeks and Romans wove fascinating interconnected tales of witches, wives, prophetesses, and temptresses, which have inspired artists and writers from antiquity until today. Greco-Roman societies were all patriarchies, and their myths often reflect patriarchal systems of control and anxieties, and at the same time we will see examples of women rebelling against patriarchy and asserting their own agency. We will examine how constructions of gender and sexuality functioned in ancient societies as a method of control for female behavior. We will first meet the key goddesses in the Greco-Roman pantheon, and explore famous myths from the Trojan War and Greek tragedy. All throughout the course, we will highlight connections to classic female archetypes in modern culture and see how recent adaptations continue the evolution of these foundational myths.

HWGR, 8 Mondays, 5:30-7:00 pm. Begins April 6, Lexington High School, Room 234, $120/Seniors $100.

NEW Introduction to Roman History
Instructor: Skye Shirley

How did a small settlement along the Tiber River expand to encompass the entire Mediterranean and leave its mark on so many aspects of our lives over 2000 years later? In this course we will follow the city of Rome from its scrappy beginnings as it fought other local tribes to its growth into a republic that has lasted longer than our own has been in existence. We’ll ask the hard questions about how the republic collapsed into civil wars and re-emerged as an empire. We will also reflect on how we know what we know about the past, and interrogate the power structures that leave so many voices out of mainstream Roman history. From empresses to slaves, refugees from volcanic eruptions to merchants in the forum, we will familiarize ourselves with countless Romans through primary literature and artifacts.

HIRS, 8 Wednesdays, 6:00-7:30 pm. Begins April 15, Lexington High School, Room 234, $120/Seniors $100.

NEW American Music History
Instructor: Staff from Go Go Allegro Music School

Explore the most influential genres of American music. Ranging from traditional blues in the late 1800’s, jazz in the early 1900’s, Rock n Roll and Motown in the mid 1900’s and modern eclectic mixes of all of these and more.

MLIT, 6 Thursdays, 7:00-8:00 pm. Begins April 16, Lexington High School, Room 229, $115.

NEW Fundamentals of Indian Classical Music
Instructor: Srinivas Reddy

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

MFIC, 1 Monday, 7:00-8:30 pm. Meets April 6, Lexington High School, Room 240, $25/Seniors $20.

NEW Spring Opera Preview
Instructor: David Collins

This spring we will enjoy two very unique operas being produced by Odyssey Opera in Boston along with an opera in HD from the New York Met. We begin with an exploration of Benjamin Britten’s opera, Gloriana, which was written to celebrate the coronation of Queen Elizabeth II. Full of choruses, dances and vocal numbers, this opera is as close as Britten ever got to writing a grand opera. We next take a look at Donizetti’s second opera in his trilogy on Queen Elizabeth I – Maria Stuarda / Mary Stuart. In this opera, Donizetti creates a highly charged duet as Elizabeth and Mary confront each other (a meeting which never really occurred) and finishes the opera with one of his greatest soprano aria-finales. Finally we get acquainted with the composer Edward German and his comic operetta Merrie England. Composed in the style
of Gilbert and Sullivan, this piece offers a light-hearted look at the court of Queen Elizabeth I. Join us as we prepare for these special performances. Classes will meet on April 7, May 5 and June 2.

**HOPE**, 3 Tuesdays, 6:30-9:00 pm. Begins April 7 and meets May 5 and June 2, Lexington High School, Room 240, $85/Seniors/$65.

**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, oboist, flutists, and bassoonists who are comfortable with basic note-reading, and are playing at a “late beginner” level or higher. Please contact the 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**, 7 Mondays, 7:30-9:00 pm. Begins April 6, Lexington High School, Room 240, $185/Seniors $140.

**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, 9:15 am - 10:15 am. Begins April 13, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school. $160.

**NEW** **Beginning Guitar – Continued**

**Instructor: Staff from Go Go Allegro Music School**

Continue to develop your fundamentals in the guitar by learning new techniques and pieces of music. These classes will pose a slight challenge to build your abilities, but still accommodate learning at a comfortable pace. Please bring your guitar to class, all other materials will be provided.

**MBUI**, 6 Mondays, 10:15 am - 11:15 am. Begins April 13, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school. $160.

**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 April 30, Lexington High School, Room 247, $155/Seniors $130.

*One Night on Earth, with master guitarist Derek Gripper, p. 3.*
Acting Skills for Business  
Instructor: Lau Lapides  
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!  

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 Wednesday, 7:00-8:30 pm. Meets May 6, Lexington High School, Room 225, $25/Seniors $20.

NEW The Art of Making Picture Books for New & Returning Students  
Instructor: Marit Menzin  
Experience the art of creating children’s books first-hand. Participants will experiment character development, make a storyboard, and a model of the story they are working on. We will then review the formula for structuring a picture book: introduction, story development, and the story’s climax and resolution in relation to its illustrations. We will also examine page layout, design and illustration style, as well as different kinds of art media used in picture books. Participants will draw in class while discussing and learning the above. Assignments will be given.  
WWCB, 5 Fridays, 11:00am-1:00 pm. Begins May 8, Lexington Community Education Small Conference Room, 146 Maple Street, access by 328 Lowell Street, $135/Seniors $110.

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 Paying Attention to Internal Conflicts: How to Use Complicated and Contradictory Feelings in Creative Writing  
Instructor: Tom Daley  
If you avoid the conflict to keep the peace you start a war inside yourself.  
— Cheryl Richardson  
From Hamlet’s soliloquy, “To be or not to be,” to Katniss Everdeen’s conflict between the reluctance to kill and the wish to be a warrior in The Hunger Games, internal conflict has stoked the bonfires of creative expression. What are your own internal conflicts? How might complicated and conflicting feelings inform your own writing? In this two-hour workshop, we will examine examples of internal conflict in literature. This examination will form the basis for exercises in which you will investigate your own internal conflicts or those of your subjects and use them to create short scenes or stanzas.  
WCRE, 1 Friday, 6:00-8:00 pm. Meets June 5, Lexington High School, Room 148, $30.

The Way of Haiku  
Instructor: Brad Bennett  
Join award-winning haiku poet Brad Bennett for a two-part writing workshop on haiku, the most popular poetry form in the world! Haiku are so much more than poetry, the most popular poetry form in the world! Haiku are so much more than counting syllables. These small poems help us celebrate the extraordinary in the ordinary and connect us more deeply to the natural world. After learning about the history and technique of haiku and reading some spring examples, we will take inspirational walks outside and try our hands at haiku writing prompts. We’ll also save time to share our poems in a supportive atmosphere. Everyone is welcome!  
HHAI, 2 Thursdays, 6:30-8:30 pm. Begins April 30, Lexington High School, Room 225, $45/Seniors $35.
Memoir Writing
Instructor: Tom Daley
Memory is not an instrument for exploring the past but its theatre. — Walter Benjamin
Whether you intend to share your written remembrances with family and friends or a broader audience, you will find this a collegial and supportive workshop in which optional weekly exercises will help you to transform the rich material of your life into unique works of art, including memoir pieces, personal essays and even the beginning of a book-length memoir. All work will be written outside of the workshop and brought for a critique by other participants and the instructor, during which time techniques for better writing will be explored. Bring nine copies of something you have written of a memoir nature—a journal entry, a paragraph describing a relationship, a letter recounting some memorable incident in your life—to the first meeting of the workshop. The piece should be 750 words or less.

WMEM, 8 Wednesdays, 4:00-6:00 pm. Begins April 15, Lexington High School, Room 148, $195/Seniors $150.

