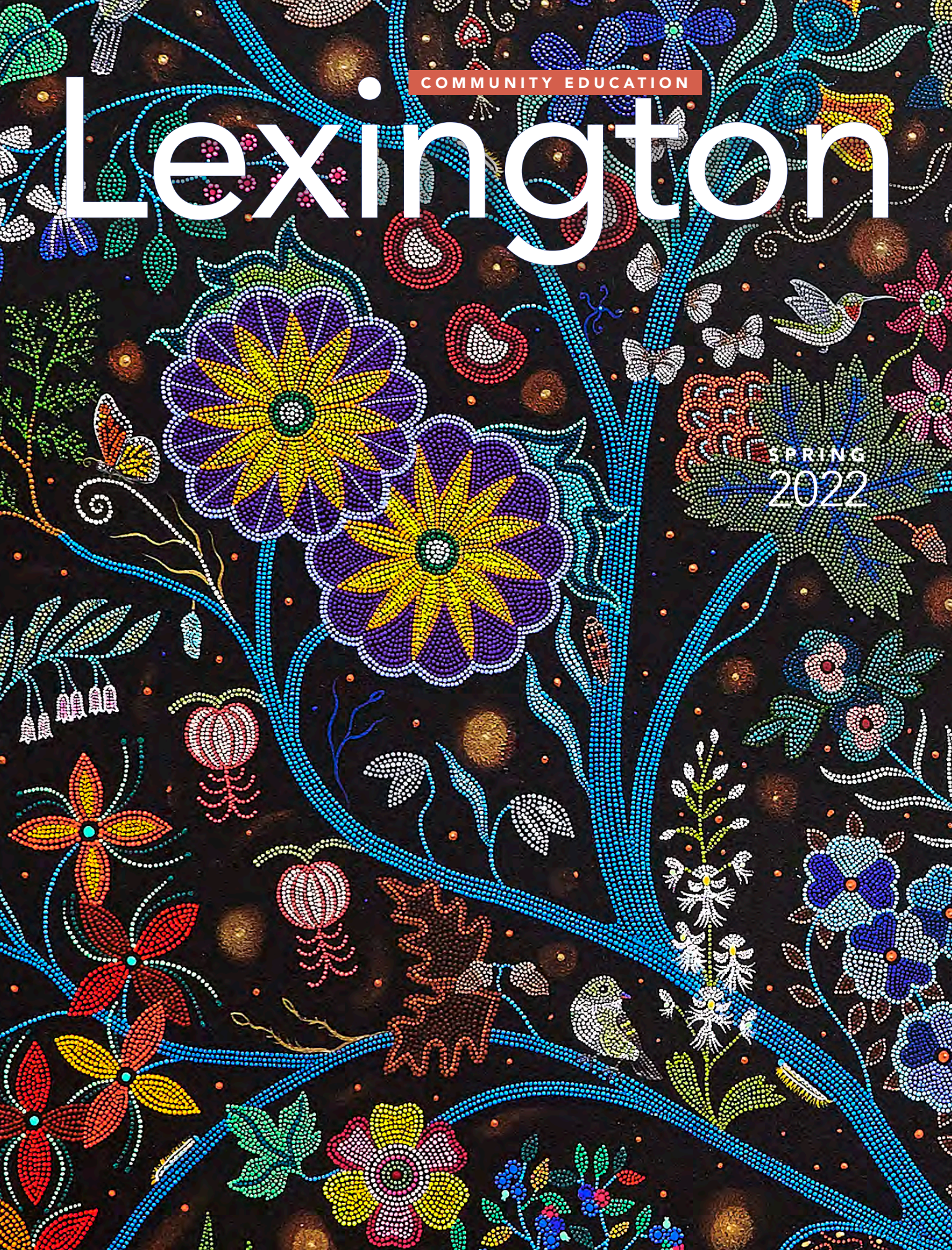


COMMUNITY EDUCATION

Lexington

SPRING
2022





On Our Cover

Christi Belcourt, *The Wisdom of the Universe*, 2014.
Acrylic on canvas, Unframed: 171 × 282 cm.
©Christi Belcourt. Used with the kind permission of the artist.

As the planet takes the seasonal spring posture of regeneration, it brings me great pleasure to present this catalog to you. Additionally, it is an honor to feature and share the art of Métis visual artist and author Christi Belcourt on our cover. Regarding her artwork *The Wisdom of the Universe* she says, *All species, the lands, the waters are one beating organism that pulses like a heart. We are all a part of a whole.*

Just like the season itself, the wisdom of teachers and universal ideas assembled in the pages that follow offer an invitation for connection through intellectual stimulation and balance, and present a possible cure for isolation, stagnation, and winter hibernation. I hope to see you online and in the classroom in the weeks and months to come. Spring is here!

— 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.

Face Masks & In-Person

Unless requested to be worn by a specific LCE instructor in an in-person class setting, face masks are now optional. The Lexington Board of Health voted to lift the Town-wide mask mandate for all, effective March 9, 2022. Lexington Public Schools will follow suit and no longer require masks.

LCE Online

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

Lexington Community Education

Director: Craig Hall

Registrar: Amy Sullivan

Accounts Payable: Deniele Pozz

146 Maple Street

Lexington, Massachusetts 02420

(Access office via 328 Lowell Street)

Telephone 781.862.8043

Fax 781.863.5829

LCE@lexingtonma.org

www.lexingtoncommunityed.org

facebook.com/lexingtoncommunityed

Lexington Public Schools

Superintendent of Schools:

Dr. Julie Hackett

LEXINGTON SCHOOL COMMITTEE

Chair: Kathleen Lenihan

Vice-Chair: Eileen Jay

Sandhya Beebee

Scott Bokun

Sara Cuthbertson

Deepika Sawhney

STUDENT REPRESENTATIVE

Sara Mei

Catalog Design: Pehlke Design

Table of Contents

Around Our Town.....	7
Business, Career & Finance.....	28
Courses for Children.....	22
Computers.....	21
Cooking	26
Creating Community	7
ELL/Languages.....	17
Exercise and Dance	32
Fine Art.....	15
Home, Hobbies & Travel	26
Humanities	8
LCE Presents.....	3
Mind and Body.....	30
Music Appreciation.....	11
Music Performance / Theater Arts.....	13
Test Preparation/ College Planning.....	24
Writing	14
Instructor Biographies	Online
Registration Information.....	35
Directions.....	35
Cancellation and Refund Policy.....	35

Lexington Community Education presents

Fighting Time

WITH AMY BANKS

Thursday, Jun 2, 2022 • 7:00-8:30 pm • Follen Church Society, 755 Massachusetts Ave, Lexington, MA • \$15 • SFIT



Unaware of the danger lurking on the periphery of the French Quarter, Drs. Ronald Banks and John Hakola made a tragic decision on the evening of April 29, 1979, to walk several blocks from the historic district to the Hyatt Regency. Inches from the safety of their hotel, they were accosted by two young men—a scuffle ensued, a shot was fired, and Dr. Banks lay dead on the sidewalk. *Fighting Time* is a tale of two families whose lives became entangled in that moment of trauma. Isaac

Knapper, a sixteen-year-old boy from a nearby housing project, was wrongfully convicted of the murder and sentenced to life imprisonment without parole in the Louisiana State Penitentiary. In Maine, the Banks family believed justice had been served by Isaac's conviction, and his exoneration in 1992 unleashed a sea of confusion and grief. In 2015, Dr. Banks' daughter, Amy, a psychiatrist and trauma specialist, realized it was time to unpack her own family trauma. After learning details of the prosecutorial misconduct, Amy and her sister, Nancy, traveled to New Orleans to meet the man wrongfully convicted of killing their father. In the book *Fighting Time* Isaac Knapper and Amy Banks narrate the story of their thirty-six-year journey from murder to meeting with clarity, humility, and vulnerability. This evening we welcome Amy Banks to speak about her personal story and touch upon elements of the book.



Dr. Amy Banks is a Founding Scholar at the International Center for Growth in Connection (ICGC) and a Senior Scholar at the Wellesley Centers for Women. She is the first person to bring relational-cultural theory together with neuroscience and is the foremost expert in the combined field. She has spoken throughout the country on "The Neurobiology of Relationship" and has an ongoing passion to spread the message that we are hardwired for connection.

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 Book of Delights

WITH ROSS GAY

Monday, May 2, 2022 • 7:00-8:30 pm • Zoom, \$15 • SBOD



In *The Book of Delights*, one of today's most original literary voices offers up a genre-defying volume of lyric essays written over one tumultuous year. The first nonfiction book from award-winning poet Ross Gay is a record of the small joys we often overlook in our busy lives. Among Gay's funny, poetic, philosophical delights: a friend's unabashed use of air quotes, cradling a tomato seedling aboard

an airplane, the silent nod of acknowledgment between the only two black people in a room. But Gay never dismisses the complexities, even the terrors, of living in America as a black man or the ecological and psychic violence of our consumer culture or the loss of those he loves. More than anything else, though, Gay celebrates the beauty of the natural world—his garden, the flowers peeking out of the sidewalk, the hypnotic movements of a praying mantis.

Ross Gay is the author of four books of poetry: *Against Which*; *Bringing the Shovel Down*; *Be Holding*; and *Catalog of Unabashed Gratitude*, winner of the 2015 National Book Critics Circle Award and the 2016 Kingsley Tufts Poetry Award. His new poem, *Be Holding*, was released from the University of Pittsburgh Press in September of 2020. His collection of essays, *The Book of Delights*, was released by Algonquin Books in 2019. Ross is also the co-author, with Aimee Nezhukumatathil, of the chapbook "Lace and Pyrite: Letters from Two Gardens," in addition to being co-author, with Rosechard Wehrenberg, of the chapbook, "River." Ross is a founding board member of the Bloomington Community Orchard, a non-profit, free-fruit-for-all food justice and joy project. He also works on *The Tenderness Project* with Shayla Lawson and Essence London. He has received fellowships from Cave Canem, the Bread Loaf Writers' Conference, and the Guggenheim Foundation. Ross teaches at Indiana University.

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.



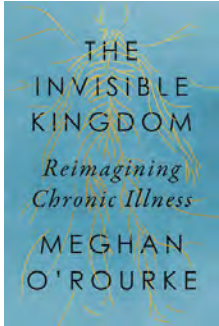
LCE is proud to partner with Porter Square Books of Cambridge. portersquarebooks.com

The Invisible Kingdom:

REIMAGINING CHRONIC ILLNESS

WITH MEGHAN O'ROURKE

Thursday, May 26, 2022 • 7:00-8:30 pm • Zoom • \$15 • **SINV**



A silent epidemic of chronic illnesses afflicts tens of millions of Americans: these are diseases that are poorly understood, frequently marginalized, and can go undiagnosed and unrecognized altogether. Renowned writer Meghan O'Rourke delivers a revelatory investigation into this elusive category of "invisible" illness that encompasses autoimmune diseases, post-treatment Lyme disease syndrome, and now long COVID synthesizing the personal and the

universal to help all of us through this new frontier. Drawing on her own medical experiences as well as a decade of interviews with doctors, patients, researchers, and public health experts, O'Rourke traces the history of Western definitions of illness, and reveals how inherited ideas of cause, diagnosis, and treatment have led us to ignore a host of hard-to-understand medical conditions, ones that resist easy description or simple cures. And as America faces this health crisis of extraordinary proportions, the populations most likely to be neglected by our institutions include women, the working class, and people of color. Blending lyricism and erudition, candor and empathy, O'Rourke brings together her deep and disparate talents and roles as critic, journalist, poet, teacher, and patient, synthesizing the personal and universal into one monumental project arguing for a seismic shift in our approach to disease. *The Invisible Kingdom* offers hope for the sick, solace and insight for their loved ones, and a radical new understanding of our bodies and our health.



Meghan O'Rourke, award-winning poet, nonfiction writer, and acclaimed editor, is the author of the poetry collections *Sun In Days*, *Once*, and *Halflife*, as well as the memoirs *The Invisible Kingdom* and *The Long Goodbye*. The recipient of a Guggenheim Fellowship, a Lannan Literary Fellowship, two Pushcart Prizes, and the inaugural May Sarton Poetry Prize, among her many other awards, O'Rourke writes for *The New Yorker*, *The Atlantic Monthly*, and is the editor of *The Yale Review*. O'Rourke resides in Brooklyn, where she grew up, and Marfa, TX.

Hubble's New Discoveries & the State of Ancient Galaxies

WITH DR. KATHERINE E. WHITAKER

Thursday, May 19, 2022 • 7:00-8:30 pm • Zoom • \$15 • **SHUBB**



As an observational extragalactic astronomer, **Dr. Katherine E. Whitaker** studies galaxy formation and evolution over the past twelve billion years of cosmic time and is Assistant Professor in the Physics Department at the University of Connecticut. In addition to her position at UConn, she is also an associate faculty at the new Cosmic Dawn Center in Copenhagen, Denmark. Dr. Whitaker and her

students actively collaborate with DAWN, working towards pushing the detection of quiescent "red and dead" galaxies even earlier in time (within a billion years of the Big Bang itself!) in an effort to understand the detailed physics of the structures and underlying stellar populations of these early massive galaxies. With exquisite Hubble Space Telescope imaging and spectroscopy, Dr. Whitaker and her colleagues continue to explore the rich uncharted territory of the distant universe. Our understanding of the cosmos is fundamentally tied to the study of galaxies, the birthplace of all stars and life itself. As we reveal how galaxies are evolving from the earliest times to the present day, we are continually piecing together an intriguing timeline of the cosmos.

