

Lexington Community Education



Summer 2021
Online Courses & Local Walking Tours

On Our Cover

Beach at Eastham By Andrea Paquette

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Lexington School Committee

Chair: Kathleen Lenihan
Vice - Chair: Eileen Jay
Sandhya Beebee
Scott Bokun
Sara Cuthberston
Deepak Sawhney

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 Explorations which offers classes for creative and academic enrichment.

LCE Online

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

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Creating Community/Around Town

LCE Collaborates with LexArt this Summer!

LexArt (the Lexington Arts and Crafts Society) is more than just a new name; it's a complete reboot of the 85-year old artisans collaborative. Engagement in art and craft offers a beacon of hope and joy as we find our way out and through this pandemic. LexArt welcomes beginners and novices, as well as experts, young and young at heart, teens and millennials. Our doors are open to anyone and everyone. Come learn a new skill, shop for a unique gift, view an exhibit in our recently renovated Molly Harding Nye Gallery, or join one of our craft groups to get access to our maker spaces in wood, ceramics, metal, fiber arts and painting. The classes listed below are just a few of the many online and in person classes and workshops LexArt will run in 2021. Register online. Stop by for a tour of our facilities. Come get your hands dirty, make some sawdust, bend some metal, learn to knit, to weave, splatter some paint and flex some new creative muscles.

LCE & LexArt Collaborative Classes:

Plaster Creatures Made Outdoors at LexArt, beginning 7/19

Skateboards! with Dyllan Nguyen at LexArt, beginning 7/28

Check out the full schedule, and complete descriptions, and registration info at www.lexart.org.

Humanities

NEW

***George Eliot's Romola**

Instructor: Tracy Marks

Consider yourself in Florence in 1492 when the zealous Savonarola is preaching and Machiavelli is spouting his political theories. George Eliot's well-researched novel, *Romola*, believed by Melville and Eliot herself to be her best, introduces these historical figures while focusing on the dramatic lives of the fictional scholar Tito and his idealistic wife, *Romola*. Class discussions on Zoom will be accompanied by mini-lecture and video clips. Please read the first four chapters before the first class.

NOTE: A free online edition is available. If purchasing from Amazon, be sure to buy the complete Penguin edition (approx. 600pp).

HROM, 6 Fridays, 12:30 - 2:30pm. Begins July 9, via Zoom, \$135/Seniors \$110.

NEW

***Reading the Romantic Poets**

Instructor: Cammy Thomas

In the British Isles, the Romantic Movement at the beginning of the 19th Century was a cultural phenomenon which encompassed literature, art, and music. Our New England Transcendentalists (Thoreau, Emerson, and friends) owe much to the Romantics, who questioned organized religion, distrusted institutions, investigated individual psychology, promoted spontaneity and invention, embraced revolution, honored passion, and valued imagination above all. What were the limitations of their vision? In what sense are we their inheritors? We will read and discuss key poems by Blake, Wordsworth, Coleridge, Byron, Shelley, Hemans, Keats, and others, to understand how these voices reach into our own time.

Handouts of the readings will be provided.

HRRP, 4 Thursdays, 7:30pm - 9:00pm. Begins July 20, via Zoom, \$67/Seniors \$55.

See **French Conversation Through Literature**, page 8.

NEW

***The Physics of Everyday Life**

Instructor: Joshua Roth

Using a mix of free online videos, readings, and simulations (before each class), we'll prepare for discussions and experiments (during classes) in four domains of classical physics: forces and motion; electricity and magnetism; waves, sound, and light; and heat and temperature. We'll endeavor to bring key concepts to life and to put discoveries in their historical context. Contributions from historically marginalized people will be examined alongside the better-known stories of men like Galileo, Newton, and Faraday. Eclipses? LASIK? Electric cars? Wi-fi? We'll dig in. Curiosity is the only prerequisite for this class, though we may enter mathematical or technical territory as the interests and backgrounds of participants suggest.