Poetry Writing Workshop
Instructor: Tom Daley
Poetry is not only dream and vision; it is the skeleton architecture of our lives. It lays the foundation for a future of change, a bridge across our fears of what has never been before. — Audre Lourde
Poetry writing, largely, is a solitary endeavor. This workshop will provide the opportunity for poets, both beginning and practiced, to share their work with other poets in a collegial and supportive environment. We will concentrate on sharpening the impact of your poems through careful consideration of their strengths and their limitations. Optional take-home writing exercises will give you the opportunity to explore the myriad forms poetry can take. Bring 10 copies of a recent poem (no more than two pages long) to the first session.

WPWW, 8 Wednesdays, 6:15-8:15 pm. Begins April 15, Lexington High School, Room 148, $195/Seniors $150.

Daytime Memoir Writing
Instructor: Tom Daley
Memory is not an instrument for exploring the past but its theatre. — Walter Benjamin
Whether you intend to share your written remembrances with family and friends or a broader audience, you will find this a collegial and supportive workshop in which optional weekly exercises will help you to transform the rich material of your life into unique works of art, including memoir pieces, personal essays and even the beginning of a book-length memoir. All work will be written outside of the workshop and brought for a critique by other participants and the instructor, during which time techniques for better writing will be explored. Bring seven copies of something you have written of a memoir nature—a journal entry, a paragraph describing a relationship, a letter recounting some memorable incident in your life—to the first meeting of the workshop. The piece should be 750 words or less.

W2MEM, 8 Fridays, 12:15-1:45 pm. Begins April 17, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school. $165/Seniors $125.

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 four 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 stirring down any sentence grammatically.

WP&G, 5 Wednesdays, 6:30-8:15 pm. Begins April 29, Lexington High School, Room 224, $75/Seniors $55.

Short Form Poetry
Instructor: Tracy Marks
Cinquains, Clerihews, Landays! Whether you have never written a poem or you are an experienced poet, you can easily express yourself creatively by writing traditional short-form poetry of 2-6 lines. In this course you will learn about and write in eight different forms from all over the world, many based on counting syllables, and most non-rhyming. Have fun discovering your talent for writing in such forms as haikus, tankas, tanagas, cinquains, shadormas, humorous clerihews, and landays, the oral poetic form of Afghan women.

WSTU, 4 Tuesdays, 6:30-8:45 pm. Begins April 7, Lexington High School Room 222, $85/Seniors $65.

NEW Writing About Nature
Instructor: Tracy Marks
Whether you write nonfiction, fiction or poetry, if you are a lover of nature, you can benefit from reading accomplished nature writers, and learning many approaches to inspiring nature writing. We’ll develop our descriptive ability, consider scientific, environmental, philosophical, spiritual, romantic, feminist and travel-oriented perspectives, and do personalized writing assignments. During one of our sessions, we’ll also enjoy a writing-oriented field trip amidst the profusion of spring blossoms. Recommended: John Murray’s classic, Writing About Nature, and Clare Walker Leslie’s guided Nature Journal. One of our evening sessions will be a writing about nature field trip.

WESS, 4 Mondays, 6:30-8:30 pm. Begins May 18, Lexington High School, Room 222, $75/Seniors $65.

WRITE WILD: Women Who Shaped the Way We Read the Natural World, p. 3
**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,** 6 Mondays, 5:00-8:00 pm. Begins April 6, Lexington High School, Room 166, $185/Seniors $140.

**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 April 6, Lexington High School, Room 166, $185/Seniors $140.

**Oil Pastel Studio**  
**Instructor: Alma Bella Solis**  
Using oil pastels, you will produce your own compositions, interpreting subjects ranging from still life to human figures. Drawing methods used in this course are outline, contour then the creative strokes using the oil pastel sticks in achieving perspective, proportion, contrast, depth and dimension of the subjects chosen. Oil pastels are waxy and thick, the pigment being mixed with non-drying oil thus the thicker pad is used e.g. Canson,Strathmore. Please see the Lexington Community Education website for supply list.

**ACHR,** 6 Mondays, 5:30-7:30 pm. Begins April 13, Lexington High School, Room 148, $135/Seniors $105.

**New Aquatic Scenes with Chinese Brush and Colors**  
**Instructor: Son-Mey Chiu**  
During this spring season students are invited to explore painting aquatic flora and fauna. A variety of subject matters will be introduced to cater to students of different levels of experience with Chinese ink and colors. Students will learn painting water birds such as the kingfisher and egret. Aquatic plants such as the water lily and lotus will be introduced. Students will also be given the opportunity to paint the Chinese goldfish and koi. Beginning and returning students are welcome. Please bring a piece of felt to protect the table and your painting, a palette for watercolor, and a three-segment water container or three cups. (Painting supplies for new students: approximately $57 payable to the instructor at the first class.)

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

**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 April 6, Lexington High School, Room 212, $90/Seniors $70.
Acrylic Painting – Evening  
**Instructor: Linda Balek**  
Studio acrylic painting classes are the ideal art class for those who want to relax, explore painting, and meet fellow artists in the community. This class will address mixing, composition, and painting techniques while encouraging your unique painting style through individual instruction. Please bring to class a photo of what you would like to paint for your unique artwork. In every class, painting instruction is given on a one to one learning approach and will cater to each student’s personal needs and interests. Because we also learn from others’ work, we will have a group painting critique at the end of each class. While painting on canvas, you will explore and experiment with your personal artistic style. Recommended material list is canvas, easel, container for water, acrylic paint (Basic colors: white, cadmium yellow medium, cadmium red medium, ultramarine blue) mixing palette, and artist brushes.  
**AACR**, 5 Wednesdays, 6:00-8:30 pm. Begins April 15, Lexington High School, Room 210, $120/Seniors $100.

**Introduction to Acrylic Painting – Daytime**  
**Instructor: Donna Calleja**  
Learn the basics of working with acrylic paints while creating original artwork. For our first project we will learn basic techniques such as color mixing, composition, under painting and paint application techniques while creating a landscape painting from a photograph. How to work in different painting styles and subjects will be explored while students follow their personal interests in their second painting project. The class will combine teacher demonstration with work time devoted to individual instruction. How to prepare canvas and paper for painting and using acrylic in mixed media work will also be covered. Supply List for class - canvas or canvas board (size range from 8 by 10 to 12 by 16 inches), Acrylic paint in tubes (Basic colors – Titanium White, Yellow Hansa, Naphthol Red, Ultramarine Blue, Burnt Sienna) or any set of yellow, blue, red, white and brown acrylic paints, disposable palette paper, and acrylic artist brushes (small round size 2 and 3 flats in size range of 2, 4, 6), 5 by 7 inches (or larger) color photos of landscapes.  
**ADAC**, 8 Thursdays, 10:00 am - 12:00 pm. Begins April 16, Lexington Community Education Large Conference Room, 146 Maple Street, Access by 328 Lowell Street, $175/Seniors $130.

**Art & Mindfulness**  
**Instructor: Sue Dahl**  
Mindfulness means “paying attention on purpose, in a particular way.” It has been shown to increase focus, spark creativity, and promote a sense of calm. Each week, the class will put Mindfulness into practice using a variety of art techniques such as drawing, painting, printmaking, and collage. All levels of artistic experience are welcome, as well as those who are curious about mindfulness and meditation. All materials will be provided by the instructor; a fee of $10 is payable at the first class meeting.  
**AMMA**, 8 Mondays, 10:00 am-12:00 noon. Begins April 6, Lexington Community Education Conference Room, 146 Maple Street, Access by 328 Lowell Street, $165/ Seniors $125.