In Search of Double Asteroids from a Backyard Observatory

WITH DON PRAY

Sunday, May 1, 2022 • 3:30-5:00 pm • Zoom • \$15 • **SDAB**



Don Pray is an amateur astronomer who has turned his life-long interest in all things "space" into the pursuit of double asteroid systems, also known as binary asteroids. He's done this by assembling telescopes from off the shelf components as well as making many parts in his basement. Don uses a technique called photometry (brightness measurements) to discover and characterize binary systems. In recent years, he has discovered the binary nature of more asteroids than any other amateur observer. He often collaborates with other amateurs and professionals and is a member of the Binary Asteroid Photometric Survey team conducted by Dr. Petr Pravec of the Czech Republic. Part of the survey's mission is to determine the percentage of binaries in the general asteroid population, but also to determine other physical properties of these systems. He has recently brought on line a 25" diameter reflecting telescope. In 2003, he was the co-discoverer of the binary nature of the Didymos binary system, to which NASA has recently launched the DART impactor spacecraft to test how to alter the orbit of an asteroid.

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



The Influence of Billie Holiday

ON SINATRA, ABBEY LINCOLN, CARMEN MCRAE,
AND MORE WITH DR. LEWIS PORTER

Sunday, May 15, 2022 • 3:00-5:00 pm • Zoom, \$20 • **SB&L**



Dr. Porter previously shared his extensive unpublished research on Holiday. Now, after a quick review of some of that info on Billie, he delves into the many singers who were influenced by her, beginning with Sinatra (!) and moving on to Carmen McRae, who knew Billie in the late '30s, Abbey Lincoln, who was an under-recognized songwriter, and others. We will even watch some of

Audra MacDonald's one-woman show where she played Billie!



Exciting Big Band Jazz from the '30s to Now!

WITH DR. LEWIS PORTER

Sunday, Jun 5, 2022 • 3:00-5:00 pm • Zoom • \$20 • **SEBB**

Big bands developed gradually during the 1920s, growing from small groups of 5 or 6 pieces to 12 and eventually 15 musicians and more. Of course they primarily played in ballrooms, and composers realized that, as long as they didn't lose that danceable beat, they could be as daring and experimental as they wished to be. Since the 1950s, many bands performed in settings for listening, and creative composers brought forth beautiful colors and effects. We'll hear stunning sounds from the bands led by Ellington, Lunceford, Goodman, Toshiko Akiyoshi, Maria Schneider, Thad Jones, and many others!



Dr. Lewis Porter is a celebrated and Grammy-nominated jazz pianist who has performed many times for Lexington Community Ed with noted stars. As an award-winning author and long-time professor at Tufts, Brandeis, and Rutgers, he is in demand everywhere for his entertaining and enlightening lectures. He is the author of *John Coltrane: His Life and Music*, the only Coltrane biography endorsed by John's son, saxophonist Ravi Coltrane, as well as by Jimmy Heath, Dan Morgenstern, and many others. He is also the editor of the John Coltrane Reference, a big "day by day" listing.

Her Voice among the Aisles: A Celebration of Emily Dickinson in Poetry & Song

WITH ANNINA HSIEH SOPRANO, JUDY PARK PIANO,
FEATURING POETS TOM DALEY AND CAMMY THOMAS

Saturday, Jun 18, 2022 • 7:30-9:00 pm • Follen Church Society, 755
Massachusetts Ave, Lexington, MA • \$20 • **S12E**

Emily Dickinson is considered one of the leading poetic voices of the 19th century. Her poetry has inspired many composers to set her words to music. This evening will include a live in-person performance of selections from Aaron Copland's ethereal song cycle *Twelve Poems of Emily Dickinson*, as well as settings of Dickinson's verse by other American composers and spoken word insight and recital of the power, nuance and beauty of Dickinson's poetic vision.



Annina Hsieh is a Boston-based soprano and educator. Praised for her sensitivity as a performer, Hsieh connects with audiences in opera and recital settings, and was the 2019 winner of the Handel and Haydn Society's Barbara E. Maze Award for Musical Excellence. She completed her Master of Music in Voice Performance at Cleveland Institute of Music, and her Bachelor of Music in Vocal Performance at Ithaca College.



Pianist **Judy Park** has given solo recitals, concerto performances and chamber music concerts throughout North America and Asia. Following her studies at The Glenn Gould School at The Royal Conservatory in Toronto, she attended Boston University where she obtained Masters of Music in performance. She has been teaching at Cornell University as a visiting lecturer since 2007.



Tom Daley, is author of a play, *Every Broom and Bridget—Emily Dickinson and Her Irish Servants*. Tom leads workshops in poetry and in memoir writing at LCE and elsewhere. Recipient of the Dana Award in Poetry his poetry has appeared in *Harvard Review*, *Massachusetts Review*, *32 Poems*, *Fence*, *Denver Quarterly*, *Crazyhorse*, *Barrow Street*, *Rhino*, *Prairie Schooner*, *Witness*, and *Poetry Ireland Review*. Regarding his poetry collection *House You Cannot Reach*, Lloyd Schwartz writes *Every line here, even—and maybe especially—in the poignant poems "spoken" by the poet's mother, radiates his love of poetry.*



Cammy Thomas' first book of poems, *Cathedral of Wish*, received the 2006 Norma Farber First Book Award from the Poetry Society of America. A fellowship from the Ragdale Foundation helped her complete her second book, *Inscriptions*. Her third book, *Tremors*, came out in 2021. Her poems have recently appeared in *Amsterdam Quarterly*, *The Poetry Porch*, *New Orleans Review*, and *Poet Lore*. *Far Past War*, a choral setting of her poems composed by her sister, Augusta Read Thomas, premiered at Washington's National Cathedral on March 13, 2022. She lives in Bolton, Massachusetts.

Lexington Community Education and Shadaj, a Lexington based non-profit, collaborate to present two in-person Indian Classical Music Concerts:

Ustad Shahid Parvez Khan in Concert

Saturday, May 14, 2022 • 8:00 pm • Follen Church Society,
755 Massachusetts Avenue, Lexington, MA • \$30 • **SSPK**



Ustad Shahid Parvez Khan

is widely recognized as one of the greatest sitar players of the world. The recipient of numerous prestigious awards, including the Government of India's Padma Shri and the Sangeet Natak Academy Award, Shahid Parvez Khan regularly

tours across India, Europe, North America, Asia and Australia, enthraling audiences everywhere. Shahid Parvez's music is both novel and evolving. His unique tone and astute artistic sense have become his hallmark as a respected performer and composer. The power of his music emanates from the highly charged sound he conjures on stage. He emphasizes the unique capabilities of this sitar itself while drawing upon numerous musical influences easily recognizable to a knowing ear. He has achieved success in not only preserving tradition, but also pushing its boundaries to even greater heights of aesthetic beauty. Shahid Parvez Khan represents the seventh generation of the sitar's first family, the Etawah Gharana. A very young Shahid Parvez was initiated into the rich traditions of the Gharana by his father and guru, Ustad Aziz Khan - the famous musician and son of legendary sitar and surbahar virtuoso Ustad Waheed Khan. His family has produced the most revered and influential figures in Hindustani Classical Music including Ustad Sahabdad Khan, Ustad Imdad Khan, Ustad Enayet Khan, and Ustad Vilayat Khan.

Suhail Yusuf Khan (Sarangi) and Amit Kavathekar (Tabla) In Concert

Sat., April 2, 2022 • 5:00 pm • First Parish Church in Weston, 349
Boston Rd., Weston, MA • \$20 (or free with valid student ID) • **SSUH**



Suhail Yusuf Khan is a sarangi player and vocalist. He is the grandson of Sarangi maestro Ustad Sabri Khan. Besides being a performer of Indian Classical Music, Suhail Khan has collaborated with several fusion projects and western musicians. Khan is a member of Welsh-Indian folk fusion

group Khamira that includes Indian musicians and members of Welsh folk-jazz group Burum. Recently he released *Everything Sacred*, a collaborative folk album with James Yorkston and Jon Thorne under the name Yorkston/Thorne/Khan.



Suhail Khan will be accompanied by **Amit Kavathekar** on Tabla. Amit is a disciple of Ustad Alla Rakha and is a leading tabla player in the US. Amit has toured extensively to perform as a soloist and accompanist. Amit is a faculty of tabla at NESOM.



Shadaj is a 501(c)(3) non-profit organization, founded and operated by a group of volunteers from Lexington, MA and the greater Boston area. For more information, and to view the Shadaj complete concert calendar visit www.Shadaj.org

Welcome to Time & Space

WITH PAM KRISTAN

Tuesday, May 17, 2022 • 7:00-8:30 pm • Zoom • \$15 • **SWTS**



Humans have thoughts, desires, and hopes that range far and wide. Our minds generate unlimited possibilities, joys and fears, worries and relief. It's all too easy to forget that as humans, we still operate within the limits of time and space. When we forget those limits, we can get into trouble. In this on-line presentation Pam builds the bridge between the big, unlimited issues and the nitty-gritty details of daily life. She lays out the challenge, offering pithy

practices, sensible strategies, and humorous takes on how to translate intentions into actual life. It's a tightrope walk worthy of a standing ovation. Even so, it's what we need to learn – little by little, starting where we are and moving in the direction of where we would like to be. Like the tightrope walker, we need to be aware of what's going on within us and around us. This isn't easy. The practice can evoke scads of negative emotions – fear, frustration, anger, despair. We will need to make choices – also not easy! However, by being awake to ourselves and reality as it stands, we can exercise power and agency, and move along that tightrope towards what we desire.

Pam Kristan has offered time management, communication, and personal organization skills workshops, retreats, and consultations for over 30 years. She is the author of *Awakening in Time: Practical Time Management for Those on a Spiritual Path* and *The Spirit of Getting Organized: 12 Skills to Find Meaning and Power in Your Stuff*. She's taught at The New York Open Center, the Psychology Networker Annual Symposium, Rowe Conference Center, and other venues. Pam gained national recognition by moderating National Take Back Your Time Day Speak-Outs in Boston. The first Time Day event at Faneuil Hall was the largest in the country. Her work has been featured in *Prevention* magazine, *Men's Health*, the *Boston Sunday Globe*, and various broadcast media.

Optional Welcome to Time & Space Session Follow-Up Session

Tuesday, May 31, 2022 • 7:00-8:30 pm • Zoom • \$20 • **STS2**

Join us for an optional follow-up session two weeks after the presentation to share your changes, good ideas, and challenges. We will share ideas; Pam will be available to answer questions and offer help. You can sign up now or at the end of the presentation.

Creating Community/ Around Town



We Are Always Looking for Excellent Teachers & Topics

The sage Ramakrishna is quoted as saying, "When the flowers blossom, the bees come uninvited." Here at Lexington Community Education we would rather like to think of the blossom as an open invitation to the bees, and as the quote relates to LCE we also like to think of our instructors and the topics they teach as the providers of the flower essence of beauty and fragrance that intellectually draws students here. We are always looking to expand our educational garden, and we invite you to consider sharing your interests, expertise, and shared humanity with our vibrant learning community as a LCE instructor. Click on the *About Us* tab on our website and fill out a course proposal on the *Looking for Excellent Teachers* page. It often happens that our teachers start as LCE students, and similarly our LCE teachers have been known to enjoy our events and classes as well. Some teachers volunteer their time, most are paid for their teaching, and all receive a discount on tuition for LCE classes and events during the terms they teach. We will look forward to hearing from you!

Summer Adult Classes

This summer we will once again be offering a smaller selection of adult classes on Zoom, with a handful of in-person offerings as well. As our next print and mail catalog will list autumn classes, we encourage you to visit our website to join our emailing list. Upon joining you will be notified of our summer adult program offerings when they are posted. Additionally we invite you to follow us on Twitter, Facebook, and Instagram to be kept up to date about classes and events.

Home Alone

Instructor: Officers of the Lexington Police and Fire Departments

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

K009, 1 Wednesday, 6:30-7:30 pm. Meets June 8, Science Lecture Hall, \$5.



LexMedia Production Classes, this page.

Media Production Classes at LexMedia

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

CARY LECTURE SERIES PRESENTS:

Origami: Not Just For Children

with Michael LaFosse & Richard Alexander

Origami artists Michael LaFosse and Richard Alexander co-founded Origamido Studio in 1996. They have worked together creatively for over thirty years, and origami is their full-time job. Unique in the origami world, they make custom, handmade papers for each new creation and for other origami masters. LaFosse and Alexander's works have been exhibited at the Carrousel du Louvre, the Peabody Essex Museum, and at museums in Hawai'i, Taiwan, Japan, and Austria. They were featured in the Peabody-Award-winning, PBS documentary, "Between the Folds," by Vanessa Gould. Their works are in a traveling exhibition, "Origami in the Garden," with sculptor Kevin Box. Join

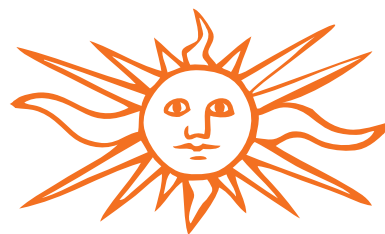
these artists for a fun, hands-on evening of learning about this fascinating art. Fun for the whole family, paper will be supplied.