HPEL, 4 Thursdays, 7:45pm - 9:00pm. Begins July 8, via Zoom, \$55/Seniors \$45.

NEW

***Summer Tour of Codman Farms**

Instructor: Codman Farm Staff

Come join us for a walking tour of Codman Community Farms in Lincoln, MA and learn about sustainable farming! As a working farm, we raise heritage breed cows and pigs, lambs (seasonally), laying hens, meat chickens, turkeys, ducks, and produce. You'll hear about our animals and our rotational farming techniques and tour the barnyard and surrounding orchard & community gardens. If time allows, we'll walk down the lane and visit with the layer hens and pigs out on pasture. After the tour, shop our self-serve farm store, stocked with Codman eggs, meats, fruits, vegetables, and flowers, as well as other locally grown and crafted products. All current covid protocols, including masking and social distancing will be observed. Tour is rain or shine, come dressed for the farm and the weather.

H2COD, 1 Wednesday, 5:00 - 6:00pm. Meets July 14, Codman Farm, 58 Codman Road, Lincoln, \$20.

NEW

***Walking Tour of Historic Ipswich**

Instructor: Gordon R. Harris

Ipswich, Massachusetts is known as the best-preserved Puritan town in America, and is believed to have as many as 60 houses with elements of First Period construction (1620-1720). The historic neighborhoods of Meeting House Green, High Street, the East End, and the South Green offer well-preserved streetscapes of 17th to 19th century homes, and are on the National Register of Historic Places. Many people trace their roots back to Ipswich, and wish to "walk in the footsteps of their foreparents." This Walking tours of Historic Ipswich will be led by Town Historian Gordon Harris, who tells the stories of the town's historic houses and the people who lived in them. This tour takes from 1.5 to 2 hrs. at a moderate pace, and starts in front of the Ipswich Public Library on Meeting House Green. Masks are required and participants must maintain social distance.

HWTR, 1 Saturday, 10:00-11:30 am. Meets July 17, Ipswich Public Library, \$30.

H2WTR, 1 Saturday, 10:00-11:30 am. Meets August 14, Ipswich Public Library, \$30.

Music Performance/Theatre Arts

***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 July 17, via Zoom, \$65/Seniors \$55.

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

LCE provides excellent, convenient, and reasonably priced individual music lessons with highly qualified professional musician teachers for all interested students and adults. The following instruments are available for individual study: Baritone Horn (Euphonium), Bass, Bassoon, Cello, Clarinet, Electric and Acoustic Guitar, Flute, French Horn, Guitar, Oboe, Percussion (Drums/xylophone), Saxophone, Sitar, Trombone, Trumpet, Tuba, Ukulele, Upright Bass, Violin or Viola, and Voice. Lessons are held in the afternoon and evening on Zoom. Students must arrange convenient weekly lesson times with the instructor. The length of lessons per week can be: 30 minute, 45 minute, or 60 minutes. To register: Call the LCE office and we will put you in touch with our music teaching staff. Saturday morning lessons are also available.

For info about LCE Music teaching staff, please visit:

<https://lexingtoncommunityed.org/music-instrument-lessons/>

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.

***Writing from the Five Senses**

Instructor: Tracy Marks

Do you want to write poetry or prose that sparkles with vivid sensory detail and imagery? To generate metaphors and similes revealing multiple layers of meaning? To construct lyrical lines with alliteration and assonance evoking sound as well as sight? Through mini-lectures, discussion, in-class exercises, and workshopping of students' writing, you will learn to write more descriptively and precisely. Class examples will be from poetry and fiction, but nonfiction writers also will benefit.

WCRE, 4 Tuesdays, 7:00pm - 9:00pm. Begins July 6, via Zoom, \$90/Seniors \$75.

Poetry Writing WorkshopInstructor: 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. Be prepared to share a recent poem (no more than two pages long) to the first session.