**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 shops will be discussed in class. 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, 1:45-3:45 pm. Begins April 15, Lexington Community Education Large Conference Room, 146 Maple Street, Access by 328 Lowell Street, $135/Seniors $105.

**NEW Origami for Adults**  
**Instructor: Linda Perry**  
This haiku called Origami says it all:  
No cutting, no glue,  
Mostly one sheet of paper,  
Wonderful results.  
We will start with some basic folds, moving onto lips that kiss and two links made from one piece of paper. Modular origami and more complex folds will be introduced as time allows. Along the way you will see the amazing ways origami is used in construction, medicine and even outer-space. A materials fee of $6 is payable to the instructor at the first class.  
**AORI**, 6 Wednesdays, 6:30-8:30 pm. Begins April 30, Lexington High School, Room 214, $85/Seniors $65.

**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 @dbarneschii.  
**AGRA**, 6 Wednesdays, 6:30-8:30 pm. Begins April 15, Lexington High School, Room 215, $175/Seniors $135.
An Introduction to Metalsmithing  
**Instructor: Kareena 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.

**AITEM**, 3 Tuesdays, 6:30-8:30 pm. Begins April 7, Kareena 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 the studio, and stone and tool sourcing. You will leave with your stone sculpture in hand. Please bring a bag lunch to class. All materials will be provided.

Classes are held at Scott’s Stone Carving, 80 Loomis Street (Bike Path) Bedford, MA 01730. For additional class information please visit: www.stonecarvingdust.blogspot.com

**ASTN**, 1 Saturday, 9:30 am - 2:30 pm. Meets April 18, Scott’s Stone Carving, 80 Loomis Street, Bedford, $160.

**A2STN**, 1 Saturday, 9:30 am - 2:30 pm. Meets May 16, Scott’s Stone Carving, 80 Loomis Street, Bedford, $160.

**A3ST**, 1 Saturday, 9:30 am - 2:30 pm. Meets June 20, Scott’s Stone Carving, 80 Loomis Street, Bedford, $160.

Weave A Bamboo Scarf – Get Ready for Spring  
**Instructor: Beth Guertin**

Rigid heddle looms produce plain weave cloth on a fun and portable loom. In three weeks (9 hours), students will weave a bamboo scarf (finished size 6” X 72”) with lace stripes and then either sew the scarf together to create an infinity scarf or twist fringe. The first class will consist of choosing colors and warping the loom using a direct warping method. To warp the loom students walk back and forth between the loom and a peg positioned the length of the warp. Students will walk a distance of approximately 9 feet, approximately 50 times to complete this part of the project. The second week weaving will begin and the use of a pick-up stick to create lace stripes (optional) will be taught. Students will take the loom home to weave their scarf between classes. The final class will consist of taking the scarf off the loom, sewing the infinity scarf or twisting fringe, and learning how to wash the scarf. Schacht Cricket Looms will be provided for students use (and can be purchased from the instructor). These looms are small and lightweight enough to be carried in a canvas tote bag provided by the instructor. A materials fee of $20.00 for the yarns will be paid for to the instructor. Students may come to the instructors studio in Waltham to choose their colors prior to the first night of class. Please bring scissors to class. Note that the class meets for two weeks, May 20 and 27 and then skips a week to provide weaving time. The final class meets on June 10.

**AWYE**, 3 Wednesdays, 6:00-9:00 pm. Begins May 20 and meets May 27 and June 10, Lexington High School, Room 214, $135/Seniors $105.

Daytime Advanced Knitting  
**Instructor: Kerry Keohane**

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

**ADKNIT**, 8 Wednesdays, 9:30-11:30 am. Begins April 15. Meets at LCE Conference Room (Access via 328 Lowell Street/ Entrance through blue side door of building), $155/Seniors $120.

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 April 6, Lexington High School, Room 222, $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, 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 May 11, Lexington High School, Room 221, $88/Seniors $66.
No matter where you travel in the world, communication is the key to success. Our courses are taught by instructors who both speak well and teach well in multiple languages.

**Beginning English – Daytime**
**Instructor: 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 April 6, LCE Small Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington School, $165/Seniors $125.**

**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, 7 Thursdays, 6:30-8:00 pm. Begins April 30, Lexington High School, Room 224, $110/Seniors $100.**

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

**LCOE, 9 Tuesdays, 12:30-2:30 pm. Begins April 7, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, $150/Seniors $125.**

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

**LBGS, 8 Wednesdays, 7:00-9:00 pm. Begins April 15, Lexington High School, Room 222, $165/Seniors $125.**

**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 April 6, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, $140/Seniors $120.**

**Conversational Spanish for Beginners and Advanced 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 April 15, Lexington High School, Room 221, $100/Seniors $75.**

**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, and current news articles, this course will help you develop your vocabulary, and your capacity to speak, write and understand the Spanish language.

**LDII, 9 Thursdays, 10:00 am-12:00 pm. Begins April 9, LCE Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, $150/Seniors $125.**

**Beginning Italian**
**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. The book is available on-line or at the I Am Books at 189 North Street, Boston.

**LDBI**, 8 Thursdays, 6:30-8:00 pm. Begins April 16, Lexington High School, Room 222, $110/Seniors $95.

**Advanced Beginning Italian (Daytime)**
*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. The book is available on-line or at the I Am Books at 189 North Street, Boston.

**LIAB**, 8 Wednesdays, 10:00-11:45 am. Begins April 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.

**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. The book is available on-line or at the I Am Books at 189 North Street, Boston.

**LIIT**, 8 Fridays, 6:30-8:00 pm. Begins April 17, Lexington High School, Room 220, $110/Seniors $95.

**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.

**LICO**, 8 Wednesdays, 12:00-1:30 pm. Begins April 15, LCE Large Conference Room, Access by 328 Lowell Street, and enter through the blue side door of the Old Harrington school, $110/Seniors $95.

**Conversational Italian – Evening**
*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.

**LIFO**, 8 Thursdays, 6:30-8:00 pm. Begins April 17, Lexington Community Education Conference Room, 146 Maple Street, Access via 328 Lowell Street, $198.

**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 though 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.


**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, 12:10-2:10 pm. Begins April 9, LCE Conference Room, 146 Maple Street, Access via 328 Lowell Street, $198.

**Beginner French/ French for Travelers**
*Instructor: Maurice Bombrun*
If you have no or “forgotten” French knowledge or will soon be traveling to France this 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 though 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.

**LBRB**, 9 Tuesdays, 7:00-9:00 pm. Begins April 7, Lexington High School, Room 164, $198.

**COOKING SIMPLE CURRIES**
with Shruti Mehta, p. 25
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 April 7, Lexington Community Education Conference Room, 146 Maple Street, access via 328 Lowell Street, $198.

Intermediate French
Instructor: Maurice Bombrun
Intermediate French is for students who have studied all basic concepts of pronunciation, grammar, and vocabulary. The course quickly reviews the foundation of everyday French. Students learn how to communicate with simple sentences in applicable situations. The college-level Contacts, Valette/Valette and the corresponding Student Activities Manual, 8th Edition, may be purchased online or from a bookstore.
LBF3, 9 Tuesdays, 9:30-11:30 am. Begins April 7, Lexington Community Education Conference Room, 146 Maple Street, Access via 328 Lowell Street, $198.

