



COMMUNITY EDUCATION

Lexington

AUTUMN
2022



On Our Cover

Tracy Levesque, *Reluctant Red Oaks*, 2022.
Acrylic on canvas, 18x24 in.
© Tracy Levesque, www.tracylevesque.net

Upon first viewing our autumn cover art with its background sky moving from blue to brightness I remembered the distinguished teacher, poet/philosopher, and painter Kaji Aso. Setting up display easels with his paintings to prepare for his talk, he pointed me to a large canvas with a single small butterfly hovering at the top edge and said, "I painted this butterfly to paint the wind." Mr. Aso's attempt to paint the wind, and the energy of *Reluctant Red Oaks* by Tracy Levesque bring to mind the fundamental importance of what stands in relief – behind what would appear to be the main point of focus, and how these points of perspective can merge, flip, and even trade places. In that same somersault spirit, you should know that while the director gets to choose the cover art and write the opening letter for the catalog (among other things), the bulk of the content created and curated at LCE comes from the programming staff. We are proud to welcome the new perspectives of Julian Calleja and Shirley Choy to our creative programming team. Their energy and ideas will become more pronounced in the terms ahead. As you browse the pages that follow, know that LCE is working for you and that you are the focus of each of the offerings and ideas here, both familiar and new. As Coleman Barks' Rumi says, "If you do not come, these do not matter."

— Craig Hall, *Director*

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

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LEXINGTON SCHOOL COMMITTEE

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Deepika Sawhney

About Lexington Community Education

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

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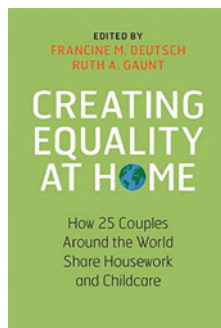
Catalog Design: Pehlke Design

Lexington Community Education presents

Creating Equality at Home: How Couples around the World Share Housework and Childcare

WITH FRANCINE M. DEUTSCH

Monday, Oct 3, 2022 • 7:00-8:30 pm • Follen Church Society,
755 Massachusetts Ave, Lexington • \$15 • SCEH



Creating Equality at Home (Cambridge University Press, 2020) tells the fascinating stories of 25 couples around the world whose everyday decisions about sharing the housework and childcare - from who cooks the food, washes the dishes, and helps with homework, to who cuts back on paid work - all add up to a gender revolution. From North and South America to Europe, Asia, and Australia, these couples tell a story of similarity despite vast cultural differences. By

rejecting the prescription that men's identities are determined by paid work and women's by motherhood, the couples show that men can put family first and are as capable of nurturing as women, and that women can pursue careers as seriously as their husbands do - bringing profound rewards for men, women, marriage, and children. Working couples with children will discover that equality is possible and exists right now.



From gender equality and the division of domestic labor in the contemporary American family to the status of child care workers, social psychologist

Francine M. Deutsch analyzes how gender shapes people's lives. She is particularly interested in the

resistance to gendered norms, and how, by undoing gender, couples can create equally-sharing families. Deutsch's book, *Halving It All: How Equally Shared Parenting Works* (Harvard University Press, 1999), received widespread publicity, including coverage on NPR's *Morning Edition* and a mention on *Oprah*. Deutsch has also studied male responses to female competence, friendship and the development of self-schemas, double standards and aging, information-seeking and maternal self-definition during the transition to motherhood, aspects of friendship among females, and the dynamics of the only child family in contemporary China. She has taught at Mount Holyoke, Vassar and Bates Colleges, LaGuardia Community College, and St. Lawrence University. In addition, Deutsch has held four research positions, including one as senior research associate at New York University, where she studied women during pregnancy and after the birth of their first child. She is currently Professor Emerita of Psychology, Mount Holyoke College.

Fighting Time

WITH AMY BANKS & ISAAC KNAPPER

Sunday, September 25, 2022 • 3:30-5:00 pm • Follen Church Society, 755 Massachusetts Ave, Lexington • \$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 and Isaac Knapper 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.



Isaac Knapper is currently the head trainer of the Crescent City Boxing Gym in New Orleans, LA. Isaac has a deep passion to help young kids avoid the psychological beat down and suffering that he experienced in the Department of Corrections. To that end, he volunteers to mentor and coach young boxers helping to keep them off the streets and away from violence.

