

COMMUNITY EDUCATION

Lexington

ONLINE
WINTER
2021



On Our Cover

Joseph Schillinger, *Area Broken by Perpendiculars*
 ca. 1934, opaque watercolor, Smithsonian American Art Museum
 Gift of Mrs. Joseph Schillinger, 1966.39.5

It wasn't until my study of music theory in school that I began to understand math as a language expressing more than numbers on a page. Math can be heard in intervals and modes, and seen in fractals, and the framing of art through phenomena like the rule of thirds. Our cover artist spent his life developing unified theories of math, music and art, and teaching people including George Gershwin and Lawrence Berk. Of course, Billie Holiday (p. 40), or Edward Van Halen (p.10) never had much training in the math of music, they just followed their ear and expressed the song of their heart.

In the field of community education, I was taught that if offerings are diverse and intellectually stimulating, registrations will follow and finances will be near to a secondary concern. The last eight months have challenged that theory, but the core of the teaching rings true. While the rhythm of our world is still a bit uneven, the inspiration, and offerings at LCE remain as strong and vibrant as ever.

We thank you for your support and we look forward to seeing you on Zoom in 2021!

— Craig Hall, *Director*

About Lexington Community Education

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

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LCE Online

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

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Catalog Design: Pehlke Design

This Winter 2021 catalog is dedicated to the memory and teaching legacy of:
Gerry Goolkasian (1955–2020)
Ursula "Uschi" Kullmann (1950–2020)

America's Racial Karma: An Invitation to Heal

INTERVIEW AND CONVERSATION WITH DR. LARRY WARD AND REV. MYOZEN JOAN AMARAL



Thursday, January 14, 2021 • 7:15-8:30 pm • Zoom • \$10 • **SARK**

Shot at by the police as an 11-year-old child for playing baseball in the wrong spot, as an adult, **Dr. Larry Ward** experienced the trauma of having his home firebombed by racists. At Plum Village Monastery in France, the home in exile of his teacher, Vietnamese peace activist and Zen teacher Thich Nhat Hanh, Dr. Ward found a way to heal.

In these short reflective essays contained in his book *America's Racial Karma: An Invitation to Heal*, he offers his insights on the effects of racial constructs and answers the question: how do we free ourselves from our repeated cycles of anger, denial, bitterness, pain, fear, violence? With body-based reflections and meditation practices to help us move through our days, *America's Racial Karma: An Invitation to Heal* invites us to stop the cycle of trauma and transform our suffering into energy for self-love and healing. Larry Ward brings twenty five years of international experience in organizational change and local community renewal to his work as director of the Lotus Institute and as an advisor to the Executive Mind Leadership Institute at the Drucker School of Management. He holds a PhD in Religious Studies with an emphasis on Buddhism and the neuroscience of meditation. Larry is a knowledgeable, charismatic and inspirational teacher, offering insights with personal stories and resounding clarity that express his dharma name, "True Great Sound."



Reverend Myozen Joan Amaral moved to the Boston area in 2012 from San Francisco Zen Center to serve as guiding teacher for the Marblehead Zen Center. In 2014 the Zen Center relocated to Beverly and in 2016 changed its name to Zen Center North Shore. Joan is a dharma heir of Zenkei Blanche Hartman in

the lineage of Shunryu Suzuki, Roshi. Her primary focus as a Zen priest, meditation teacher, sangha leader, and community activist, is on the dynamic relationship between formal practice and everyday, messy human life. In recent times she has been exploring the relationship of zazen and social justice, self-care, and creativity as a path of true happiness.

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.

The Mind, the Brain, the Self—and How Love Changes Everything

WITH DIANE ACKERMAN

Friday, January 29, 2021 • 7:00-8:30 pm • Zoom • \$20 • **SDIA**

"Ackerman's thrilling observations urge us to live in the moment, to wake up to nature's everyday miracles." —PEN New England

"All relationships change the brain - but most important are the intimate bonds that foster or fail us, altering the delicate circuits that shape memories, emotions and that ultimate souvenir, the self." —Diane Ackerman



The incandescent Diane Ackerman—celebrated interpreter of science and nature—is the author of two dozen highly acclaimed works of nonfiction and poetry, including *The Zookeeper's Wife* and *A Natural History of the Senses*, books beloved by millions of readers all over the world. *One Hundred Names for Love* was a finalist for the Pulitzer Prize, the National Book Critics Circle Award, and the Books for a Better Life

Award. It tells the story of Ackerman's work to bring her husband back from the depths of aphasia after he suffered a terrible stroke, and was described by the Washington Post as "an ode to playfulness and the brain's plasticity...a testament to the power of creativity in language, life—and love." Her most recent book, *The Human Age: The World Shaped By Us*, won the 2015 PEN New England Henry David Thoreau Prize for literary excellence in nature writing for a book that "celebrates the natural world and human ingenuity, while exploring how the human race has become the single dominant force of change on the whole planet;" it was also a New York Times bestseller and Notable Book of 2014. Her essays about nature and human nature have appeared in *The New York Times*, *Smithsonian*, *Parade*, *The New Yorker*, *National Geographic*, and many other journals, where they have been the subject of much praise. She is also an Op-Ed columnist for *The New York Times*. She also writes nature books for children.



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

Confident & Curious: Reducing Worry, Improving Motivation and Developing Independence in the Anxious Student

WITH DR. SHARON SALINE

Wednesday, Feb. 3, 2021 • 7:00-8:30 pm • Zoom • \$20 • SANX



Living in a world that's increasingly unpredictable, today's kids are more anxious than ever before. In this workshop, Dr. Sharon Saline, veteran psychologist and author, discusses the grip of anxiety and what educators and parents can do to help reduce kids' worries. After reviewing the physiology and psychology of anxiety, she will show you how to help kids change their relationship to worry, realistically evaluate situations,

tolerate uncertainty and calm themselves down. Building upon a strength-based, collaborative approach, Dr. Saline will also share strategies to teach all-important executive functioning skills related to motivation and reduce the effects of negative thinking on school and home tasks. You'll leave with tools to enhance cooperation and decrease arguing in your family.

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

Billie Holiday: The Woman, Musician, & the Myth

WITH LEWIS PORTER

Saturday, February 6, 2021 • 2:00-3:30 pm • Zoom • \$20 • SBIL



Prepare for a stimulating exploration of the many facets of this legendary singer. Dr. Porter, known worldwide as a leading jazz historian and pianist and an engaging teacher, will present his unpublished insights into Holiday's life and music. Among the topics to be addressed: Who were Billie's formative influences? What was her connection to the blues? What was the impact of *Strange Fruit* on her career?

Billie as composer, lyricist, and bandleader—in rehearsal! Billie in films and plays, including a new documentary and biopic. Romanticizing Billie in literature for children and adults. Her impact and legacy.



Lewis Porter, PhD., is a pianist and composer on over 30 albums with Dave Liebman, John Patitucci, Terri Lyne Carrington, and many others. He has performed with Joe Lovano and Jerry Bergonzi, given two-piano concerts in Lexington with Vijay Iyer and with Ethan Iverson, and is a celebrated author, researcher, and educator, including a Grammy nomination. He has 7 books, the best-known being *John Coltrane: His Life and Music*. A long-time former music professor at Rutgers in Newark and at Tufts U, he also taught at The New School, Manhattan School of Music, NYU, William Paterson, and Brandeis, as well as guest teaching throughout the USA and Europe. He also teaches private students worldwide online. Please follow him at Lewisporter.com and on Facebook.

Regardless of residency, Lexington Community Education online classes, lessons, and events are **Open to All**.



How to Free Your Inner Mathematician: Notes on Mathematics and Life

WITH SUSAN D'AGOSTINO

Wednesday, Feb. 17, 2021 • 7:00-8:30 pm • Zoom • \$15 • SMAT



In her new book, *How to Free Your Inner Mathematician: Notes on Mathematics and Life* Susan D'Agostino offers guidance in managing the fear, freedom, frustration, and joy that often accompany calls to think mathematically. This evening on Zoom she will share some of the practical insight, years of award-winning mathematics teaching experience, and examples of more than 300 hand-drawn sketches

alongside accessible descriptions of fractals, symmetry, fuzzy logic, knot theory, Penrose patterns, infinity, the Twin Prime Conjecture, Arrow's Impossibility Theorem, Fermat's Last Theorem, and other intriguing mathematical topics. Mathematics students, enthusiasts and even those who shy away from math will gain some helpful advice for fostering courage on their journey regardless of age or mathematical background. Join us for a presentation and conversation that will provide reassurance that mathematical success has more to do with curiosity and drive than innate aptitude.

Susan D'Agostino PhD., is a mathematician and writer whose essays have been published in *Quanta Magazine*, *Scientific American*, *Financial Times*, *Nature*, *Undark*, *Times Higher Education*, *Chronicle of Higher Education*, *Math Horizons*, *Mathematics Teacher*, and others. She earned her PhD in Mathematics from Dartmouth College, Master of Arts in Teaching Mathematics from Smith College, and BA in Anthropology from Bard College. She is a Council for the Advancement of Science Writing Taylor/Blakeslee Fellow at Johns Hopkins University. Her website is www.susandagostino.com and her Twitter handle is @susandagostino.

Death Becomes Her: The Art of the Obituary

WITH MARGALIT FOX

Thursday, February 25, 2021 • 7:00-8:30 pm • Zoom • \$20 • SDBH

"Fox has an eye for the telling detail, a forensic sense of evidence and a relish for research." —*The Wall Street Journal*
"Fox does her own detective work in unpicking the opposing personalities and careers of her protagonists."
—*The New York Times*



Considered one of the foremost explanatory writers and literary stylists in American journalism, **Margalit Fox** retired in June 2018 from a 24-year-career at the New York Times, where she was most recently a senior writer. As a member of the newspaper's celebrated obituary news department, she has written the Page One sendoffs of some of the best-known cultural figures of our era, including the pioneering

feminist Betty Friedan, the writer Maya Angelou, the poets Seamus Heaney and Adrienne Rich, the children's author Maurice Sendak and the advice columnists Dear Abby and Ann Landers. She has also written the obituaries of many of the unsung heroes who have managed, quietly, to touch history, among them the inventors of the Frisbee, the crash-test dummy, the plastic lawn flamingo and the bar code. Before joining the obituary department in 2004, she spent ten years as a staff editor at the New York Times Book Review. Fox received the Front Page Award from the Newswomen's Club of New York in 2011 for feature writing, and in 2015 for beat reporting. In 2016, the Poynter Institute named her one of the six best writers in the Times's history. She is the author of three books including *Talking Hands: What Sign Language Reveals about the Mind* (2007) and *The Riddle of the Labyrinth: The Quest to Crack an Ancient Code* (2013). *The Riddle of the Labyrinth*, a narrative nonfiction account of the decipherment of the Bronze Age Aegean script known as Linear B, was selected by the Times Book Review as one of the hundred best books of the year and received the 2014 William Saroyan Prize for International Writing. Her most recent book is *Conan Doyle for the Defense: The True Story of a Sensational British Murder, a Quest for Justice*, and the *World's Most Famous Detective Writer* (2018). Her work is prominently featured in *The Sense of Style* (2014), the best-selling guide to writing well by Steven Pinker, and *Obit.*, the acclaimed 2017 documentary by Vanessa Gould. Fox lives in Manhattan with her husband, the writer and critic George Robinson.

Hear Where We Are: Sound, Ecology, and Sense of Place

WITH MICHAEL STOCKER

Thursday, Feb. 11, 2021 • 7:00-8:30 pm • Zoom • \$10 • SHWW

"Hear Where We Are is as poetic as it is informative - in the tradition of some of the best scientific writing." – Julia Whitty, Author, *Deep Blue Home: An Intimate Ecology of Our Wild Ocean*

"Hear Where We Are opens up an entirely new way of understanding not only sound perception but our place within the world... I no longer just hear my surroundings, rather I am now aware of how deeply sound shapes my relationship to the world around me..." – Kevin W. Kelley, Author, *The Home Planet*

Throughout history, hearing and sound perception have been typically framed in the context of how sound conveys information and how that information influences the listener. *Hear Where We Are* inverts this premise and examines how humans and other hearing animals use sound to establish acoustical relationships with their surroundings.



Michael Stocker is an acoustician and naturalist by trade and a musician by avocation, he has written and spoken about marine bio-acoustics and the impacts ocean noise pollution has on marine life since 1992, presenting in national and regional

hearings, national and international television, radio and news publications, and museums, schools, and universities. His understanding of both physics and biology has proven invaluable in court testimony and legal briefs, defending the environment against the dangers of human generated noise in the sea. As founding director of Ocean Conservation Research he is using his fluency in bio-acoustics to explore the impacts of noise on ocean animals to inform ocean policy and practice toward decreasing human bio-acoustic impacts on marine habitats.

Michael's book *Hear Where We Are: Sound, Ecology, and Sense of Place* is an assembly of ideas and understandings of human and animal sound perception cultivated over a lifetime of interdisciplinary thinking incorporating his studies in world cultures, western intellectual history, physics, architecture, biology, acoustics, signal processing, music, theology, and literature.

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.**

The Jewel in the Road

SITARIST DAVID WHETSTONE ACCOMPANIES HIS RECITATION OF INDIA'S BELOVED 15TH CENTURY POET, KABIR

Sunday, February 21, 2021 • 7:00-8:30 pm • Zoom * \$10 • SKBR

"I have an infinite trust in David Whetstone's music. I've never met anyone more sensitive to poetry and more able to go ahead of it into realms of delight and depth. He's a master sitarist and one of the best artists of his generation."—poet Robert Bly



David Whetstone is a disciple of the legendary sitarist, Ustad Vilayat Khan. He has collaborated and toured extensively with poets Robert Bly and Coleman Barks, appearing with them in numerous recordings and films. David co-founded Ragamala Music & Dance Theater and supplied original text, stories and music utilizing both Indian and Western vocal and orchestral idioms, for critically acclaimed programs

such as *Ragamala*, *The Puppet Master*, *Canticle of Mary*, and *Ashoka, Beloved of the Gods*. David has performed in venues such as Lincoln Center, the Metropolitan Museum of Art, and the Guthrie Theater. The Rochester Symphony & Chorus premiered excerpts from his opera, *White Nights*, after Fyodor Dostoevsky's short story, live on Minnesota Public Radio. An American Institute of Indian Studies Senior Research Fellow, David's first fundamental sitar training was with Dr. Brian Q. Silver, and he has trained with numerous others, including vocalist Hafeez Ahmed Khan, Deputy Director of All India Radio. David also has trained in Western classical music, having studied with Philip Meyers, Solo Hornist of the New York Philharmonic, for five years. Recent appearances have been with poets Li-Young Lee and Jane Hirshfield, writer Mirabai Starr, and theologian Matthew Fox. David lives in Minneapolis, and is a Senior Lecturer at Carleton College.

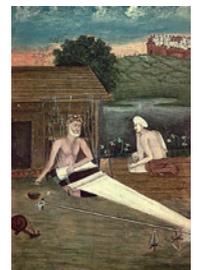
*The small ruby everyone wants
has fallen out on the road.
Some think it is east of us,
others west of us.*

*Some say, "among the primitive earth rocks,"
others, "in the deep waters."*

*Kabir's instinct told him it was inside,
and what it was worth,
and he wrapped it up
carefully in his heart cloth.*

—Kabir

Robert Bly, Tr., *Kabir: Ecstatic Poems* (Boston: Beacon Press, 2007)



How Can I Help?