Intermediate French II – Daytime & Evening
Instructor: Maurice Bombrun
Intermediate French II is for students who have attended Intermediate French 1 or are familiar with all basic concepts of pronunciation, grammar and vocabulary. Students further learn to communicate with more complex sentences in applicable French culture situations and conversations. The textbook will be discussed in the first class.
LDIF, 9 Thursdays, 3:30-5:30 pm. Begins April 9, Lexington High School, Room 164, $198.
LINF, 9 Thursdays, 7:00-9:00 pm. Begins April 9, Lexington High School, Room 164, $198.

French Conversational Workshop
Instructor: Maurice Bombrun
In the Conversational French class, students learn how to maintain and practice French to stay fluent and improve conversational skills. The lessons include conversation, pronunciation, understanding, role/play, grammar and translation to reinforce the learning process. We focus on giving you the opportunity to speak in French. We use articles from the news, literature, and student-submitted documents to expose you to a variety of real-life topics and everyday French language topics. No textbook required.
LLFC, 9 Wednesdays, 7:00-9:00 pm. Begins April 8, Lexington High School, Room 164, $198.
LFCW, 9 Thursdays, 9:30-11:30 am. Begins April 9, LCE Small Conference Room, $198.

French Language & Conversation Through Film
Instructor: Karen Girondel
Film transports us to another place, another time and another life. Film provides language learners with a rich audio-visual context, along with dynamic vocabulary, idiomatic expressions, authentic dialogue, in addition to cultural and historical references. This course will feature presentation of vocabulary and some key grammatical structures which students will practice in the context of the film, as well as open-ended exercises, activities, discussions, and role-playing designed to help them improve their proficiency. Listening and speaking skills will be emphasized in this class rather than reading and writing. This course is for you if you know some basic French, understand some of what you hear when spoken at normal rate of speed, and want the opportunity to speak in a context that will encourage increased vocabulary and grammatical accuracy without lists of words and tedious written exercises.
LFFIL, 8 Tuesdays, 9:30-11:30 am. Begins April 14, Lexington Community Education Large Conference Room, 146 Maple Street, Access by 328 Lowell Street, $140/Seniors $120.
LHCC, 8 Tuesdays, 7:00-9:00 pm. Begins April 14, Lexington High School, Room 166, $140/Seniors $120.

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, 6:30-8:30 pm. Begins April 9, Lexington High School, Room 225, $160/Seniors $145.
Japanese for Beginners I
Instructor: Amy C. Franks
This course introduces students with no previous Japanese language experience to basic conversation, grammar, and the writing system. Through our study of these three subjects, we will also explore cultural issues such as polite language and Japan’s integration of foreign words and ideas. Basic conversation and cultural topics include self-introductions, getting around on public transportation, food and drink, shopping, famous cultural and historical sites, and other topics of interest to students.
HJLC, 8 Mondays, 6:30-8:30 pm. Begins April 6, Lexington High School, Room 229, $165/Seniors $148.

Japanese for Beginners II
Instructor: Amy C. Franks
This course is a continuation of Japanese for Beginners I. Taking up where the previous course ended, students will further develop their skills in four core areas: speaking, listening, reading and writing. All students who have completed “Japanese for Beginners I,” or students who have a rudimentary understanding of beginning Japanese, are welcome to register for this course.
LJL2, 8 Tuesdays, 6:30-8:30 pm. Begins April 7, Lexington High School, Room 229, $165/Seniors $148.

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 will need to set aside time outside of class to review and prepare for class assignments.
LRUS, 8 Mondays, 6:30-8:30 pm. Begins April 6, LHS, Room 231, $135/Seniors $110.

NEW Introduction to Latin
Instructor: Skye Shirley
Did you know that your brain is wired to learn languages in the same way, whether the language is modern or considered "dead"? That Latin has been considered difficult partly because it’s been taught through verb charts and not meaningful conversations? Step into the time machine every week as we speak the language of the Ancient Romans to build mastery and read ancient texts, learning the grammar and vocabulary that are the basis of countless languages today. You will learn to read funerary inscriptions, graffiti, and unlock manuscripts, and see the connections to modern languages. This course is for learners with little to some prior knowledge of Latin.
LLTN, 8 Mondays, 7:30-9:00 pm. Begins April 6, Lexington High School, Room 234, $120/Seniors $100.

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.

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, 7 Wednesdays, 5:00-6:30 pm. Begins April 29, Lexington High School, Room 235, $138/Seniors $118.

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, 7 Wednesdays, 7:00-9:00 pm. Begins April 29, Lexington High School, Room 235, $158/Seniors $138.
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.”

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

Managing 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, 9:00am-12:00pm. Meets May 1, LCE Large Conference Room, $39/Seniors $35.

CD2PIC, 1 Friday, 9:00am-12:00pm. Meets June 12, LCE Large Conference Room, $39/Seniors $35.

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

CDPH, 1 Friday, 9:00 am-12:00 pm. Meets May 1, LCE Large 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 May 8, LCE Large Conference Room, $39/Seniors $35.

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 May 22, LCE Large Conference Room, $42.

NEW Video Montage with Google Slides – Daytime
Instructor: Kristen Butler
Create a montage of your favorite photos for display at an upcoming event such as a graduation, wedding, baby shower, birthday, memorial or family get together. Please know your Google sign in information for class.

CDVID, 1 Friday, 9:00 am-12:00 pm. Meets May 29, LCE Large Conference Room, $42.

Organizing Your Computer – Daytime
Instructor: Kristen Butler
Learn how to organize your files and folders, manage your “My Documents” folder, and how to back up 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 June 5, LCE Large Conference Room, $42.

Managing 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.

CPOH, 1 Wednesday, 6:00-9:00 pm. Meets April 8, Lexington High School, Room 155, $39/Seniors $35.
Introduction to Word
Instruction: Kristen Butler
Learn how to use this powerful word processing program to write your papers, create flyers, write your resume, modify document setups, change margins, change fonts, and other information. Students must be familiar with the basics of how to use a computer.
CWOR, 1 Wednesday, 6:00-9:00 pm. Meets April 15, Lexington High School, Room 155, $42.

NEW Intermediate Word
Instruction: Kristen Butler
Learn how to use this powerful word processor to create your own letterhead, your own fax cover sheet, create footnotes and endnotes, use styles, make a table of contents and more. Students must be familiar with the basics of how to use a word processor.
CINW, 1 Wednesday, 6:00-9:00 pm. Meets April 29, Lexington High School, Room 155, $42.

NEW Video Montage with Google Slides
Instruction: Kristen Butler
Create a montage of your favorite photos for display at an upcoming event such as a graduation, wedding, baby shower, birthday, memorial or family get together. Please know your Google sign in information for class.
CVID, 1 Wednesday, 6:00-9:00 pm. Meets May 6, Lexington High School, Room 155, $42.

Introduction to Excel
Instruction: Kristen Butler
Learn how to use a spreadsheet application and create graphs using the data in your spreadsheets. Learn how to use multiple worksheets and share the data between the worksheets. MS Excel is a great tool for tracking numbers.
CINX, 1 Wednesday, 6:00-9:00 pm. Meets May 13, Lexington High School, Room 155, $42.

Intermediate Excel I
Instruction: Kristen Butler
Learn how to import and link files, modify charts, explore the different formulas and more. Student must be familiar with the basics of how to use Excel.
CIEX, 1 Wednesday, 6:00-9:00 pm. Meets May 20, Lexington High School, Room 155, $42.

Intermediate Excel II
Instruction: 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 June 3, Lexington High School, Room 155, $42.