Saturday, May 14, 2022 – 8:00 pm at Cary Hall. Cary Lectures are free to all, and tickets are not required. For more information visit: <https://carylectureseries.org/>

LexArt (the Lexington Arts and Crafts Society)

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. LexArt welcomes beginners and novices, as well as experts, young and young at heart, teens and millennials. Learn a new skill, shop for a unique gift, view an exhibit in our recently renovated Molly Harding Nye Gallery, or join a craft group to get access to their maker spaces in wood, ceramics, metal, fiber arts and painting. Stop by for a tour of the facilities!

For more info: info@lexart.org (781) 862-9696. 130 Waltham St, Lexington, MA



SUMMER 2022 LEXPLORATIONS

Children's Summer Program For Academic and Creative Enrichment

Lexplorations 2022 will offer both in-person and remote learning opportunities this summer. As part of the Lexington Public Schools, Lexplorations follows all safety guidelines and procedures of LPS. We hope your family will join us!

LEXPLORATIONS 2022 DATES

- July 5-8 (4-Day week) • July 11-15
- July 18-22 • July 25-29 • August 1-5
- August 8-12

Look for more Lexplorations information at lexingtoncommunityed.org and click on the orange "Lexplorations" tab to view a full list of programs.

Humanities

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

NEW Sartre and Anouilh: Classical Drama Made Modern

Instructor: Tracy Marks

Modern interpretations of classical drama are not only enjoyable to read and watch - they also raise important issues relevant today. Reading Anouilh's *Antigone*, we will explore the conflict between individual conscience and the state. Reading Sartre's *The Flies*, based on *Oresteia*, we will consider the corrosive influence of guilt, and the controversy of fate/conditioning vs. free will. In class on Zoom, we will read aloud, discuss the plays, watch video clips of performances, and compare scenes from the modern dramas with their Greek sources. PDF copies of the scripts will be provided.

HS&A, 4 Mondays, 12:30-2:30 pm. Begins April 4, Zoom, \$95/Seniors \$80.

NEW Charlotte Bronte's *Jane Eyre*

Instructor: Tracy Marks

Jane Eyre by Charlotte Bronte is one of the most beloved, well-written and psychologically meaningful 19th century novels. In this online course, we will explore the story, characters and symbolism, while also viewing and discussing clips of key scenes from four *Jane Eyre* films. Special attention will be paid to Jane as a self-made young woman seeking autonomy within a relationship, and to "the madwoman in the attic", symbolic of Jane's repressed anger. Students should read the first eight chapters by the first session. Any edition of *Jane Eyre* is acceptable but the Norton Critical Edition is recommended.

HJAN, 6 Fridays, 12:30-2:30 pm. Begins April 29, Zoom, \$145/Seniors \$115.

NEW Shakespeare's *The Tempest*

Instructor: Tracy Marks

The Tempest, Shakespeare's farewell to his art, has captured the imagination of audiences and readers for centuries, and continues to unfold its multi-layered meaning and magic. Together, in this online course, we will read and explore

this richly evocative play and its many themes, including the father/daughter relationship, responses to victimization, the overcoming of revenge behavior, and the power of creative expression. We will also view video clips from Shakespearean productions, and the sci fi spin-off, *The Forbidden Planet*.

HSTE, 4 Mondays, 12:30-2:30 pm. Begins May 9, Zoom, \$95/Seniors \$80.

NEW Shakespeare's *The Merchant of Venice*

Instructor: Cammy Thomas

In this play that blends elements of comedy and tragedy, its most famous character, Shylock the Jew, calls his Christian attackers to account, saying "If you prick us, do we not bleed? If you tickle us, do we not laugh? If you poison us, do we not die? And if you wrong us, shall we not revenge?" But he also demands to be paid the actual pound of flesh his debtor owes him. What is the play's attitude toward Jews, who had not been allowed to live in England for over 300 years at the time the play was written in 1596? What are the attitudes toward commercial and political power, toward gender roles? How can we understand the play now? *The Merchant of Venice* has been much argued over recently, sometimes taken off syllabi. Yet it engages with issues of discrimination, cruelty, and mercy in ways that are hard to forget. Let's see what we make of it in our discussion. No homework due the first night, which will be an introduction.

HMOV, 6 Thursdays, 7:30-9:00 pm. Begins April 28, Zoom, \$100/Seniors \$85.

Introductory Astronomy

Instructor: Pedro Lilienfeld

This introductory course is intended to provide a basic understanding of our place in the universe in light of the latest scientific observations and discoveries. Stunning graphics and photos illustrate the lectures. Join us for a fascinating look at the evolution of human thought and knowledge about the earth and the cosmos through the ages, from Babylonian and Greek antiquity, through the Middle Ages, the Renaissance, the Enlightenment, the 19th century, and finally to the unprecedented present expansion of our detailed understanding

of the universe. The course then looks at our solar system and its planets, followed by a review of star evolution and the location of our solar system within the Milky Way galaxy, the formation of the elements, supernovas and pulsars and black holes. This is then followed by our present knowledge about galaxies, supergiant black holes at their centers, quasars, and dark matter. The recent detection of gravitational waves will be discussed. Concepts such as dark energy, the age, size, dynamics and composition of the universe will be introduced, followed by the latest thoughts about the multiverse. The principal methods and tools of today's Astronomy are discussed. The course concludes with a review of the prevalent thoughts about the probability of extraterrestrial life and intelligence in the context of both the exciting discoveries of extrasolar planets and the history of life on earth. Enrico Fermi, the notable Italian physicist, asked Where Are They? Can we answer his question? Math familiarity is not expected.

HINA, 5 Wednesdays, 6:30-8:30 pm. Begins May 11, Lexington High School, Room 220, \$110/Seniors \$85.

NEW Native American Art & Artists in New England

Instructor: Joan Lester

In her book *We're Still Here: Art of Indian New England*, Joan Lester writes that Native American Art "reveals an ongoing, though continuously evolving, relationship between the Indian past and the Indian present in New England. This in-person course will present the artwork, creativity, and resiliency of a selection of Native New England artists including Stan Neptune (Penobscot), Clara Keezer (Passamaquoddy), Tomah Joseph (Passamaquoddy), Linda Coombs (Aquinnah Wampanoag), David Moses Bridges (Passamaquoddy), and Gladys Widdins (Aquinnah Wampanoag). Joan Lester has had the privilege of being educated by Native Americans. She taught Native American Studies and Native American Art at Tufts University for many years and continues to support Native American issues. Instead of a textbook the class will study and work with art objects that Joan will bring to each class. We will meet in a well ventilated classroom, and



Pedro Lilienfeld teaches Introductory Astronomy, facing page.

occasionally outdoors if weather permits. Proof of vaccination is required.

HIAN, 6 Mondays, 10:00-11:30 am. Begins May 2, Lexington Community Education Conference Room, \$95/Seniors \$85.

NEW Art Keeps Us Human

Instructor: Jane Blair

Art teaches. Art communicates. Art has humor, adventure and passion. Art matters! People are the only living creatures who make art. It is a uniquely human activity, and the sole reason we have an advanced civilization. We use visual images to communicate with one another as a species. Art transcends language, different cultures, time and distance. It keeps us connected to one another. It keeps us human. Join us for a mini-history of western civilization through art, from the caves to the shuttle, to see and understand how art and civilization depend upon each other. Be sure to bring your sense of humor and your best sense of the essence of expressing the human experience through image, color, and form.

HAKH, 1 Thursday, 6:30-8:00 pm. Meets April 28, Zoom, \$30/Seniors \$25.

NEW American Art in Three Parts

Instructor: Jane Blair

Part I (1776 -1900): American artists have been like America itself, pioneering, bold, and independent. Early American artists had their roots firmly planted in European traditions but explored their own frontiers and evolved their own

unique flavor, forged in the struggles of the birth of a nation. **Part 2 (1900 -1950):** The American independent spirit pushed the boundaries of acceptable European art traditions, and in the early part of the 20th century Americans began to develop their own unique voice; the AshCan School, the flowering of photography, and the consciousness of Social Realism were just some of the new developments that reflected the history of those times.

Part 3 (1950 -1990): In the second half of the 20th century an explosion of creativity occurs on this side of the ocean. American Art grows up and demonstrates its own unique personality; innovative, and sometimes controversial. Join us for a look at how art in America evolved in the modern era, from Pop Art to Grandma Moses, how it took the seat of power with all its new directions, energy and nerve. You can't "like" it all, but you may go home with more than you thought!

HAA3, 3 Thursdays, 6:30-8:00 pm. Begins May 12, Zoom, \$80/Seniors \$70.

NEW British Slavery and Abolition

Instructor: Mark Andersen, Ph.D., CFA

American schools focus almost exclusively on the US experience of slavery, abolition and civil rights. In this course, we introduce students to one of the most significant countries in slavery and abolition: Great Britain. We cover the British role in the slave trade, how West Indies' plantation economies worked, and the mass movement which led to an end to the British slave trade, then

emancipation, and its aftermath. This course explores slavery and labor in relation to capitalism, corporate and economic institutions, special interests, mass movements, and the West Indies experience of enslaved people. Students will read primary and secondary materials before each session and discuss how these readings relate to meaning, memory, politics, human rights, economics and history.

HCIV, 5 Tuesdays, 7:00-8:30 pm. Begins April 12, Zoom, \$75/Seniors \$63.



SHAKESPEARE'S THE MERCHANT OF VENICE

with Cammy Thomas, facing page

NEW Antebellum America and the Coming of the Civil War

Instructor: Andrew Chatfield, Ph.D.

After the US Senate ratified the Treaty of Ghent in 1815, which ended the War of 1812, the United States embarked on a new direction in her domestic and foreign affairs. There was a new national pride, patriotism, and confidence that had not hitherto existed. Yet the country's original sin of slavery, sanctioned by the US Constitution, still existed in the South. In this course we will examine the cultural, political, economic, racial, and social forces that drove the United States during the period of 1815-1860. We will parse the different regions of the country and the politicians that represented them, like Daniel Webster of Massachusetts, John Calhoun of South Carolina, and Henry Clay of Kentucky. We will also closely examine major events like the Missouri Compromise of 1820, the nullification crisis in South Carolina, the populist presidency of Andrew Jackson, Texan independence, the Trail of Tears, the Mexican War, the Compromise of 1850, and the tumultuous, divisive decade that preceded the election of Abraham Lincoln in 1860. This course will serve as a brush-up for history buffs, and as a source of knowledge and analysis for curious individuals trying to gain insight into perhaps the most fractured and divided period in American history.

HAAC, 6 Wednesdays, 3:00-4:30 pm. Begins April 27, Hybrid: Student choice of Zoom or Classroom, \$98/Seniors \$85.

NEW Slavery, Abolition and the Underground Railroad in Massachusetts

Instructor: Gordon Harris

In 1765, Jenny Slew, who had been enslaved in Ipswich, was the first person in America to successfully sue for her freedom. The Massachusetts Supreme Court abolished slavery a dozen years later, but under the Federal Fugitive Slave Act, anyone who helped prevent the recapture of a runaway slave could be fined \$1000.00. Tensions arose between ardent abolitionists and those who would rather avoid the discussion, dividing families, churches and communities throughout New England. Men's and Women's Anti-Slavery Societies were formed, and fugitive slave seizures in Boston of Shadrach Minkins, Thomas Sims, Joshua Glover, and Anthony Burns in 1854 sparked actions by anti-slavery activists known as the Boston Vigilance Committee. In Ipswich, the Meeting House Green neighborhood was a hotbed of anti-slavery sentiment. A network of the Underground Railroad ran north along the coast from Boston to Marblehead, Salem, Beverly, and Danvers, splitting into three trails, one continuing through Ipswich and Newburyport into New Hampshire. Ipswich town historian Gordon Harris takes us through the timeline of events on the national and local levels that culminated in the Civil War and the Emancipation Proclamation.

HHIST, 1 Wednesday, 6:30-8:30 pm.
Meets June 8, Zoom, \$30.



EXCITING BIG BAND JAZZ

from the '30s to Now, with Lewis Porter, facing page.

First Period Homes 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



Michael Koran teaches Religions of the World, this page.

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.

HIPSW, 1 Wednesday, 6:30-8:30 pm.
Meets April 27, Zoom, \$30.

Puritan Gravestones

Instructor: Gordon Harris

The Old North Burying Ground in Ipswich, Massachusetts dates to the town's founding in 1634. Tombstones in the oldest section feature lunettes with simple faces carved by John Hartshorne and the Leighton family of Essex County, as well as the winged death-heads carved by Boston's William Mumford and the Lampson family. By the mid-18th Century, gravestones of the more wealthy inhabitants featured artistic life-like faces with wings and three-dimensional scrolling typical of the Park family of carvers. Join town historian Gordon Harris for a virtual tour as he shares the stories of the town's earliest inhabitants, visits their tombstones and many of their houses, still standing.

HPUR, 1 Wednesday, 6:30-8:30 pm. Meets May 11, Zoom, \$30.