As a self-supporting program of the Lexington Public Schools, Lexington Community Education exists solely through revenue generated by tuition. Thanks to you, LCE has survived very uncertain spring, summer, and autumn semesters. And while this winter catalog is strong in content and opportunities for connecting and learning, LCE has not completely recovered from spring and summer seasons filled with refunds due to COVID cancellations. There have been a number of you who have asked what you can do to help LCE through these challenging times. Here are some great, easy, and extremely helpful ways you can help sustain Lexington Community Education:

Take a Class. Our classes are at the core of our educational mission, and the tuition attached to them is the source of our self-supporting revenue stream. By registering for a class, you are not only helping the program as a whole, you are also helping our paid teaching staff. Classes run based on enrollment and teachers are not able to be paid for classes that are canceled due to low enrollment.

Teach a Class. We are always looking for great teachers with great ideas.

Register Early. If you see a class or event that you would like to attend, register right away. Your early registration helps our teachers prepare to provide the best educational experience possible.

If You are Eligible. If you are eligible for discounted tuition for those 65+, consider paying the full tuition at checkout.

Like Us on FaceBook & Follow us on Twitter. Getting the word out about our program is half the battle.

Donate. Our website has a Donation button on the homepage. Your kindness and contributions go a long way to help provide financial support to students in need and the running of the program as a whole.

Purchase a Gift Certificate. The Gift of Learning is a great choice, no matter the season.

Email Us. Tell us what you like, and tell us what you would like to see offered. We love to hear from you, and we love to hear how we can meet your educational needs and the needs of our community.

LCE offers a heartfelt thanks to those who have donated to LCE during the pandemic.

NEW White People Challenging Racism

Instructors: Karen Blumenfeld and Mary Green

While this five-session workshop welcomes participants of all identities, its focus is on racism as a system that White people created, maintain and condone - and White people in particular need to take immediate action to end. In this small online group setting you will: Examine the role of White people in dismantling racism, in becoming antiracist, and in building an equitable society. Explore the impact of White privilege and how being unaware of that advantage helps perpetuate racism. Write about your own racial awareness journey. Enhance your understanding and capacity for action through discussion of short readings, videos, and other materials. Share everyday racism-related situations

where you may not have effectively responded and, using role plays, work out effective ways to challenge racism. Develop a specific plan for challenging racism in the workplace, an organization, or in the community, while being encouraged to find other people in your life who can provide support and serve as an accountability partner in implementing your plan. **Please note:** Attendance at all sessions and completion of all assignments are required. Each participant will receive a phone call from one of the facilitators prior to the start of this program to review the commitment and class requirements.

HWCR, 5 Fridays, 10:00 am-12:00 pm. Begins January 22, Zoom, \$150.



HOME ALONE

with Officers of the Lexington Police Department, p. 22

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

NEW Shakespeare's Much Ado About Nothing

Instructor: Cammy Thomas

This Shakespeare play is one of the first great romantic comedies. It features the verbally dueling pair, Beatrice and Benedick, each of whom has vowed never to love or marry. Their friends Claudio and Hero have other ideas—headed for marriage until the evil Don John prevents them. Constable Dogberry tries to figure everything out, but has such a poor grasp of language that he wishes the evildoers to be “condemned into everlasting redemption.” That’s what will happen to those who read this play! There are many questions here: What drives men and women crazy? How do they deceive each other—and themselves? What is marriage as an institution? Can we ever truly know each other? Come to discuss, and come to laugh!

HMAN, 6 Thursdays, 7:30-9:00 pm. Begins January 21, Zoom \$100/Seniors \$85.

NEW The Poetry of Robert Frost

Instructor: Stephen Collins

While well known by name, remembered for President Kennedy’s inauguration reading, and the famous Stopping by Woods on a Snowy Evening, poet Robert Frost may be one of America’s most often misunderstood and under-read poets. While Frost doesn’t fit easily into any preconceived category, that is precisely what some have tried to do with him. Frost said, “I never dared to be radical when young for fear it would make me conservative when old”. In this interactive, inclusive seminar we will work with and discuss some of his better known poems as well as some that never seem to get much attention. If interest warrants and time allows we will also read excerpts from the biography *Robert Frost, A Life* by Jay Parini, and *A Literary Life Reconsidered* by William Pritchard.

HFRO, 6 Tuesdays, 10:00-11:00 am. Begins January 12, Zoom, \$65/Seniors \$50.

NEW **Enjoying Contemporary Poetry**

Instructor: Tracy Marks

Whether or not you're a lover of poetry, you are likely to enjoy discovering and discussing some of the best poems by contemporary poets. Our focus will be on accessible (not obscure) poetry which is likely to be meaningful to you today. We'll read the work of ten contemporary poets including Mary Oliver, Billy Collins, Stephen Dunn, Li-Young Lee, A.E. Stallings, current U.S. poet laureate Joy Harjo, and recent U.S. poet laureate Tracy K. Smith. Note: Poetry collections in PDF format will be emailed to students before each class.

HPOI, 5 Tuesdays, 6:30-8:30 pm. Begins January 19, Zoom, \$110/Seniors \$85.



FREE YOUR INNER MATHEMATICIAN
with Susan D'Agostino, p. 5

NEW **Boris Pasternak's Dr. Zhivago**

Instructor: Tracy Marks

In the acclaimed novel *Dr. Zhivago*, a young poet-doctor is torn between his love for the devoted Tanya and sensual Lara during the Russian Revolution. Facing innumerable obstacles, he struggles to maintain a personal life, during a time in which the political is all that's supposed to matter. Reading approximately 90 pages of this beloved classic, you can count on participating in stimulating class discussions, learning historical background, and viewing video clips from two *Dr. Zhivago* films. Please read part one and two of book one before the first class. Recommended: Pevear and Volkhonsky's contemporary translation.

HZHIV, 8 Fridays, 12:30-2:30 pm. Begins January 22, Zoom, \$175/Seniors \$135.

NEW **Oedipus and Antigone: The Greeks Speak to Us Today**

Instructor: Tracy Marks

Oedipus Rex and *Antigone*, both by the Greek dramatist Sophocles, are considered by many to be the greatest dramas ever written and performed. The issues they raise; personal responsibility, fate vs. free will, and the conflict between

conscience and law have remained meaningful for thousands of years. In this course, we'll read and discuss the thought-provoking Theban trilogy of two *Oedipus* plays and *Antigone*. We'll also view and discuss scenes from three superb rare films of these dramas. Note: For the first class, please read the first third of *Oedipus Rex* (*Oedipus the King*), up to the entry of Creon. Recommended: A contemporary translation, preferably by Fagles, Fitts and Fitzgerald or the free online translation by Ian Johnston.

HODY, 4 Tuesdays, 6:30-8:30 pm. Begins March 2, Zoom, \$88/Seniors \$65.

NEW **A Study of The Civil War**

Instructor: Andrew Chatfield, Ph.D

In this class we will look at the causes and origins of the Civil War while also parsing its long-term consequences. This class will focus primarily on the war years (1861-1865) with special emphasis on the political, cultural, and diplomatic aspects of the conflict. We will finish the class by taking a close look at the war's aftermath with the unfinished revolution of Reconstruction and its many repercussions on the future of American politics, society, and culture. Some of the issues we will investigate in this course include: slavery, emancipation and freedom, race, gender and the role of women in the war and its aftermath, shifts in American labor, and finally historical memory. We will also try our best to answer some major historical questions that have been long debated by historians such as what caused the war? Why did the Union emerge victorious? And to what extent is the Civil War America's defining moment?

HTCW, 6 Wednesdays, 3:00-4:30 pm. Begins January 27, Zoom, \$100/Seniors \$85.



FRENCH CONVERSATION THROUGH PHILOSOPHY
with Maurice Bombrun, p. 19

NEW **First Period Houses of Ipswich, Massachusetts**

Instructor: Gordon Harris

Of the roughly 300 houses that were constructed (in part or in whole) during the first century of English settlement of Massachusetts, 59 are in Ipswich. We will

discuss features to search out to help you identify First Period structures based on appearance, layout and architectural features that distinguish them from the succeeding Georgian era. Diagrams demonstrating First Period construction techniques will be accompanied by exterior and interior photographs from several of the best-preserved Ipswich First Period houses. The earliest builders to settle the Massachusetts Bay Colony were trained in English post-Medieval techniques, and adapted this form to the New England climate. Houses constructed after about 1720 (Second Period homes) are generally distinguishable by symmetry, proportion and interior decoration. While most First Period houses were enlarged or modified to present this Second Period appearance, renovations in recent decades have exposed and restored earlier elements. Gordon Harris is the Ipswich town historian and a life-long carpenter.

HIPSW, 1 Monday, 6:30-8:30 pm. Meets February 1, Zoom, \$30/Seniors \$25.

NEW **Public Art: Appreciating Its Many Varieties & Purposes**

Instructor: Paul Angiolillo

Sculpture and other forms of public art have been making the headlines a lot lately. Monuments have been toppled, contemporary sculptures replacing them; art appears on billboards and city streets, "popping up" in squares, projected onto buildings, as sky-writing, and even "virtual" images on phones. Whatever you think about such expressions, one thing is clear: today public art fills an important role in our society. We'll take a wide-ranging look at its many forms and themes: monumental, political, environmental, whimsical, "art for art's sake," and more. What makes a work succeed (or not)? Where is the field going? Join us for a casual, lively discussion about public art and its role in our culture.

HART, 1 Tuesday, 4:00-6:00 pm. Meets March 9, Zoom, \$29.



AN INTRODUCTION TO DAOIST MEDITATION
with Larson Di Fiori, PhD, p. 35

Music Appreciation

NEW Unquiet Thoughts:

The Lute Music of John Dowland (1563-1626)

Instructor: Adam Levin, Classical Guitarist

John Dowland, “The English Orpheus,” was arguably the most celebrated lutenist of his time and one of England’s greatest composers. His music was popular throughout Europe and was published in more cities than any other composer of the time. Nevertheless, Dowland’s career was filled with shattered dreams and frustrations, resulting in his adoption of the motto “Semper Dowland semper dolens” (Always Dowland, always sorrowing). The intense melancholy that pervades much of his music is a personal expression of the bitterness he felt due to the lack of a royal appointment and the lack of respect shown him by younger players. Though his sad works are justly famous, Dowland’s lively pieces, particularly his galliards, evoke a humor and wit. This program includes the performance of works that express a large array of emotions, styles and sensibilities.

MDLD, 1 Friday, 7:30-9:00 pm. Meets February 5, Zoom, \$25.

How Was That A Hit?

Instructor: Gregory Leschishin

This class discusses and illustrates how pop music of the 1960s through the 1980s became hits. The charts were determined by airplay and sales calculated by methods over which only a few people had control. Hundreds of songs were released by many independent record labels seeking the opportunity to snag a hit. Some were natural hits; others were by accident or luck or both! Cash Box Magazine was one of the prominent music publications that Dick Clark, Solid Gold and Rick Dees’ Weekly Top 40 used to count down the hits. Relive and rediscover your 45 collection with this fun class!

HHOW, 5 Thursdays, 7:00-8:30 pm. Begins January 28, Zoom, \$75/Seniors \$65.

NEW Exploring Debussy’s Song Cycle *Ariettes Oubliées*

Instructor: Annina Hsieh

Debussy’s music altered the course of European classical music away from the exaggerated pathos of Romanticism to a new means of artistic expression that was guided by nuance and suggestion.

Debussy was inspired by other Symbolist artists, particularly the work of French poet, Paul Verlaine. This class will focus on Debussy’s remarkable song cycle *Ariettes oubliées* (“Forgotten Songs”). The text of the song cycle is drawn from Verlaine’s *Romances sans paroles* (“Songs without Words”). Musicologists have remarked that the fluidity of Verlaine’s verse which moved between mysticism and sensuality fueled the sensibilities of Debussy’s haunting musical language. We will explore Verlaine’s poetry (which is stunning even in translation), listen to musical excerpts, and discuss the manner in which Debussy musically captures Verlaine’s verse. There is a lot to unpack in both Verlaine and Debussy’s work. Together we will discover new facets and greater appreciation for this masterpiece.

HDAO, 4 Thursdays, 7:00-8:30 pm. Begins February 25, Zoom, \$65/Seniors \$55.

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.

MFICS, 1 Thursday, 7:00-9:00 pm. Meets February 11, Zoom, \$25.

NEW Winter Operatic Potpourri

Instructor: David Collins

We will start our winter operatic potpourri with a selection of French operas, add a touch of German post-romanticism and cap it off with an American Musical. To the consternation of the English, French composer Ambroise Thomas had the audacity to compose an opera based on Shakespeare’s *Hamlet*. Thomas’ version, although not as profound as its source, maintains operatic tension. This is especially so in the production we will explore which features Simon



Srinivas Reddy teaches Fundamentals of Indian Classical Music, this page.

Keenlyside. Our second opera, which will take two evenings to cover, will be Berlioz’s masterpiece *Les Troyens*. The first complete performance of the critical score was given in London in 1969. Using the traditional structure of separate musical numbers, Berlioz creates an intense and ultimately tragic story of Aeneas and Dido. We will finish our French exploration with Jean-Philippe Rameau’s musically diverse Baroque opera-ballet *Les Indes Galantes*. He uses the theme of love in exotic locales (Ottoman Empire, Peru, Persia and North America) to unite each of these individual stories by combining the French love of ballet with opera. Our exploration of German post-romanticism brings us to Richard Strauss’s *Die Frau ohne Schatten*. Like Mozart’s *Die Zauberflöte* this is a symbolic opera dealing with the attempts of two couples to find love. Strauss’ hyper-romantic score and melodies sweep you through the lows of loss and depression to the heights of earthly fulfillment and soulful ecstasy. We will end with Jerome Kern’s *Show Boat*. This tuneful musical changed the ground rules for the future of the genre. Instead of the use of fluffy disconnected songs and dances, *Show Boat* showed what was possible when dealing with the serious issue of racial prejudice.

HOPE, 6 Tuesdays, 6:30-8:30 pm. Begins January 19 and meets February 2, 9, 23 and March 9, 23, Zoom, \$170/Seniors/\$130.



BILLIE HOLIDAY: THE WOMAN, MUSICIAN, & THE MYTH
with pianist Lewis Porter, p. 4

Music Performance/ Theatre Arts

Opera and Wine Pairing Class

Instructor: Annina Hsieh

Are you a fan of opera? Do you enjoy learning about and tasting wine? We have partnered with Violette Wine Cellars to bring you this class to indulge your senses - all from the comfort of your own home! Each week we will explore how a type of wine compliments a specific opera scene/aria and the ways in which wine and music combine to elevate each other. The class will serve as an introduction to opera and natural wine history. We hope to introduce you to new wine and new music in a fun way. In addition to the price of the class, students can purchase the course wine package (four bottles of wine) directly from Violette Wine Cellars store in Cambridge. The wine package is \$75.

Curbside Pick Ups: Tuesday-Saturday 12pm-5pm at 1 Belmont St. in Cambridge (attached to Sofra Bakery). To place your order email info@violettewine.com or call 617-876-4125 in advance to let them know you want the "Lexington Opera and Wine Package." When you arrive for pick up call them at 617-876-4125, and they will bring your order outside. Students may also acquire alternative wine for the course independently. Email: LCE@lexingtonma.org for the course wine list.

HOWP, 4 Thursdays, 7:00-8:30 pm. Begins January 28, Zoom, \$65/Seniors \$45.