Intro to Google Suite
Instruction: Kristen Butler
Learn how to use Google Docs, Sheets and Slides. Learn to share documents to others and manage your Google Drive.
CGSL, 1 Wednesday, 6:00-9:00 pm. Meets June 10, Lexington High School, Room 155, $42.

Computer Consulting “Ala Carte”
Instruction: 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.

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

Home Alone
Instruction: 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 April 28, Lexington High School, Room 221. Free, but pre-registration is required.

Babysitter Training (ages 11 – 15)
Instruction: 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; recognizing age appropriate activities; 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 April 7 and Thursday, April 9, Lexington High School, Room 167, $130.
Aspects of drawing. We will also explore drawing architecture - from a study of simple architectural elements, to designing buildings using graph paper as a guide for proportion. Students will have the opportunity to design and work independently as well as with the instructor. Please bring the following supplies to class: a Drawing Pad (11” x 14”), Pencil HB, Colored Pencils (12), an Eraser and an 8 ½” x 11” pad of Graph paper. A Materials fee of $10 is payable to the instructor at the first class.

KARCH, 6 Wednesdays, 5:00-7:00pm. Begins April 15, 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 in 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, 5:00-8:00pm. Begins April 17, Lexington High School, Room 166, $185.

Fiction Writing for 4th and 5th Graders
Instructor: Karen Day
In this three-session fiction workshop, students will be introduced to the nuts and bolts of what makes a good story. They will brainstorm for ideas and begin writing a story that focuses on key fictional elements such as voice and plot. In addition to written comments from the teacher, they can also expect to leave the class with the beginnings of a story of their own. This is an instructional course that leaves plenty of time for in-class writing and participation.

K2FIC, 3 Wednesdays, 6:00-7:30 pm. Begins May 20, 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 April 29, Lexington High School, Room 226, $90.
Tackling Time Management for Teens (Grades 8-12)

Instructor: Maria Kieslich

School, job, band practice, friends, homework, parties and family! It’s overwhelming and even for the most organized teen, not much fun to figure out how to get it all done. This course will introduce you to a bunch of tools that can make it easier. In the first hour we’ll find out what is really important to YOU, and how to cope with the other stuff. We’ll learn a few ways to not procrastinate. Then we get to the nuts and bolts, and talk briefly about calendars. You’ll leave with a draft plan for your next week, using the tools that you found work best for how you think. The second hour focuses on how to make a list that doesn’t leave anything out, and naturally breaks things down so a project doesn’t make you crazy. We’ll cover how to tackle the stressful trade-offs between what you have to do, how much time you have and how much money you have. Whether you’re a scribbler or a list maker, use paper or an app, or have trouble starting or stopping a task, we’ll find some tools that can help you. Please bring a real life project that you want to plan (a TikTok video? a school paper? an upcoming college trip?) so you can try a few ways of working on it in class. Also please bring however you track your week to class.

KTMT, 1 Saturday, 9:00-11:00 am. Meets April 4, Lexington High School, Room 220, $35.

Greek and Norse Mythology (Grades 5-8)

Instructor: John Chamberlain

What inspired Rick Riordan to write his Percy Jackson novels? We will read scripts in small groups to dramatize stories from the world of mythology and discuss them as we delve into the fantastical world of one-eyed cyclops, multi-headed canines and monsters, gods with god-awful grudges, patient queens, clever sorceresses, and courageous warriors.

KMYTH, 8 Thursdays, 4:00-5:30 pm. Begins April 16, Lexington High School, Room 220, $105.

April 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, 9:00 am - 12:00 pm. Begins April 21 and meets April 22, 23, 24, Lexington Lexington Community Education Conference Room, 146 Maple Street, Access by 328 Lowell Street, $105.

After School Guitar Rock Band 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, 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 April 30, Lexington High School, Room 240, $150.

Beginning Japanese for Young People II

Instructor: Amy C. Franks

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

KAT2, 8 Thursdays, 4:00-6:00 pm. Begins April 9, Lexington High School, Room 173, $165.

Math You Need for AMC, AIME and the International Mathematical Olympiad Mathematics

Instructor: Witold Biedrzycki

Study math with an International Mathematical Olympiad medalist! In order to succeed at contests such as AMC, students need to learn about topics and techniques which are seldom covered in high school courses. For example, mean inequalities, Jensen’s inequality, Lagrange multipliers, various triangle geometry theorems such as Ceva’s and Stewart’s theorems, modular arithmetic, Chinese remainder theorem, Diophantine equations and more! We will cover both the theory and applications to problem solving.

KMAO, 8 Mondays, 6:30-8:00 pm. Begins April 6, Lexington High School, Room 233, $120.
Test Prep/College Planning

SUMMER CLASSES FOR HIGH SCHOOL STUDENTS

Intensive Summer SAT Test Prep

Writing and Language/Essay SAT Prep
Instructor: Karen Mechem
Develop the grammar, structural, info graphic, and comprehension skills necessary for the writing test. For the new essay, learn the specific strategies needed. An unlimited number of essays may be submitted for scoring. Required Text for classes: The Official SAT Study Guide, published by the College Board.
PSWR, 4 Meetings, 9:00 am-12:00 pm. Meets June 29, June 30, July 1, July 2 Lexington High School, Room 175, $200.

Reading SAT Prep
Instructor: Karen Mechem
Prepare for the Reading SAT by actively reading passages, answering inferential and line-referenced questions, and interpreting info graphics. Practice tests will be taken and analyzed. Required Text for classes: The Official SAT Study Guide, published by the College Board.
PRTH, 5 Meetings, 9:00-11:30 am. Meets July 6, 7, 8, 9, 10, Lexington High School Room 175, $200.

Math Intensive SAT Prep
Instructor: Chris Doucette
In SAT Math, students will review mathematical operations and learn test strategies necessary for success on the SAT. Required Text for class: The Official SAT Study Guide published by the College Board.
PREP, 5 Meetings, 9:00-11:30 am. Meets July 13, 14, 15, 16, 17, Lexington High School, Room 183, $200.

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

Driver Education
Registration for Driver Education programs is now Online.
Instructor: CS Driving School
A complete driver’s education program (classroom and behind-the-wheel lessons) is available through LCE. Students must be at least 15.9 years old to begin the program. Please see the LCE website at www.lexingtoncommunityed.org for details and dates. The cost for the course is $740 (after July 1 the cost of the course is $770.
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

NEW Foundational Chemistry for Rising Juniors
Instructor: Michael Horesh
This course is designed to assist high school Juniors entering all levels of chemistry by applying fundamental mathematical principles in the context of chemistry, and to equip them with skills, strategies and confidence. We will foster a strong foundation in applied algebra, proportionate reasoning, and the foundational principles of chemistry, as well as strong inquiry and problem-solving skills within the context of scientific thought. Topics that will be emphasized will include dimensional analysis, atomic structure, periodic trends, chemical bonding, formula writing and chemical naming, chemical equilibria, stoichiometry, thermochemistry and calorimetry.
Students will also be introduced to post-laboratory evaluation calculations, such as percent error and percent yield to facilitate deeper discussions on types of error. Classes include daily laboratory activities to complement instruction, techniques for data collection and analysis, and problem-solving activities based on experimental data. This week-long course is designed to cover roughly 25% of the curriculum in a typical CP1 class at Lexington High School.
PHSCHEM, 5 Meetings, 9:00 am - 3:00 pm. Meets August 17, 18, 19, 20, 21, Lexington High School, Room 405, $305.