NEW Religions of the World

Instructor: Michael Koran

How can embracing what's happening right now reveal divine energies that move us to build a healthier world? To begin to respond to this challenge we'll explore how the wise ways of the sacred traditions of the world -- Judaism, Christianity, Islam, Buddhism, Hinduism, Taoism and Shamanism-- can help heal all of us. We will be guided by *The World's Religions* by Huston Smith and *The World's Wisdom* by Phillip Novak.

HRW, 7 Mondays, 7:00-9:00 pm. Begins April 25, Zoom, \$140/Seniors \$125.

NEW Spiritual Thriving in the Age of Covid: How Judaism, Buddhism and Stoicism ("JuBuSto") Can Help

Instructor: Ronald Pies MD

This talk will focus on Dr. Pies's book, *The Three-Petalled Rose*, which explains how three great spiritual traditions--Judaism, Buddhism and Stoicism--can provide a framework for a fulfilling and responsible life. No special expertise or religious orientation is needed to appreciate the common threads that link these traditions. "JuBuSto", as Dr. Pies calls the fusion of these traditions, can be integrated into anyone's life, regardless of religious (or non-religious) background.

HJBS, 4 Thursdays, Begins April 28, Zoom, \$50/Seniors \$40.



First Period Homes of Ipswich, Massachusetts with Gordon Harris, this page.

Music Appreciation

The Poetry of Popular Song

Instructor: Brian M. O'Connell

This series of lectures will present the ways in which poetry intersects with song and popular music. There are very many examples in popular music of delightful poetry interwoven with unforgettable tunes. Most everyone remembers the melodies and catchy rhythms, as well as the artist who brings the song to life, but quite frequently the poetry in the song slips under the radar – rarely noticed. Looking at varying genres including musical theater, standard tunes (often referred to as the Great American Songbook), folk music (both traditional and modern), and rock songs in our quest to discuss the poetry within the song, learn background information about the writers and listen to musical interpretations by various artists.

HPSL, 6 Thursdays, 7:00-8:00 pm. Begins April 28, Zoom, \$75/Seniors \$60.



Brian M. O'Connell teaches The Poetry of Popular Song, this page.

NEW Exciting Big Band Jazz from the '30s to Now!

Instructor: Lewis Porter, Ph.D.

Big bands developed gradually during the 1920s, growing from small groups of 5 or 6 pieces to 12 and eventually 15 musicians and more. Of course they primarily played in ballrooms, and composers realized that, as long as they didn't lose that danceable beat, they could be as daring and experimental as they wished to be. Since the 1950s, many bands performed in settings for listening, and creative

composers brought forth beautiful colors and effects. We'll hear stunning sounds from the bands led by Ellington, Lunceford, Goodman, Toshiko Akiyoshi, Maria Schneider, Thad Jones, and many others!

SEBB, 1 Sunday, 3:00-6:00 pm. Meets June 5, Zoom, \$20.



THE "RING" IN SPRING AND MET HD OPERAS

with David Collins, this page

NEW The "Ring" in Spring and MET HD Operas

Instructor: David Collins

This season we will bring our survey of Wagner's operas to a close by an introduction to his monumental tetralogy, *Der Ring des Nibelungen* (The Ring of the Nibelung). We will survey each of its four music dramas, "The Rheingold", "The Valkyrie", "Siegfried" and "The Twilight of the Gods". Our approach will center on the plot, musical themes and issues raised in these works. Great music, an exploration of good and evil and the creation and destruction of a whole world are all contained in Wagner's magnum opus. We will also take a couple of evenings to prepare for the Metropolitan Opera's HD presentation of two operas. The first is Puccini's last opera, "Turandot" which is one of the MET's most lavish productions. "Turandot" is full of memorable melodies including the famous tenor aria, "Nessun dorma" - made famous by the three tenors in concert. This opera was Puccini's last opera. He died before finishing it and Toscanini was in charge of its completion. The second opera is "Don Carlos", Verdi's searing drama of love, politics and religion. It is being done in its original French version by the MET for the first time. The musical characterization and the character interactions create some of the most dramatic and emotional moments of any of Verdi's operas. It stands as a monument to Verdi's attempt to combine French Grand Opera with Italian Lyricism. Join us, in this Zoom class, as we use video and audio to explore these operas.

HOPE, 7 Tuesdays, 6:30-9:15 pm. Begins April 5, and meets 4/12, 4/19, 5/3, 5/10, 5/24, and 6/7. Zoom, \$194/Seniors \$176.

Opera and Wine Pairing

Instructor: Annina Hsieh

Are you a fan of opera music? 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 \$90. **Curbside Pick Ups:** Tuesday-Saturday 12pm-5pm at 1 Belmont St. in Cambridge (attached to Sofra Bakery). To place your order email info@violettwine.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 April 28, Zoom, \$75/Seniors \$55.

How Was That a Hit? Pop Music: 1950s-1980s

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, 6 Wednesdays, 7:00-8:30 pm. Begins April 27, Zoom, \$80.

Private Music Instrument Lessons for Every Age and Level, In-Person and/or 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. Saturday morning lessons are also available. Each semester contains approximately 16 lessons. Students must arrange convenient weekly lesson times with the instructor. The length of lessons per week can be: 30 minute, 45 minute, or 60 minutes. To register: Call the LCE office and we will put you in touch with our music teaching staff.

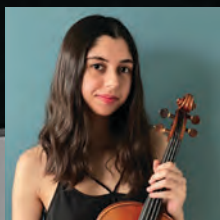
For info about LCE Music teaching staff, please visit:
<https://lexingtoncommunityed.org/music-instrument-lessons/>



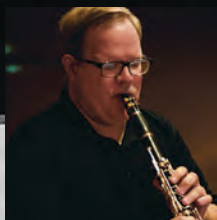
Annina Hsieh, Voice,
Beginning Piano



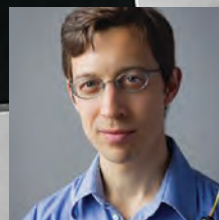
Immei Wong
Violin



Simone Cartales
Violin, Viola



Bill Kirkley
Clarinet



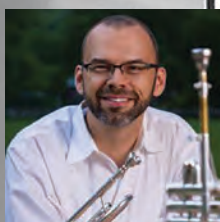
Ben Fox
Oboe



Brian Kane
Saxophone



Ellen Donohue-Saltman
French Horn



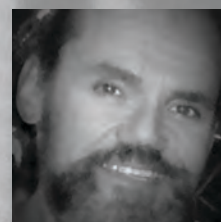
Greg Gettel
Trumpet



James Lattini
Percussion/Drum Set



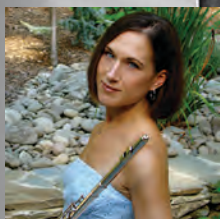
Allan Espinosa
Violin, Viola



Robert Butler
Guitar



Jerry Vejmol
Sax, Clarinet



Jessica Lizak
Flute



Jobey Wilson
Tuba/Euphonium



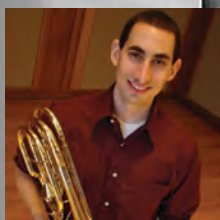
John Claybourne
Drums



Nancy Radnofsky
Clarinet



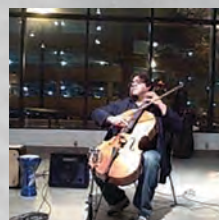
Ona Jonaityte
Flute



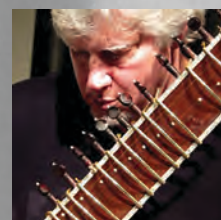
Phil Hyman
Trombone/
Euphonium



Raluca Dumitrache
Violin/Viola



Robert Rivera
Cello and Bass Guitar



David Whetstone
Sitar

Music Performance/ Theatre Arts

Instrumental Camerata for Adults

Instructor: Robert Rivera

This class is designed for adults with a wide range of skills who are interested in playing chamber music together. We will explore different pieces from the classical repertoire, and address both the technical and musical components of ensemble playing. Whether you are a beginner or someone who has taken an extended break from playing but would like to resume (and need a motivational program to help!), this is sure to be a rewarding experience. The class is open to violinists, violists, cellists, bassists, oboists, flutists, and bassoonists who are comfortable with basic note-reading, and are playing at a "late beginner" level or higher. Please contact the instructor with any questions or concerns regarding playing ability. Depending on the interest of the group, the last class can end with a performance for family and friends.

MSTE, 9 Thursdays, 7:30-9:00 pm. Begins April 28, Lexington High School, \$235/Seniors \$180.

Discover Your Theatrical Side: An Acting Workshop

Instructor: Eleonora Cordovani

In this class we will learn how to trust other theater partners and build a strong theatrical work team. Along the way we will explore the physical approach to acting, becoming familiar with the body and its limits. Through breathing exercises and line-readings we will develop an understanding of the use of the voice. Our study will include improvisational games and performance building exercises. There will be a lot of movement in class, so please come dressed in a comfortable way that will allow you to move freely. Both experienced and beginning actors are welcome.

MDTS, 8 Thursdays, 6:30-8:30 pm. Begins April 26, Lexington High School, \$160.

NEW So, What's YOUR Story? Storytelling for Everyday Life

Instructor: Liana Henry

Storytelling is foundational to good communication skills and necessary to expand and promote business, government, or social/community events. We all have a story to tell and if we tell



Soprano Annina Hsieh sings Aaron Copland's song cycle, Twelve Poems of Emily Dickinson (page 5), teaches Opera & Wine Pairing (page 11), and teaches Private Voice and Beginning Piano lessons (page 12).

it well, we can inspire and motivate for results. In this six-week course, you will learn what it takes to become a compelling storyteller and how to apply it to your everyday life. Storytelling is instrumental to landing a job, for teaching a new skill, in giving a memorable wedding toast, for getting buy-in during a presentation at work or during a family meeting, and as an influencer on social media. Each week, we will cover the basics and principles of our topic and then put it into practice so you will leave each class with a new storytelling tool in your toolkit.

MWYS, 6 Tuesdays, 7:00-9:00 pm. Begins May 3, Zoom, \$125/Seniors \$115.

Learn Guitar in the Style You Want to Play

Instructor: Robert Butler

For centuries, the music of the guitar with its rich colorful melodies and rhythms has had an inspiring and profound effect on people of all ages and cultures. Learning in a relaxed yet structured approach, students of teacher guitarist Robert Butler will gain confidence through their success at achieving their musical goals. Mr. Butler engages his students with a diverse curriculum of music genres from Classical, Pop/Rock, Blues, Ethnic, and Folk styles. Through classroom demonstrations and individual instruction, you will learn the essential fundamentals through advanced skills of melodic and rhythmic guitar technique. Each student should have an

acoustic or electric guitar. All music charts and diagrams will be provided. Lifelong guitarist Robert Butler, has been a teacher of the arts, performer, composer and is a mentor to students of all levels and learning styles. He studied Instrumental Performance of the Guitar at Berklee College of Music and Music Theory at Boston University.

MRGW, 4 Thursdays, 6:30-9:00 pm. Begins April 7, Lexington High School, Room TBD, \$120/Seniors \$110.

M2GRW, 4 Thursdays, 6:30-9:00 pm. Begins May 12, Lexington High School, Room TBD, \$120/Seniors \$110.



SO, WHAT'S YOUR STORY?

Storytelling for Everyday Life with Liana Henry, this page

Beginning Ukulele

Instructor: TBD

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, 10:00-11:00 am. Begins May 7, Zoom, \$65/Seniors \$55.

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. 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, 7 Wednesdays, 4:00-6:00 pm. Begins April 27, Zoom, \$195/Seniors \$165.

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. Be prepared to share something you have written of a memoir nature—a journal entry, a paragraph describing a relationship,



Barbara Thimm teaches *The Art of Literary Translation*, this page.

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, 7 Fridays, 12:30-2:00 pm. Begins April 29, Zoom, \$150/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. Be prepared to share a recent poem (no more than two pages long) at the first session.

WPWW, 7 Wednesdays, 6:30-8:30 pm. Begins April 27, Zoom, \$195/Seniors \$165.



WRITING FOR PERSONAL TRANSFORMATION
with Tracey Marks, this page

NEW Writing for Personal Transformation

Instructor: Tracy Marks

Whether journal writing to describe or understand a personal experience or writing scenes for a memoir, you can gain insight about yourself, and catalyze both inner and outer change. In the process, you can distill the meaning you are uncovering in life, and the lessons you have learned. In this class on Zoom, guided by an experienced transformational counselor and author, you will engage in a variety of inspiring writing exercises which you can shape into any form you choose - and optionally share in a supportive environment.

WJWP, 5 Tuesdays, 6:30-8:30 pm. Begins May 10, Zoom, \$120/Seniors \$95.



DAYTIME MEMOIR WRITING
with Tom Daley, this page

NEW The Art of Literary Translation

Instructor: Barbara Thimm

Writing is an open field of invention, while translation offers a limited space in which to observe and practice the rules of writing. It should come as no surprise that so many writers become translators at some point in their careers. There is no better writer's workshop. — Alice Kaplan

Are you interested in reading and writing? Did you study a foreign language but haven't used it for many years? Literary translation is a rewarding intellectual and creative practice. It asks us to pay close attention to a wide variety of elements in the original, such as vocabulary, syntax, rhythm, and to think about the possibilities of transforming our observations into a new literary text. This class offers an introduction to literary translation: we will compare and contrast multiple translations of a single text, discuss different approaches to translating, and try our hand at a translation project. By the end of the class, you will have developed a deeper understanding of many facets of literary translation practice. All language levels are welcome.

