

# Lexington

COMMUNITY EDUCATION

SUMMER  
2022

## Lexington Community Education presents

We are pleased to present a selection of in-person and online classes and events to pair with the longer days and often more leisurely months of July and August. Visit our website for full summer course details and to register, and be sure to look for the arrival of our Autumn 2022 catalog at the end of August.



### **Shake-Scene! In-Person Theatrical Performance**

WITH STEPHEN COLLINS & POORNIMA KIRBY

Saturday, July 30, 2022 • 7:30-8:30 pm • Lexington Depot, 13 Depot Square • \$15

Join Shakspearian performers Stephen Collins and Poornima Kirby for a rollicking ride through some of the bard's finest poetry and most compelling characters!



### **PART: Positivity and Relaxation Training**

WITH NICK SUCHECKI

9 Wednesdays, Begins July 6, 6-7:30 pm • Zoom, \$250 (\$50 manual is included in tuition).

Developed at the Benson-Henry Institute for Mind Body Medicine at MGH, *PART* teaches participants how to develop a personalized self-care routine to mitigate stress, cultivate a positive outlook, and enhance quality of life.



Lewis Porter

### **Before Coltrane: Great Jazz Tenor Saxophonists**

WITH LEWIS PORTER, Ph.D.

Sunday, July 17, 2022 • 3:00-5:00 pm • Zoom, \$20.

John Coltrane, Sonny Rollins, and Charlie Parker all named Lester "Pres" Young and Coleman Hawkins as inspirations, and they admired Ben Webster's distinctive style as well. Yet today the disciples are far better known than their teachers. In this session you will hear some music that is amazing in its own right, and you will also understand how it set the stage for today's jazz.

## Summer Outings

### **Codman Farms Summer Walking Tour**

Tuesday, July 19, 5-6:30 pm. Codman Farms, \$25.

Get an in-depth tour of farm operations, including visiting the baby chicks before they head out to pasture and a lush, no-till market garden.



Enjoy Farm to Table Morning, Farm to Vase Floral Design and a Summer Walking Tour at Codman Farms.

### **Farm to Table Morning**

Saturday, August 6, 9-11:30 am. Codman Farms, \$40.

For the most local breakfast possible, you'll get to collect your own eggs and harvest fresh veggies... and then make your own delicious breakfast!

### **Farm to Vase Basic Floral Design**

Thursday, July 28, 4-6 pm. Codman Farms, \$75.

This class will provide a basic introduction to floral design using farm-grown flowers that you will get to harvest yourself.

### **Tour An Indian Market**

Instructor: Shruti Mehta

Saturday, July 30, 1-4 pm. Apna Bazar, 335 Washington Street, Woburn, \$40.

Explore the science behind the colorful spices and learn about the medicinal values of various spices with a veteran of Indian cooking. Class will meet in front of Apna Bazar.

### **Spinning through History: The Wonders of Newburyport**

Instructor/Leader: Ciclismo Classico Staff

Saturday, August 13, 10 am-3 pm, \$45.

Ride past beautiful Federal-era mansions to Maudslay State Park and the lovely Artichoke Reservoirs, circle back to the Great Salt Marsh in Newbury, then ride along the Merrimack River to Plum Island and the Parker River National Wildlife Refuge.

## **Spinning through History: Ipswich Land and Sea**

*Instructor/Leader: Ciclismo Classico Staff*

Sunday August 14, 10 am-3 pm, \$45.

If you love history and architecture or enjoy cycling along scenic rural roads with outstanding coastal vistas, Ipswich is the perfect day trip destination

## **Let's check out Henry David Thoreau's Birthplace!**

*Instructor: Gregory Leschishin*

Sunday, August 7, 11:30-2 pm. \$35.

Reimagine what Thoreau saw and experienced in childhood at this historic home at 341 Virginia Road, Concord is encircled by vestiges of farmlands, remnants of previous trails created by Hanscom Air Force Base and Massport, and surprisingly old forests!

## **Great Brook Farm State Park Hike in Carlisle**

*Instructor: Gregory Leschishin*

Sunday, July 24, 11:30-2 pm. \$35.