COUNTRY WESTERN LINE DANCING

with Julie Kaufmann, p. 37

NEW Rock 'N' Roll History

Instructor: Staff of Go Go Allegro School of Music

Study one of the most popular and influential genres of all time through listening, video and live demonstrations! We will begin with rock 'n' roll roots in the blues of the south in the early 1900's and progress through time until today. Students will learn the most influential rhythms, melodies and figures in this amazing genre.

MROCK, 6 Tuesdays, 10:00-11:00 am. Begins January 19, Zoom, \$119.

Beginning Ukulele

Instructor: Robert Rivera

Have you ever wanted to learn how to accompany yourself and others on the Ukulele? Maybe you already know the basics of the Ukulele but you want to improve? The Ukulele is a small 4-string, guitar-like instrument native to Hawaii, and its sound reflects the happiness and joy of life on the island. Bring your own instrument and come learn different playing techniques, chords, and musical styles on the Ukulele!

MBUK, 4 Saturdays, 10:00-11:30 am. Begins January 16, Zoom, \$65/Seniors \$55.

Bach for Beginner Ukulele

Instructor: Robert Rivera

The ukulele is not just an instrument that is limited to chord strumming at sing-a-longs. In these four sessions we will work on playing Bach's Cello Suite #1 transcribed for Ukulele. The instructor will email students both tablature and traditional notation of the piece before the first class session. Some basic knowledge of playing stringed instruments is required. Students should be comfortable fretting and plucking notes, and moving across strings when playing lines and phrases.

MBHU, 4 Saturdays, 10:00-11:30 am. Begins February 20, Zoom, \$65/Seniors \$55.

Cello for Adult Beginners

Instructor: Robert Rivera

If you've never picked up a cello before and you wished to, or if you had picked it up and wanted a refresher, this class is for you. We'll be working out of Suzuki Book 1 for cello. We'll be going through material the same way an orchestral section goes through a musical part. A fun and enjoyable way to play cello with others! No audition required. You just have to have a cello, a music stand, and Suzuki Book 1 at each class.

MCLO, 4 Saturdays, 12:00-1:30 pm. Begins January 16, Zoom, \$100/Seniors \$85.

NEW Edward Van Halen & the Masters of Guitar: Rock Band Master Class

Instructor: Robert Butler

These two online master class sessions will provide you with the concepts, techniques and skills necessary to expand

your musical vocabulary beyond that of traditional Rock guitar styles. Through in-depth demonstrations and focused individual instruction, Mr. Butler will break down the key musical elements of Jazz-Rock/ Fusion, Progressive Rock and Neo-Classical Metal and more. **This term we will pay special attention to the work, tone and lead/rhythm technique of the legendary Edward Van Halen. From two-hand tapping, whammy bar dive bombs, and his melodic yet explosive guitar solos. Edward Van Halen "lit up the skies" of rock guitar for generations and influenced just about every guitarist to follow.** Included: Analysis of the recorded works of influential musicians and composers known for expanding the musical landscape: Edward Van Halen, Randy Rhoads, Alan Holdsworth, Angus Young, Miles Davis (Mike Stern/ John Scofield), Jan Hammer, Joe Satriani, Jean-Luc Ponty, John McLaughlin, Gary Moore and Yngwie Malmsteen among others. Please contact Mr. Butler with any questions that you might have. GRYFFON8356@HOTMAIL.com

MEVH, 2 Thursdays, 6:30-9:00 pm. Begins February 11, Zoom, \$55.

Learn Guitar in the Style You Want to Play

Instructor: Robert Butler

Students of all levels and musical interests are welcome to join us to learn guitar in the style that they want to play. Included: Fundamental through advanced Chord Form Harmony, Basslines, Lead Guitar Solo Improvisation, Picking Styles, Essential Techniques unique to both electric and acoustic guitar and much more. We open each class with a demonstration and analysis of a specific guitar style: Classical, Rock, Traditional Acoustic and Ethnic Styles, Blues, Jazz, Country and Pop. Every session includes individual instruction. Whether you are new to the guitar or an experienced player, with this online guitar series, you will gain valuable insight into achieving your musical goals. Each student should have an electric or acoustic guitar and a notebook. All music charts and diagrams are supplied as PDF files. Please contact Robert Butler (978)283-7186 with any questions that you might have.

MRGW, 5 Thursdays, 6:30-8:30 pm. Begins January 14, Zoom, \$125/Seniors \$100.

Private Music Instrument Lessons for Every Age and Level on Zoom

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: Email 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/>



Annina Hsieh, Voice,
Beginning Piano



Ben Fox
Oboe



Simone Cartales
Violin, Viola



Bill Kirkley
Clarinet



Allan Espinosa
Violin, Viola



Brian Kane
Saxophone



Ellen Donohue-Saltman
French Horn



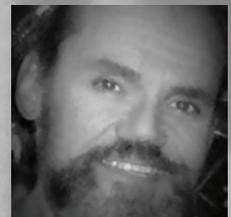
Greg Gettel
Trumpet



James Lattini
Percussion/Drum Set



Jason Yost
Guitar / Bass / Ukulele



Robert Butler
Guitar



Jerry Vejmla
Sax, Clarinet



Jessica Lizak
Flute



Jobey Wilson
Tuba/Euphonium



John Claybourne
Drums



Nancy Radnofsky
Clarinet



Ona Jonaityte
Flute



Phil Hyman
Trombone/
Euphonium



Raluca Dumitrache
Violin/Viola



Robert Rivera
Cello and Bass Guitar



David Whetstone
Sitar

NEW Music Improvisation Workshop

Instructor: Staff of Go Go Allegro School of Music

Learn to spontaneously compose music! Improvising is one of the most important musical skills to have and one of the most difficult to obtain. Through study of different approaches of prominent players, classic melodies and ideas, students will build the foundation in soloing and composing on the spot. Please bring your primary instrument with you for these classes so we can learn to improvise together in class on the instrument you are most comfortable with.

MIMPR, 6 Tuesdays, 6:30-7:30 pm. Begins January 19, Zoom, \$119.



WINTER OPERATIC POTPOURRI
with David Collins, p. 9

NEW Songwriting/Composition Workshop

Instructor: Staff of Go Go Allegro School of Music

Learn how to artistically craft your own music! We will discuss a wide variety of tools and genres including song form, chord progressions, and melodic ideas ranging in styles from jazz to country to pop. These ideas can be applied to any instrument or voice. Optional: bring primary instrument with you to class.

MSONG, 6 Tuesdays, 11:00 am-12:00 pm. Begins January 19, Zoom, \$119.

NEW Discovering Devised Theatre

Instructor: Poornima Kirby

As the chilly months set in, many of us miss gathering for plays, concerts and dance performances! Although our stages are quiet for a while, we can still come together over Zoom to share appreciation for the performing arts. Devised theatre—sometimes called ‘collective creation’—is a fascinating way of making and telling stories, which has become popular with some of the most respected theatre companies around the world, such as Complicite, SITI Company, and Double Edge Theatre (located right here in Massachusetts!). We’ll learn about the philosophy of devising; watch and

discuss filmed excerpts of extraordinary theatre moments; and even learn some simple devising exercises together, which have applications for ‘collective creation’ in any work or community setting! Whether you’re a theatre fan, an occasional theatre-goer, or have never seen a play in your life, this class is a chance to plunge into a fascinating artistic world, deepen your appreciation for this precious art form, and stretch your own creative wings.

HTHEA, 1 Tuesday, 6:00-9:00 pm. Meets February 2, Zoom, \$40/Seniors \$30.

Public Speaking with Confidence

Instructor: Lau Lapidès

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 Tuesday, 7:00-8:30 pm. Meets February 2, Zoom, \$25/Seniors \$20.



Poornima Kirby teaches Discovering Devised Theatre, this page.

Acting Skills for Business

Instructor: Lau Lapidès

Business professionals want to learn the trade secrets that stage actors and industry pros know in the media and broadcasting industry! Come learn the actors bag of tricks geared specifically for corporate presenters, sales professionals, customer service personnel. Learn how to get a leg up on the competition and get that promotion. As analytical thinkers working in quantitative ways our goal is to train you to develop the highest level of soft skills available, and apply these skills to your work. Discover tools and techniques to build confidence while strengthening physical and vocal presence whether you are presenting live, online, or by phone. Engage and ignite your audience with storytelling techniques that work and build rapport while commanding presence! Learn how to think fast on your feet through improvisation and role-playing, manage your physical and vocal message by incorporating breathing and speech technique and have fun discovering new approaches to communicating in your work. Come dressed in comfortable clothing, bring a notebook and water. No prior experience necessary!

HASB, 1 Tuesday, 7:00-8:30 pm. Meets February 9, Zoom, \$25/Seniors \$20.

NEW Podcasting 101

Instructor: Lau Lapidès

If you’ve ever listened to a podcast and thought, “I can do that!” now’s your chance! This is geared for aspiring podcasters or anyone that is thinking about launching a podcast, also for current podcasters that want to bring their program to the next tier of their career. Join us for a crash course that will give you all the tools you need to start planning and recording your own podcast. In this half-day workshop, you will learn the ins and outs of recording in a high-quality sound booth. You will become familiar with how to best use a microphone, how to record using professional software, how to adjust the sound quality, and how to save your file in the most useful format for your intended purpose. Topics that may be included; interviewing techniques, guest selection, co-host prep, content, theme, time and format.

HLIL, 1 Tuesday, 7:00-8:30 pm. Meets February 16, Zoom, \$25/Seniors \$20.

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.

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 January 20, Zoom, \$195/Seniors \$150.



THE ART OF THE OBITUARY
with Margalit Fox, p. 5

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, 12:30-2:00 pm. Begins January 22, Zoom, \$165/Seniors \$125.

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, 6:30-8:30 pm. Begins January 20, Zoom, \$195/Seniors \$150.

NEW The Lyric Essay

Instructor: Cathie Desjardins

"We turn to the lyric essay - with its malleability, ingenuity, immediacy, complexity, and use of poetic language - to give us a fresh way to make music of the world," writes John D'Agata. We'll explore the paradox that the informational real world can bring haunting lyricism and its own music to the personal essay. We'll use in-class exercises to bounce off models by authors such as Brian Doyle, Sei Shonagon, Lia Purpura and Zadie Smith.

WTLE, 6 Thursdays, 10:00 am-12:00 pm. Begins January 14, Zoom, \$125/Seniors \$115.

NEW Writing Tools: Enlivening Your Writing With Food

Instructor: Kayleigh Shoen

From Swann's Way's nostalgia-inducing madeleine, to Eat, Pray, Love's love affair with pizza, to The Lion, The Witch and the Wardrobe's enticing Turkish delight, the foods we encounter in literature often stay in our memories longer than some meals we've physically eaten. In this class we'll explore how food can be used to capture emotion, convey history, and animate the senses. In addition to discussing great examples from fiction and nonfiction, sample class assignments will include documenting your own food traditions, writing about invented foods, and trying a new-to-you food. Expect to read, write, and even eat in this Zoom-based class.

WFOO, 5 Tuesdays, 7:00-8:30 pm. Begins January 26, Zoom, \$79.

NEW Writing an Imaginative Autobiographical "Tale"

Instructor: Roser Rovira

While Carl Jung famously said that "psyche creates reality," authors and artists know that the reverse is also true. Throughout history, fantastic words and surreal images put down on paper have come to long and lasting life in the minds and hearts of readers. In this class we will use imagination and experience to create a tale that touches on the mystery of the archetypal journey we are all traversing as we journey from day to day, and year to year. In this online class we will use the details of daily life to create a tale touching on universal themes and worth telling to friends and relatives. Prompts could include a favorite memory, or the granddaughter living far away, the squirrel sitting on the porch every morning, or that lake close to the house where you were born. Our sessions will focus on the main character, environment, plot, and ending. By the end of our fifth session, you will have a first manuscript of an amazing tale talking about one old and vital memory that longs to be remembered and retold anew!

WWWR, 5 Mondays, 10:00 am - 12:00 pm. Begins January 25, Zoom, \$110/Seniors \$95.

Fine, 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.

Color Theory: How to Understand and Use It

Instructor: Linda Balek

Color and color theory form the foundation of art as well as design. This class will explore color theory increasing your understanding and appreciation of the different ways that artists use color. There will be some hands on exercises with paint to demonstrate the different aspects of Chevreul's Colour Theory. You will go home with understanding the difference between hue, value and saturation and how to use all three to gain the effect you want.

ACOL, 1 Tuesday, 10:00-11:30 am. Meets February 16, Zoom, \$25.

NEW Creating A Visual Autobiography

Instructor: Annie Zeybekoglu

All drawing is personal...each mark you make is a recording of who you are, how you think, what you care about, and your attitude in making it. Artists, like musicians, writers, choreographers, consciously (and unconsciously) develop a signature, a "voice" in which they feel most centered in expressing themselves. In this class, we will touch on different aspects of your personal visual voice – in an exploration of that most personal of subjects, yourself. How you (and others) perceive you, what decisions you make about both the way you look, the way you relate to others, and the way you express the things that are important to you. Drawing is a never-ending process, just as is personal growth. The assignments in this class will suggest a "snapshot in time" – of who you are now, and how you got there. We each think differently, express ourselves differently, care about different things. There is not (and has never been) a single "right" way to visually express those personal priorities. In sharing them, we can engage in a conversation about what matters to each of us. We will introduce and explore different types and techniques of image-making, as each

student finds his or her comfort zone, his or her "visual voice." We will meet weekly for a 30-40 minute Zoom meeting, and you will be expected to spend a minimum of one hour per week on each assignment.

ACVA, 6 Thursdays, 10:00-11:30 am. Begins January 21, Zoom, \$100/Seniors \$90.

Drawing is Thinking

Instructor: Annie Zeybekoglu

How often have you said, "I can't draw!"? In this class, you'll discover how accessible drawing can be and how to express your thoughts visually. Everyone knows we each perceive our world differently. Indeed, the way an artist thinks is revealed in the way they draw. Through simple exercises like "Connect the Dots" and "What's in a Doodle?", as well as in conversations about artistic trends, the styles of well-known artists and a chance to try out different drawing techniques, you will learn to express your individual views. In addition to shared weekly Zoom sessions, you will have an opportunity to get individual feedback on your visual response to each lesson. As anyone who has ever given a crayon to a child knows, the urge to "make a mark" is instinctive. As you explore the world of drawing and what excites you, you will learn new ways to express your unique vision.

HADT, 5 Fridays, 10:00-11:30 am. Begins January 22, Zoom, \$85/Seniors \$75.

Fundamentals of Drawing

Instructor: Susan Dahl

This course imparts skills you need for drawing realistically. Both beginning and experienced artists benefit from the review of basic concepts such as line, form, texture, and composition. In addition to basic concepts and depending on class interest, we will cover landscape and perspective, figure and portrait drawing, and drawing from nature. Weekly sessions via Zoom will provide time for drawing assignments that make use of everyday objects in your own home. Materials for drawing are simple and readily available: you probably already have a paper, a pencil or pen, and an eraser. A list of additional, optional supplies will be sent to each registrant.

AFOD, 8 Thursdays, 12:30-2:30 pm. Begins January 21, Zoom, \$165/Seniors \$140.

Drawing: Observation, Property & Technique

Instructor: Linda Balek

Each session will cover different aspects of drawing. We will examine property, observation, technique and/or method to make you a better artist. You will then practice these lessons and skills by doing an exercise to understand each lesson better. The instructor will email you study materials for you to print and use during the lessons. Please have your drawing utensils and paper ready before logging into class, and position the camera from your laptop, tablet or phone position so that the instructor can see your paper.

AOPD, 4 Tuesdays, 10:00-11:30 am. Begins January 12, Zoom, \$65/Seniors \$55.