Intensive College Essay Writing
Instructors: Mindy Pollack Fusi & Jamie Reynolds Usher
Calling all rising seniors! Don’t wait until fall college application deadlines approach and wonder what to create for your personal statement/essay. Be prepared by spending only one week (half days) this summer learning the do’s and don’ts of the essay and creating yours! You will receive help on all essay aspects, from developing a strong topic to completing the essay. Join fellow rising seniors and popular College Application Essay Coach Mindy Pollack Fusi and her new assistant Jamie Usher as they teach you insider tips and a foolproof technique on how to choose your topic. From there, you will draft your essay and receive feedback. After revising the essay, you will evaluate feedback again—several times. You will polish your essay until you have a completed statement that is concise yet creative and authentic. This workshop will help you break through fear and frustration, guide you to the finish, and help you relax in fall when your essay is done! Class size is limited to ten students.
PINT, 4 meetings, 10:00 am - 1:30 pm. Meets June 29, 30, July 1, July 2, Lexington High School, Room 175, $500.
P2INT, 4 meetings, 10:00 am - 1:30 pm. Meets July 21, 22, 23, 24, Lexington High School 178, $500.
P3INT, 5 meetings 10:30 am - 1:30 pm. Meets August 3, 4, 5, 6, 7, Lexington High School 178, $500.

THE ART OF MAKING PICTURE BOOKS
with Marit Menzin, p. 10
Write Your College Essay This Summer - In One Week

Instructor: Catherine Johnson

There's no need to worry about how to create a winning college application essay! Do you want to sail into your senior year with that critical part of your application done and ready to go? Wouldn't it be great to avoid arguments with your parents and all the stress? You can! Join a small group of students for five half-days. Follow a light-hearted and sometimes even fun, step-by-step process. Based on years of experience working successfully with college applicants, we've developed a method that easily yields winning essays. Short bursts of brainstorming, freewriting and individual feedback will get you started on drafting an essay. With daily sessions of writing followed by feedback and revision, we offer guidance and support in crafting an essay that memorably introduces you. Admissions officers read hundreds of essays and we want to be sure that yours will stand out. Work with us and by the end of one week, you will have (almost) painlessly produced an essay that presents both your authentic personality and solid writing skills. Catherine Johnson has a master's degree in education and 44-years of experience as a writing teacher, professional editor and writing coach. Class size is limited to 8 students.

PCOL, 5 meetings, 10:00 am - 1:00 pm. Meets July 13, 14, 15, 16, 17, Lexington High School, Room 178, $500.

P2COL, 5 meetings, 10:00 am - 1:00 pm. Meets August 10, 11, 12, 13, 14, Lexington High School, Room 178, $500.

Finding The Right Fit: The College Admissions Process

Instructor: Aaron Ladd

Looking to find the right school for your child or obtain merit money? We will show you how to choose the school that is the right fit for your child as we walk you through the admissions process. Learn about how merit money works and what you can do to better your position even if you are not a top student. This class is particularly important if your student is at the top of the class, has learning disabilities, is an athlete, or is average. The past several years have seen significant change in the college admissions process; Standardized testing has shifted, timing for Financial Aid has accelerated, and admissions have become more competitive. Learn why starting the process early can offer significant advantages. College Solutions has over 30 years of experience in college placement and financial aid. For adults only. The $25 tuition is for two adults in the household.

PFIT, 1 Wednesday, 7:30-9:00 pm. Meets April 15, Lexington High School, Room 225, $25.

You Can Afford College If...

Instructor: Donald Anderson

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

PMFA, 1 Thursday, 6:30-8:30 pm. Meets April 16, Lexington High School, Room 226, $25.

The College Admissions Game

Instructor: Aaron Ladd

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. Come 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.

PADM, 1 Tuesday, 7:00-8:30 pm. Meets April 14, Lexington High School, Room 225, $25.

Assisting College-Bound High School Student-Athletes Navigate the College Search & 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. 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.

PNSA, 1 Wednesday, April 29, 6:30-9:00 pm. Lexington High School, Room 167, $40 per adult/student pair.
NEW A Vegan Indian Feast
Instructor: Shruti Mehta

In India it is very easy to be a vegan without missing out on taste or flavor. There is a vast variety of traditional dishes that are vegan. Let’s get together and prepare an entire feast with dishes like onion pakoras (deep-fried onion fritters), spicy eggplant pulao (rice with silky eggplant prepared with sesame seeds and garam masala), Mixed beans curry in tomato gravy, Oat Uppama (oatmeal with spices and vegetables), and, scrumptious dessert called laapsi, made with cracked wheat, cardamom and almonds. It will surely be a feast! A $20 food fee is payable to the instructor at the class. This class will be filmed for broadcast on LexMedia.

NIVE, 1 Thursday, 6:00-9:00 pm. Meets May 28, LexMedia Studio Kitchen, 1001 Main Campus Drive, Lexington, $60.

NEW Simple Curries
Instructor: Shruti Mehta

For the Indian food aficionados the word Curry conjures up images of chunks of vegetables, lentils or meats in buttery, colorful and aromatic gravy. However, many people shy away from making curries as they believe that it takes too much time and effort, or it does not look like what they have eaten in the restaurant. If you are new to Indian cuisine and would like to introduce your family and children to the exotic flavors of a good curry…this class is for you. Buckle up and get ready to cook. We will prepare three different kinds of savory and spicy curries like Palak Paneer (Spinach and homemade cheese cooked with onion, ginger, chilies and spice, drizzled with cream), Potatoes Rajasthani (highly spiced potatoes with gravy, and Curried Black-eyed beans cooked in an onion, tomato gravy. These curries will be served with aromatic saffron rice with nuts, and garlic naan (store bought bread garnished with garlic butter and chili powder). A $20 food fee is payable to the instructor in class. This class will be filmed for broadcast on LexMedia. Come, let’s get curried away!!

NCUR, 1 Wednesday, 6:00-9:00 pm. Meets June 3, 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 HMart, 3 Old Concord Road., Burlington at the entrance of the Food Court.

NHMT, 2 Wednesdays, 6:30-8:30 pm. Begins May 6, meeting at HMart, 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 Monday, 6:30-8:00 pm. Meets April 27, Lexington High School, Room 143, $25.
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 Monday, 10:00-11:00 am. Meets April 6, LCE, Large Conference Room, 146 Maple St, Access via 328 Lowell St., $5.

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

FO11, 1 Tuesday, 7:00-8:30 pm. Meets April 7, Lexington High School, Room 220, $33.

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 April 14, Lexington High School, Room 226, $25/Seniors $20.

Say Yes to Your Perfect Wedding Dress: For Brides, Mother-of-the-Bride and Mother-of-the-Groom
Instructor: Randi Siu
Are you engaged, the mother-of-the-bride or the mother-of-the-groom and planning to be shopping for the perfect dress to wear for the wedding? 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 that special wedding day!

FYES, 1 Tuesday, 7:30-9:00 pm. Meets April 7, Lexington High School, Room 225, $30.

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 June 11, Lexington High School, Room 220, Free, but pre-registration required.

NEW Your Figure: Fabulous!
Instructor: Randi Siu
Wouldn’t it be great to feel good and receive compliments on everything you wear? The key to looking your best is to learn how to harmonize all your features, so the clothes and accessories you wear compliment your figure type and balance your shape. In this class, you will learn what your figure type is, and how you can enhance your figure, highlight your best features and camouflage your figure flaws, for a fabulous new look!

FFFF, 1 Tuesday, 7:30-9:00 pm. Meets April 14, Lexington High School, Room 226, $30.