WPWW, 6 Wednesdays, 6:30-8:30 pm. Begins June 23, via Zoom, \$175/Seniors \$135.

Memoir WritingInstructor: Tom Daley*

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. Be prepared to share 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, 6 Wednesdays, 4:00 - 6:00pm. Begins June 23, via Zoom, \$175/Seniors \$135.

Grammar 101 for Adults*Instructor: Tracy Marks*

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

easy-to-remember rules to help you improve your writing and speaking.

WWCR, 2 Tuesdays, 7:00 - 9:00pm. Begins August 3, via Zoom, \$45/Seniors \$38.

Fine Art

In his book "The Art Spirit" American painter Robert Henri writes, "To apprehend beauty is to work for it." LCE invites you to work, apprehend, enjoy and ultimately add to the beauty of the world through our many art offerings.

NEW***Summer Glory Under the Chinese Brush***Instructor: Son-Mey Chiu*

We shall begin the class with a short review of the basic Chinese brush strokes through the practice of Chinese Calligraphy or the brush methods for Bamboo. Then we shall study how to use Chinese brush methods to render flowers such as the Gladiolus, Hydrangea, Oriental Lily and Water Lily that brave the summer sun. We shall also try our hands on painting birds and insects soaring in the sky and fish and other creatures swimming in the waters. Beginning and new students are welcome. Supply list for class is posted on the LCE website.

ACBP, 4 Tuesdays, 1:00-3:00 pm. Begins July 13, via Zoom, \$125/Seniors \$105.

Acrylic Painting for Beginners & IntermediatesInstructor: Donna Calleja*

The painting style of any subject is what makes each artist and painting unique. Students will learn about a variety of painting styles while practicing techniques in acrylic painting. We will review color mixing, composition, under painting and paint application techniques. Students will work to develop a personal 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. Please see the LCE website for a supply list for class.

ADAC, 6 Thursdays, 10:00 am - 12:00 pm. Begins July 8, via Zoom, \$125/Seniors \$110.

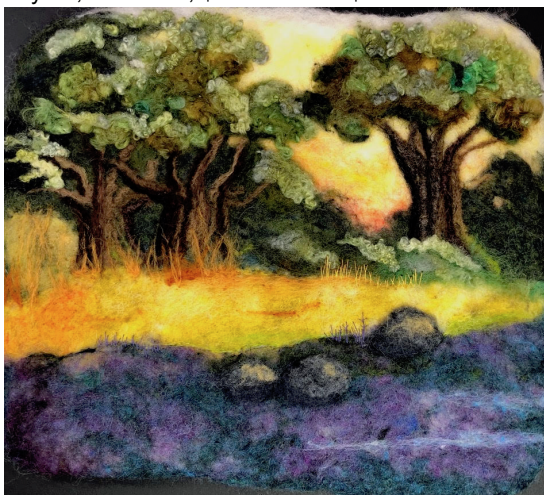
***NEW**

Summer Wool Painting Intensive

Instructor: Elizabeth Stubbs

This special class is for motivated students with previous felt making experience, who enjoy working with wet and dry techniques to create 2-dimensional images, perhaps learning a few new tricks along the way. Open to students who have taken Introduction to Felt Making or by permission of the instructor. A materials list will be provided.

AFELT, 6 Mondays, 10:00am - 1:00pm. Begins July 12, via Zoom, \$185/Seniors \$150.



Wool Painting by instructor, Elizabeth Stubbs

***Photography: The Basics and Beyond**

Instructor: Scott Metzger

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

APBB, 4 Mondays, 7:00-9:00 pm. Begins July 12, via Zoom, \$88/Seniors \$66.

***LCE & LexArt Collaborative Classes**

Instructors: LexArt artists and educators

Plaster Creatures Made Outdoors at LexArt, beginning 7/19

Skateboards! with Dyllan Nguyen at LexArt, beginning 7/28

Check out the full schedule, and complete descriptions, and registration info at www.lexart.org.