Drawing Portraits: Focus on the Face

Instructor: Emilia Farrell

We admire portraits that capture the uniqueness of a person(s). Developing a better understanding and practice of drawing the structural building blocks of a head and shoulders format are the foundation and the vehicle for the depiction of the characteristic features of a sitter(s). Tailored to the individual needs instructions will promote confidence and skills' development. Prior drawing experience is helpful. Materials: Drawing pad, H2 pencils, kneaded eraser, vine charcoal, acrylic paints and flat and filbert brushes any size.

APDP, 6 Mondays, 12:00-2:00 pm. Begins January 25, Zoom, \$125/Seniors \$110.

NEW Drawing Level 2: Landscapes & Architectural Scenes

Instructor: Emilia Farrell

Have you admired the drawings of landscape and architectural drawings of masters and the style and mood of the scenes they captured? In this online class you will continue to practice the skill of observation and eye-to-hand drawing approach as applied to landscape and architectural renderings. Working from images of your choice, we will focus on the concepts of perspective, value, form, mass and tone in the composition. Together we will explore and apply similar master principals to our own work. The instructor will provide guided individual instruction and feedback. List of

materials—vine charcoal, paper pad, 2H soft pencil, art eraser.

ADLA, 6 Wednesdays, 12:00-2:00 pm. Begins January 27, Zoom, \$125/Seniors \$110.

Open Painting Studio

Instructor: Linda Balek

Open Painting Studio instruction will be given on an individual basis as we work in a group on our individual projects. The instructor will give guidance to each while we paint together on our separate projects/subjects. Instruction will be given for composition, color theory, color mixing and more. The class will be set up so that the instructor can see everyone's work and be able to tailor the individual instruction to what is being worked on. Pick your artist medium that you wish to use. Before class starts choose and send a photo(s) of subjects you will be working on to the instructor. Have paints and canvas set up before class begins. Position your laptop camera so that your work/canvas can be seen.

AOPP, 4 Tuesdays, 10:00 am-12:00 pm. Begins February 23, Zoom, \$85/Seniors \$75.



MYTHOLOGY & ART
for Grades 6-9, p. 25

NEW Drawing Pet Portraits

Instructor: Robert Butler

Throughout history, people have been fascinated and inspired by the beauty of the animal world. Join us in learning how to draw portraits of the pets that share our homes. Participants of all levels will gain confidence and expand their drawing skills with online demonstrations combined with individual instruction. Included: Animal Anatomy, Basic through Advanced Illustrating Techniques, Perspective, Composition and much more. All class diagrams and written materials are provided as PDF images files which students can print out for their art reference library and for class use. Each student should have drawing pencils and a sketch pad. Robert Butler is known for his relaxed, efficient teaching style. His work has been shown at the Smithsonian, on science based television and is held in private collections worldwide.

APET, 4 Mondays, 6:30-8:30 pm. Begins January 25, Zoom, \$90/Seniors \$75.

NEW Winter Images in the Chinese Brush Style

Instructor: Son-Mey Chiu

We will begin the lesson with a short practice of the basic strokes of Chinese calligraphy which form the basis of Chinese brush painting. Afterwards, we shall apply the brush methods for painting the traditional theme: *The Three Friends of Winter*. The three friends are the Pine, the Bamboo, and the Plum. They shall be put in a simple landscape setting accompanied by a crane. Please visit the class listing on the Lexington Community Education website for a supply list for new students.

ACBP, 4 Tuesdays, 1:00-3:00 pm. Begins January 19, Zoom, \$125/Seniors \$105.

Watercolor

Instructor: Ivan Orlinsky

This class is for both beginners and artists who have some experience with watercolor. We will begin with an overview of the history of watercolor as a medium, successful watercolor painters from the past and present and getting acquainted with the materials and supplies we will be using. Our first exercise will be laying a flat wash. In subsequent classes we will work on different techniques such as wet on wet, value studies, layering, mixing colors, what colors to include on your palate, and a brief overview of the qualities of water color paint such as transparent, semi-transparent and opaque. There will be a 20 minute warm up exercise at the beginning of each class. Please bring the following materials to the first class: Paints: Cadmium yellow deep; Lemon yellow; Cobalt blue; French Ultramarine blue; Cerulean blue; Prussian blue; Cadmium red; Vermillion; Burnt Sienna; Yellow Ochre and Payne's grey. Brushes: Bring what brushes you have; I recommend #8 #10 round and a one inch flat. Paper: Good quality watercolor pad; 12" x16". Palette: White china plate or a butchers tray. Other supplies: Two or three jars for holding water, Rags, paper towel, an HB pencil, kneaded eraser. Please bring a photo of your choice as a reference to paint.

AWATE, 4 Mondays, 6:30-8:30 pm. Begins January 11, Zoom, \$90/Seniors \$75.

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 include 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.

ACHR, 6 Wednesdays, 3:30-5:30 pm. Begins January 13, Zoom, \$135/Seniors \$115.



PUBLIC ART: ITS MANY VARIETIES & PURPOSES
with Paul Angiolillo, p. 8

NEW Acrylic Painting for Beginnings & Intermediates - Daytime

Instructor: Donna Calleja

The painting style of any subject is what makes each artist and painting unique. Students will learn about the painting styles of Impressionism, Cubism, Realism and Surrealism. We will review color mixing, composition, under painting and paint application techniques for each of these styles. Students will then select a painting style to interpret in an original acrylic landscape or still life painting. The class will combine teacher demonstration with work time devoted to individual instruction. Supply List – One canvas or canvas board (size range from 8 x 10 to 9 x 12 inches), Acrylic paint in small size tubes (Basic colors – Titanium White, Yellow Azo, Naphthol Red, Ultramarine Blue, Burnt Sienna) or any set of yellow, blue, red, white and brown acrylic paints you may own already, disposable palette paper or white paper plates, acrylic artist brushes (small round size 2 and 3 flats in size range of 2, 4, 6), landscape photos or still life objects, a cup for water and paper towels. If you already own a set of acrylic paints and brushes please use what you already have at home.

ADAC, 6 Thursdays, 10:00 am - 12:00 pm. Begins January 21, Zoom, \$125/Seniors \$110.

Wool Felting

Instructor: Elizabeth Stubbs

We will work with both wet and dry (needle) felting techniques through weekly project assignments. This class is suitable for adults with some previous felt making experience as well as those with none. Instruction will be given and help will be available during class time. Students will likely need to work on their own between classes, and are welcome to email the instructor. Each student will receive a generous packet of supplies. A materials fee of \$30 is to be paid prior to the start of class. Arrangements will be made for material distribution prior to the class start.

AFELT, 6 Mondays, 1:30-3:30pm. Begins January 25, Zoom, \$125/Seniors \$100.



Scott Cahaly teaches Stone Carving Saturdays, this page.

An Introduction to Metalsmithing

Instructor: Karena Maraj

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

AITM, 3 Tuesdays, 6:30-8:30 pm. Begins January 12, Karena Maraj Jewelry Collection, 95 Trapelo Road, Belmont, \$125.

NEW Sea Glass Jewelry Making

Instructor: Karena Maraj

Turn your sea glass into unique jewelry! Use your summer finds to learn how to wire wrap and drill holes in the glass. You can also combine beads for embellishments and learn to finish each piece. Please bring your own sea glass, although there will be a small selection. Silver is available for an additional fee. This class is geared towards beginners, but students with previous experience are also welcome. Class is limited to five students. Please bring reading glasses if you wear them.

ASEA, 2 Tuesdays, 6:30-8:30 pm. Begins February 23, Karena Maraj Jewelry Collection, 95 Trapelo Road, Belmont, \$85.

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.

For more class information please visit: www.stonecarvingdust.blogspot.com

ASTN, 1 Saturday, 9:30 am - 2:30 pm. Meets January 23, Scott's Stone Carving, 80 Loomis Street, Bedford, \$160.

A2STN, 1 Saturday, 9:30 am - 2:30 pm. Meets February 27, Scott's Stone Carving, 80 Loomis Street, Bedford, \$160.

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

NEW Intro to Photopea – The FREE Alternative to Photoshop

Instructor: Damian Barneschi

Are you curious to learn Photoshop but don't want to commit to the high price of a subscription? You're in luck



Karena Maraj teaches Sea Glass Jewelry Making, this page.

because Photopea offers nearly the same functionality as Photoshop but is entirely free! In this course, students will be introduced to the web-based Photopea program and learn essential photo editing and compositing skills that will have you creating professional quality work in no time!

APHO, 6 Wednesdays, 6:30-8:30 pm. Begins January 13, Zoom, \$175/Seniors \$135.

Photography: The Basics and Beyond

Instructor: Scott Metzger

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

APBB, 4 Tuesdays, 7:00-9:00 pm. Begins January 19, Zoom, \$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

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 am -12:00 pm. Begins January 25, Zoom, \$140/Seniors \$120.

Intermediate English-Daytime

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 Wednesdays, 10:00 am-12:00 pm. Begins Begins January 27, Zoom, \$140/ Seniors \$120.

Advanced Beginning English

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 January 28, Zoom, \$110/Seniors \$100.

Beginning Spanish

Instructor: Susannah Tesoriero

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 Tuesdays, 6:30-8:00 pm. Begins January 26, Zoom, \$125/Seniors \$100.

NEW Saturday Morning Beginning Spanish

Instructor: Susannah Tesoriero

Spend your Saturday mornings with a cup of coffee and a class that will cover the fundamentals of the learning Spanish language.

LSAS, 8 Saturdays, 9:30-11:00 am. Begins January 23, Zoom, \$115/Seniors \$95.



LA HORA DEL CAFÉ

Conversación Abierta en Español, with Ric Calleja, this page.

Conversational Spanish for Intermediates

Instructor: Magnolia Rios

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

LSPAI, 10 Wednesdays, 6:30-8:00 pm. Begins January 13, Zoom, \$130/Seniors \$115.

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, 10 Thursdays, 10:00 am-12:00 pm. Begins January 14, Zoom, \$170/Seniors \$150.

La Hora del Café, Conversación Abierta en Español

Instructor: Ric Calleja

¿Desea Ud practicar su español en un ambiente relajado y amistoso? Si la respuesta es si, entonces este curso es para Ud. Pasaremos una agradable hora cada semana conversando sobre temas que interesan a los participantes. Así como pasa entre amigos que se reúnen para conversar en un café. PD Este curso requiere por lo menos un nivel intermedio alto de entender y hablar el idioma español.

LSCO, 10 Fridays, 10:30 am-12:00 noon, Begins January 15, Zoom, \$130/Seniors \$115.



Deb Samuels teaches Sushi Cake, p. 30.

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.

LBIT, 8 Mondays, 6:30-8:00pm. Begins January 19, Zoom, \$115/Seniors \$99.

Advanced Beginning Italian

Instructor: Francesca Bellini

This class is the ideal follow up to our Beginning Italian class, or equivalent. With each lesson you will sharpen your basic knowledge of the language, learning useful communication skills, building vocabulary, and deepening your grammar understanding. You will have the opportunity to practice your pronunciation, communication, listening, reading and writing skills with active exercises, readings and discussions. "Nuovo Espresso 1, Libro dello studente e esercizi", L. Ziglio, G. Rizzo, Alma Edizioni, is the book we will use in class along with handouts provided by the instructor. The book is available on-line.

LIAB, 8 Tuesdays, 6:00-7:45 pm. Begins January 19, Zoom, \$135/Seniors \$115.

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.

LIIT, 8 Wednesdays, 10:00-11:45 am. Begins January 20, Zoom, \$135/Seniors \$115.



Maurice Bombrun teaches French Conversation through Philosophy, facing page.

Italian Conversation

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.

LDCO, 8 Wednesdays, 12:00-1:30 pm. Begins January 20, Zoom, \$115/Seniors \$99.

Total Beginner French

Instructor: Maurice Bombrun

Total Beginner French is for students and travelers with no or "forgotten" French knowledge. The course introduces basic pronunciation, grammar, and vocabulary to build the foundation of the language in a fun environment, taking into consideration each student's requirements and questions. Students will learn to communicate simple concepts in French through numerous exercises. Pronunciation, reading, listening and speaking are the focus of the class for a progressive learning experience. Please purchase the college-level textbook online or from a bookstore prior to the first class: *Contacts, Valette/Valette*, 8th Edition, with in-text audio CD if possible.

LOBR, 9 Tuesdays, 7:00-9:00 pm. Begins January 12, Zoom, \$198.

LDBF, 9 Fridays, 9:30-11:30 am. Begins January 15, Zoom, \$198.

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 college-level textbook online or from a bookstore prior to the first class: *Contacts, Valette/Valette*, 8th Edition, with in-text audio CD if possible.

LBFI, 9 Thursdays, 12:30 - 2:30 pm. Begins January 14, Zoom, \$198.

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 college-level textbook online or from a bookstore prior to the first class: *Contacts, Valette/Valette*, 8th Edition, with in-text audio CD if possible.

LBFR, 9 Tuesdays, 12:30-2:30 pm. Begins January 12, Zoom, \$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 to build upon and expand the language patterns and grammatical structures. Vocabulary is enhanced further through simple dialogues and conversation, readings, writings, exercises and translations. Verbs tenses are reviewed and more are presented. Students learn how to communicate with simple sentences in applicable situations. Spontaneous exercises are used to reinforce knowledge and detect areas for review. The college-level *Contacts, Valette/Valette*, 8th Edition, and the corresponding Student Activities Manual, 8th Edition, may be purchased online or from a bookstore.

LDIF, 9 Thursdays, 3:30-5:30 pm. Begins January 14, Zoom, \$198.

LBF3, 9 Tuesdays, 9:30-11:30 am. Begins January 12, Zoom, \$198.

LINF, 9 Thursdays, 7:00-9:00 pm. Begins January 14, Zoom, \$198.



BEGINNING FRENCH FOR CHILDREN
p. 27

French Conversational Workshop

Instructor: Maurice Bombrun

In the French Conversational Workshop, 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 students the opportunity to speak in French. We use articles from the news, student-submitted documents and literature to expose students to a variety of real-life and everyday French language topics. No textbook required.

LLFC, 9 Wednesdays, 7:00-9:00 pm. Begins January 13, Zoom, \$198.

LFCW, 9 Thursdays, 9:30 - 11:30 am. Begins January 14, Zoom, \$198.



Ric Calleja teaches Español Intermedio & Avanzada a Través / Spanish Intermediate & Advanced, p. 17.

NEW French Conversation through Philosophy

Instructor: Maurice Bombrun

This class assumes working knowledge of French. The group will discuss the history of European philosophy, with a special focus on the Age of Enlightenment (Voltaire, Rousseau, Montesquieu) as it inspired the US Constitution framers. We will also deal with the philosophical trends of the 20th century and their impact on our current societal cultures. The group will read and discuss texts and articles to maintain and improve their comprehension and conversation skills while learning from philosophers and thinkers. No textbook required.

LFPL, 9 Fridays, 1:00-3:00 pm. Begins January 15, Zoom, \$198.



Karen Girondel teaches French Language and Conversation through Film, this page.

French Language and Conversation Through Film

Instructor: Karen Girondel

Film transports us to another place, another time and another life. Film provides language learners with a rich audio-visual context, along with dynamic vocabulary, idiomatic expressions, authentic dialogue, in addition to cultural and historical references. This course will feature presentation of vocabulary and some key grammatical structures which students will practice in the context of the film, as well as open-ended exercises, activities, discussions, and role-playing designed to help them improve their proficiency. Listening and speaking skills will be emphasized in this class rather than reading and writing. This course is for you if you know some basic French, understand some of what you hear when spoken at a 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, 9 Tuesdays, 9:30-11:30 am. Begins January 12, Zoom, \$160/Seniors \$140.