Created in 1967, this state park has 19.5 miles of trails...but we will probably walk close to 4.5 miles as we check out the fauna and kettle ponds that dot this beautiful park!

# Summer Reading & Writing

## **The God of Small Things: A 20th Century Masterpiece**

*Instructor: Tracy Marks*

4 Wednesdays, 7-9 pm. Begins August 3, Zoom, \$95/Seniors \$80.

This Booker Prize-winning classic, notable for its sensuous, lyrical prose offers a brilliant exploration of the impact of caste issues and a child's death on a southern India family. Please read the first 75 pages by the first class.

## **Thomas Hardy's Far from the Madding Crowd**

*Instructor: Tracy Marks*

5 Mondays, 12:30-2:30 pm. Begins July 18, Zoom, \$110/Seniors \$95.

A 19th century classic, set in a pastoral English village, featuring superb characterizations and vivid descriptions focused on an engaging heroine overcoming personal deficiencies as she learns about the realities and substance of love.

## **Journal Writing for Personal Growth**

*Instructor: Tracy Marks*

5 Tuesdays, 7-9 pm. Begins July 19, Zoom, \$110/Seniors \$95.

Gain insight about yourself, and catalyze both inner and outer change as we engage in a variety of inspiring writing exercises which you can shape into any form you choose - and optionally share in a supportive environment.

## **Grammar 101 Refresher**

*Instructor: Tracy Marks*

2 Wednesdays, 7-9 pm. Begins July 20, Zoom, \$45/Seniors \$35.

If you're yearning to know the difference between commas and semicolons, how to avoid dangling participles, and whether it's ever okay to split an infinitive, join us for this fun foray into grammar.



*Gordon Harris, Lauren Hefferon & Barbara Lampron teach Spinning Through History: Ipswich Land & Sea.*

# Fine Art/Design

## **Introduction to Collage**

*Instructor: Donna Calleja*

5 Tuesdays, 10 am-12 pm. Begins July 12, LCE Classroom or Zoom, \$105/Seniors \$90.

Explore color and composition to create beautiful works from materials you already have at home!

## **Acrylic Painting for Beginners & Intermediates**

5 Thursdays, 10 am-12 pm. Begins July 14, LCE Classroom or Zoom, \$105/Seniors \$90.

Work to develop a personal painting style to interpret in an original acrylic landscape or still life painting.

## Making Traditional Ukrainian Pysanky Eggs

*Instructor: Alona Popova*

Tuesday, July 26, 5:30-8:30 pm. LCE Classroom, \$30.

Explore the traditional (heated beeswax and paint layering) techniques used in Ukraine to intricately decorate eggs. Adults and kids (ages 5 or older), accompanied by a parent or guardian are welcome.

## Design Your Own Beautiful Website in 4 Hours

*Instructor: BBDS Design*

2 Thursdays, 7-9 pm. Begins July 14, Zoom, \$100.

A beginner WordPress class designed for people with no webmaking experience or coding knowledge.

## Languages

### French

*Instructor: Maurice Bombrun*

**Total Beginner French:** 8 Fridays, 9:30-11:30 am. Begins July 15, Zoom, \$180.

**Beginner French I:** 8 Thursdays, 1-3 pm. Begins July 14, Zoom, \$180.

**Beginner French II:** 8 Tuesdays, 12:30-2:30 pm. Begins July 12, Zoom, \$180.

**Intermediate French (daytime):** 8 Tuesdays, 9:30-11:30 am. Begins July 12, Zoom, \$180.

**Intermediate French (evening):** 8 Tuesdays, 7-9 pm. Begins July 12, Zoom, \$180.

**Intermediate French (evening):** 8 Thursdays, 7-9 pm. Begins July 14, Zoom, \$180.

**Intermediate French II:** 8 Thursdays, 3:30-5:30 pm. Begins July 14, Zoom, \$180.

**Conversational French Workshop:** 8 Wednesdays, 7-9 pm. Begins July 13, Zoom, \$180.

**Conversational French Workshop:** 8 Thursdays, 9:30-11:30 am. Begins July 14, Zoom, \$180.

**French Conversation through Literature:** 8 Fridays, 1-3 pm. Begins July 15, Zoom, \$180.



*Stephen Collins and Poornima Kirby teach Shake-Scene! In-Person Theatrical Performance*