WLIT, 5 Thursdays, 5:00-6:30 pm. Begins April 28, Zoom/Classroom Hybrid, \$85/Seniors \$75.

An Intermediate Haiku Workshop

Instructor: Brad Bennett

The haiku is a small, but powerful poem! The way of haiku is about staying open, observing closely, and recording little moments in our day. Writing haiku can help us find our gratitude. This supportive writing workshop is designed for folks who have taken haiku classes or have written haiku previously. In this six-part on-line writing class, we will wade further into the haiku pond. We will learn more about key elements of haiku. We will also study other related Japanese forms of poetry, including senryu (haiku about human nature), haiga (haiku linked with visual art), and haibun (haiku linked with prose). We will try our hand at writing prompts during classes and ones that are designed as opportunities to enjoy haiku moments outside of classes.

HINH, 6 Tuesdays, 6:30-8:00 pm. Begins April 26, Zoom, \$105.

NEW Haiku Walks: *Wabi Sabi*, *Yugen*, and *Ma*

Instructor: Brad Bennett

Haiku, the most popular form of poetry in the world, can help us connect more deeply to the natural world. What a great reason to get outside! Join us for three

haiku walks in inspiring green spaces, one in Arlington, one in Lexington, and one in Concord. At each spot, we'll first learn how one of three Japanese aesthetic concepts, **wabi sabi** (appreciating beauty that is imperfect and impermanent), **yugen** (quiet grace and mystery), and **ma** (an emptiness full of possibilities) influence the writing of haiku. Afterwards we'll walk around, gather observations and insights, and try our hand at writing some haiku. Everybody is welcome to join us!

HWAS, *Wabi Sabi* and Haiku at the Arlington Reservoir, 1:00-2:30 PM, Saturday, April 30 (rain date 1:00-2:30 PM, Sunday, May 1) Arlington Reservoir, 210 Lowell Street, Arlington (Meet in the parking lot on Lowell Street.) \$29.

HYUG, *Yugen* and Haiku at Willard's Woods, 1:00-2:30 PM, Saturday, May 14 (rain date 1:00-2:30 PM, Sunday, May 15) Willard's Woods, 44 North Street, Lexington (Meet in the parking lot on North Street.) \$29.

HMAI, *Ma* and Haiku at October Farm Riverfront, 1:00-2:30 PM, Saturday, June 4 (rain date 1:00-2:30 PM, Sunday, June 5) October Farm Riverfront, 265 Balls Hill Road, Concord (Meet in the parking lot at the very end of Balls Hill Road off of Monument Street.) \$29.

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.

Drawing Outside of the Box

Instructor: Annie Zeybekoglu

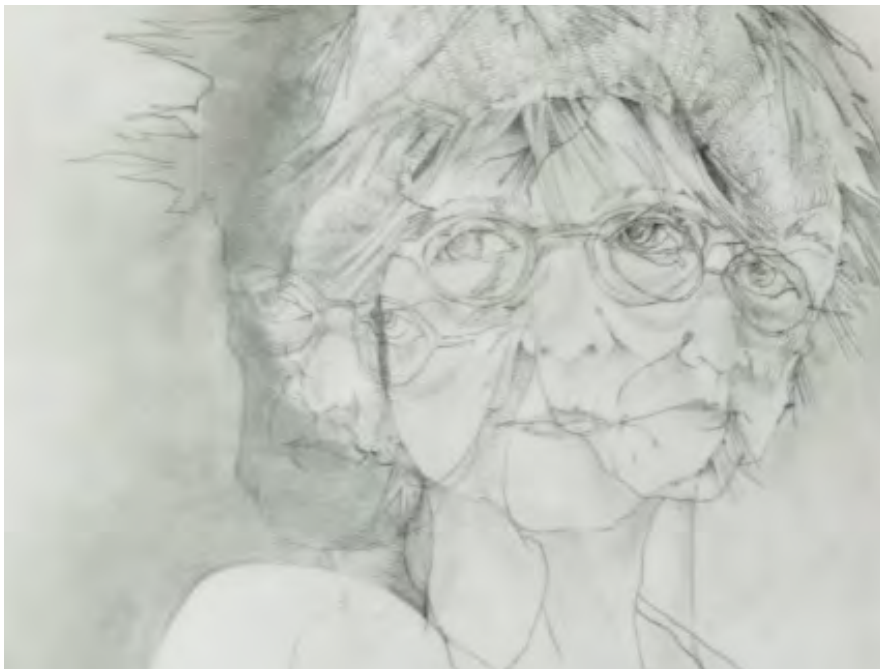
So often, the expectations and judgments of others have a tremendous (and unfairly persuasive) impact on how we feel about ourselves as artists, and the confidence we have in our creative potential. Andy Warhol cautioned us: "Don't think about making art, just get it done. Let everyone else decide if it's good or bad, whether they love it or hate it. While they are deciding, make even more art." Drawing reveals how we think: it is always about more than a moment. We each bring different energies, different patterns of association, different preferences to how we express ourselves. Drawing is as much a discovery of those things as it is a development of technique or skill. When your pencil first touches the paper, something intensely personal happens, something worth pursuing and worth celebrating. This class is about experimentation, honoring process over product, and beginning to recognize your "visual voice". We will meet each week on Zoom for 30-40 minutes. You will receive an assignment or "prompt" for the coming week on which you should spend about an hour. You can email your drawings to the instructor before the next class for individual feedback. Open to all levels.

ADOB, 5 Fridays, 10:00 -11:00 am. Begins April 8, Zoom, \$90/Seniors \$80.

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



Annie Zeybekoglu teaches *Drawing Outside the Box* and *Drawing is Thinking*, this page.

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 Tuesdays, 10:00-11:30 am.
Begins April 12, Zoom, \$90/Seniors \$80.

NEW Insights on Composition

Instructor: Linda Balek

In this class you will learn a number of fundamental and essential points to consider while forming the structure of your next painting or drawing. Go beyond the intuitive approach and learn some principles that may help your artwork composition improve.

ACOM, 1 Tuesday, 10:00-11:30 am. Meets April 26, Zoom, \$25.

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 April 12, Zoom, \$25.

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



Elizabeth Stubbs teaches Wet-Felting in Three Dimensions, this page.

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

AWAT, 4 Mondays, 6:30-8:30 pm. Begins April 4, Zoom, \$85/Seniors \$75.

NEW Welcoming Spring with 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 which form the basis of Chinese brush painting. We shall explore brush methods for spring blooming flowers such as the Tree Peony, Azalea, Poppy and Wisteria. Our repertory will also include birds such as the Blue Bird, the Oriole; and insects such as the Bee and the Praying Mantis. Let us paint with hope and joy that the pandemic will be behind us soon.

ACBP, 4 Mondays, 1:00-3:00 pm. Begins April 25, Zoom, \$115/Seniors \$99.

Oil Pastel Art Studio

Instructor: Alma Bella Solis

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

purchased prior to the first class.

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

NEW Wet-Felting in Three Dimensions

Instructor: Elizabeth Stubbs

In this 6-week series we will explore ways to create forms in three dimensions, using wet-felting techniques. This class is open to those with some wet-felting experience or by permission of the instructor. Assignments will be started in class, but students may find that additional time will be needed to complete them. Please note that a materials list will be supplied upon registration and students should allow plenty of time to order supplies before the class begins (at least one week).

AFELT, 6 Mondays, 1:30-4:30 pm. Begins April 25, Zoom, \$185/Seniors \$150.

Origami for Adults

Instructor: Linda Perry

This haiku called Origami says it all:

*No cutting, no glue,
Mostly one sheet of paper,
Wonderful results.*

We will start with some basic folds, moving onto lips that kiss and two links made from one piece of paper. Modular origami and more complex folds will be introduced as time allows. Along the way you will see the amazing ways origami is used in construction, medicine and even outer-space. A materials fee of \$6 is payable to the instructor at the first class.

AORI, 3 Thursdays, 7:00-8:30 pm. Begins April 7, Lexington High School, \$55/Seniors \$45.

Acrylic Painting for Beginners & Intermediates

Instructor: 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 indicate when registering whether you will be participating in person or via Zoom. Please see the LCE website for a list of supplies to be purchased prior to the first class.

ADAC, 7 Thursdays, 10:00am -12:00 pm. Begins April 28, LCE Large Conference Room or Zoom, \$145/Seniors \$125.

An Introduction to Metalsmithing

Instructor: Karenn Maraj

Come and learn how to make beautiful jewelry with an introduction to metalsmithing techniques! You will be guided the first day on basic techniques; how to solder, file, hammer, and make bangle bracelets. The next two sessions will be spent using your new skills to make 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.

A2TM, 3 Tuesdays, 6:30-8:30 pm. Begins May 3, Karenn Maraj Jewelry Collection, 95 Trapelo Road, Belmont, \$125.

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 April 25, Lexington High School, Room 221, \$88/Seniors \$72.



AN INTRODUCTION TO METALSMITHING

with Karenn Maraj, this page

Designing and Making Paper Quilts

Instructor: Annie Zeybekoglu

Quilt design and quilt-making are among the most treasured of American Craft traditions. Their imaginative designs range from the more traditional (log cabin, patchwork, double-ring patterns) to the unique creations of the women of Gee's Bend, or the imaginative variations designed by con-temporary quilt makers. It is a tradition that embraces wonderful social aspects as well: the gatherings or "quilting bees" where quilters meet to collaborate on the making of a quilt, not to mention the functional use of quilts bringing comfort to one's home. In this class, you will discover how these beautiful designs can be created from paper to display as wall art. You may decide to use a time-tested traditional pattern or to design a pattern of your own. Using your template as "pattern pieces", you will have the fun of selecting decorative papers, magazine or catalog cuttings, or even type samples, that can be used in imaginative combinations. After creating a 12" square, you will be able to repeat the process as many times as you'd like to create a wall decoration.

AMPO, 5 Thursdays, 10:00-11:30 am. Begins April 14, Zoom, \$90/Seniors \$80.

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.

NEW English Grammar 101

Instructor: Rosemary Previte

This course is for English language learners at the Advanced Beginner level who need to improve their knowledge of the basics of English grammar and usage. With the help of many practice exercises, students will have the opportunity to learn about parts of speech (nouns, pronouns, verbs, articles, adjectives, adverbs, prepositions), verb tenses, the rules of grammar (punctuation, capitalization, plurals), sentence structure and English conversation.

LLEGR, 8, 2 hour sessions. Please visit our website for class schedule information on this in-person class. \$145/Seniors \$120.

On the Road to Fluency in English

Instructor: Ric Calleja

This class will help you improve your speaking, reading and writing skills in English. It will help you acquire a greater vocabulary for speaking about a variety of themes. This class will also help you correct some common grammar errors. Our readings will focus on the culture and history of the state of Massachusetts.

LELL, 8 Wednesdays, 10:00 am-12:00 pm. Begins April 27, LCE Conference Room, \$145/Seniors \$120.

Advanced Beginner English

Instructor: Rosemary Previte

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

LINE, 8 Wednesdays, 6:00 pm-8:00 pm. Begins April 27, Lexington High School, \$145/Seniors \$120.

Beginning Spanish

Instructor: Angelica Fajardo

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

LBGS, 8 Mondays, 6:30-8:00 pm. Begins April 25, Lexington High School, \$130/Seniors \$110.



ADVANCED BEGINNER ENGLISH
with Rosemary Previte, p.17

Beginning Spanish II

Instructor: Angelica Fajardo

If you have some knowledge of Spanish (or have taken our Beginning Spanish class), this class is for you. In the Beginner II level course, we assume all basic concepts of pronunciation, grammar, and vocabulary have been studied and acquired. We 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 in Spanish.

LBS2, 8 Thursdays, 6:30-8:00 pm. Begins April 28, Lexington High School, \$130/Seniors \$110.

Beyond Beginning Spanish

Instructor: Sherry Eggers

Build upon your knowledge of Spanish! Each lesson will review one or two areas and introduce new items of interest in vocabulary and grammar, with emphasis on pronunciation and conversation as well as writing and reading. Enjoy your increased ability to communicate in Spanish. Join us online.

LBTS, 8 Tuesdays, 6:30-8:00 pm. Begins April 26, Zoom, \$130/Seniors \$110.

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 sí, 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.* Please note: this class is offered simultaneously in-person and on the Zoom platform. Please indicate how you plan to participate upon registration.

LSCO, 8 Fridays, 10:00 am -12:00 pm. Begins April 29, LCE Conference Room, \$145/Seniors \$120.

Beginning Italian

Instructor: Eleonora Cordovani

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 Tuesday, 11:00-12:30 pm. Begins April 26, Zoom, \$130/Seniors \$110.

Advanced Beginning Italian

Instructor: Viola Torri

This class is the ideal follow up to our previous Advanced 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 to purchase on Amazon or other online bookstores.

LIAB, 8 Tuesdays, 6:00-7:30 pm. Begins April 26, Zoom, \$130/Seniors \$110.

Italian Conversation

Instructor: Viola Torri

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 April 27, Zoom, \$130/Seniors \$110.



La Hora del Café, Conversación Abierta en Español with Ric Calleja, this page.