LHCC, 9 Tuesdays, 7:00-9:00 pm. Begins January 12, Zoom, \$160/Seniors \$140.

Beginning German: For New and Continuing Students

Instructor: Luci Mandl

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

LBGE, 8 Wednesdays, 5:00-6:30 pm. Begins January 13, Zoom, \$148/Seniors \$128.



BEGINNING ITALIAN FOR CHILDREN
with Francesca Bellini, p. 23



Sitarist David Whetstone presents *The Jewel in the Road*, his recitation of India's beloved 15th Century poet Kabir while accompanying himself on sitar, page 6.

Computers

From editing digital photos, to creating your own web page, you are sure to find something to match your ability and interest.

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. Before the first class, you must set up a website host for your site. (The instructor can set-up a temporary site upon your requirement.)

CWDP, 6 Tuesdays, 7:00-9:00 pm. Begins January 19, Zoom, \$195/Seniors \$175.

NEW Introduction to Google Analytics & Google Search Console

Instructor: Michael Stanborough

Learn how to use Google Analytics to measure your website traffic, and get more specific information about which pages on your website are most popular, where your site visitors come from, how long they stay on your site, and measure relevant business goals. We will go through the basics of establishing a free Google Analytics account and installing your tracking code to start collecting data. Learn how to use Google Search Console to see the search queries people use to find your site, and find and fix website errors, submit a sitemap, and create and check a robots.txt file.

CGAC, 1 Thursday, 7:00-9:00 pm. Meets January 28, Zoom, \$30.

German Conversation

Instructor: TBA

If your German speaking skills are a bit rusty, this once a week hour long session will give you a chance to practice and polish them. The topic for each week will be announced and emailed a few days before the class. Topics will focus on hobbies, family history, childhood memories, travel experiences, favorite foods, and current events. This conversation class will only touch on grammar when needed and will not contain any written work.

LGEC, 8 Thursdays, 10:00 am-12:00 pm. Begins January 28, Zoom, \$125/Seniors \$100.



A SOUTHERN INDIAN FOOD AFFAIR

with Shruti Mehta, p. 30

Beginning Hindi: A Sampler of Language and Culture

Instructor: Rita Pandey

This fun, friendly course proposes to introduce the most widely spoken language of South Asia to students who have little or no prior knowledge of Hindi. Students will be introduced to the Devanagari writing system, however, emphasis will be on speaking skills and listening comprehension. Hindi songs from contemporary Indian cinema, discussion of regional cuisine, music, dance and festivals and holidays will enhance the conventional teaching materials.

LHIN, 8 Tuesdays, 7:00-8:30 pm. Begins January 26, Zoom, \$115/Seniors \$95.

Standard Arabic for Beginning and Beyond Beginning Students

Instructor: Janet Atiyyat

Originating in the 6th century, the Arabic language has become one of the most widely spoken and recognizable languages in the world today. Taught by a native speaker, the **Beginning** class will introduce modern conversational Arabic using an interactive and practical instructional method. Emphasis will be on listening comprehension, vocabulary, and speaking skills. The **Beyond Beginning** class is for those who have taken the Beginning level class or its equivalent.

LBAR, (Beginning), 8 Tuesdays, 6:30-8:30 pm. Begins January 19, Zoom, \$165/Seniors \$148.

LBBA, (Beyond Beginning), 8 Thursdays, 6:30-8:30 pm. Begins January 21, Zoom, \$165/Seniors \$148.

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 January 28, Zoom, \$115/Seniors \$95.

NEW Optimize Your Website Traffic with SEO

Instructor: Michael Stanborough

Ever wonder how successful businesses manage to draw heavy traffic onto their websites? In this course you will learn how to: optimize your website; get it fully indexed by search engines; assess your website's search engine ranking and performance; spidering your site to assess indexability and SEO status, select keywords.

COPT, 2 Wednesdays, 7:00-9:00 pm.
Begins February 3, Zoom, \$65.

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, what to do to make sure Siri understands you and how to keep your iPhone safe from prying eyes. And more...

CDPH, 1 Friday, 9:00 am-12:00 pm. Meets January 15, Zoom, \$42.

iPhone Capabilities – Part 2 – Daytime

Instructor: Kristen Butler

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

CD2PH, 1 Friday, 9:00 am-12:00 pm.
Meets January 22, Zoom, \$42.

Managing Your Photos – Daytime

Instructor: Kristen Butler

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

CDPIC, 1 Friday, 9:00 am - 12:00 pm.
Meets January 29, Zoom, \$42.

Intro to Google Suite – Daytime

Instructor: Kristen Butler

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

CDGSL, 1 Friday, 9:00 am-12:00 pm.
Meets February 5, Zoom, \$42.



INTRO TO PHOTOPEA

*the FREE Alternative to Photoshop,
p. 16*

Intermediate Google Suite – Daytime

Instructor: Kristen Butler

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

CDGD, 1 Friday, 9:00 am-12:00 pm. Meets March 12, Zoom, \$42.

NEW Internet of Things - Alexa vs Google Assistant vs Siri

Instructor: Kristen Butler

IoT has become the word of the future. Whether you want to turn on the heat or air conditioner remotely with your phone before you get home from work, turn off all the lights in the house by speaking out loud, or play your music to the speaker in your office. Come learn about the capabilities of devices and services that can make your home smart.

CDINT, 1 Friday, 9:00 am - 12:00 pm.
Meets February 12, Zoom, \$42.

Organizing Your Computer – Daytime

Instructor: Kristen Butler

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

CDORG, 1 Friday, 9:00 am-12:00 pm.
Meets February 26, Zoom, \$42.

Introduction to Microsoft Excel – Daytime

Instructor: Kristen Butler

Learn how to use a spreadsheet application and create graphs using the

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

CDEX, 1 Friday, 9:00 am-12:00 pm. Meets March 5, Zoom, \$42.

Introduction to Microsoft Word – Daytime

Instructor: Kristen Butler

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

CDWOR, 1 Friday, 9:00 am - 12:00 pm.
Meets March 26, Zoom, \$42.

Tricks of the Trade: Being a Zoom Host

Instructor: Kristen Butler

Learn how to use Zoom to schedule and manage meetings. Learn how to share screen(s), record meetings, save chat, create polls, use breakout rooms and more. Users must have the desktop version of Zoom installed on their computers and have registered for a Basic (free) account.

CTRZ, 1 Wednesday, 6:00-9:00 pm. Meets January 13, Zoom, \$42.

C2TRZ, 1 Wednesday, 6:00-9:00 pm.
Meets March 31, Zoom, \$42.



TAKING CONTROL OF YOUR FINANCIAL HEALTH

with Sumeit Aggarwal, p. 32

Introduction to LinkedIn

Instructor: Kristen Butler

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

CLINK, 1 Wednesday, 6:00-9:00 pm.
Meets January 20, Zoom, \$42.

Courses for Children

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

Home Alone

Instructor: Officers of the Lexington Police Department

Help your child feel safer and more secure when home alone or with siblings and learn telephone and doorbell answering strategies. 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. Pre-registration required.

K009, 1 Tuesday, 6:30-7:30 pm. Meets January 26, Zoom, Free, but pre-registration is required.

NEW Kids Yogattune – Ages 3-8

Instructor: Kimberly Fife

This fun, playful 10 week program will get kids moving and grooving! Learn yoga asana (poses) set to Kimberly's original kids yoga music and stories! Practice easy Pranayama (breathing techniques) for calming the mind and body, and end each session with singing an uplifting song! By the end of the series, students will take away: Musical mantras to sing and meditate with; Yoga postures; Breathing techniques; Focusing tools; Calming mechanisms; Awakened Creativity; Gratitude; Self Love and a Positive Outlook.

KYOGA, 10 Wednesdays, 4:30-5:15 pm. Begins January 13, Zoom, \$150.



Mathematician/Author Susan D'Agostino visits via Zoom, page 5.



Kristen Butler teaches a variety of computer classes, pages 21-22.

NEW My Home/Small Business Network

Instructor: Kristen Butler

Why can't I print? How come the WiFi doesn't work in one of my rooms? How can I extend my WiFi so that it works in my backyard. How to backup all my computers on my network? If you have had any of these questions, come and learn the basics of your home or small business network and how you can better utilize your network.

CNET, 1 Wednesday, 6:00-9:00 pm. Meets January 27, Zoom, \$42.

Introduction to Excel

Instructor: Kristen Butler

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

CINX, 1 Wednesday, 6:00-9:00 pm. Meets February 3, Zoom, \$42.

Intro to Google Suite

Instructor: Kristen Butler

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

CGSL, 1 Wednesday, 6:00-9:00 pm. Meets February 24, Zoom, \$42.

Intermediate Google Suite

Instructor: Kristen Butler

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

CGDO, 1 Wednesday, 6:00-9:00 pm. Meets March 3, Zoom, \$42.

Intermediate Excel II

Instructor: Kristen Butler

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

CIEX, 1 Wednesday, 6:00-9:00 pm. Meets March 10, Zoom, \$42.

NEW Internet of Things – Alexa vs Google Assistant vs Siri

Instructor: Kristen Butler

IoT has become the word of the future. Whether you want to turn on the heat or air conditioner remotely with your phone before you get home from work, turn off all the lights in the house by speaking out loud, or play your music to the speaker in your office. Come learn about the capabilities of devices and services that can make your home smart.

CINT, 1 Wednesday, 6:00-9:00 pm. Meets February 10, Zoom, \$42.

Managing Your Photos

Instructor: Kristen Butler

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

CPHO, 1 Wednesday, 6:00-9:00 pm. Meets March 24, Zoom, \$42.

Computer Consulting "À la Carte"

Instructor: Kristen Butler

Computer consultant Kristen Butler is available to meet and assist up to two people in personalized computer consulting. Want to fully understand the iCloud and backup? Want to make certain your devices are synced? Want to know if you have the proper updates and software on your computer? Want to create a photographic presentation or video for a special occasion? These are just a few items that Kristen can help you with. Meetings will be held on Zoom 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 LCE@lexingtonma.org.

NEW Beginning Italian – Grades 1-3

Instructor: Francesca Bellini

Learning a foreign language from a young age has been shown to have lifelong cognitive benefits. In this class children will experience Italian, and the Italian culture, through a wide range of engaging activities and they will start speaking the language in a very natural way. Italian will be introduced through games, songs, physical movement, crafts, and more fun activities designed to create the positive, relaxed atmosphere necessary to achieve the best results in language proficiency.

KB11, 8 Mondays, 4:00-4:45 pm. Begins January 11, Zoom, \$55.

NEW Beginning Italian – Grades 4-6

Instructor: Francesca Bellini

Introducing your child to a second language during childhood enhances their cognitive development and can help them build self-esteem and confidence. All they need is a fun and relaxed learning environment where they can feel free to experiment with the language. Our Italian classes are designed to teach Italian through games, videos, songs and many more engaging activities that will keep the students learning the language while having fun!

KB14, 8 Mondays, 5:00-5:45 pm. Begins January 11, Zoom \$55.

NEW All About Books – Grades 2-5

Instructor: Laura McLaine

Do you love to read books? Do you enjoy making your own books? Together we will explore all genres of books - non-fiction, fiction, mystery, best sellers and more. Inspired by what we read we will write our own stories to share with the class! Supplies: Blank printer paper; Markers, crayons, or colored pencils; Glue; Glitter and Stickers optional

KISB, 6 Wednesdays, 3:00-4:00pm. Begins January 20, Zoom, \$65.

Art Studio: Oil Pastels – Grades 2-6

Instructor: Alma Bella Solis

Using oil pastels, you will produce your own compositions of various art subjects. The first subject will be chosen by the Instructor at the beginning of the course, and, in the later part of the course



Alma Bella Solis teaches Art Studio: Oil Pastels – Grades 6-9, this page.

students will choose their own subjects. We will outline drawing methods and then get to work creating perspective, proportion, contrast, and depth. Please come to these virtual classes with the art materials required. Class size limited to 7. Supplies: Easel (either floor or table top); 18" x 24" Pad (80-Pound 24-Sheet Assorted Pastel Paper Pad by Strathmore; or 24-Sheet Mi-Teintes Pad for Pastels in assorted colors from Canson available at Amazon, online art stores); Set of Oil Pastels (more colors preferred in brand names Sakura Cray-Pas, Sennelier, Gallery Artist, Holbein, Caran d'Arche Neopastel, Erenji Art Aspirer, Maimeri Classico, Mungyo Gallery Soft Oil); Drawing pencils (graphite or charcoal; white pencils are used if pad is in rich black)

KPAC, 8 Tuesdays, 4:00-6:00 pm. Begins January 12, Zoom, \$220.

NEW Drawing Pet Portraits – Grades 6-9

Instructor: Robert Butler

Join us to learn how to draw portraits of your pets. With his relaxed, efficient classroom style, artist teacher Robert Butler is known for his

mentoring success with students of all ability levels and learning styles. With online demonstrations and all important individual instruction, his students develop real confidence in the fundamental through advanced techniques of illustration. At the same time experiencing the excitement of discovering their own creative abilities. Included: Animal Anatomy, Basic through Advanced Illustration Techniques, Perspective, Composition and much more. All diagrams and written materials are included as PDF image files for students to print out for their art reference library and for class use. Each student should have drawing pencils and a sketch pad. Robert Butler's work has been shown at the Smithsonian, on Science based television and is held in private collections worldwide.

KPET, 4 Mondays, 3:30-5:00 pm. Begins January 25, Zoom, \$68.



DRAWING PET PORTRAITS, GRADES 6-9

with Robert Butler, this page

Fiction Writing for 4th and 5th Graders

Instructor: Karen Day

Local children's book author Karen Day will lead fourth and fifth graders through interactive writing exercises as they explore how to start a fictional story of their own. Students will learn the importance of showing, not telling, and why every book needs a strong, active voice. No experience needed, just a good imagination.

K2FIC, 3 Wednesdays, 6:00-7:30 pm. Begins January 13, Zoom, Room 226, \$90.

Cracking Codes I for Grades 5-6

Instructor: Sarah Rebilas

What do Julius Caesar, Leonardo da Vinci, Mary Queen of Scots, and the US Marines have in common? Secret codes! Secret codes have been in existence throughout history... and so has code cracking! Join this class to learn about cryptology: the art of writing and solving codes. Discover how letters, numbers, and symbols can be encoded to create mysterious patterns. Learn about ciphers and how to use them for decoding; including the Caesar shift cipher, pigpen cipher, book cipher, and many more! You will even gain the skills to design your own codes and send secret messages to your friends. You will be amazed by the elusive codes that still have not been cracked to this day! *BLF DROO OLEV GSRH XOZHH!* Materials to be supplied by parents: notebook/lined paper, pencil, 1 paper towel roll.

KCIC, 5 Tuesdays, 4:00-5:00 pm. Begins January 12, Zoom, \$49.

NEW Cracking Codes II for Grades 5-6

Instructor: Sarah Rebilas

Are you ready for the next level of codes and ciphers? You can learn how to make your secret messages more secure from prying eyes. Join this class to discover how Ancient Egyptians, Navajo Code talkers, and Union soldiers used symbols, words, and sounds to communicate secretly. Try your skills at the mixed alphabet cipher, columnar cipher, tap code, and more! Impress your family and friends by cracking these mind-boggling codes and ciphers! There is no prerequisite for taking this class, but it



Poornima Kirby teaches Theatre Adventure: February Break Edition! Grades 5-9, this page.

is recommended that participants have some experience with cryptology (such as the Cracking Codes I class). Please note class dates: February 23, March 2, 9, 16, and 30. There will be no class on March 23. Materials to be supplied by parents: notebook/lined paper and a pencil.