NEW

***Summer Art Studio for Adults: Human Figures in Charcoal**

Instructor: Alma Bella Solis

Drawing the human form is the most enduring theme in fine arts and likewise the most challenging. In this 6-week course, you will render your chosen art subject using charcoal pencils and sticks. On the first day, please bring a photograph of your chosen person, or your subject found in another art medium. With your artistic talent you will compose a complete work of art using outline, contour, shading/blending, and detailing on your paper drawing pad. Training of the eye is coached in producing the work in proportion and perspective following the two canons of Renaissance art, e.g. chiaroscuro, cangiante, and tenebrism. Rendered works could be formal portraits or multiple human figures adapted in Realism. A list of suggested materials can be found on the LCE website.

ALMS, 6 Fridays, 3:30 pm - 5:30 pm. Begins July 9, via Zoom, \$135/Seniors \$115.

ELL/Languages

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 Spanish

Instructor: Susannah Tesoriero, M.Ed

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

LBGS, 6 Tuesdays, 9:30-11:00am. Begins July 13,, via Zoom, \$120/Seniors \$100.

Beyond Beginning Spanish*Instructor: Susannah Tesoriero, M.Ed*

Spend your morning with a cup of coffee and a class that will cover the fundamentals of learning the Spanish language. This class is appropriate for students who have taken Beginning Spanish or its equivalent.

LSAS, 6 Thursdays, 9:30-11:00am. Begins July 15, via Zoom, \$120/Seniors \$100.

La Hora del Café, Conversación Abierta en EspañolInstructor: 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, 6 Fridays, 10:30am - 12:00pm. Begins July 9, via Zoom, \$85/Seniors \$75.

Summer German ConversationInstructor: Karen Elsa Carstens*

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.

LGCS, 6 Thursdays, 10:00 am-12:00 pm. Begins July 8, Zoom, \$95/Seniors \$85.

NEW*Tozzetti - An Italian Conversation with Francesca***Instructor: Francesca Bellini*

Tozzetti (cookies like biscotti, only better) are a specialty from Umbria where I (Francesca) am from. I will share my family recipe and we will spend our time in class discussing, in Italian of course, our own unique family recipes and special

ingredients. We will also share conversation about the region of Umbria, its history and things to do and see there. (Recipes and cooking will be discussed during class. Tozzetti will not be prepared and cooked during class.)

LCFR, 1 Thursday, 6:00-7:30pm, Meets July 15, via Zoom, \$18.

NEW*La Torta Di Pasqua - Italian Cooking & Conversation with Francesca***Instructor: Francesca Bellini*

This evening Francesca will demonstrate how to make "la torta di Pasqua" (cheese bread). An easy way to try your hand at authentic Italian cooking (with this dish that is typically found in many places in Central Italy) and to practice your Italian while learning some delicious new recipes. An ingredient list will be sent prior to class and you are welcome to cook along while you practice your Italian or use the recipes at your leisure.

L2CFR, 1 Thursday, 6:00-7:30pm, Meets August 12, via Zoom, \$18.

NEW***Beginning Italian Conversation***Instructor: Viviana Dragani*

Classes will focus on improving conversational ability at the beginner level while emphasizing listening comprehension skills, the proper use of Italian grammar, vocabulary development, common idiom usage, and practice in pronunciation and intonation.

LIAB, 6 Tuesdays, 6:00-7:00 pm. Begins July 13, via Zoom, \$65/Seniors \$55.

Italian Conversation (Daytime)Instructor: Viviana Dragani*

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, 6 Wednesdays, 12:00-1:30 pm. Begins July 7, via Zoom, \$95/Seniors \$85.

***Total Beginner French - Continuing**

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.

LDBF, 6 Fridays, 9:30-11:30am, Begins July 16, via Zoom, \$132.