*Alona Popova teaches Making Traditional Ukrainian Pysanky Eggs.*

### Spanish

*Instructor: Angelica Fajardo*

**Beginning Spanish:** 6 Tuesdays, 5:30-7 pm. Begins July 12, LCE Classroom, \$98/ Seniors \$85. (July 26 No Class)

**Beginning Spanish (Continuing):** 6 Wednesdays, 5:30-7 pm. Begins July 13, LCE Classroom, \$98/Seniors \$85. (July 27 No Class)

*Instructor: Sherry Eggers*

**Beyond Beginning Spanish:** 7 Tuesdays, 6:30-8 pm. Begins July 12, Zoom, \$112/ Seniors \$95.

### Italian

*Instructor: Viviana Dragani*

**Beginning Italian:** 7 Mondays, 12-1:30 pm. Begins July 11, Zoom, \$112/Seniors \$95.

**Advanced Italian:** 7 Tuesdays, 12-1:30 pm. Begins July 12, Zoom, \$112/Seniors \$95.

## Family Matters

### Estate Planning 101

*Instructor: Rebecca O'Brien*

Tuesday, 7-9 pm. July 12, Zoom, \$30/ Seniors \$25.

### Babysitter Training

*Instructor: Windy Harrington*

Tuesday and Thursday, July 19 and 21, 4:15-7 pm, LCE Classroom, \$135.

### Write Your College Essay in 9 Days

*Instructor: Dr. Bruce Johnson from BKJ College Application Consulting*

In a little more than a week you will have produced an essay that presents both your authentic personality and solid writing skills. Classes begin in July and August. See website for complete details, LexingtonCommunityEd.org.

# Mind and Body

## Counter the Stress Response in 90 Seconds. Learn, Practice, and Create Mini-Meditations

*Instructor: Nick Suchecki*

Thursday, June 16th 6-7:30 pm. Monday, July 11 6-7:30 pm. Sunday, August 14, 2-2:30 pm. \$15 per session.

Explore powerful stress reduction techniques developed at the Benson-Henry Institute for Mind Body Medicine at MGH to get you through rush hour traffic, focus on work, relax before bed, and any other time you need to destress! Register for one or more sessions.

## Compassionate (nonviolent) Communication

*Instructor: Michael Koran*

5 Thursdays, 6-8 pm. Begins July 14, Zoom, \$100/Seniors \$85

Based on Marshall Rosenberg's book *Non-Violent Communication: A Language of Life*, we will explore ways to better connect with ourselves and others.

## The Health Benefits of Nature and Music

*Instructor: Nick Suchecki*

Monday, August 8, 6:00-7:30 pm. \$15.

Research demonstrates the health benefits of nature and music, and how we can intentionally interact with both to improve daily wellbeing. We'll explore research from a variety of fields which suggest that the lydian scale could be a powerful therapeutic tool. No previous musical experience necessary!

## Joyful Yoga

*Instructor: Linda DelMonte*

6 Fridays, 12-1:15 pm. Begins June 24, Hancock Church or Zoom, \$120/Seniors \$105.

## Yoga with Asha

*Instructor: Asha Ramesh*

**Hatha**, 6 Mondays, 7:30-8:30 pm. Begins July 11, Zoom, \$100/Seniors \$85.

**Hatha**, 6 Wednesdays, 7-8 pm. Begins July 13, Zoom, \$100/Seniors \$85.

**Chair**, 6 Saturdays, 10-11 am. Begins July 16, Zoom, \$100/Seniors \$85

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## On Our Cover

Artwork by Donna Calleja, Acrylic on Panel 10 x 8 in. Used with the kind permission of the artist. Donna is a teacher at LCE and is offering Acrylic and Collage classes with us this summer.

# About Lexington Community Education

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

## 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.

## 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.

LexingtonCommunityEd.org  
781.862.8043



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