THE FIVEASH LEGACY LECTURE

A Women's History of the Latin Language

WITH SKYE SHIRLEY

Wednesday, September 14, 2022 • 7:00-8:30 pm • Lexington Depot, 13 Depot Square • \$15 • **SSKY**



Latin has long been lauded as an ancient language spanning over millennia. It has rightly been exalted as a language of pagan poets, medieval saints, and innovative scientists. However, the standard experience for students of

Latin over the centuries has been to read only male authors, despite thousands of Latin texts by women. In this presentation, Skye Shirley will share a largely unknown parallel history of the Latin language rarely explored in even the most advanced Latin classrooms. She will also share how women Latinists are deeply relevant to Latin and humanities classes today.

Skye Shirley is a doctoral student in the Latin Department at University College London, where she is writing her dissertation on four seventeenth-century collections of Latin poetry written by women. She recently spent an exchange semester at Yale University in the Italian Department, where she researched intersections between Neo-Latin and early Italian texts by women. Her love of Latin began at Lexington High School, where she was a student of Dr. Fiveash, who inspired her to become a Latin teacher. She is proud to carry on his vision of increased equity in Latin studies. In addition to her doctoral research, Skye is the founder and director of Lupercal, an international organization dedicated to increasing opportunities for women in Latin language studies. Lupercal's first conference will take place this October 24-26 at the University of Lille in France.



The Fiveash Legacy Lecture is intended to honor and keep vital the memory and teaching legacy of Dr. Michael Fiveash, a long time and much loved Lexington High School teacher. Dr. Fiveash taught Latin, Mythology and Classics for decades at LHS,

and encouraged students in the love of literature and language; inspiring them to seek substance and depth by internalizing meaning found in the myths and wisdom storehouses of Classical literature. There are now two Lexington scholarships established in Michael's name. The first is for students intending to study the Classics at the college level, and the second is for LHS teachers who inspire the hearts and minds of students in similar ways.

The Civic Role of Poetry: For, By & Of the People

WITH RICHARD BLANCO

Friday, September 16, 2022 • 7:00-8:30 pm • Follen Church Society, 755 Massachusetts Ave, Lexington • \$15 • **SBLA**



Selected by President Obama as the fifth inaugural poet in U.S. history, **Richard Blanco** is the first Latino, immigrant, and gay person to serve in such a role. Born in Madrid to Cuban exile parents and raised in Miami, the negotiation of cultural identity characterizes his four collections of poetry: *How To Love a Country*, *City of a Hundred Fires*, which received the Agnes Starrett Poetry Prize from

the University of Pittsburgh Press; *Directions to The Beach of the Dead*, recipient of the Beyond Margins Award from the PEN American Center; and *Looking for The Gulf Motel*, recipient of the Paterson Poetry Prize and the Thom Gunn Award. He has also authored the memoirs *For All of Us*, *One Today: An Inaugural Poet's Journey* and *The Prince of Los Cocuyos: A Miami Childhood*, winner of a Lambda Literary Award. His inaugural poem "One Today" was published as a children's book, in collaboration with renowned illustrator Dav Pilkey. *Boundaries*, a collaboration with photographer Jacob Hessler, challenges the physical and psychological dividing lines that shadow the United States. And his latest book of poems, *How to Love a Country*, both interrogates the American narrative, past and present, and celebrates the still unkept promise of its ideals. Blanco has written occasional poems for the re-opening of the U.S. Embassy in Cuba, Freedom to Marry, the Tech Awards of Silicon Valley, and the Boston Strong benefit concert following the Boston Marathon bombings. He is a Woodrow Wilson Fellow and has received numerous honorary doctorates. He has taught at Georgetown University, American University, and Wesleyan University. He serves as the first Education Ambassador for The Academy of American Poets.

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.**

Living the Life of Today

WITH EDWARD ESPE BROWN

Thursday, September 29, 2022 • 7:00-8:30 pm • Follen Church Society, 755 Massachusetts Ave, Lexington • \$15 • **SLT**



Is there anyone who knows better how to live *your* life than you? A lot of people seem to think so, and they're ready to tell you, and sell you on their product, their news, their stories, their teachings, their image. You could buy in and attempt to get to where they've gotten but before you know it, you're in default mode. In an old Zen story the master Huang Po challenges his students saying, "All

of you gobblers of dregs! If you keep on like this, when will you have today?" The life of today is happening as we speak, and for better or worse it's completely yours—always about to be lived. Our on-going study then is how to get in the driver's seat and steer our vehicle where we choose, making the choice from our innermost being. More and better instructions, admonitions, teachings? More directives or commands? Or less gobbling up the dregs of the lives of others? Let's gather together and see what the story is today.