NEW Drones & Aerial Photography
Instructor: Joseph Turner
You are invited to see the world from an entirely different perspective. In this one-hour presentation we will discuss responsible drone flying, demystify the perception of drones, learn about the latest FAA regulations and the beauty of aerial photographs. Participant materials include a printout of slides.

FDRON, 1 Tuesday, 12:00-1:00 pm. Meets May 5, Lexington Community Education Small Conference Room, 146 Maple Street, Access via 328 Lowell Street, $25/ Seniors $20.

Summer 2020 Lexplorations
Program for Academic and Creative Enrichment is Open for Registration at: LexingtonCommunityEd.org/summer
Business and Career

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

Return-To-Work Strategies: Work After Caregiving
Instructor: Leanne Rodd
Thinking about re-entering the workforce but not sure where to start? This info-packed session is for you! You will learn about today’s job market and hiring trends, top challenges re-entry professionals face and ways to address them, useful online resources to help you explore careers and update or maintain your skills, effective job search strategies for professionals like you, and many other tips for re-entering the workforce after a career break, including how to transition to a new career. Our goal is for you to leave this workshop energized and confident to begin your job search! This session is also great for professionals who, having recently left the workforce, are in full caregiver mode but want to maintain their professional identity.

BRTW, 1 Monday, 7:00-9:00 pm. Meets April 13, Lexington High School, Room 225, $40.

Budgeting for Success
Instructor: Sumeit and Sanjay Aggarwal
Join us for a personal finance workshop on budgeting for success.

In this 2-part workshop, we will go over the fundamentals of personal finance, discuss why, how and types of budgeting. You will learn budgeting tools to get started on building your own budget. Participants will get hands-on experience in organizing credit card and bank transactions using Excel, setting budget targets, and analyzing them to find money saving ideas. Bring your own laptop or follow along on the screen as we analyze transactions and discuss next steps after a budget is set.

BBFS, 2 Thursdays, 7:00-8:30 pm. Begins May 7, Lexington High School, Room 221, $40.

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 Mondays, 7:00-8:30 pm. Begins April 6, Lexington High School, Room 220, $40.

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.

BW13, 2 Fridays, 7:00-9:00 pm. Begins May 29, Lexington High School, Room 221, $45.

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 Thursdays, 6:30-8:30 pm. Begins June 4, Lexington High School, Room 226, $25.

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

BTMJ, 1 Thursday, 7:00-9:00 pm. Meets April 30, Lexington High School Room 226, $25/Seniors $20.

Do it Yourself or Financial Advisor? Capabilities, Fees, Conflicts of Interest
Instructor: Glenn Frank
Understand the industry Lexicon—ROBOs, brokers, 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”!

EMED, 2 Thursdays, 6:30-8:30 pm. Begins June 4, Lexington High School, Room 226, $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!

BDIY, 1 Monday, 7:00-9:00 pm. Meets April 13, Lexington High School, Room 226, $25/Seniors $20.

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

BCSS, 1 Tuesday, 7:00-9:00 pm. Meets May 5, Lexington High School, Room 226, $40.

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; 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 May 5, Lexington High School, Room 225, $30/Seniors $25.

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.

BTAZ, 1 Tuesday, 7:00-9:00 pm. Meets April 28, 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.

**Time, Money, and Joy**
*Instructor: Glenn Frank*

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

**BTMJ**, 1 Thursday, 7:00-9:00 pm. Meets April 30, Lexington High School Room 226, $25/Seniors $20.

**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 snacking, and grazing from dinner to bedtime. Using guided relaxation techniques taught in this class, to help you make this change on a powerful subconscious level. Please do not consume alcohol prior to class. An audio CD will be available for $30 for those who wish to take the program home for reinforcement.

**MSUG**, 1 Monday, 7:00-8:30 pm. Meets April 13, Lexington High School, Room 167, $40.

**Fixing Our Broken Sleep**
*Instructor: Rick Clerici*

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

**MSLE**, 1 Thursday, 7:00-8:30 pm. Meets June 11, Lexington High School, Room 225, $35.

**Stop Dieting**
*Instructor: Sue McCombs*

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

**MAPP**, 1 Monday, 7:00-8:30 pm. Meets April 27, Lexington High School, Room 167, $40.

**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 Monday, 7:00-8:30 pm. Meets April 6, Lexington High School, Room 225, $35.
**An Introduction to Radical Honesty**  
*Instructor: Anne Bryer*

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

**M005, 1 Wednesday, 7:00-8:30 pm. Meets May 13, Lexington High School, Room 222, $25/Seniors $20.**

**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 May 7, 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). Participants sit in chairs and wear normal attire. Sorry, no eating in the class.

**SLLM, 4 Thursdays, 7:00-8:00 pm. Begins May 28, Lexington High School, Room 247, $66/Seniors $49.**

**Intro to Tai Chi & Eight Pieces of Brocade**  
*Instructor: Virginia Payne*

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

**EVTI, 9 Thursdays, 5:30-6:30 pm. Begins April 16, Lexington High School, Room 244, $120/Seniors $90.**

**Advanced Tai Chi & 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 designed to tailor to students who have just finished “Tai Chi II”, “Tai Chi III” and the “Advanced Tai Chi” class. The 108- move Tai Chi form will be further refined along with deep breathing exercises in each class. Emphasis will be on the 3rd Section of the Tai Chi form, and on practicing and doing the moves correctly and with fluidity. The Eight Pieces of Brocade Qigong will again

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Rendi Siu teaches Your Figure Fabulous, p. 26.
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**, 8 Wednesdays, 5:30-7:00 pm. Begins April 15, Lexington High School, Room 244, $135/Seniors $105.

**Power 8: Strength and Flexibility Exercises**

*Instructor: John Deming*

Movement exercises done daily will improve your posture, core strength, 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 May 4, Lexington High School, Room 140, $40/Seniors $35.

**Beginning Yoga**

*Instructor: Helen Theodosiou*

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

**EYOM**, 6 Mondays, 12:00-1:00 pm. Begins April 13, 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 April 13, 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 April 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.

**EYO, 8 Wednesdays, 7:00-8:00 pm.** Begins April 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.

**EOST**, 8 Thursdays, 11:00 am -12:30 pm. Begins April 9, 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.

**EYEN**, 9 Tuesdays, 9:15-10:45 am. Begins April 7, Hancock Church, $180/Seniors $135.
**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: the music, have fun and dance.

**EZUM, 8 Mondays, 7:00-8:00 pm. Begins April 6, Hastings School Gymnasium, $110/Seniors $85.**

**Drop-In Zumba®**  
**Instructor: Ami Stix**

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

**EDZU, Mondays, 7:00-8:00 pm. $75 for Five Sessions of the Eight Week EZUM course.**

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**Our Instructors**

**Sumeit Aggarwal, MBA, MSIS** is the managing partner and co-founder of Finhive LLC specializing in personal financial 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 Alors** 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 universal. He is often considered a leader in his field: abstract/representational, rustic/finely decorated, whimsical/contemplative. Paul has exhibited extensively in New England, including having his studio crafts currently in the d’Cordova 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 Attyiyat** is an Arabic native speaker and Arabic language teacher. She has been teaching Arabic for over five years. She has also been interpreting for non-English speakers in public schools for five years.

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

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

**Witold Biedrzycki** is a resident of Lexington. When he was a high school student, he won a silver medal at the 22nd International Mathematical Olympiad. He studied Physics and Mathematics at University of Warsaw and Cornell and he got a PhD in Mathematics from MIT.

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

**Brad Bennett** has had a successful career as a professional haiku writer, poet and editor. He has also worked at Upton Tea Imports (Holliston MA).