*** Beginner French I - Continuing**

Instructor: Maurice Bombrun

If you have some or long-since-forgotten basic knowledge of French, this class is for you. In the Beginner French I level course, we will assume that some basic concepts of pronunciation, grammar, and vocabulary have been studied. Students will get familiar with new vocabulary, grammar rules, verbs, and expressions through exercises to review and build on the foundation with focus on pronunciation, simple vocabulary and basic grammar. Students will learn masculine/feminine, singular/plural, adjectives, articles, possession, questions, demonstrative adjectives, present tenses of -ir and -re regular verbs, comparatives/superlatives. Our focus is shared among reading, listening, and oral exercises for a well-rounded, dynamic learning experience of everyday French. Please purchase the textbook prior to the first class: Contacts (ISBN 978-0618-395-781), Valette/Valette, 8th Edition.

LBFI, 6 Thursdays, 1:00 - 3:00 pm. Begins July 15, Zoom, \$132.

***Intermediate French - Continuing**

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, 6 Thursdays, 3:30 - 5:30 pm. Begins July 15, Zoom, \$132.

LINF, 6 Thursdays, 7:00 - 9:00 pm. Begins July 15, Zoom, \$132.

***Conversational French**

Instructor: Maurice Bombrun

In the Conversational French class, students learn how to maintain and practice French to stay fluent and improve conversational skills. The lessons include conversation, pronunciation, understanding, role/play, grammar and translation to reinforce the learning process. We focus on giving 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.

LFCW, 6 Thursdays, 9:30 - 11:30 am. Begins July 15, Zoom, \$132.

NEW

***French Conversation through Literature**

Instructor: Maurice Bombrun

This class assumes working knowledge of French. Students, who provide input for the curriculum, learn about the history of the French language since 842 and literature through the centuries, with a special focus on 17th century French classical literature. We also study key 18th century trends and authors in the Age of Enlightenment. The 19th century was the

century of Romanticism, Realism and Naturalism. We examine the main 20th century trends of Surrealism, Existentialism, "Nouveau Roman", and Absurdism theater We finally look at emerging 21st century trends and main authors. Students read and discuss texts and articles to maintain and improve their comprehension and conversation skills while learning from authors and writers. No textbook required.
LFPL 6 Fridays, 1:00-3:00 pm. Begins July 16, Zoom, \$132.

Computers

NEW!

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

Instructor: Fan Stanbrough

Ever wonder how successful businesses manage to draw heavy traffic onto their websites? In this course you will learn how to: Optimize your website; get it fully indexed by the search engines; assess your website's search engine performance; spidering your site to assess indexability and SEO status, and learn how to select keywords. You will learn how to use several tools, including Google Analytics (GA) and Webmaster Tools (WMT). Reach your goals with the help of SEO, and own your space in the market!

CHOW, 2 Mondays, 6:30 - 8:30 pm. Begins August 9, via Zoom, \$65.

Test Prep/College Planning

SUMMER CLASSES FOR HIGH SCHOOL STUDENTS

Intensive Summer SAT Test Prep

***Math Intensive SAT Prep**

Instructor: Chris Doucette

In SAT Math, students will review mathematical operations and learn test strategies necessary for success on the SAT. 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 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, 5 Meetings, 9:00-11:30 am. Meets July 12, 13, 14, 15, 16, via Zoom, \$200.

***Writing and Language/Essay SAT Prep**

Instructor: Jillian Johnson

Develop skills in grammar, usage, word choice, sentence structure, passage organization, and interpreting graphs. Individualized instruction will include practice and analysis of tests. Required Text for class: *The Official SAT Study Guide*, published by the College Board and a College Board ID and password.

PSWR, 5 Meetings, 9:30 am-12:00 pm. Meets June 28, June 29, June 30, July 1, July 2, Lexington High School, Room 183, \$200

***Reading SAT Prep**

Instructor: Karen Mechem

Develop inferential reading skills, vocabulary, info-graphic interpretation, and test-taking wisdom. Individualized instruction will include practice and analysis of tests. Required Text for class: *The Official SAT Study Guide*, published by the College Board. and a College Board ID and password.