Master cook, baker, author, and Zen priest, **Edward Espe Brown** began cooking and practicing Zen in 1965. He was the first head resident cook at Tassajara Zen Mountain Center from 1967 through 1969. Later he worked at the celebrated Greens Restaurant in San Francisco, serving as busboy, waiter, floor manager, wine buyer, cashier, host, and manager. Ordained as a zen priest by Shunryu Suzuki Roshi in 1971, he has taught meditation retreats and vegetarian cooking classes throughout North America and Europe. Author of several bestselling cookbooks, including *The Tassajara Bread Book* and *The Complete Tassajara Cookbook*, he is also author of *The Most Important Point: Zen Teachings of Edward Espe Brown*, *No Recipe: Cooking as Spiritual Practice*, and the editor of *Not Always So*, a book of lectures by Shunryu Suzuki Roshi. The critically acclaimed 2007 documentary film *How to Cook Your Life* features Edward teaching in Austria and California. He resides in Fairfax, California.

The Pen and the Trowel

WITH MARTA McDOWELL

Thursday, October 27, 2022 • 7:00-8:30 pm • Lexington Depot, 13 Depot Square • \$15 • **SP&T**



PHOTO BY SARMA OZOLS

Emily Dickinson once described herself as "a lunatic on bulbs." Frances Hodgson Burnett of Secret Garden fame, called herself "flower drunk." For the past 30 years, Marta McDowell has been occupied—some might say preoccupied—with writers who garden. Researching their horticultural interests has changed her planting beds as well as her bookshelves. Starting with Mark Twain, one of Wave Hill House's illustrious tenants, and connecting

to authors ranging from Dickinson to Emerson, Harriet Beecher Stowe, Beatrix Potter and Burnett, McDowell will explore the writer-gardener connection in their gardens and her own.

Marta McDowell teaches landscape history and horticulture at the New York Botanical Garden and consults for private clients and public gardens. Her latest book is *Unearthing The Secret Garden*, about the inspiration for the classic children's book. Timber Press also published *Emily Dickinson's Gardening Life*, *The World of Laura Ingalls Wilder*, New York Times-bestselling *All the Presidents' Gardens*, and *Beatrix Potter's Gardening Life*, now in its eighth printing. Marta's new book about garden themes in murder mysteries, is due out from Timber Press in 2023. She was the 2019 recipient of the Garden Club of America's Sarah Chapman Francis Medal for outstanding literary achievement.

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
Maxima Book Center in Lexington.
www.maximacenter.com

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



HER VOICE AMONG THE AISLES:

A Celebration of Emily Dickinson through Poetry & Song

WITH ANNINA HSIEH (SOPRANO), LEONA CHEUNG (PIANO),
& READINGS BY POETS TOM DALEY AND CAMMY THOMAS

Saturday, September 17, 2022 • 7:30-9:00 pm • Follen Church
Society, 755 Massachusetts Ave, Lexington, MA • \$20 • \$12E

Emily Dickinson is largely considered one of the leading poetic voices of the 19th century. Her words have inspired many composers who have set her words to music. Annina Hsieh, soprano and Judy Park, piano will perform selections from Aaron Copland's playful, tragic, personal, perennial, and ethereal song cycle *Twelve Poems of Emily Dickinson*, as well as settings of Dickinson's verse by other American composers. Poets Tom Daley, and Cammy Thomas will recite and provide insights into 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 strives to connect 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.



Leona Cheung is a Boston-based collaborative pianist. Her deep devotion to Art Song repertoire has brought her to perform in the Oxford Lieder Festival, Leeds Lieder Festival, Toronto Summer Music Festival, Franz Schubert Institut and Songfest. She earned her Master of Music and Graduate Diploma in Collaborative Piano from New England Conservatory, and a Bachelor of Music degree in Piano Performance from Hong Kong Baptist University.



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 Lexington Community Education 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, MA.