K2CIC, 5 Tuesdays, 4:00-5:00 pm. Begins February 23, Zoom, \$49.

NEW Theatre Adventure: February Break Edition! Grades 5-9

Instructor: Poornima Kirby

Ever daydream about having super powers? Ever spend time twirling an imaginary mustache, or perfecting your evil laugh? Well, Theater Adventures is a place to bring out your inner hero and villain (not to mention goofy sidekicks, and mysterious shapeshifters), as we create scenes borrowing from the best action-adventure movies and superhero tales, full of daring escapes, magic dueling, and plenty of comic relief. Students will have the chance to create their own characters, complete with super-powers and weaknesses, secret identities, and magic tools and costume pieces. Remote classroom activities will include adjusted theater and improv games that can be played over an online classroom platform, as well as energetic use of shared google docs for collective scene writing and character work. Students will be encouraged to explore everyday materials in their house to craft and choose props and costumes for their characters. We may also use cell phone videos to create mini video commercials for ridiculous products (such as a fork fashioned from noodles, or a dog-food

scented perfume!), to intersperse with our adventure scenes. Students will learn performance skills, story structure and collaboration, all in a team-focused and wildly imaginative online environment. The week will culminate in an online workshop sharing of the week's creations, for friends and family.

KTHERA, 4 Meetings, 9:00 am - 12:00 pm. Meets February 16, 17, 18, and 19, Zoom, \$135.

Fiction Writing for Middle Schoolers

Instructor: Karen Day

Creating a strong narrative voice is one of the most important ingredients in fiction writing. In this workshop local children's author Karen Day will take middle schoolers through the exercises she does when creating dynamic fictional characters. They will also explore plot, setting and theme. Students will leave with an understanding of how to create a strong voice. They will also have the beginnings of a story of their own.

KFIC, 3 Wednesdays, 6:00-7:30 pm. Begins February 3, Zoom, \$90.

Jazz in the Middle – for Grades 6-8

Instructor: Toby Forman

Do you love Jazz? Joining the Jazz In The Middle band will get you playing cool Jazz every week! Young musicians will get a solid grounding in jazz styles, music theory, and improvisation skills. This town-wide big band is just for middle school students, and will prepare you for playing at the high school level and beyond.

Playing regularly with other musicians is one of the best ways to improve your own instrumental skills. The Jazz in the Middle band is not appropriate for beginners. Students must have some level of proficiency on their instrument. Please indicate your instrument on registration form. Auditions are not required.

KLHS, 8 Wednesdays, 3:30-4:30 pm.
Begins January 13, Zoom, \$95.

NEW Mythology & Art – Grades 6-9

Instructor: Jamie Magid

We'll be exploring the world of Greek Mythology through art! Each week will be based around a different classical myth. When we come together, we'll have a conversation about the myth, explore some of the art that it has inspired, and take some time to work on some mythology inspired art of our own!

KMYTH, 6 Mondays, 3:30-5:00 pm. Begins January 11, Zoom, \$90.

NEW Proper Etiquette for Students – Grades 2-5 and Grades 6-9

*Instructor: Anne Elizabeth Burnett,
Founder & President of Elizabeth
Etiquette*

A thorough introduction to good etiquette and proper manners for elementary / middle school students. In this two-session class Elizabeth Etiquette will begin by introducing the proper way to manage introductions and greetings, appropriate hygiene and grooming, deportment, posture and sitting correctly. In the second session there will be a focus on table etiquette including setting the table, sitting politely, napkin etiquette, manners at the table and how to hold cutlery correctly. All skills will be demonstrated by Elizabeth and there will be time for questions and answers. Students will leave class with exercises to practice at home and to keep for future reference. Students learn proper manners and communication skills with a strong focus on respect and the value of others. Supply List: Please have a pen or pencil and paper for each class and for the second class please also have: a Dinner knife; a Dinner fork; a Soup spoon; a Dessert Fork; a Dessert Spoon; a Dinner plate; a Soup bowl; a Water Glass; and a Table Napkin.

For Grades 2-5:

KET2, 2 Tuesdays, 4:00-5:00 pm. Begins January 26, Zoom, \$25.

For Grades 6-9:

KET6, 2 Wednesdays, 4:00-5:00 pm.
Begins February 10, Zoom, \$25.

NEW Drawing & Painting the Landscapes of the Natural World Grades 6-9 - February Vacation Class

Instructor: Robert Butler

Join us as we learn how to draw and paint the landscapes of the natural world around us. Included: Basic through Advanced Illustration Techniques, Perspective, Composition and Color Mixing- Recreating the brilliant colors of Sunsets, Bold cloud Formations and Dramatic Ocean Seascapes. We'll draw Towering Cliffs, Caverns and Rock Formations as well as the Trees, Plants and Vegetation of habitats that range from Tropic Coral Reef environments, Serengeti plains, to Arctic Regions and Rainforest Jungles. With his relaxed, efficient classroom style, artist teacher Robert Butler is known for his mentoring success with students of all ability levels and learning styles. Through online demonstrations and all important individual instruction, his students develop real confidence in the fundamental through advanced techniques of illustration. All diagrams and written materials are included as PDF image files for students to print out for their art reference library and for class use. Students may choose to work with what art mediums they are most comfortable with or purchase materials per the suggested list on the LCE website.

KDRAW, 4 Meetings, 10:00-11:30am.
Meets February 16, 17, 18, and 19, Zoom, \$68.

NEW Creative Writing for Teens – Grades 7-9

Instructor: Jamie Magid

A workshop environment for writers consisting of a combination of activity days and feedback days. Activity days will consist of half an hour of collaborative storytelling (or other brainstorming activities), half an hour of writing, and half an hour of sharing (for those who wish to share). Feedback days will be for

discussing and critiquing of additional writing completed between meetings that anyone might want to share with the group.

KEEN, 6 Wednesdays, 3:30-5:00 pm.
Begins January 13, Zoom, \$90.

NEW Pre-Professional Etiquette for High School Students

*Instructor: Anne Elizabeth Burnett,
Founder & President of Elizabeth
Etiquette*

A foundation of good manners is integral to the development of good leadership skills, not only for today but for the future. Etiquette is a life skill that will remain with you forever. Our first session will include an introduction to etiquette and good manners including making a good first impression, greeting people, introductions, deportment, posture and sitting, body language, conversation and listening skills and proper hygiene and grooming etiquette. The second session will cover Table Etiquette; how to set the table (Informal and Formal); Order of Service; how to hold cutlery correctly; Communication & conversation at the table and napkin Etiquette. All skills will be demonstrated by Elizabeth and there will be time for questions and answers. Students will leave class with exercises to practice at home and to keep for future reference. Supply List: Please have a pen or pencil and paper for each class and for the second class please also have: a Dinner knife; a Dinner fork; a Soup spoon; a Dessert Fork; a Dessert Spoon; a Dinner plate; a Soup bowl; a Water Glass; and a Table Napkin.

KETH, 2 Tuesdays, 7:00-8:00 pm. Begins January 26, Zoom, \$25.



Karen Day teaches Fiction Writing for 4th & 5th Graders, facing page.

NEW **Directing & Performing Swords on the Stage for Grades 8-12**

Instructor: Lauren Squier

Explore swordplay in the world of performing arts and learn how Fight Directors make it come to life and tell a story! Throughout this course students will learn the basics behind swordplay for stage—both the physical actions as well as the process of how it all goes together in order to keep performers safe. Students will learn the physicality behind footwork, attack targets, and defense blocks. In the course students will also learn the differences and similarities between various sword styles—double handed swords, single handed swords, as well as swords that utilize a companion weapon. We will also cover how a fight translates to paper, how it gets choreographed, as well as analyze and discuss some sword fights from both popular film scenes as well as live demonstrations. Over the weeks of the class students will act as a fight director to work towards creating their own choreography to be performed by two classroom assistants!

KSWO, 9 Fridays, 4:00-5:30 pm. Begins January 22, Zoom, \$145.

Tackling Time Management for Teens – Grades 8-12

Instructor: Maria Kieslich

School, job, violin practice, friends, homework, sports and family! It's overwhelming and even for the most organized teen, and 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. At first we'll find out what is really important to YOU, and how to cope with the other stuff. We'll also explore how you can leverage the way you learn to be more effective in time management. Then we get to the nuts and bolts, and talk about calendars. Finally you'll learn a few ways to not procrastinate. You'll leave with a draft plan for your next week, using the tools that you found work best for how you think. Please prepare to share how you currently track your weekly/monthly school/activity schedule.

KTMT, 1 Friday, 4:00-5:30 pm. Meets February 26, Zoom, \$35.

KTM2, 1 Saturday, 9:00-10:30 am. Meets March 6, Zoom, \$35.



Test Prep and College Planning classes, p. 27.

Eye for Investing for Grades 6-9

Instructors: Sumeit and Sanjay Aggarwal

Most of us hear stories about the ups and downs of the stock market every day, but do not fully understand the basic principles of investing. We have recreated the magic of Eye for Investing class for virtual delivery. Students will play investing games in a group setting. We will continue with traditions such as daily deals and beat the stock market game. Students will be introduced to the investing landscape (stocks, bonds, mutual funds and ETFs). We will cover the why, what, and how of investing, concepts like investment goals, risk tolerance, valuation metrics, portfolio diversification, etc., strategies, and mechanics of investing, as well as the risks inherent in different investments. If you are a curious middle or high schooler looking to learn about investing wisely, this is the program for you. The virtual setting provides students a fun way to keep learning through various activities designed especially for online delivery.

2AEYE, 6 Tuesdays, 4:30-6:00 pm. Begins January 12, Zoom, \$135.

NEW **Financial Literacy for High School Students**

Instructors: Sumeit and Sanjay Aggarwal

An introduction to the personal finance tools that high school students will need as they start to make independent financial decisions. Students will get hands-on practice and experience with

pay stubs, banking, savings, credit cards, credit score, taxes and more.

This class will use Nearpod (an award-winning student engagement platform) as the teaching platform, and include practical discussions, activities, games, and educational video clips. The virtual setting provides students a fun way to keep learning through various activities designed especially for online delivery. Attendees will leave with a list of financial to-dos that they can check off their high school graduation checklist. This class will be co-taught by Sumeit and Sanjay Aggarwal. They have written this course with a focus on building financial literacy as a life skill.

KFIN, 4 Wednesdays, 7:30-8:30 pm. Begins January 20, Zoom, \$60.

NEW **Learn Guitar in the Style You Want to Play – Grades 6-12**

Instructor: Robert Butler

Teacher guitarist Robert Butler welcomes students of all levels and musical interests to join our after-school guitar group online. Learning in a relaxed yet structured approach, students will develop solid proficiency on their instrument while building confidence gained through their success at this long-term goal. We open each session with a demonstration of a specific guitar style where techniques and applied practical theory are explained. During class, each student will have the opportunity to work on a song or musical style of their choice. Included

genres: Classical, Rock, Blues, Ethnic and Traditional Acoustic styles, Pop and more. Mr. Butler emphasizes individual instruction with each class. Students should have an acoustic or electric guitar and a notebook. All music charts and diagrams are supplied as e-mail PDF files. Please contact Mr. Butler (978)283-7186 with any questions that you might have.

KRG1, 5 Thursdays, 3:30-5:00 pm. Begins January 14, Zoom, \$135.

Nous Parlons Francais! Beginning French for Grades 1-3

Instructor: Stephanie Chiha

Learn the basics of French in a fun, weekly meeting with Madame Chiha. This course teaches French primarily through stories and conversation. Each week a new theme—such as animals, colors, numbers, days of the week—will be investigated to introduce vocabulary, grammar, and conversation. Please purchase Workbook prior to class. Other materials to reinforce certain concepts will be provided by the instructor. Supplies to be provided by parents: Workbook: *French: Elementary - 100 Reproducible Activities (The 100+ Series)* (ISBN-10: 1568226667 / ISBN-13: 978-1568226668), paper, pen or pencil.

KFR1, 10 Tuesdays, 4:00-5:00 pm. Begins January 12, Zoom, \$90.

Nous Parlons Francais! Beginning French for Grades 4-5

Instructor: Stephanie Chiha

Learn the basics of French in a fun, weekly meeting with Madame Chiha. This course teaches French primarily through stories

and conversation. Each week a new theme—such as the seasons, the weather, people and places in our community, geography—will be investigated to introduce vocabulary, grammar, and conversation. Other materials to reinforce certain concepts will be provided by the instructor. Supplies to be provided by parents: Workbook – *French I, Grades K - 5 (Skill Builders)* ISBN-10: 1936023180 / ISBN-13: 978-1936023189, paper and pen or pencil.

KFR3, 10 Wednesdays, 4:00-5:00 pm. Begins January 13, Zoom, \$90.

Dungeons & Dragons for Middle Schoolers

Instructor: Dylan Baxter-King

This ever popular game of logic and imagination begins with the creation of characters with the rolling of dice. You and your collaborators guide your characters through an imaginary journey encountering exciting adventures along the way. Your journey is referred to as a “campaign” which is creatively structured like the plot of a good book by one player known as the Dungeon Master. This player is usually a more experienced player. In Week 1, we will begin taking requests to write and run campaigns, and then create characters. After that our imaginations will guide us onward. Both experienced players and beginners are welcome.

KCDD, 6 Mondays, 3:30-6:00 pm. Begins January 25, Zoom, \$105

KDDF, (February Vacation Session), 4 Sessions, 2/16, 2/17, 2/18, & 2/19, 9:00 am-3:00 pm (off-line lunch break from 11:30-12:30). Zoom, \$275.

Driver Education—Registration for Driver Education programs is now Online.

Instructor: CS Driving School

A complete driver's education program (Zoom 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 \$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

SAT TEST PREP

SAT Verbal Prep

Learn how to approach the SAT, particularly the reading comprehension, embedded vocabulary, and writing/essay sections. Become familiar with the types of questions and effective methods to handle them. Individual analysis of these test results will reveal where improvement is needed for each student, and a post-test will be completed to measure progress. Please note: To each class, bring the 2020 version of the official SAT study guide to class AND a College Board ID and password. Students will be expected to keep their cameras on for the duration of the instruction, breaks will be given as needed.

AFTERNOON: *Instructor: Allison Lee*

PSWR, 6 Thursdays, 3:30-5:30 pm. Begins March 18, Zoom, \$195.

EVENING: *Instructor: Kayleigh Shoen*

PRTH, 6 Thursdays, 7:00-9:00 pm. Begins March 18, Zoom, \$195.

Math SAT Prep – Evening

Instructor: Chris Doucette

In SAT Math, students will review mathematical operations and learn test strategies necessary for success on the SAT. Students will take 2 practice tests and receive targeted help via zoom breakout rooms. Class consists of 8-10 mini lessons that cover common issues/test taking strategies and each student will receive



Robert Butler teaches Edward Van Halen & the Masters of Guitar, page 10.

individualized help in each class on a topic they are struggling with. Required Text for class: *The Official SAT Study Guide*, published by the College Board.

PSAM, 6 Mondays, 6:30-8:30 pm. Begins March 22, Zoom, \$195.