PRTH, 4 Meetings, 9:30 am-12:30 pm. Meets July 6, 7, 8, 9, Lexington High School Room 183, \$200.

***Write Your College Essay This Summer - In One Week**

Instructor: Catherine Johnson

Do you want to sail into your senior year with that critical part of your application done and ready to go? Wouldn't it be great to avoid arguments with your parents and all the stress? You can create a winning college application essay this summer. Join a small group of students for five half-day sessions and follow a light-hearted and sometimes even fun, step-by-step process. Based on years of experience working successfully with college applicants, the instructors have developed a method that easily yields winning essays. Short bursts of brainstorming, freewriting and individual feedback will get you started on drafting an essay. With daily sessions of writing followed by feedback and revision, we offer

guidance and support in crafting an essay that memorably introduces you. Admissions officers read hundreds of essays and we want to be sure that yours will stand out. Work with us and by the end of one week, you will have (almost) painlessly produced an essay that presents both your authentic personality and solid writing skills. Class size limited to 8 students.

PCOL, 5 Meetings, 10:00 am-1:00 pm. Class will meet on 8/2, 8/3, 8/4, 8/5, and 8/6 via Zoom, \$500.

P2COL, 5 Meetings, 10:00 am-1:00 pm. Class will meet on 8/16, 8/17, 8/18, 8/19, and 8/20 via Zoom, \$500.

***Private SAT or ACT Tutoring**

Instructor: David Bell

David Bell, an experienced SAT and ACT tutor can provide one-on-one tutoring for either 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 Ed. and tutoring sessions will be scheduled with David. **The cost is \$85 per hour of tutoring**, via Zoom.

PPRI, \$85 per hour of tutoring, via Zoom.

Schedule to be determined by instructor and student.

Driver Education

Registration for Driver Education programs is now Online.

Instructor: CS Driving School

A complete driver's education program (classroom and behind-the-wheel lessons) is available through LCE. Students must be at least 15.9 years old to begin the program. Please see the LCE website at www.lexingtoncommunityed.org for details and dates. 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

Parenting Perspectives

***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. In the past year, significant changes have occurred in the college admissions process; Standardized testing has shifted, timing for Financial Aid has accelerated, and researching and visiting colleges has become more complicated. Learn why starting the process early can offer significant advantages. College Solutions has over 30 years of experience in college placement and financial aid. The \$25 tuition is for an adult/student pair or two adults in the household.

PFIT, 1 Tuesday, 7:00-8:00 pm. Meets August 17, via Zoom, \$25.

***College Admissions: Extracurriculars Are Not Extra!**

Instructor: Aaron Ladd

Engaged students on college campuses are happier students, and colleges know this! Moving away from a formula of the "right mix" of activities that purportedly lead to college acceptance, Aaron will explain how colleges look for special interests of athletes, musicians, artists, activists and others as part of the recruitment and college admissions process, and what you should be looking for too. In this webinar, Aaron will also highlight the role of extracurricular activities *while on campus* to enhance the college experience.

PADM, 1 Tuesday, 7:00-8:00 pm. Meets August 3, via Zoom, \$25.