I, Teresa De Lucena: Reflections On The Trial Of A Conversa

WITH ELLEN KANNER AND ANNIE ZEYBEKOGLU

Monday, October 17, 2022 • 7:00-8:30 pm • Lexington Depot, 13
Depot Square • \$15 • STDL



History guards its myths and misconceptions. If you thought the pivotal moment in Spanish history was 1492 and that the Spanish Inquisition was established to persecute the Jews, you would not be alone. But modern Spanish history was set in motion in 1391, when anti-Semitic riots swept across the peninsula and forced waves of Jews to convert to Catholicism. In 1480, after decades of violent

conflict between the new Christians, known as conversos, and Old Christians, Ferdinand and Isabel established the Spanish Inquisition to identify and root out those conversos suspected of observing Jewish practices in secret. *I, Teresa de Lucena: Reflections on the Trial of a Conversa* tells the story of this complex chapter in Spanish history through an intimate lens: the Inquisition trial testimony of a woman who lived through it. Born into a distinguished converso family in Toledo in 1467, Teresa de Lucena was seventeen when she faced the Inquisition for the first time. Forty-five years later, she spent eighteen months in an Inquisition jail and after a lengthy trial, was convicted of heresy. Saved by her wits, she survived. How do you make this complicated story accessible and beautiful? Ellen and Annie will discuss how they built the book: why Teresa's story is translated in her own voice and how they wove together Teresa's testimony with Ellen's commentary and Annie's illustrations to evoke the time and place of Teresa's life in early modern Spain.



Ellen Kanner is an independent scholar. She has lived and studied in Spain for many years and offers courses for lifelong learners in Spanish history and the history of the Jews of Spain. Ellen translated Teresa de Lucena's trial testimony from archival documents and created the historical notes and personal reflections that accompany the text. She holds a BA in Hispanic Studies from Smith College, and an MAT in Spanish from Johns Hopkins University.



Annie Zeybekoglu is an artist and book designer with more than 40 years experience. She taught Drawing, Graphic Design, and Book Design at Lexington High School for 17 years, and frequently offers courses at Lexington Community Ed. Annie designed the book format; her line drawings and art appear throughout the book. She holds a BA in Art from Smith College, and an MAT in Art from Harvard.

ARTIST TALK

Reflecting the Self through Image and Memories

WITH SUNG JI LEE

Thursday, October 13, 2022 • 7:00-8:30 pm • Lexington High School • \$15 • **SRSI**



It is the medium of past experience, as the ground is the medium in which dead cities lie interred. He who seeks to approach his own buried past must conduct himself like a man digging.

— Walter Benjamin

Memories reflect the way we perceive the

world. We each remember in different ways during different life stages, making each individual's memories unique. After going through big transitions in her personal life, South Korean born artist Sung Ji Lee discovered an unbearable distance between her perceptions and her memories, which she would not have noticed if her life had gradually changed over time. This distance between past, present, people, culture, and continents strongly stirred emotions and left her both perplexed and compelled to produce connecting art. In her work, Sung Ji purposely recollects her old memories in order to cope with the ambiguity and discomfort which continues to circulate around her. Through her artistic process and pedagogy Sung Ji tries to find a way to harmonize self and scattered memories. By using the medium of thread and clay, Sung Ji synthesizes memories across time to make them live again in her work producing memories that are no longer ambiguous, but articulated in a tangible and visible form.

Sung Ji Lee is a fiber artist who uses traditional textile techniques such as weaving, tapestry, knitting, crochet and sewing to create mixed media textile art and installation. She juxtaposes textile elements with ceramics to embody the duality of memories – motionless and evolving. She received an MFA from the University of Massachusetts, Dartmouth in 2021. She received the B.S. and M.S. degrees in clothing and textiles and the Ph.D. degree in clothing ergonomics from Seoul National University, Seoul, Korea.

STEPHEN COLLINS AND POORNIMA KIRBY PRESENT

A Christmas Carol

BY CHARLES DICKENS

Saturday, December 17, 2022 • 3:00-4:30 pm • Follen Church Society, 755 Massachusetts Ave, Lexington, MA • \$15 • **SACC**



"I will live in the Past, the Present, and the Future. The Spirits of all Three shall strive within me. I will not shut out the lessons that they teach."

— Charles Dickens, *A Christmas Carol*

Join actors Stephen Collins and Poornima

Kirby for a performance of Dickens's *A Christmas Carol* adapted for two performers by Poornima Kirby. Stephen will portray both the young and older Scrooge. Poornima will portray the ghosts as well as Bob Cratchit and other characters. Join us for a dramatic retelling (including carols and dance) that resonates with the holiday season and displays the regenerative power of the human spirit.

Creating Community/ Around Town

In collaboration with Lexington Community Education & supported by Massachusetts Cultural Council (MCC), Shadaj Presents:

Hindustani Classical Concert by Purbayan Chatterjee (Sitar), Rakesh Chaurasia (Flute), Ojas Adhiya (Tabla)



Purbayan Chatterjee is considered as one of the finest Sitar players in Indian Classical music and has attained a very special place for himself among the musicians and music lovers around the world.