SAT Math Review – Afternoon

Instructor: Clayton Thomas

Prepare for the math section of the SAT. Become familiar with the types of questions and effective methods to handle them. Students will be required to take practice tests outside of the virtual class time. Individual analysis of these test results will reveal where improvement is needed for each student, and a post-test will be completed to measure progress.

Please note: Students will be required to take the full practice test before the first class. Directions will be sent the week before the start of class. To each class, please bring a calculator, the **2020 version of the official study guide for the SAT**, AND a College Board ID and password. Students will be expected to keep their cameras on for the duration of the instruction, breaks will be given as needed.

P2SAM, 6 Tuesdays, 3:30-5:30 pm. Begins March 23, Zoom, \$195.

NEW Private SAT or ACT Tutoring

Instructor: David Bell

David Bell, an experienced SAT and ACT tutor can provide one-on-one tutoring for either of the two major college admissions tests, the ACT or the SAT. He can tutor on all components of the ACT - English, Math, Reading, and Science, and the optional Writing test or any one section where the student may wish extra support. He can tutor on both the Verbal and Math sections of the SAT, or the one section where the student might need extra support. Registration is through Lexington Community Education and tutoring sessions will be scheduled with David.

PPRI, \$85 per hour of tutoring, via Zoom. Schedule to be determined by instructor and student.



PRIVATE SAT OR ACT TUTORING VIA ZOOM

with David Bell, this page

NEW International College Options

Instructor: Sharon Olofsson

If you have a high school student beginning the college search process, you may want to consider universities outside the United States. In this workshop we will discuss the pros and cons of earning a bachelor's degree overseas, a cost comparison of various countries, the right type of student for college abroad, and the admissions process as well as select universities in Canada, the U.K., and Europe.

PECA, 1 Tuesday, 7:00-8:30 pm. Meets January 26, Zoom, \$25.

NEW International Options for Graduate School

Instructor: Sharon Olofsson

If you're thinking about applying to graduate school, you may want to consider universities outside the United States. In this workshop we will discuss the pros and cons of earning a master's degree overseas, a cost comparison of various countries, and the admissions process as well as select universities in Canada, the U.K., and Europe.

PGSA, 1 Tuesday, 7:00-8:30 pm. Meets March 2, Zoom, \$25.



Sharon Olofsson teaches International Options for Graduate School, this page.

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 Thursday, 7:00-8:00 pm. Meets January 21, Zoom, \$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 January 21, Zoom, \$25.

Deep Relaxation for Better Sleep

Instructor: Ric Clerici

A helpful class for parents of children with sleep difficulties. Parents will learn effective exercises to do with their children during the day, and healthy evening habits to help their children have a more sound night's rest. 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.

MDTS, 1 Monday, 7:00-8:30 pm. Meets January 25, Zoom., \$35.

CONFIDENT & CURIOUS: REDUCING WORRY, IMPROVING MOTIVATION

and Developing Independence in the Anxious Student, p. 4

Estate Planning 101

Instructor: Rebecca O'Brien

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

BWIL, 1 Wednesday, 7:00-9:00 pm. Meets March 10, \$30/Seniors \$25.



WHITE PEOPLE CHALLENGING RACISM

with Karen Blumenfeld and Mary Green, p. 7



PRIVATE ONLINE MUSIC LESSONS

for All Ages and Levels, p. 11



OEDIPUS AND ANTIGONE: THE GREEKS SPEAK TO US TODAY

with Tracy Marks, p. 8



Rebecca O'Brien teaches Estate Planning 101, this page.

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 Thursday, 7:00-8:00 pm. Meets February 4, Zoom, \$25.

Navigating the Student-Athlete's College Search & Sports Recruiting Process

Instructor: Nicholas Michael

Assisting college bound student-athletes has become more complex in recent years. While getting into the best college remains the same objective for all students, the process and timetable are quite different. Research shows that being a student-athlete, regardless of

gender or sport, increases the chances of being accepted into college. 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, 6:30-9:00 pm. Meets February 10, Zoom, \$40 per adult/student pair.

Cooking

NEW Sushi Cake

Instructor: Debra Samuels

Cake before dinner? Yes! Sushi Cake! Stunning, simple and delicious this sushi “cake” is made with delicately seasoned sushi rice and layered with a combination of sashimi grade fish, salmon roe (ikura) and fresh vegetables. Debra Samuels, cookbook author of “My Japanese Table,” will take you through the steps on how to make perfect sushi rice, prepare the sushi grade sashimi, tasty spreads and top with edible flourishes of color. No special equipment or molds needed. Ingredients and materials list and shopping sources will be provided. Ingredient substitutions will be available for those who do not wish to use raw fish.

NSHI, 1 Wednesday, 6:00-7:30 pm. Meets January 27, Zoom, \$40.



Debra Samuels teaches Salmon Teriyaki Rice Bowl, this page.

NEW Salmon Teriyaki Rice Bowl

Instructor: Debra Samuels

Learn how to make the wildly popular Salmon Teriyaki Rice Bowl from your own kitchen. Teriyaki sauce is the “Swiss Army Knife” of Japanese sauces, says Debra Samuels, cookbook author of “My Japanese Table.” She will teach you how to make the sweet and salty sauce, prepare perfect short grain Japanese rice (sushi rice), roast salmon, and create a refreshing salad with Japanese carrot ginger dressing.

NSTB, 1 Wednesday, 6:00-7:30 pm. Meets February 3, Zoom, \$40.

NEW Let’s Make Bento – The Japanese Lunch in a Box

Instructor: Debra Samuels

Learn how to put together a colorful, well balanced, eye appealing lunch for yourself and your family as Debra Samuels, cookbook author of “My Japanese Table,” takes you through the basic elements of creating multiple mini dishes to make your own boxed lunch. The menu includes: tamagoyaki (Japanese rolled omelet), Onigiri (rice ball) stuffed with Tuna-Mayo, quick cucumber pickles, Japanese fried chicken and green beans with sesame dressing. You will see how a variety of food in smaller portions can satisfy any appetite. No special materials necessary.

NBEN, 1 Wednesday, 6:00-7:30 pm. Meets February 10, Zoom \$40.

NEW Cake Decorating

Instructor: Susan N’Sadoquef

Learn how to build and make those beautiful buttercream swirls, flowers and seasonal motifs on your cakes and cupcakes with Susan N’Sadoquef of Cake bakery in Lexington. In this online session you will learn basic decorating techniques from a talented pastry chef from the comfort of your own home kitchen. A materials list will be supplied upon registration regarding the needed disposable bags, decorating tips, and icing.

NCKE, 1 Monday, 6:30-8:30 pm. Meets February 22, Zoom, \$25.

A Southern Indian Food Affair

Instructor: Shruti Mehta

The Southern Region of India is known to the world for its coastal beauty, IT industries, and Classical Indian music and Dance. The food of South India, however, though quite popular in India, remains a secret to the world. Unlike the cuisine of the North, South Indian cuisine is distinguished by a greater emphasis on rice as the staple grain, the liberal use of coconut and curry leaves and particularly coconut oil. South Indian cooking is even more vegetarian-friendly than North Indian cooking and incorporates fewer spices and simpler ingredients. Come, explore this cuisine and learn to make Uttapam (rice and lentil crepes made

with cream of wheat, cumin and yogurt), accompanied by a filling of onion and potato bhaji (stew) and a spicy coconut chutney (spread made with fresh coconut, a touch of cilantro, green chilies, lemon and roasted chickpea dal called dalia).

NSIA, 1 Tuesday, 6:00-8:00 pm. Meets January 26, Zoom, \$40.

NEW The 9 to 5 Guide for an Energized and Productive Work Week

Instructor: Elissa Goldman/Nutrition By Elissa LLC

Whether you’re embarking on your first internship or are a seasoned CEO, it’s vital to nourish yourself to stay fueled and focused in the workplace and beyond. During this virtual program, you’ll learn techniques to help ensure that you’re optimally nourishing yourself during the work week, tips about meal planning, dining out, staying energized, ideas for meal preparation, and more. There will be some tips throughout about time saving hacks.

NNUR, 1 Wednesday, 6:00-7:00 pm. Meets February 24, Zoom, \$30.

Information regarding recipes or recommended/required ingredients for our cooking classes can be found in the online course descriptions.

Home, Hobbies and Travel

Residential Addition 101

Instructor: Nancy Dickinson

If you have been thinking of adding onto your house, but don't know where to start, this one night class is for you! Nancy Dickinson, Principal at Dickinson Architects in Concord will give an overview of the design and construction process for residential additions and renovations. The class will review zoning and septic issues, programming, budgeting, whether to "move or stay", the architectural process, contractor selection, permitting and what to expect during construction. Time will be allowed for questions about your specific project. Nancy will also cover how the pandemic has affected the current construction process regarding cost of materials, availability of contractors, safety, permitting delays and change in consumer priorities due to working from home, remote learning and adult children moving home.

FRES, 1 Tuesday, 6:30-8:30 pm. Meets February 23, Zoom, \$25/Seniors \$20.



THE POETRY OF ROBERT FROST
with Steven Collins, p. 7

Home Downsizing 101

Instructor: David Lenoir

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

FDOW, 1 Thursday, 7:00-9:00 pm. Meets February 4, Zoom, \$25/Seniors \$20.



OPERA & WINE PAIRING
with Annina Hsieh, p. 10

Auto Repair for Everyone

Instructor: Bruce Gerry

Get a general overview of major systems of an automobile from an experienced mechanic and instructor who can make all things automotive both fun and clear. With this information you'll be better able to diagnose problems, perform basic maintenance, and deal competently and knowledgeably with mechanics. We will cover basic maintenance and troubleshooting ignition, charging, cooling, fluids, electrical, brakes and exhaust systems. We'll also discuss common problems encountered with any vehicle. **Please note:** This is a lecture/demonstration class loaded with information.

FCAR, 3 Tuesdays, 6:00-8:00 pm. Begins March 2, Zoom, \$65/Seniors \$55.



FIRST PERIOD HOUSES OF IPSWICH
p. 8

NEW Refresh Your Home

Instructor: Pamela Thomas

We are all spending more time at home now. During this session you will learn how to turn your home into a more harmonious living space. Professional Organizer and Home Stylist, Pamela Thomas, will share her blueprint for creating a more nurturing nest through a combination of organization and design principles. Pamela will share simple tips for staying organized and not letting your stuff take over. She will also provide easy and budget friendly ways to refresh your home.

FHOME, 1 Wednesday, 7:00-8:30 pm. Meets February 24, Zoom, \$25/Seniors \$20.



SOUND, ECOLOGY, AND PLACE
with Michael Stocker, p. 6



PUBLIC ART: ITS MANY VARIETIES & PURPOSES
with Paul Angiolillo, p. 8

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.

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 March 2, Zoom, \$30/Seniors \$25.

The Process of Selling a Home

Instructor: Jeremy Richman

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

BSHO, 1 Thursday, 6:30-9:30 pm. Meets March 11, Zoom, \$30/Seniors \$25.



David Lenoir teaches Home Downsizing 101, this page.

Introduction to LinkedIn

Instructor: Kristen Butler

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

CLINK, 1 Wednesday, 6:00-9:00 pm.
Meets January 20, Zoom, \$42.

Home Baking Skills for Pleasure or Profit

Instructor: Mimi Fix

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

NBAKE, 1 Thursday, 6:30-9:30 pm. Meets March 18, Zoom, \$35/Seniors \$30.

Start and Run a Home-Based Baking Business

Instructor: Mimi Fix

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

BBUS, 3 Tuesdays, 6:30-8:30 pm. Begins March 2, Zoom, \$49/Seniors \$45.



Mimi Fix teaches Home Baking Skills for Pleasure or Profit; and Start and Run a Home-Based Baking Business, this page.

Tax Planning Strategies for the Four Major Stages of Retirement: Preretirement, Early, Middle & Later Years

Instructor: Chris Chen

Changes in the tax laws have introduced some tough challenges and some new opportunities for individuals. Retirement can be a huge transition and utilizing the best tax strategies can make a significant difference in your overall picture. Why not do the best you can as you plan for the four major stages of retirement? Some of the topics covered in the class include: the critical tax questions you must answer before retirement; the surprises that often make retirement more expensive; what the Social Security "tax trap" is and how you can avoid it; why tapping assets in the wrong order can trigger higher Medicare premiums; the four stages of retirement and important tax actions in each stage; Traditional IRA and Roth IRA challenges and important considerations for rollovers; what you need to think about when it comes to estate planning and taxes; and mistakes to avoid when it comes to your investment portfolio, health care, and your estate.

BTAX, 1 Tuesday, 7:00-9:00 pm. Meets February 9, Zoom, \$25.



ACTING SKILLS FOR BUSINESS
with Lau Lapidès, p. 12

Taking Control of Your Financial Health

Instructor: Sumeit and Sanjay Aggarwal

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

BTCF, 2 Mondays, 7:00-8:30 pm. Begins January 11, Zoom, \$50.

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 January 25, Zoom, \$50.

Women and Investing 201

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

BWI2, 2 Mondays, 7:00-8:30 pm. Begins March 1, Zoom, \$50.

Planning for Financial Success After Divorce

Instructor: Chris Chen, CFP
Many people start their post-divorce life not fully understanding the financial impact of their settlement. It can be challenging adapting to a new life, but even harder to adjust to a new standard of living, new asset level, and new financial goals. It is usually more effective to start the planning process as soon as possible, ideally before the agreement is final. You will begin developing the architecture of your financial plan for the rest of your life. This includes managing your spending plan, your debt (including your mortgage) and your assets (including QDRO). You

will leave class more confident with a clear roadmap of what you need to do to get back on track for your future.

BDIM, 1 Monday, 7:00-9:00pm. Meets February 22, Zoom, \$25/Seniors \$20.

NEW Boomers Encore's Journey: Find Balance Between Time, Money & Joy

Instructor: Glenn Frank
Before you study how to find purpose and lead the good life, a more effective approach is to first study yourself. Over the years we continually balance the tradeoffs between time, money and joy. Upon retirement, when the journey begins, this balancing act is even more important. This one evening program will: provide a process to manage your tradeoffs; highlight ways to "create" time for what is important; calculate "Your Number" - the accumulation amount needed to retire. Additionally, we introduce the "Joy Matrix" - a straightforward exercise to understand what and who puts a smile on your face - *current joy provides insight as to which path will be fulfilling later!* Finally, we

highlight how to maximize Happiness Per Dollar "HPD" and Happiness Per Hour "HPH" while providing ample resources—"Travel Guides" to map out your journey!

BFHB, 1 Thursday, 7:00-9:00 pm. Meets February 11, Zoom, \$25/Seniors \$20.

NEW The Giving Decision

Instructor: Glenn Frank
How generous can you afford to be? Can you afford the Money, the Time? Do you Give to Family? To Charity? When do you give, Now? Later? What would bring you joy? What are your obligations? If charity - how do you find the right non-profit? What are the Tax implications? The answers lie in your personal tradeoffs between time, money and joy. The key is finding a step by step process that fits you. Do you know "Your Number"? - the accumulation amount necessary to ensure your lifestyle. Let's simplify these complicated questions and launch a straightforward giving plan! <https://www.timemoneyandjoy.com/resources>
BYNC, 1 Thursday, 7:00-9:00 pm. Meets February 4, Zoom, \$25/Seniors \$20.



Bruce Gerry (aka Dr. Tune-Up) teaches Auto Repair for Everyone, page 31.