<p style="text-align: center;"><u>Home, Hobbies and Travel</u></p> <p>NEW *Summer Tour of Codman Farms <i>Instructor: Codman Farm Staff</i> Come join us for a walking tour of Codman Community Farms in Lincoln, MA and learn about sustainable farming! As a working farm, we raise heritage breed cows and pigs, lambs (seasonally), laying hens, meat chickens, turkeys, ducks, and produce. You'll hear about our animals and our rotational farming techniques and tour the barnyard and surrounding orchard & community gardens. If time allows, we'll walk down the lane and visit with the layer hens and pigs out on pasture. After the tour, shop our self-serve farm store, stocked with Codman eggs, meats, fruits, vegetables, and flowers, as well as other locally grown and crafted products. All current covid protocols, including masking and social distancing will be observed. Tour is rain or shine, come dressed for the farm and the weather. H2COD, 1 Wednesday, 5:00 - 6:00pm. Meets July 14, Codman Farm, 58 Codman Road, Lincoln, \$20.</p> <p>NEW *Formal Dining <i>Instructor: Ann Elizabeth Burnett (Elizabeth Etiquette)</i> Unlock the Secrets to Hosting the Perfect Dinner Party. From preparation, formal place setting, greetings and gratitude, we will share it all in this 2 hour interactive Formal Dining Course. In preparation for the Formal Dining Course please find on the LCE Website a short list of everyday table essentials the students will need for the class. Please do not worry if everything on the list is not available. I will be demonstrating throughout the class with my own formal place setting, silverware, china and crystal. A supply list is available on the LCE website. FFOR, 1 Wednesday, 7:00 pm - 9:00 pm. Meets July 14, via Zoom, \$49.</p> <p>Dungeons & Dragons for Ages 18+ meeting 8 Fridays beginning July 9. For information please visit our website: www.lexingtoncommunityed.org</p>	<p>NEW *Walking Tour of Historic Ipswich <i>Instructor: Gordon R. Harris</i> Ipswich, Massachusetts is known as the best-preserved Puritan town in America, and is believed to have as many as 60 houses with elements of First Period construction (1620-1720). The historic neighborhoods of Meeting House Green, High Street, the East End, and the South Green offer well-preserved streetscapes of 17th to 19th century homes, and are on the National Register of Historic Places. Many people trace their roots back to Ipswich, and wish to "walk in the footsteps of their foreparents." This Walking tours of Historic Ipswich will be led by Town Historian Gordon Harris, who tells the stories of the town's historic houses and the people who lived in them. This tour takes from 1.5 to 2 hrs. at a moderate pace, and starts in front of the Ipswich Public Library on Meeting House Green. Masks are required and participants must maintain social distance. HWTR, 1 Saturday, 10:00-11:30 am. Meets July 17, Ipswich Public Library, \$30. H2WTR, 1 Saturday, 10:00-11:30 am. Meets August 14, Ipswich Public Library, \$30.</p> <p style="text-align: center;"><u>Cooking</u></p> <p>*NEW Tozzetti - An Italian Conversation with Francesca <i>Instructor: Francesca Bellini</i> Tozzetti (cookies like biscotti, only better) are a specialty from Umbria where I (Francesca) am from. I will share my family recipe and we will spend our time in class discussing, in Italian of course, our own unique family recipes and special ingredients. . We will also share conversation about the region of Umbria, its history and things to do and see there. (Recipes and cooking will be discussed during class. Tozzetti will not be prepared and cooked during class.) LCFR, 1 Thursday, 6:00-7:30pm, Meets July 15, via Zoom, \$18.</p>
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***NEW**

La Torta Di Pasqua - Italian Cooking & Conversation with Francesca

Instructor: Francesca Bellini

This evening Francesca will demonstrate how to make "la torta di Pasqua" (cheese bread). An easy way to try your hand at authentic Italian cooking (with this dish that is typically found in many places in Central Italy) and to practice your Italian while learning some delicious new recipes. An ingredient list will be sent prior to class and you are welcome to cook along while you practice your Italian or use the recipes at your leisure.

L2CFR, 1 Thursday, 6:00-7:30pm, Meets August 12, via Zoom, \$18.

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.

***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 Thursday, 7:00-9:00 pm. Meets July 22, via Zoom, \$30/Seniors \$25.

***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 July 13, Zoom, \$25.

***See *How to Increase Website Traffic with the Help of SEO and Social Media Marketing*, page 9.**

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.