Rakesh Chaurasia, the nephew of flute maestro Pandit Hariprasad Chaurasia and child prodigy, has a famous name to live up to. Amongst the promising musicians of the second generation, Rakesh has carved a niche for himself as an accomplished flautist.

Ojas Adhiya was a child prodigy, born in Chikhli, Maharashtra State.

SPUR, 1 Sunday, September 25, 2022 • 6:00 pm • Lexington Depot, 13 Depot Square, Lexington, MA • \$30, free for seniors and students with ID.

For more information about the Shadaj concert series please visit www.shadaj.org



Media production classes at LexMedia, this page.

Citizens' Academy

Instructors: Town Department Heads and Managers

Join the annual free Citizens' Academy and learn about the inner workings of Lexington Town Government! The program is designed to expose residents to the various Town departments so they can gain a better understanding of how municipal government works. Through presentations, discussions, and visits to Town departments, participants have the opportunity to hear from various Directors and Managers and learn about the operations of Town programs and services. It is intended as a two-way dialogue between Town staff and residents. Participants discover new opportunities for public involvement and the role they can play in Town government.

Meets 10 Thursdays, 7:00-9:00 pm. Begins September 8, 2021, Zoom/ Hybrid in Person. To register, or for more information, contact: James Robinson, Town Manager's Office: jrobinson@lexingtonma.gov or at 781-698-4543.

Home Alone

Instructors: Officers of the Lexington Police and Fire Department

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

K009, 1 Wednesday, 6:30-7:30 pm. Meets September 28, Lexington High School, Science Lecture Hall, \$5.

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:

Inspiring Young People to Vote in an Election Year, with Kei Kawashima-Ginsberg

Saturday, September 10, 2022, 8:00 pm.

Stories, Activism and Dreams: The Collages of Ekuah Holmes

Saturday, December 10, 2022, 8:00 pm.

The Art of Conversation with Meghna Chakrabarti

Saturday, March 18, 2023, 8:00 pm.

Cary Lectures are free to all, and tickets are not required. While normally able to accommodate all who wish to attend, in the very rare case where there may not be sufficient seats, preference will be given to Lexington residents. Come early for the best seat!

For more information visit: <https://carylectureseries.org/>

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 George Eliot's *Middlemarch*

Instructor: Tracy Marks

Middlemarch, George Eliot's most famous novel, was admired by Virginia Woolf as "one of the few English novels written for grown-up people." An engaging character study and exploration of 19th century society, *Middlemarch* introduces us to the idealistic Dorothea Brooke, the narrow-minded scholar/clergyman Casaubon, and the reformist doctor/artist Will Ladislaw, who gain or fail to gain self-knowledge through conflict. Online class sessions will involve mini-lectures, discussion and film clips from the BBC mini-series. Students should expect to read about 90 pages a week. Please read the first eight chapters before the first class.

HGEM, 7 Fridays, 12:30-2:30 pm. Begins September 23, Zoom, \$165/Seniors \$140.



**SPINNING THROUGH HISTORY:
IPSWICH LAND AND SEA**
p. 30

NEW Leo Tolstoy: Novellas and Stories

Instructor: Tracy Marks

Would you like to reflect upon the meaning of life as you read two Russian masterpieces about people transformed by their confrontation with mortality? To explore 19th century Russian author Leo Tolstoy's short fiction about love and marriage? In this online course, we will read and discuss three Tolstoy novellas - *Death of Ivan Ilyich*, *Master and Man*, and *Family Happiness* - as well as two of his short stories. We will also watch online video clips related to these novellas. Although early translations of these works are online, the instructor recommends purchasing translator Ann Slater's edition of the first two novellas. No reading is required before the first meeting, but please have the *Ivan Ilyich* novella available during class.

HLTS, 5 Mondays, 12:30-2:30 pm. Begins October 31, Zoom, \$120/Seniors \$100.

NEW Shakespeare's *Antony and Cleopatra*

Instructor: Cammy Thomas

What are the claims of love? What are the claims of loyalty? Of statecraft? Of honor? What if answering one claim means betraying or denying another? Such are the questions posed by *Antony and Cleopatra*. Cleopatra, the last pharaoh of Egypt, and Antony, one of the rulers of ancient Rome, are in love, and every element of that love challenges their safety, and their worldly success. They do not belong together. She is a Greek-Egyptian. He is Roman. She rules by fiat, he by law. He is part of an unstable ruling triumvirate and can ill afford distraction. She has earlier risked her kingdom for another Roman, Julius Caesar. They kindle each other's passions, so reason is put aside. And her femaleness: is it a weapon? a weakness? Does his maleness signal strength or stupidity? How does the play view Egypt? Rome? "Age cannot wither her, nor custom stale her infinite variety," says Enobarbus of Cleopatra. Let's see whether he's right.