Italian Conversation Through Film

Instructor: Viola Torri

Movies are an effective tool to develop and consolidate foreign language learning as we all remember more easily when we become emotionally involved and/or deeply interested in the acting and plot developments. Films present to language learners a rich audio-visual context, dynamic vocabulary, authentic dialogues, in addition to cultural and historical references. This course will feature a selection of famous Italian movies, both classic and contemporary, to introduce, build and reinforce a wide range of Italian vocabulary, some key grammatical structures, and idiomatic expressions. Students will practice in the context of the film, during open-ended exercises and discussions, and will engage in role-playing to help them improve pronunciation and proficiency. This course is appropriate for upper-intermediate students, who understand content when spoken at normal speed, and without subtitles, and for those who want the opportunity to speak and dialogue in a relaxed, fun, and engaging atmosphere.

LIFIL, 8 Mondays, 6:00-7:30 pm. Begins April 25, Zoom, \$130/Seniors \$110.

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.

LDBF, 10 Fridays, 9:30-11:30 am. Begins April 8, Zoom, \$220.

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, 10 Thursdays, 1:00-3:00 pm. Begins April 7, Zoom, \$220.

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 assume all basic concepts of pronunciation,

grammar, and vocabulary have been studied and acquired. We 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, 10 Tuesdays, 12:30-2:30 pm. Begins April 5, Zoom, \$220.



French Language through Film, with Karen Girondel, page 20.

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. Please purchase the college-level textbook online or from a bookstore prior

to the first class: *Contacts, Valette/Valette, 8th Edition*.

LBF3, 10 Tuesdays, 9:30-11:30 am. Begins April 5, Zoom, \$220.

LIN2, 10 Tuesdays, 7:00-9:00 pm. Begins April 5, Zoom, \$220.

LINF, 10 Thursdays, 7:00-9:00 pm. Begins April 7, Zoom, \$220.

Intermediate French II

Instructor: Maurice Bombrun

Intermediate French is for students who have studied all basic concepts of pronunciation, grammar and vocabulary and have completed A1/A2 levels. 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 textbook *Grammaire progressive du français, Maia Grégoire/Odile Thiévenaz, 600 exercices*, CLE International, ISBN 2-09-033848-2, may be purchased online.

LDIF, 10 Thursdays, 3:30-5:30 pm. Begins April 7, Zoom, \$220.

French Conversational Workshop

Instructor: Maurice Bombrun

In the Conversational French class, students learn how to maintain and practice French to stay fluent and improve conversational skills. The lessons include conversation, pronunciation, understanding, role/play, grammar and translation to reinforce the learning process. We focus on giving 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, 10 Wednesdays, 7:00-9:00 pm. Begins April 6, Zoom, \$220

LFCW, 10 Thursdays, 9:30-11:30 am. Begins April 7, Zoom, \$220.

French Conversation through Literature

Instructor: Maurice Bombrun

This class assumes working knowledge of French, reading and speaking. Students, who provide input into the curriculum, learn about the history of the French language since 842 and literature through the centuries. They get exposed to a few classical authors from the 17th and 18th centuries. Then we focus on 19th century authors in the areas 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 to maintain and improve their comprehension and conversation skills while learning from novels, poems and plays. No textbook required.

LFPL 10 Fridays, 1:00-3:00 pm. Begins April 8, Zoom, \$220.

French Language & Conversation Through Film

Instructor: Karen Girondel

Film transports us to another place, another time and another life. Film provides language learners with a rich audio-visual context, along with dynamic vocabulary, idiomatic expressions, authentic dialogue, in addition to cultural and historical references. This course will feature presentation of vocabulary and some key grammatical structures which students will practice in the context of the film, as well as open-ended exercises, activities, discussions, and role-playing designed to help them improve their proficiency. Listening and speaking skills will be emphasized in this class rather than reading and writing. This course is for you if you know some basic French, understand some of what you hear when spoken at 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, 8 Tuesdays, 10:00 am-12:00 pm. Begins April 5, Zoom, \$155/Seniors \$140.

LHCC, 8 Tuesdays, 7:00-9:00 pm. Begins April 5, Zoom, \$155/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. From simple greetings to real life situations like shopping or eating out you will learn useful phrases to get around and express yourself. Expect to listen to recordings, to watch video clips, and to engage in dialogues with your fellow students. Basic grammar will be introduced through reading and writing exercises. Handouts will be provided. *Willkommen* - welcome!

LBGE, 6 Wednesdays, 5:00-6:30 pm. Begins April 27, Zoom, \$98/Seniors \$82.

German Conversation

Instructor: Karen Elsa Carstens

If you want to brush up your German conversational skills, this once a week session involving lively group dialogue, punctuated by multimedia virtual presentations on a wide range of topics, may be just what you've been looking for. New topics for each week will be announced and emailed a few days before each two-hour class. Participants are encouraged to suggest topics tailored towards their own specific interests and experiences including, among others, travel, art, film, literature, hobbies, family history, holiday traditions, favorite foods, and current events. Sessions may include readings of poetry or news articles in German, fun tips on modern German-language television productions and pop songs, or insights into science, nature, sports, pets, and sustainable lifestyle trends. Participants are welcome to enhance individual weekly verbal presentations by sharing photos, videos or short texts, which may be distributed via email or virtually during class. Each presentation is followed by a question and answer period allowing for ample conversation time. The idea is to focus on communication and fluency by understanding each other via an informal, friendly dialogue. Key vocabulary words may also be shared to round out these discussions, along with select links to helpful further resources such as news or travel features produced with subtitles for language learners in German. The primary focus will be on fostering dialogue among

all participants to build confidence in striking up smooth conversations in German.

LGEC, 10 Thursdays, 10:00 am-12:00 pm. Begins April 7, Zoom, \$205/Seniors \$180.

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 April 26, Zoom, \$165/Seniors \$140.

LBBA, (Beyond Beginning), 8 Thursdays, 6:30-8:30 pm. Begins April 28, Zoom, \$165/Seniors \$140.



FRENCH CONVERSATION THROUGH LITERATURE

with Maurice Bombrun, this page

Introduction to Norwegian Language

Instructor: Sherry Eggers

Norway is a land known for its beautiful fjords, mythical trolls, vikings, stave churches, lefse, and lutefisk. What brings Norway to mind for you? Perhaps it's your family history, or your love of the literature of Isben, Hamsun, Knausgaard, or Undset. Perhaps your interest is based on the intention to eventually travel and experience it all first-hand. In this online class we will learn the basics of this Scandinavian language through dialogues, common conversations, present tense verbs, vocabulary such as numbers, days of the week, months, colors, family members, food, clothing, etc.

LNOR, 8 Thursdays, 10:00-11:30 am. Begins April 28, Zoom, \$130/Seniors \$110.



Hongxing Zhang teaches Beginning Mandarin, this page.

NEW Norwegian: Continuing

Instructor: Sherry Eggers

For those who have taken Introduction to Norwegian or its equivalent, please join us as we continue on with our journey into Norwegian.

LCNO, 8 Thursdays, 6:30-8:00 pm. Begins April 28, Zoom \$130/Seniors \$110.

Beginning Mandarin

Instructor: Hongxing Zhang

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

LMAN, 8 Thursdays, 6:30-8:00 pm. Begins April 28, Zoom, \$130/Seniors \$110.

Beginning Hindi: A Language & Culture Sampler

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 April 26, Zoom, \$130/Seniors \$110.

Computers

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

NEW Introduction to Computer Programming I

Instructor: Bryan Turcotte

A course for individuals who are interested in learning about computer programming but have no experience in it or related fields. The course will cover topics concerning what computer programs are to simple techniques for writing your own programs. After completion of the course, you will have adequate knowledge to write your own simple programs and will have the experience required to continue learning about programming via additional courses and through various self-guided resources online. Note: This will be a hands-on course during which you will actually practice the content covered in each session. Supplemental material and practice exercises will also be provided for various topics.

CPPI, 8 Wednesdays, 6:00-8:00 pm. Begins April 27, Zoom, \$165/Seniors \$155.



Computer teacher Kristen Butler.

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 April 8, Zoom, \$45.

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 April 29, Zoom, \$45.

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 May 6, Zoom \$45.

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 May 13, Zoom, \$45.

Intermediate Excel I - Daytime

Instructor: Kristen Butler

Learn how to import and link files, modify charts, explore the different formulas and more. Students must be familiar with the basics of how to use Excel.

CDIX, 1 Friday, 9:00 am - 12:00 pm. Meets May 20, Zoom, \$45.

Intermediate Excel II - Daytime

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. Class size is limited to 8 to allow for individualized instruction.

CD2IEX, 1 Friday, 9:00 am - 12:00 pm. Meets June 3, Zoom, \$45.

Courses for Children

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 April 6, Zoom, \$45.

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 April 13, Zoom, \$45.

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 April 27, Zoom, \$45.



PROPER ETIQUETTE FOR STUDENTS (GRADES 2-5, 6-9)
with Anne Elizabeth Burnett, 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 May 4, Zoom, \$45.

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 May 11, Zoom, \$45.

Intermediate Excel I

Instructor: Kristen Butler

Learn how to import and link files, modify charts, explore the different formulas and more. Students must be familiar with the basics of how to use Excel.

CIEX, 1 Wednesday, 6:00-9:00 pm. Meets June 1, Zoom, \$45.



Natural Egg Dyeing Workshop at Codman Farm, this page.

Intermediate Excel II

Instructor: Kristen Butler

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

CEXX, 1 Tuesday, 6:00-9:00 pm. Meets June 7, Zoom, \$45.

Computer Consulting "Ala Carte"

Instructor: Kristen Butler

Computer consultant Kristen Butler is available to meet and assist up to two people in personalized computer consulting. Want to fully understand the iCloud and backup? Want to make certain your devices are synced? Want to know if you have the proper updates and software on your computer? Want to create a photographic presentation or video for a special occasion? These are just a few items that Kristen can help you with. Meetings will be held in Lexington and the charge is \$120 per hour for up to two people. There is a minimum of a two hour meeting. To arrange a time with Kristen please contact the LCE office at 781 862 8043.

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

Home Alone

Instructor: Officers of the Lexington Police and Fire Departments

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

K009, 1 Wednesday, 6:30-7:30 pm. Meets June 8, Science Lecture Hall, \$5.

NEW Natural Egg Dyeing Workshop at Codman Farm

Instructor: Codman Farm Staff

Decorate and dye one dozen of our own pasture-raised eggs! We'll have them hard boiled and ready to decorate with natural, non-toxic, plant-based dyes. Class includes all materials needed. \$25 per child, ages 5-10 (must be accompanied by an adult).

HNED, 1 Saturday, 11:00 am-12:30 pm. Meets April 16, Codman Farms, \$25.

Proper Etiquette for Students (Grades 2-5 and Grades 6-9)

Instructor: Anne Elizabeth Burnett, Founder and 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. **KET2**, For Grades 2-5: 2 Saturdays, 10:30 am-11:30 am. Begins April 30, Zoom, \$49.

KET6, For Grades 6-9: 2 Saturdays, 10:30 am-11:30 am. Begins May 28, Zoom, \$49.

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

Instructor: Alma Bella Solis

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

KPAC, 8 Tuesdays, 4:00-6:00 pm. Begins April 5, Zoom, \$220.

Babysitting & Safety Training (Ages 11-15)

Instructor: Wendy Winters-Harrington, Safety Saavy

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



Alma Bella Solis teaches Art Studio: Pastel and Charcoal (Grades 2-6), this page.

Red Cross. All equipment and materials provided. Please note: class will meet on a Tuesday and Thursday in the same week. Class limited to 10. Parents, if appropriate please provide your child with a snack prior to class as there will not be a snack break during class.

KBTR, 2 Meetings 4:15-7:00 pm. Meets Tuesday, May 10 and Thursday May 12, Lexington High School, Room 167, \$135.

K2BTR, 2 Meetings, 4:15-7:00 pm. Meets Tuesday, March 22 and Thursday, March 24, Lexington High School, Room 167, \$135.



FICTION WRITING
with Karen Day, 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 May 18, Lexington High School, Room 224, \$95.

Fiction Writing for Middle Schoolers

Instructor: Karen Day

This three-session fiction writing workshop will focus on some of the most important components of writing a story: voice, setting and plot. We will brainstorm for ideas, begin writing a story and explore what it means to revise. Students will receive written comments from the teacher. We will also work on being our own editors as well as critiquing others. Each class will build on the next and at the end students can expect to have a solid start to their own novel or story.

KFIC, 3 Tuesdays, 6:00-7:30 pm. Begins May 24, Lexington High School, Room 224, \$95.

Fiction Writing Workshop for Middle Schoolers-April Vacation Sessions

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.

KVFIC, 3 Meetings, 10:00-11:30 am. Meets Tuesday, Wednesday, Thursday, April 19, 20, and 21, Zoom, \$95.

Test Prep/ College Planning

Dungeons and 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 the first session 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 April 25, Zoom, \$105.

KDDF, (April Vacation Week), 4 Meetings, 4/19, 4/20, 4/21, 4/22, 12:30-3:00 pm. Zoom, \$150.