***Stop Your Sugar Habit**

Instructor: Sue McCombs

What if you had no desire to eat anything with sugar? What if looking at a product with sugar left you with the feeling of total indifference? No more longing for that chocolate bar or soft drink. What if all that expertise, the thinking and obtaining and consuming of sweets, got transformed into some positive habit, like exercise or another desired outlet? Focus can be placed on eating moderate, well balanced meals featuring fresh fruits and vegetables and lean, quality protein. Watch your energy increase as the sugar leaves your system. No more highs and lows from sugar rushes. It is possible, using the hypnosis techniques of guided imagery taught in this class, to help you make this change on a powerful subconscious level. Please do not consume alcohol prior to class. An audio CD will be available for \$30 for those who wish to take the program home for reinforcement.

MSUG, 1 Monday, 7:00-8:30 pm. Meets July 12, via Zoom, \$40.

***Stop Dieting**

Instructor: Sue McCombs

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

MAPP, 1 Monday, 7:00-8:30 pm. Meets July 19, via Zoom, \$40.

***Stress Less, Learn to Meditate**

Instructor: Richard Geller

Meditation is one of the best ways to reduce stress and improve your health, as evidenced by many recent scientific studies. Participants will learn: how meditation works, numerous different meditation techniques, and strategies for integrating meditation into your daily work and life. Upon completing this program, participants will be able to practice meditation anytime, anywhere that stress occurs, and immediately feel the benefits. Throughout the four week course, participants are taught and practice over 10 powerful meditation techniques including: breath focus, body scan relaxation, standing and walking meditation, Tai-Chi and Chi-Kung beginning practice, sound and mantra meditation, simple Yoga as a meditation, visualization practice, and mindfulness meditation. The entire program is highly interactive, hands-on, and easy to learn.

SLLM, 4 Thursdays, 7:00 - 8:00pm. Begins July 8, via Zoom, \$66/Seniors \$49.

***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.

MSLE, 1 Tuesday, 7:00-8:30pm. Meets July 20, via Zoom, \$40.

***Deep Relaxation for Better Sleep**

Instructor: Rick Clerici

In this presentation we will focus on mind/body relaxation, one of the most important factors in falling asleep, staying asleep and getting restorative sleep. You will learn daytime relaxation exercises, instant momentary relaxation exercises and techniques for relaxing into sleep and back into sleep from night time awakenings. There is an emphasis on the positive changes that can be

made during the 16 hours of wake that will improve sleep quality. A guided relaxation exercise teaches techniques for initiating sleep and returning to sleep. 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 Tuesday, 7:00-8:30 pm. Meets August 10, via Zoom, \$35.

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.

***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, 6 Fridays, 12:00-1:15 pm. Begins July 9, via Zoom, \$125/Seniors \$105.

***Hatha Yoga - Wednesday Evenings**

Instructor: Asha Ramesh

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

EHYO, 6 Wednesdays, 7:00-8:00pm. Begins July 7, via Zoom, \$99/Seniors \$85.

***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 your heart and boosts your mood". Its a simple formula: feel the music, have fun and dance.

ECHR, 6 Saturdays, 10:00-11:00am. Begins July 10, via Zoom, \$99/Seniors \$85.

***Barre 3**

Instructors: Staff at Barre 3 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, 6 Mondays, 4:30-5:15pm. Begins July 12, via Zoom, \$85.

E2BR, 6 Thursdays, 9:30-10:15am. Begins July 8, Via Zoom, \$85.

***Zumba®: Ditch the Workout, Join the Party!**

Instructor: Ami Stix

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

EZUM, 6 Mondays, 7:00 - 8:00 pm. Begins July 12, via Zoom, \$85/Seniors \$75.

Important Information

ONLINE PROGRAM PLATFORM

Zoom Login information for Summer 2021 Adult courses 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: Summer 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, Monday, July 5 (Independence Day, Observed)

Cancellation and Refund Policy

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.

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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