Do it Yourself or Hire a Financial Advisor? (In the New Normal)

Instructor: Glenn Frank

This class offers a step by step methodical approach for an answer that fits you. This may be the most important financial decision you can make. Given misinformation, conflicts of interest and complexities it can also be the most difficult financial decision. The "New Normal" induced by COVID makes it even more challenging today given unprecedented uncertainty. Navigating the 5 step investment process is crucial to success. The fundamental questions are: what is your personal preference? What are your needs? Will an advisor fill those needs? Will they add value in excess of their cost? Can you trust the advisor to put your needs over their own? Can you trust yourself to make informed and unemotional decisions? Advisors specialize. Practices are not 1 size fits all. If you are not a fit it wont work. What are the tough questions to ask an advisor and yourself? Even if you have already made this decision. This class should improve your ultimate results by either improving your relationship with your existing advisor or by giving you added resources and considerations while handling finances on your own.

BDIY, 1 Thursday, 7:00-9:00 pm. Meets January 21, Zoom, \$25/Seniors \$20.

Estate Planning 101

Instructor: Rebecca O'Brien

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

BWIL, 1 Wednesday, 7:00-9:00 pm. Meets March 10, Zoom, \$30/Seniors \$25.



Sumeit and Sanjay Aggarwal teach Women & Investing 101 and 201, pages 32-33.



Glenn Frank teaches Do It Yourself or Hire a Financial Advisor? (In the New Normal), this page.

Social Security Planning for Couples

Instructor: Matt Carron

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 February 16, Zoom, \$25/Couples \$40.

NEW Refresh Your Home

Instructor: Pamela Thomas

We are all spending more time at home now. During this session you will learn how to turn your home into a more harmonious living space. Professional Organizer and Home Stylist, Pamela Thomas, will share her blueprint for creating a more nurturing nest through a combination of organization and design principles. Pamela will share simple tips for staying organized and not letting your stuff take over. She will also provide easy and budget friendly ways to refresh your home.

FHOME, 1 Wednesday, 7:00-8:30 pm. Meets February 24, Zoom, \$25/Seniors \$20.

Medicare 101

Instructor: Arthur Budnik

This one evening class will be led by a state certified Medicare benefits counseling professional designed for people new to Medicare, people planning for retirement and people who are caregiving for elders who need insurance information. Medicare 101 provides a detailed description of the four aspects of Medicare: Part A (hospital coverage), Part B (outpatient coverage), Part C (traditional Medigap & Medicare Advantage, and Part D (prescription drug coverage). Students will learn how the four parts of Medicare work together to provide comprehensive health insurance coverage; where, when and how to enroll in Medicare Part A and B, avoiding late enrollment penalties and finding the best supplement plans available using the Medicare Planfinder tool.

BMED, 1 Tuesday, 6:00-7:30pm. Meets January 12, Zoom, \$25.

Long-Term Care: Planning for the Potential Need

Instructor: Len May

People are living longer, but living a long life doesn't guarantee that it will be a healthy one; and as baby boomers age, the long-term care crisis in America will only worsen. At least 70% of people over age 65 will require long-term care services at some point in their lives. And given how hard care facilities have been hit by the coronavirus, a well thought out plan for addressing the potential need for care is essential to the physical, emotional, and financial needs of you and your family. This class is most appropriate for ages 44-70. Attendees will receive the 35-pages of class notes covering: What are the long-term care risks and consequences? What are the options to protect your savings and home? How about transferring assets to your kids to qualify for Medicaid? How do the stand-alone long-term care and the new hybrid insurance alternatives work, and which might be appropriate for your situation? How to develop a plan of action?

B004, 1 Tuesday, 7:00-8:30 pm. Meets January 19, Zoom, \$25/Seniors \$20.

Mind and Body

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

A Look at Success Literature

Instructor: Roger Gumley

For well over 100 years, a body of literature in America has developed that has been described as "self-help" or "Success literature". It focuses on methods of self-improvement, such as goal setting, development of a better self-image, visualization and positive thinking among other techniques. Beginning with writers like Horatio Alger and Orison Swett Marden in the late 1800s, Dale Carnegie and Napoleon Hill in the early 20th century and Tony Robbins and Wayne Dyer in the later part of the 20th century, this literature and body of thought has sought to help the individual rise to whatever heights he aspires to reach. This class will survey the major ideas and writings of this group of thinkers. If you are looking for some inspiring ideas then this is the class for you!

HALS, 1 Thursday, 7:00-8:30 pm. Meets January 28, Zoom, \$25/Seniors \$20.



HOW LOVE CHANGES EVERYTHING

with Diane Ackerman, p. 3

NEW Relieve Stress and Anxiety with EFT (Emotional Freedom Technique) Tapping

Instructor: Val Miller

In these uncertain times, many of us are experiencing greater levels of anxiety. You might even feel an uncontrollable and intense state of fear, apprehensiveness, and stress. The January stress and anxiety group series will focus on gaining perspective and peace with these challenging feelings. We will work toward feeling calm about your current situation, quieting thoughts that keep you awake at night, moving confidently into future situations, focusing on completing tasks and projects, and proceeding in your daily life with assurance and clarity.

MEFT, 4 Tuesdays, 10:30-11:45 am. Begins January 12, Zoom, \$50.

An Introduction to Qigong

Instructor: Larson Di Fiori, PhD

Qigong is a system of practices developed in modern China for the purposes of benefiting health and well being, drawing on pre-existing traditions of vital energy cultivation in Chinese religion, medicine, and martial arts. These practices include aspects of stillness and motion, breath and intention. They can be done standing or sitting, and can be adapted to suit each person's needs and goals. In this course we will learn to practice qigong, and discuss some of the theory and history surrounding it and its roots in Chinese medicine and Daoist culture. Qigong requires no equipment to practice other than a chair, comfortable clothes, and only enough room to stretch your fingertips out in all directions.

MQGO, 8 Tuesdays, 12:00-1:00 pm. Begins January 26, Zoom, \$85/Seniors \$70.

NEW An Introduction to Daoist Meditation

Instructor: Larson Di Fiori, PhD

"Clarity and stillness set right the world," says a passage in the *Daode jing*, one of the oldest and most foundational texts of Daoism. It represents a key theme in Daoist thought: that through calm and tranquility minds and bodies can heal and grow, the solutions to difficult situations can become clear, and we can come to experience our inherent interconnection of ourselves with the world around us. One of the key ways of entering into this tranquility and of transforming our everyday experience lies in the practice of meditation. While less well known than Buddhist meditation or modern mindfulness, Daoism also has a wide range of contemplative practices that can calm the mind and emotions, improve physical wellbeing, and lead to a transformative awareness of the world and our interactions with other people and things. This class will provide the basics of Daoist methods of still sitting meditation, along with some stretching and self-massage to help enter and exit the practice. Each session will also include time for discussion and talks about the ideas, texts, and contexts of Daoism that inform the practices.

MDAO, 8 Thursdays, 12:30-1:30 pm. Begins January 28, Zoom, \$85/Seniors \$70.

NEW An Introduction to Zen Meditation

Instructor: Brian Rogan of Open Meadow Zen

The ancient practice of Zen meditation aims at deeply understanding oneself and being completely mindful, receptive, and present in the moment. In this online session, you will be introduced to Zen meditation and the Zen teachings of keeping beginners "Don't Know Mind." Through sitting, instructional readings (or Dharma talks), and Kong-an practice, you will learn ways 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, 1 Monday, 7:00-8:30 pm. Meets February 8, Zoom, \$25.



AMERICA'S RACIAL KARMA: AN INVITATION TO HEAL

with Dr. Larry Ward & Myozen Joan Amaral, p. 3

Deep Relaxation for Better Sleep

Instructor: Ric Clerici

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. This class is also helpful for parents of children with sleep difficulties. Parents will learn effective exercises to do with their children during the day, and healthy evening habits to help their children have a more sound night's rest

MDTS, 1 Monday, 7:00-8:30 pm. Meets January 25, Zoom, \$35.

Finding Sleep, Peace and Immunity During Challenging Times

Instructor: Rick Clerici

In this presentation we will examine the stresses, changes and issues that arise during challenging times such as epidemics and national disasters. These kinds of large-scale stressors can create their own unique challenges to sleep, health and family life. We will explore some effective tools for creating various levels of relaxation and inner peace along with behavioral changes that are designed to address these unique challenges to sleep quality. The training closes with a deep guided relaxation that creates a muscle memory of mindfulness and physical/emotional calm.

MIND, 1 Thursday, 7:00-8:30 pm. Meets February 11, Zoom, \$35.

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 Tuesday, 7:00-8:30 pm. Meets March 2, Zoom, \$35.



Jamie Dannenberg teaches Body Image, this page.



Ami Stix (lower left) teaches Zumba®, p. 38.

NEW Body Image: Challenging Societal Norms and Finding Body Acceptance

Instructor: Jamie Dannenberg

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

MBDI, 1 Thursday, 7:00-8:30 pm. Meets February 4, Zoom, \$25/Seniors \$20.

Stop Your Sugar Habit

Instructor: Susan McCombs

What if you had no desire to eat anything with sugar? What if looking at a product with sugar left you with the feeling of total indifference? No more longing for that chocolate bar or soft drink. What if all that expertise, the thinking and obtaining and

consuming of sweets, got transformed into some positive habit, like exercise or another desired outlet? Focus can be placed on eating moderate, well balanced meals featuring fresh fruits and vegetables and lean, quality protein. Watch your energy increase as the sugar leaves your system. No more highs and lows from sugar rushes. It is possible, using the hypnosis techniques of guided imagery taught in this class, to help you make this change on a powerful subconscious level. Please do not consume alcohol prior to class. An audio CD will be available for \$30 for those who wish to take the program home for reinforcement.

MSUG, 1 Monday, 7:00-8:30 pm. Meets January 11, Zoom, \$40.

Stop Dieting

Instructor: Susan McCombs

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

MAPP, 1 Tuesday, 7:00-8:30 pm. Meets January 19, Zoom, \$40.

Exercise and Dance

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

Country Western Line Dancing: Beginner

Instructor: Julie Kaufmann

What's more fun than country-western line dance? You don't even need a partner. Young and old, men and women, athletes and couch potatoes—anyone can have a great time. Just bring your two left feet, because in line dancing there are no mistakes! If you've never line danced before or have only done a few classes, this is the place for you. We'll start from the very beginning, with simple dances that teach you the basic building blocks of line dancing. Lots of practice, and we'll teach each dance. No experience needed. You'll get low-impact exercise as we dance to (mostly) country western music.

ECW1, 8 Wednesdays, 6:00-7:15 pm. Begins January 13, Zoom, \$135.



Julie Kaufmann teaches Country Western Line Dancing, this page.

Country Western Line Dancing: Intermediate

Instructor: Julie Kaufmann

If you've been dancing for a while and are ready for a new challenge, this is the class for you. These dances are longer, faster, have more turns, or use challenging moves. Expect it to take more than one week to learn each dance, so we will learn fewer dances than the beginner class, but we'll still have a great time.

ECW2, 8 Wednesdays, 7:30-8:45 pm. Begins January 13, Zoom, \$135.

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.

EYOM, 9 Mondays, 12:00-1:00 pm. Begins January 11, Zoom, \$165/Seniors \$135.

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.

EABY, 9 Mondays, 10:45-11:45 am. Begins January 11, Zoom, \$165/Seniors \$135.



DISCOVERING DEVIATED THEATRE

with Poornima Kirby, p. 12

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, 11 Fridays, 12:00-1:15 pm. Begins January 15, Zoom, \$220/Seniors \$185.

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.

E2HYO, 9 Mondays, 7:30-8:30 pm. Begins January 11, Zoom, \$150/Seniors \$125.

EHYO, 10 Wednesdays, 7:00-8:00 pm. Begins January 13, Zoom, \$165/Seniors \$135.

Chair Yoga

Instructor: Asha Ramesh

Chair Yoga offers a practice that includes seated poses on the chair and standing poses using the chair for balance and support. It is one of the gentlest forms of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. It is an adapted form of yoga that makes yoga accessible to everyone. The chair replaces the yoga mat and becomes an extension of the body allowing the client to take full advantage of the benefits of yoga. It allows the student to modify their practice based on mobility, health, and current ability level, and for those looking for extra support in a yoga class. Students can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.

ECHR, 10 Saturdays, 10:00-11:00 am. Begins January 16, Zoom, \$165/Seniors \$135.

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, 10 Thursdays, 11:00 am-12:30 pm. Begins January 14, Zoom, \$165.

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, 10 Tuesdays, 9:15-10:45 am. Begins January 12, Zoom, \$195/Seniors \$165.

Power 8: Strength and Flexibility Exercise

Instructor: John Deming

This is a great every morning exercise regimen, taking 10 to 20 minutes, for anyone, at any age, who wants to improve her/his posture, spinal flexibility, strength, especially core strength, endurance, and overall physical appearance. You'll learn and practice 8 mat exercises covering the major muscle groups, with the first 4 done on your back. We'll leave time for your questions and give exercise modifications where needed.

EPW8, 3 Mondays, 10:00-11:00 am. Begins March 1, Zoom, \$35.

Barre3

Instructors: Barre3 Studio in Bedford

Barre3 is a full-body workout designed with our signature approach of sustained holds, micro-movements, and cardio bursts that will leave you feeling balanced in body and empowered from within. From the elite athlete to someone just getting back in the game, barre3 workouts are designed to equally challenge people of all fitness levels and life stages, connecting where they are with where they want to be. Barre3 Bedford is owned and run by lifetime Lexington resident, Natasha Groblewski. She is so excited for you to try barre3! All you will need is a yoga mat and optional handheld weights (we recommend 2-5lbs). Classes will be taught via Zoom and link will be provided 15 minutes prior to each class.

EBAR, 8 Wednesdays, 4:30-5:15 pm. Begins January 20, Zoom, \$105.

E2BR, 8 Thursdays, 6:00-6:45 am. Begins January 21, Zoom, \$105.



Asha Ramesh teaches Chair Yoga and Hatha Yoga, page 37.

Zumba®: Ditch the Workout, Join the Party!

Instructor: Ami Stix

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

EZUM, 9 Mondays, 7:00-8:00 pm. Begins January 11, Zoom, \$120/Seniors \$100.



Important Information

ONLINE PROGRAM PLATFORM

As a self-supporting program of the Lexington Public Schools, Lexington Community Education Online is dedicated to providing engaging and effective remote enrichment opportunities for our students.

Due to the current uncertainty of public school building access due to COVID-19, LCE Winter 2021 classes, events, and lessons will take place on the Zoom secure video conferencing platform. Login information will be emailed to the email address that was used to register before the start date of your program.

INSTRUCTOR BIOS

All LCE Instructor bios can be found along with their class descriptions online at www.lexingtoncommunityed.org

HOW TO REGISTER

Online: Due to the current uncertainty of building access, Winter 2021 registration will be available online at www.lexingtoncommunityed.org with Visa or Mastercard.

Registration Confirmations:

Upon registration you will receive an email confirmation. You will receive a class/event login the day before your class is scheduled to begin.

Discounts and Scholarships

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

available for Lexington residents; please call to request an application.

Senior Students are aged 65 and older.

No-School Dates

There will be No Classes:

Monday, January 18
(Martin Luther King, Jr. Day)

Monday, February 15 (President's Day)

When Lexington Public Schools are closed due to weather, the LCE office is also closed. Remote Zoom classes will remain in session during school snow days. 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.

You will not receive a refund due to technical difficulty specific to you or your device.

No other refunds will be granted.

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

Directions to the LCE Office

Lexington Community Education Central Office is located at 146 Maple Street.

Vehicle Access is via 328 Lowell Street. As you enter the driveway, continue past Harrington Elementary School Building.

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

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

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

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Lexington, Massachusetts 02420

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