HSAC, 7 Thursdays, 7:30-9:00 pm. Begins September 15, 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 October 19, Lexington High School, Room 220, \$110/Seniors \$85.

British Slavery and Abolition

Instructor: Mark Andersen, Ph.D., CFA

Great Britain was responsible for transporting and enslaving far more human beings than the United States, yet it is often overlooked in the US. Britain abolished the slave trade in 1807, policed the high seas, and then provided for gradual emancipation of slaves in 1833, decades before the US Civil War. How did the population engage with slavery? What sorts of arguments were used to support slavery and challenge this institution? In this class, we will read what contemporaries wrote about British slavery. Our purpose will be to better understand how people might justify actions which seem to us immoral and unethical. Why is this relevant? Firstly, as we think about modern race relations and the US political sphere, we may see echoes of these arguments. Secondly, insofar as people became attached to slavery as necessary, it bears some resemblance to current concerns about fossil fuels and global warming. For each class, students will read several pamphlets or arguments about slavery (50-100 pages), including for the first class. The format will be an open discussion about what we are reading, so please plan to read before each of the three classes. A syllabus will be provided in advance.

HCIV, 3 Tuesdays, 7:00-8:30 pm. Begins November 1, Zoom, \$70/Seniors \$55.



Poornima Kirby and Stephen Collins perform a two-person adaptation of *A Christmas Carol*, page 7.

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 Tuesdays, 3:00-4:30 pm. Begins October 4, Hybrid: Zoom or LCE Classroom, \$100/Seniors \$85.

NEW The US in the Cold War

Instructor: Andrew Chatfield, Ph.D.

This course will trace the cultural, social, economic, political, and diplomatic

components of America during the Cold War, beginning in 1945 with its origins and outbreak. We will closely parse the events in the mid-1940s that sowed the seeds of mistrust, suspicion, and tumult and move on to the Korean War, to American and Soviet nuclear arsenals and strategies in the 1950s, to Cold War culture in the US, to the Vietnam War, to the Watergate catastrophe, and finish with the Carter and Reagan presidencies and the end of the Cold War.

HUCW, 6 Thursdays, 3:00-4:30 pm. Begins October 6, Hybrid: Student choice of Zoom or Classroom, \$100/Seniors \$85.

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, 6:30-7:30 pm. Meets October 26, Zoom, \$30.

Historic Ipswich: 17th-18th Century Houses, Streetscapes & Gravestones

Instructor: Gordon Harris

Ipswich, Massachusetts is known as America's best-preserved Puritan town, and its residents have been the proud custodians of its history and structures. The 1764 Choate Bridge on South Main St. is the oldest documented double stone arch bridge in America. Join Ipswich town historian Gordon Harris for a virtual tour of the historic neighborhoods of Meeting House Green, High Street, the East End, and the South Green, and their well-preserved streetscapes of 17th and 18th century homes. Of the roughly 300 houses left standing that were constructed (in part or in whole) during the first century of English settlement, 59 are in Ipswich. We go inside several of these houses and identify First Period elements based on appearance, layout and architectural features that distinguish them from the succeeding Georgian era. We also visit the Old North Burying Ground, which 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 Boston's Park family of carvers. The 1.5 hr presentation is accompanied by photos of the historic neighborhoods of Ipswich, digitally remastered from glass plate negatives taken by George Dexter, Arthur Wesley Dow and Edward Darling in the last half of the 19th Century and early 20th Century.

HHIP, 1 Thursday, 6:30-8:00 pm. Meets October 13, Zoom, \$30.

Walking Tour of the Ipswich Old North Burying Ground

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.

HHWT, 1 Saturday, 2:00-3:00 pm. Meets October 15, Old North Burying Ground Ipswich, MA, \$30.



BEFORE COLTRANE: GREAT JAZZ TENOR SAXOPHONISTS
with Dr. Lewis Porter, *this page*.

NEW Native American Stories: Fact or Fiction?

Instructor: Joan Lester

In this class, we will revisit stories including the first Thanksgiving, the first constitution in America. Pocahontas and Captain John Smith, the real names of tribal leaders known as Sitting Bull and Rain in the Face, the discovery of America, Custer's Last Stand, the Battle of Wounded Knee, and the value of treaties as explained by past and present Native American voices.