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

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

**Anne Bryar**, a certified Radical Honesty trainer, is also a teacher of Byron Katie’s The Work and the teachings of Eckhart Tolle.

**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. Beginners 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 M1 at ConcordArt, Spring Awakening at Beloit College Gallery of Art, and Inspired Views at Montserrat College of Art. Her work can be viewed at www.donnacalleja.com.

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

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

**Son-Mey Chiu** (E.D. Harvard University; Chinese Master Emeritus) is a published fiction author for middle grade and young adult readers.

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

**Linda Del Monte** has been teaching yoga for 20 years. 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 meditation 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.


**Glenn Frank** is a Managing Director of the Master of Personal Financial Planning program at Bentley University in 1996 where he taught investment courses until 2013. The MA Financial Planning Association awarded him “Planner of the Year” for 2019.

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

**Richard Geller** is a Managing Director of MedWorks Corporate Mediation Programs, which has been featured in the Boston Globe, Bloomberg News, Financial Times, Mass High Tech, and Boston CBS-4 TV news. Visit www.mediationsprograms.com for more information.

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

**Go Go Allegro Music School** general philosophy is to make lessons as enjoyable and rewarding for the students as possible. https://gogoolLEGRO.com/
Beth Cedergren Guertin has been a weedor for more than forty years, and has a strong local and regional reputation for her knowledge and support of weeding and the environment. She has been involved with teaching weeding 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).

Mary Hamilton has over 15 years of experience walking in the British Isles.

Michael Horesh teaches Chemistry and Earth Science at Lexington High School.

Catherine Johnson has a master's degree in education and 44 years of experience as a writing teacher, professional editor and writing coach. As part of B Johnsson College Application Consulting, she has successfully helped students gain admission to Cornell, Mount Holyoke, Harvard, University of California-Santa Cruz, Smith, Duke, Haverford, Bryn Mawr and many other American universities. She works in collaboration with her associate Bruce, a college professor with many years of first-hand undergraduate and graduate admissions committee experience.

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

Maria Kieslich has been working on projects and in operations of startups for more than 20 years. Mentoring young adults in the fundamentals of time and project management has been one of the more rewarding aspects of her professional life. In addition, she has experience adapting traditional methods for various teaching styles, having worked with teens with learning disabilities in her personal life. She is a certified Project Management Professional and Scrum Master and holds an MBA in Finance from Chicago's Booth School of Business. Maria has lived in Lexington 23 years with her husband and daughter.

Aaron Ladd brings 10+ years as an athletic coach and educator, along with 5+ years in college planning and strategy to work as a college counselor and coach helping high school students find the right fit for college.

lau lapidies company is a boutique-blogging volunteer studio designing fresh programs to meet the need of professional voice over talent, actors, and business executives alike. laulapidiescompany.com

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

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.

Karena Maraj is a professional jewelry artist who studied metalsmithing at RISD and has taught locally for many years. The Maraj Jewelry Collection is a 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 eBays courses.

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

Karen Mechem, a retired teacher from the UHS English department, has taught SAT Preparation since 1977.

Shruti Mehta has been knitting for over 35 years and teaching knitting for many years with Lexington Community Education. Mary is an instructor with over 12 years of teaching experience (10 years with Lexington Community Education). Mary is a certified yoga teacher from The Yoga Studio in Boston and a 200-hour registered Hatha yoga teacher.

Sririvasa Reddy is a disciple of Sri Partha Chatterjee, a direct disciple of the late sitar maestro Pandit Nilikh Banerjee. Srivinasa is a professional concert sitarist and has given numerous recitals in the US, India and Europe.

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Karen Mechem, a retired teacher from the UHS English department, has taught SAT Preparation since 1977.

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

Sririvasa Reddy is a disciple of Sri Partha Chatterjee, a direct disciple of the late sitar maestro Pandit Nilikh Banerjee. Srivinasa 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 & Joy (2008). In 2011 Srinivas graduated from UC Berkeley with a PhD in South and Southeast Asian Studies. Under the guidance of Professor George Harst she 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.

Jamie Reynolds Usher is a Needham High School Teacher.

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 M.S. from Brown University ’83.

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

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

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

Skye Shirley is a Latin teacher and polyglot who has crafted a Latin teaching method informed by recent research in language acquisition and her Masters in Latin Pedagogy from UM Mass. She teaches engaging, hands-on, immersive lessons which use Latin as the primary language of instruction. She has worked for many years giving tours of Rome during the summers, and now has a deep knowledge of the city. As a “linguistic activist” she engages in her field by addressing the long-lasting gender gaps in spoken Latin through her nonprofit organization “Lupercal” and by fostering spaces for women to have a voice in the ancient language.

Miki Feldman Simon is a career and executive coach who has held leading executive roles in marketing, business development, recruiting and human resources management. Miki founded CareerYOUth 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 others 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 makeup 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 engaging.

Fan also is the owner of BBDS Design, a web design company located in MetroWest Boston. Fan is an professional web designer, expert at WordPress design, Magnets, 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 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.

Helen Theodosiou has a Social Work and an Expressive Arts Therapies degree. She is a RYT-300 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.


Joseph Turner is an insured and FAA 107 certified Drone Pilot who teaches drone courses at Roger Williams University in Rhode Island. He is a frequent presenter at camera clubs and civic organizations.

Mary Wixted is a nationally certified lycengar 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.

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 human ecology. 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.
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 C 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 confirmation 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

No evening classes: Wednesday, April 8
No classes: Friday, April 10
Monday through Friday, April 20 - April 24
Monday, May 25
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 Central Office is located at 146 Maple St. Vehicle Access is via 328 Lowell St. As you enter the driveway, continue past Harrington Elementary School Building. The LCE Central Office building is the brick building behind the school. Please park in designated areas (not in front circle due to fire lane restrictions) The LCE door is on the side of the building, under the blue Lexington Community Education sign. All building entrances at the Central Office are locked, and students need to ring the doorbell to gain access to the LCE office as well as the front door to the building.

Lexington High School 251 Waltham Street
Lexington High School is located near the corner of Waltham St. and Worthen Rd. Enter through the new main entrance via parking lot on Worthen Road. Most classes are on the 2nd floor of the main building. Our office is in the Lexington High School Dean’s Office on the first floor in Room 142.

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.

Hastings School
7 Crosby Street, Lexington

Munroe Center for the Arts
1403 Massachusetts Ave., Lexington

The Waldorf School of Lexington
739 Massachusetts Ave.

LexMedia Studios
54 Concord Ave. in the Avalon Lexington Complex
Please see LexMedia’s website: www.lexmedia.org for detailed directions.

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

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

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

Contact Info

Lexington Community Education
146 Maple Street
Lexington, Massachusetts 02420
Phone: 781.862.8043
Fax: 781.863.5829
Email: LCE@lexingtonma.org
www.facebook.com/lexingtoncommunityed
Spring 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.

Please charge the following credit card □ VISA □ MasterCard Amount to charge: $_________________

Account Number ____________________________ Expiration Date MONTH __ YEAR __

V Code† ____________________________

Name as it appears on card ____________________________ Signature ____________________________

FOR OFFICE USE ONLY:

REC'D __________ ENTERED __________

CK# ____________________________

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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 _________
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4
Music, Poetry, and Story with David Whetstone and Martin Shaw

3
Writing Wild: Women Who Shaped the Way We Read the Natural World with Kathryn Aalto

6
Motherhood Across Borders with Gabrielle Oliveira

5
What the Ancient Greek Tragedies Can Teach Us Today with Bryan Doerries