Draw and Paint Animals of the African Serengeti, the RainForest, the Paleolithic World and their Habitat Landscapes: (Grades 6-8)

Instructor: Robert Butler

Throughout history people have been inspired by the beauty of animals and the natural world. Join us as we learn the essential art techniques needed to render Animals of the Serengeti, Rainforest Creatures and their Habitat Landscapes. Pet Portraits are included as well. Students of all ability levels and learning styles will gain confidence and expand their skills with classroom demonstrations and individual instruction. All diagrams and charts will be provided. Each student will create artwork based on the subject of their choice. Included: Animal Anatomy, Mixing Nature's Color Palette, Habitat Landscapes, Light and Shadow, Composition and more.

KDRAW, 4 Thursdays, 3:30-5:00 pm. Begins April 7, Lexington High School, Room 166, \$68.

K2DRAW, 4 Thursdays, 3:30-5:00 pm. Begins May 12, Lexington High School, Room 166, \$68.

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



PRIVATE SAT OR ACT TUTORING
with David Bell, facing page

Writing and Language/ Essay SAT Prep

Instructor: Rachel Lloyd

Develop skills in grammar, usage, word choice, sentence structure, passage organization, and interpreting graphs. Individualized instruction will include practice and analysis of tests. To each class, please bring the 2020 edition of *The Official SAT Study Guide* and a College Board ID and password.

PSAW, 5 Meetings, 9:30 am-12:00 pm. Begins July 18, and meets 7/19, 7/20, 7/21, and 7/22. Lexington High School, \$200.

Reading SAT Prep

Instructor: Rachel Lloyd

Develop inferential reading skills, vocabulary, info-graphic interpretation, and test-taking wisdom. Individualized instruction will include practice and analysis of tests. To each class, please bring the 2020 edition of *The Official SAT Study Guide* and a College Board ID and password.

PESA, 4 Meetings, 9:30 am -12:30 pm. Begins Tuesday July 5, and meets 7/6, 7/7, and 7/8, Lexington High School, \$200.



**HOME ALONE &
STRANGER DANGER**
p. 7

Math 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. Begins Monday July 11 and meets 7/12, 7/13, 7/14, and 7/15, Lexington High School, \$200.

Write Your College Essay in Nine Days! (via Zoom)

Instructors: Dr. Bruce Johnson from BKJ College Application Consulting

Do you want your college application essay to be done before crunch time? Want to avoid arguments with your parents and all the stress? We can help you create a winning college application essay! We follow a light-hearted and sometimes even fun, step-by-step process. Based on years of experience working successfully with college applicants, we've developed a method that yields winning essays. Short bursts of brainstorming, freewriting and individual feedback will immediately get you started drafting an essay. With a routine of in-class writing sessions and a bit of writing homework, coupled with timely feedback as students revise their essays, we offer individualized 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 in little more than a week you will have produced an essay that presents both your authentic personality and solid writing skills.

PEST, 5 days, 11:00 am-1:00 pm. Begins Thursday July 7 and meets Fri 7/8, Mon 7/11, Wed 7/13 and Fri 7/15, Zoom, \$600.

PESS, 5 days, 10:00 am-12:00 pm. Begins Thursday July 21 and meets Fri 7/22, Mon 7/25, Wed 7/27 and Fri 7/29, Zoom, \$600.

P2ESS, 5 days, 4:00 pm-6:00 pm. Begins Thursday Aug 4 and meets Fri 8/5, Mon 8/8, Wed 8/10 and Fri 8/12, Zoom, \$600.



Test Prep and College Planning classes, pp. 24-25.

College Essay Writing – Experienced Writing Coaches Will Help You Get Started

Instructor: Bruce Johnson from BKJ College Application Consulting

Most people – parents and students – think of writing the College Application Essay as a major, intimidating event. But it can be a non-stressful, even enjoyable process and this session will show you how to make that happen. The essay is not about impressing admissions officers with grand accomplishments; it's a story that tells them about you. This low-key workshop will help you develop several solid topic ideas, encourage writing skills to use going forward and you may have the start of a first draft. Class size is limited, so there will be time for one-on-one meetings.

PESD, 1 Tuesday, 3:30-5:00 pm. Meets May 17, Zoom, \$35.

PESM, 1 Thursday, 5:30-7:00 pm. Meets June 2, Zoom, \$35.

PESW, 1 Saturday, 10:30-12:00 pm. Meets June 11, Zoom, \$35.

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.

The cost is \$89 per hour of tutoring, via Zoom. Schedule to be determined by instructor and student.

PPRI, \$89 per hour of tutoring, Zoom. Schedule to be determined by instructor and student.

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 Wednesday, 7:00-8:00 pm. Meets May 4, Lexington High School, Room 226, \$25.



ESTATE PLANNING 101

with Rebecca O'Brien, p. 29

You Can Afford College If...

Instructor: Donald Anderson

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

PMFA, 1 Tuesday, 6:30-9:00 pm. Meets April 12, Zoom, \$25.

Cooking

Easy Indian Cooking

Instructor: Shruti Mehta

Are you the one who loves Indian food but is afraid to try it at home? Skip the takeout, put your fears aside and get ready to tackle some EASY Indian recipes. This class will incorporate traditional techniques and ingredients to teach some quick and easy dishes without sacrificing the taste. We will learn to make Rajma Curry (Kidney beans immersed in an onion, tomato, ginger, garlic gravy), Sukhe Aloo (potatoes boiled and sizzled with a variety of dry spices like turmeric, chili powder, and, dhana-jira powder, and, Jira-rice (Basamati rice cooked with ghee, cumin, garam masala and almonds). This is homemade comfort food that will leave you craving for more.

NISB, 1 Thursday, 6:00-8:00 pm. Meets May 12, Zoom, \$35.

A Southern Indian Affair

Instructor: Shruti Mehta

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 Wednesday, 6:00-8:00 pm. Meets June 8, Zoom, \$35.

Culinary Tour of H Mart

Instructor: Debra Samuels

The Asian supermarket H Mart is just around the corner from Lexington. Its aisles are chock full of treasures: sauces, noodles, dumplings, seaweed, rice, tofu, fresh banchan (Korean side dishes), an ocean of fish, teas, condiments galore and so much more. But for some of us, the unfamiliar ingredients, unrecognizable labels and the football-field-size of the store is just too daunting for an enjoyable

shopping experience. Join Debra Samuels, Boston Globe food writer and author of two cookbooks (The Korean Table and My Japanese Table) for a tour as she guides you around the market to acquaint you with this wonderful resource. "Shop with a recipe; that helps to focus your task" says Samuels. After the guided tour we will head over to the food court and sample some of the delicious offerings, pre-selected by Debra, from the bakery and restaurant stalls. Debra will provide handouts with recipes and how to stock your own "starter" Asian pantry.

NHMAT, 1 Wednesday, 6:30-8:30 pm. May 11, Class meets at HMart, 3 Old Concord Road, Burlington at the entrance of the Food Court. \$45.

Let's Make 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 May 18, Zoom, \$40.

NEW Afternoon Tea and Royalty

Instructor: Elizabeth Etiquette, Etiquette Consultant to The BFG Movie, Director: Steven Spielberg

In this one hour session you will learn the history and correct protocol for Afternoon Tea, along with a special talk about The Queen of England, Royal Etiquette and Protocol. Elizabeth will be demonstrating the correct place setting and order of service for Afternoon Tea and explaining the difference between Afternoon Tea and High Tea. Join Elizabeth with your favourite cup for an informative and interesting learning experience and special talk about Afternoon Tea and Royalty.

HT&R, 1 Saturday, 11:00 am-12:00 pm. Meets April 9, Zoom, \$15.

Home, Hobbies and Travel

NEW Seed Starting Basics Workshop

Instructor: Jess Myles of Codman Farm

Learn how to start your own garden from scratch, with tips and tricks from long-time farmer and gardener, Jess Myles of Codman Farm. With this interactive class, we'll cover how and where to source supplies and seeds, what recycled materials are best to use, different soil media, and germination techniques for even the most tricky-to-grow seeds. Class includes all materials needed and each student will leave with their own tray of beginning seedlings.

HSSW, 1 Saturday, 10:30 am-12:00 noon. Meets May 7, Codman Farms, \$45.



SEED STARTING BASICS WORKSHOP with Codman Farms' Jess Myles, this page

Spring Walking Tour of Codman Farms

Instructor: Codman Farms Staff

It's Springtime on the farm! Join us for a chance to learn how we do things differently, with a focus on land stewardship and soil health. You will get an in-depth tour of our farm operations, including visiting our baby chicks before they head out to pasture and our no-till market garden. We'll show you our egg washing process and our original pot and beam barnyard buildings built in the 1700 and 1800's, as well as recent improvements and tools that are part of our innovative and sustainable farming approach. Tours are led by experienced farm staff who are ready to answer your questions. At the end of the tour, registered participants will take home a seasonal farm treat, as well as have the chance to check out our farm store for more high quality local foods and Codman grown proteins. The tour will start promptly at 4pm from the front of the farm store and will end at 5:30. Please come dressed appropriately for the weather; boots that can get dirty are encouraged. Family-friendly! Kids 8 and under are free and must be accompanied by an adult.

HCOD, 1 Tuesday, 4:00-5:30 pm. Meets May 17, Codman Farms, \$25.

NEW Off-the-Beaten-Path Hikes

Instructor: Gregory Leschishin

Spend some time outdoors this spring and join one or both of these guided hikes to locations you might not have visited before. As we explore these extraordinary sites we will take time to gaze at the natural formations we encounter and hear stories of historical significance along the way. All of the hikes are easy to moderate. Directions and meeting points will be emailed upon registration.

Off-the-Beaten-Path Hikes: Mount Misery

Mount Misery is the largest conservation area in Lincoln, with 227 acres of agricultural fields, woods, hills, and ponds. Farm fields near Old Concord Road meet shady woods on top of the hill, and descend to shrubby wetlands along the Sudbury River. Mount Misery was privately owned until 1969 when the Town of Lincoln purchased the property and the neighboring Codman Estate.

FOBP, 1 Saturday, 11:30 am-2:00 pm.
Meets May 15, Mount Misery, Lincoln, \$35.

Off-the-Beaten-Path Hikes: The Landlocked Forest

The Landlocked Forest of Burlington is an oasis of forest, wildlife, and natural beauty. A treasure in its own right, and enjoyed by local hikers, bicyclists, and bird watchers, it is also part of our environmental legacy, a piece of old New England to be preserved, nurtured, and bequeathed. The 250 acres of land is named the "Landlocked Forest" because of its location between Routes 62, 3, and 128 in Burlington, and conservation land in Bedford and Lexington. The property currently offers 13 miles of trails perfect for walking, trail running, bicycling, dog walking, snow shoeing, and cross-country skiing.

FBLL, 1 Saturday, 11:30 am-2:00 pm.
Meets June 5, Burlington Landlocked Forest, \$35.



Seed Starting Basics and Spring Walking Tour of Codman Farms, facing page.

NEW Refresh Your Home

Instructor: Pamela Thomas

After spending a lot more time in your home this past year are you ready for a home refresh? 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. Pamela is the founder and owner of Home Space Harmony, whose mission is to create simple, inspired home organizing systems and design inspiration. It was created out of her love of cutting through the clutter and creating harmony in a space - whether it be an office, a family room or a pantry. Pamela is a member of the National Association of Productivity and Organizing Professionals (NAPO).

FHOME, 1 Thursday, 7:00-9:00 pm. Meets May 12, Zoom, \$25.

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. This is a lecture/demonstration class loaded with information.

FCAR, 3 Mondays, 6:00-8:00 pm. Begins May 9, Zoom, \$65.



REFRESH YOUR HOME
with Pamela Thomas, this page



AUTO REPAIR FOR EVERYONE
with Bruce Gerry, this page

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.

Buying & Selling on EBay

Instructor: Tracy Marks

Do you want to learn how to safely and effectively sell items on eBay and/or Amazon? In this workshop, taught by an active Amazon seller and previously certified eBay trainer/powerseller, we'll first cover how to safely buy and sell on eBay. After focusing on how to search for items, research prices, bid, and leave feedback, we'll spend most of class learning to create and submit listings, prepare photos, determine auction timing, manage auctions, handle payment and shipping, and deal with security issues and non-responsive buyers. For the last class, students will create eBay listings which together we will constructively critique and help improve. We will also cover the quick and easy process of becoming an Amazon Marketplace seller.

CBAY, 3 Thursdays, 6:30-8:30 pm. Begins May 26, Zoom, \$75/Seniors \$65.

Face Masks & In-Person

Unless requested to be worn by a specific LCE instructor in an in-person class setting, face masks are now optional. The Lexington Board of Health voted to lift the Town-wide mask mandate for all, effective March 9, 2022. Lexington Public Schools will follow suit and no longer require masks.

Investing: Just the Facts

Instructor: Glenn Frank

In most areas in life the more time you spend the better you do. In investing, excess time is often counterproductive. First a solid foundation that fits your circumstances and the current markets needs to be established. Then unless something truly significant happens, you may want to "stay the course". For example, are US stock valuations "significant" enough today to change course? We will candidly discuss ETFs versus mutual funds, annuities, paying



Estate Planning 101 with Rebecca O'Brien, facing page.

off your mortgage, worldwide stock valuations, correlations, ESG, hedge funds, Bitcoin, the danger of fixed income portfolios, and consensus long-term forecasts. If you are simply looking to have the best chance of accomplishing your long-term financial goals, take this interactive class.

BINV, 2 Mondays, 7:00-8:30 pm. Begins April 4, Zoom, \$35.

Do it Yourself or Financial Advisor?