HNFP, 2 Wednesdays, 10:30 am-12:00 pm. Begins October 12, LCE Classroom, 146 Maple Street, \$35.



Michael Koran teaches Wisdom from World Religions, this page.



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

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, 7:30-8:30 pm. Begins September 22, Zoom, \$50/Seniors \$40.

NEW Wisdom From World Religions

Instructor: Michael Koran

Dr. Patch Adams said, "The most revolutionary acts one can commit in our world is to be happy and commit random acts of kindness and senseless acts of joy!" In this course we'll discover how embracing what's happening right now may reveal divine energies that move us to live a joy-full life? We'll explore how the wise ways of the sacred traditions of the world -- Judaism, Christianity, Islam, Buddhism, Hinduism, Taoism and Shamanism-- can vitalize us. We will be guided by *The World's Religions* by Huston Smith and *The World's Wisdom* by Phillip Novak.

HROW, 8 Mondays 7:00-9:00 pm. Begins October 3, Zoom, \$160/Seniors \$140.

Popular Song and Poetry

Instructor: Brian M. O'Connell

This six-part series of lectures will present the ways in which poetry intersects with 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 in our quest to discover the poetry within the song, learn background information about the writers and listen to musical interpretations by various artists.

HPSL, 6 Wednesdays, 7:00-8:30 pm. Begins September 7, Zoom, \$75/Seniors \$60.

Before Coltrane: Great Jazz Tenor Saxophonists

Instructor: Dr. Lewis Porter

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. **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.

BCJT, 1 Sunday, 3:00-5:00 pm. Meets October 23, Zoom, \$20.

A CELEBRATION OF EMILY DICKINSON
through Poetry and Song, p. 6



Musician and mindfulness teacher Nick Suchecki leads *The Health Benefits of Nature and Music*, p. 34.

An Evening of Sitar and Tabla with David Whetstone and Shantilal Shah

David Whetstone is a disciple of the legendary sitarist, Ustad Vilayat Khan. He has collaborated and toured extensively with poets Robert Bly and Coleman Barks, appearing with them in numerous recordings and films. David co-founded Ragamala Music & Dance Theater and supplied original text, stories and music utilizing both Indian and Western vocal and orchestral idioms, for critically acclaimed programs such as *Ragamala*, *The Puppet Master*, *Canticle of Mary*, and *Ashoka, Beloved of the Gods*. David has performed in venues such as Lincoln Center, the Metropolitan Museum of Art, and the Guthrie Theater. Recent appearances have been with poets Li-Young Lee and Jane Hirshfield, writer Mirabai Starr, and theologian Matthew Fox. David lives in Minneapolis, and is a Senior Lecturer at Carleton College.

Shantilal Shah has been studying and performing Indian Classical Music with intense passion for the last 40 years. His basic taalim was under Pandit Mahadev Prasad Mishra of the Banaras Gharana, and later became a worthy disciple of Taal-Yogi Pandit Suresh Talwalkar. His deep knowledge of music has allowed him to shine in particular as an accompanying artist, having performed with some of

the greatest names in Indian Classical music including Pt. Jasraj, Pt. Hariprasad Chaurasia. Pt. Rajan Misra and Pt. Sajan Misra.

SD&S, 1 Saturday, 7:00-8:30 pm. Meets September 24, Zoom, \$20.

BEGINNING HINDI: A LANGUAGE AND CULTURE SAMPLER

with Rita Pandey, p. 22

NEW A Verdi Trio and Metropolitan Opera Premier

Instructor: David Collins

The Met's first performance of Cherubini's "Medea" opens our Fall class. The title role, made famous by Maria Callas, is one of the fiercest in the repertoire. Beethoven said that Cherubini was his only equal and Wagner thought of him as a "master of his craft". Our opera trio - "La Traviata", "Stiffelio" and "Rigoletto" - will focus on Verdi's treatment of uncommon subject matter at that time; prostitution, adultery and deformity. We begin our trio with "La Traviata" as it will be the second Met HD screening. We will use audio and video throughout the class.

HVTO, 3 Tuesdays and 1 Thursday, 6:30-9:15 pm. Begins October 6, and meets 11/1, 11/15, and 11/22, Zoom, \$115/ Seniors \$100.

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 September 29, Zoom, \$65 for 1 person / \$100 for 2 people.