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 one size fits all. If you are not a fit, it will not work.

What are the tough questions to ask an advisor and yourself? 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, 2 Wednesdays, 7:00-8:30 pm. Begins April 6, Zoom, \$35.

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 its risks and rewards, or if you are simply looking for where to begin, this is the class for you. In this two-part workshop, we will go over 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. Please note: this class is offered simultaneously in-person and on the Zoom platform. Please indicate how you plan to participate upon registration.

BW&I, 2 Mondays, 7:00-8:30 pm. Begins April 4, Zoom, \$50.

BZW&I, 2 Tuesdays, 12:00-1:30 pm. Begins May 3, 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. If you want to better understand investment risks and rewards, have dabbled into investing in the past, or if you are simply looking for a refresher, this is the class for you. In this two-part workshop, we will discuss advanced investing topics, including asset allocation, diversification strategies, understanding fees and rate of return, monitoring your investments, interactive online tools for stock research, and building an effective watchlist. Come join us as we walk through building portfolios for different time horizons and

risk tolerance. Beginner level knowledge of investing is required. Beginners are encouraged to attend our “Women and Investing 101” class as a prerequisite. This workshop will be co-taught by Sumeit and Sanjay Aggarwal. They have written this interactive class with a focus on intermediate level investors. Please note: this class is offered simultaneously in-person and on the Zoom platform. Please indicate how you plan to participate upon registration.

BZW12, 2 Mondays, 7:00-8:30 pm. Begins May 16, Zoom, \$50.

Investing in Cryptocurrencies

Instructor: Sumeit and Sanjay Aggarwal

At its core, cryptocurrency is typically decentralized digital money designed to be used over the internet. Bitcoin, which launched in 2008, was the first cryptocurrency, and it remains by far the biggest, most influential, and best-known. In the decade since, Bitcoin and other cryptocurrencies like Ethereum have grown as digital alternatives to money issued by governments. In a short period of time the cryptocurrency investable market has reached a value of \$1.7 trillion. As a result, this has become an important asset class for investors to consider as part of a diversified portfolio. In this course, we will be simplifying all of this by covering the basics of blockchain and cryptocurrencies. You will learn commonly used terms, assess risks associated with different Crypto Assets and how to research and start your first Crypto portfolio.

BCPT, 2 Fridays, 7:00-8:30 pm. Begins May 6, Zoom, \$50.

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! Please note: this class is offered simultaneously in-person and on the Zoom platform. Please indicate how you plan to participate upon registration.

BWIL, 1 Thursday, 7:00-9:00 pm. Meets May 26, Zoom or Lexington High School, Room 229, \$30/Seniors \$25.



Sumeit and Sanjay Aggarwal teach Investing in Cryptocurrencies, this page.

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 Thursday, 6:30-9:30 pm. Meets May 5, 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 May 12, Zoom, \$30/Seniors \$25.

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, 6:00-8:00 pm. Meets April 26, Zoom, \$40.



FIXING OUR BROKEN SLEEP
with Rick Clerici, p. 29

Mind and Body

Tell Us About Your LCE Experience!

At the completion of your course, lesson, or event we invite you to complete our online class evaluation/survey. Your feedback and ideas go to make our offerings and how they are delivered stronger. Have an idea for a course you would like to take but don't see in our catalog? Love in-person classes? Love online offerings? You can also let us know about all of this and more here: <https://lexingtoncommunityed.org/course-evaluation-form/>

NEW Retirement Plain and Simple

Instructor: Chris Chen

Retirement is an exciting new phase of life, but it can be a little daunting to prepare for it. This workshop will explore what you need to know to get ready for retirement. It will cover such topics as: retirement timing, social security, health care costs, transitioning your investments from accumulation to decumulation, tax traps and opportunities in retirement, as well as long term care.

BRET, 1 Monday, 7:00-9:00 pm. Meets May 9, Lexington High School, Room 224, \$25.



Jeremy Richman teaches *The Process of Purchasing a Home*, page 29.

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

NEW The Art of Friendship: Making, Maintaining, Deepening, Healing and Celebrating Friendship

Instructor: Tracy Marks

What qualities do you seek in a friend? How have past hurts, resentments and endings influenced your friendship patterns? How can you expand your friendship network, deepen existing friendships, deal with conflict, and cope with past and present loss of friends? In this online course, an experienced counselor and self-help author will provide guidelines for creating greater fulfillment in friendship, as we explore, in a supportive zoom environment, the role of friendship in our lives.

MAOF, 4 Tuesdays, 6:30-8:30 pm. Begins April 5, Zoom, \$95/Seniors \$80.

NEW Compassionate (nonviolent) Communication

Instructor: Michael Koran

In this course we'll learn ways to better connect with ourselves and others. Skills include: 1. Ways to connect, heart to heart, before saying or doing anything. 2. Discovering what is alive in us each moment; 3. Making observations without evaluations; 4. Exploring how feelings reveal beautiful universal needs, values or dreams; 5. Empathizing with ourselves and others when strategies do not satisfy our needs; 6. Expressing challenging feelings, like anger, in a safe way; 7. Receiving and giving compassion to ourselves and others; 8. Making do-able requests that lead to mutually satisfying (yes! yes!) resolutions. Each week we will read at home and explore in class 2 chapter from Marshall Rosenberg's *Non-Violent Communication: A Language of Life*.

MNVC, 7 Thursdays, 6:00-8:00 pm. Begins May 5, Zoom, \$140/Seniors \$125.

Five Techniques for Deeper Sleep

Instructor: Rick Clerici

In *Five Techniques for Getting Deeper Sleep* we will explore the nature of stage

3, slow wave sleep. Even people who seem to get a full night's sleep don't always get as much deep, restorative sleep as is optimal. We will look at the conditions that interfere with deep sleep and study techniques that can insure ample restorative. Knowledge of these five techniques can make a huge difference in sleep quality. Each attendee will also receive a sleep recording that improves initiating and maintaining sleep.

MIND, 1 Wednesday, 7:00-8:30 pm. Meets June 1, 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 May 10, Zoom, \$35.

Stop Dieting

Instructor: Sue McCombs

Do you have the munchies for bread, pasta, Pizza? or even the salties like chips, pretzels, salted nuts? 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, 6:30-8:00 pm. Meets May 9, Zoom, \$40.



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

Stop Your Sugar Habit

Instructor: Sue McCombs

What if you had no desire to eat anything with sugar? What if looking at a product with sugar left you with the feeling of total indifference? No more longing for that chocolate bar or soft drink. What if all that expertise, the thinking and obtaining and consuming of sweets, got transformed into some positive habit, like exercise or another desired outlet? Focus can be placed on eating moderate, well balanced meals featuring fresh fruits and vegetables and lean, quality protein. Watch your energy increase as the sugar leaves your system. No more highs and lows from sugar rushes. It is possible, using 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, 6:30-8:00 pm. Meets April 11, Zoom, \$40.

NEW Golf Enhancement

Instructor: Sue McCombs

Remember a time you sunk the golf ball perfectly with seemingly little effort! What if you could do that same stroke with the same results at will? What if you could perform the perfect tee shot, the perfect drive, the perfect approach shot just like a professional you admire? What if this could be a permanent part of your game? What if you were relaxed each time you picked up a golf club? What if negative self talk became erased and replaced with positive images and feelings? What if... your fears and anxieties vanished and self confidence remained with you for the duration of your time on the course or range?

IGOL, 1 Monday, 6:30-8:00 pm. Meets May 16, Zoom, \$35.



FIXING OUR BROKEN SLEEP
with Rick Clerici, facing page

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.

SLLMS, 4 Thursdays, 7:00-8:00 pm. Begins May 12, Zoom, \$66/Seniors \$49.



GOLF ENHANCEMENT
with Sue McCombs, this page

A One-Session Introduction to Meditation

Instructor: Sue McCombs

Meditation can reduce stress and boost energy and is a surprisingly easy skill to learn. Come join us for this one night workshop to learn the basics of meditation—nothing fancy, just the basics! We will practice and experience at least three different ways to quiet the mind. You will quickly discover that just a few minutes a day devoted to this simple experience will help you manage the stress in your life, and increase your overall sense of well being. Learn to quiet the chattering mind and gain a sense of peace and tranquility. Please do not consume any alcohol prior to class.

HMEDI, 1 Monday, 6:30-8:00 pm. Meets May 23, 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.

Barre3

Instructor from 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 the link will be provided 15 minutes prior to each class.

EBAR, 8 Tuesdays, 6:00 - 6:45 am. Begins April 26, Meets at barre3 Bedford. 158 Great Road, Bedford, \$140.

E2BR, 8 Wednesdays, 4:30-5:15 pm. Begins April 27, Meets at barre3 Bedford. 158 Great Road, Bedford, \$140.

Gentle Beginning Yoga

Instructor: Eleonora Cordovani

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 lying down 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 have a mat ready. Blocks and a pillow are recommended but not necessary.

EYOM, 9 Mondays, 12:00-1:00 pm. Begins April 25, Zoom, \$165/Seniors \$135.



Linda Del Monte teaches Joyful Yoga, this page.

Advanced Gentle Beginning Yoga

Instructor: Eleonora Cordovani

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 and have a mat ready. Blocks and a pillow are recommended but not necessary.

EABY, 9 Mondays, 10:45-11:45 am. Begins April 25, Zoom, \$165/Seniors \$135.

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, 10 Fridays, 12:00-1:15 pm. Begins April 8, Zoom, \$200/Seniors \$170.



Eleonora Cordovani teaches Gentle/Advanced Beginning Yoga, this page.



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

NEW Thirty Minute Night-time Yoga for Relaxation and Sleep

Instructor: Asha Ramesh

This will be a calming evening flow class, a gentle sequence for relaxation, stress relief and sleep. Practice this night time hatha yoga class for healing. The class will include gentle stretches and a guided relaxation script that will allow your mind and body to slip into a state of relaxation after your busy week. Wear comfortable clothes, like sweats or pajamas and have your yoga belt, blocks, and any other comfortable accessories handy. Please discuss with the instructor any contraindications that you are aware of.

ENRY, 10 Fridays, 8:30-9:00 pm. Begins April 29, Zoom, \$85/Seniors \$70.

Short Six-Week Course: Iyengar Yoga

Instructor: Mary Wixted

Been curious about why so many people are taking yoga in the United States? Come enjoy a yoga class taught in the Iyengar method of yoga. The Iyengar method is to yoga what classical ballet is to dance. It is a progressive offering of the yoga postures designed to provide a safe and an ever-deepening practice which opens and strengthens the body while drawing the mind into a meditative state. Props will be used to make the postures accessible. Please note: there is no class on September 21.

EYEN, 6 Tuesdays, 9:15-10:45 am. Begins April 5, Zoom, \$115/Seniors \$99.

Short Six-Week Course: Gentle Yoga and 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, 6 Thursdays, 11:00 am-12:30 pm. Begins April 7, Zoom, \$99.

Hatha Yoga

Instructor: Asha Ramesh

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

home will allow customization to suit your mood and needs. Dress comfortably and bring your own mat.

EHYO, 10 Wednesdays, 7:00-8:00 pm. Begins April 27, Diamond Middle School, \$165/Seniors \$140.

E2HYO, 9 Mondays, 7:30-8:30 pm. Begins May 2, Diamond Middle School, \$148/Seniors \$125.

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 April 30, Zoom, \$165/Seniors \$140.



Amy Stix teaches Zumba®: Ditch the Workout, Join the Party!, this page.

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. Please note: this class is offered simultaneously in-person and on the Zoom platform. Please indicate how you plan to participate (in person or on Zoom) upon registration.

EZUM, 9 Mondays, 7:00-8:00 pm. Begins April 4, LPS TBD School Gymnasium or Zoom, \$130/Seniors \$105.

Thanks To You!

Like so many community education programs, the last two years have been difficult for Lexington Community Education. Due to the pandemic, our self-supporting status has been on shaky ground at times. However, thanks to the support and encouragement of our larger Lexington Public School family, and people like you who have registered for classes, events, lessons and summer children's programming we are still here to present a spring bouquet of learning opportunities. Additionally, we are especially grateful to those who generously donated out of their belief in the benefit and recognized value of what Lexington Community Education provides. Thank you for your support of this Lexington based (and Zoom expanded) community of learners!



Important Information

Online Program Platform

We have heard from many of you that online LCE classes are convenient and enjoyable enough to keep offering, in addition to in-person classes. Many of our spring classes will continue to take place over the Zoom online video conferencing platform. Login links will be emailed to students after registration and ahead of the 24 hour window before the first class is to begin. Unless otherwise noted, the same link will be used for classes that meet for multiple sessions.

COVID-19

As a program of the Lexington Public Schools, Lexington Community Education follows all guidance, policy and protocol of the Lexington Board of Health and the LPS School Administration with regards to COVID-19 health and safety. We appreciate your patience as we navigate the changing pandemic landscape and do our best to balance the presentation of engaging classes with the safety of our teachers, students, and staff.

Instructor Bios

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

How to Register

Online: Registration is 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 April 18-23, and May 30th. 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.

If you withdraw 2 business days before the start date of the course neither a refund nor a course credit will be issued.

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 the 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

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

WS CAR-RT-SORT

Postal Patron
Lexington, MA

Please share this catalog with a friend!

lexingtoncommunityed.org