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 Tuesdays, 6:30-8:00 pm. Begins October 11, 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/>



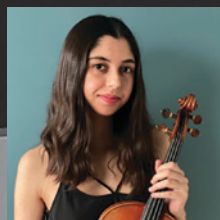
Jane Wong
Piano, Voice



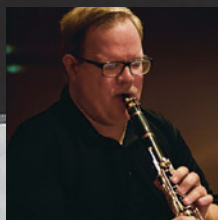
Annina Hsieh, Voice,
Beginning Piano



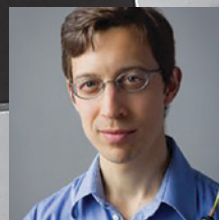
Immei Wong
Violin



Simone Cartales
Violin, Viola



Bill Kirkley
Clarinet



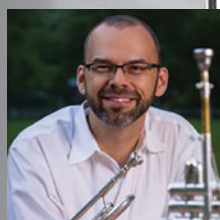
Ben Fox
Oboe



Brian Kane
Saxophone



Ellen Donohue-Saltman
French Horn



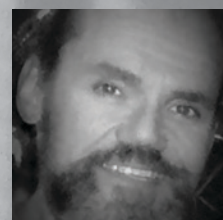
Greg Gettel
Trumpet



James Lattini
Percussion/Drum Set



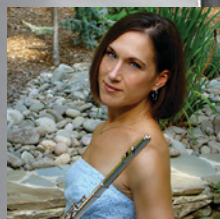
Allan Espinosa
Violin, Viola



Robert Butler
Guitar



Jerry Vejmla
Sax, Clarinet



Jessica Lizak
Flute



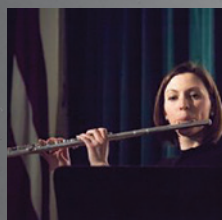
Jobey Wilson
Tuba/Euphonium



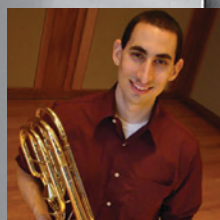
John Claybourne
Drums



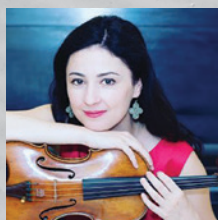
Nancy Radnofsky
Clarinet



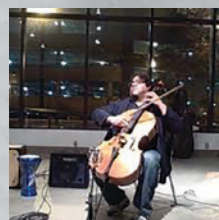
Ona Jonaityte
Flute



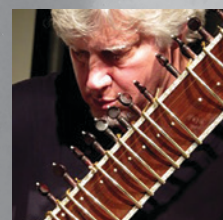
Phil Hyman
Trombone/
Euphonium



Raluca Dumitrache
Violin/Viola



Robert Rivera
Cello and Bass Guitar



David Whetstone
Sitar

Music Performance/ Theatre Arts

Instrumental Camerata for Adults

Instructor: TBD

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, 8 Thursdays, 7:30-9:00 pm. Begins September 29, Lexington High School, \$200/ Seniors \$180.

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 September 24, Zoom, \$65/Seniors \$55.

Learn Guitar in the Style You Want to Play

Instructor: Robert Butler

For centuries, the music of the guitar has had an inspirational and profound effect on people of all ages with colorful melodies and stirring rhythms from every culture. Known for his relaxed yet structured classroom style, teacher, guitarist Robert Butler engages his students with a diverse curriculum of music styles from Classical, Pop/Rock, Ethnic, Folk and more. Through



Robert Butler teaches Learn Guitar in the Style You Want to Play, this page.

classroom demonstrations and individual instruction, students of all levels 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. Come join our friendly group this fall.

MRGW, 4 Thursdays, 6:30-9:00 pm. Begins September 29, Lexington High School, Room 166, \$120/Seniors \$110.

M2GRW, 4 Thursdays, 6:30-9:00 pm. Begins October 27, Lexington High School, Room 166, \$120/Seniors \$110.

NEW Cabaret Showstopper!

Instructor: Jane Wong

Have you always wanted to sing and perform in front of an audience? Here's the time to bring your enthusiasm and let your inner performer out! In this class, we will learn some Broadway hits, from oldies to contemporary repertoire. You are welcome to bring your favorite song ideas to practice as a class project. The class will culminate with an informal performance in front of an audience. All levels are welcome.

MCAB, 8 Wednesdays, 6:30-7:45 pm. Begins September 28, Lexington High School, Room 140, \$110/Seniors \$100.

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 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 speech, for getting buy-in during a presentation at work or at home, and as an influencer. 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 Thursdays, 7:00-9:00 pm. Begins September 29th, Lexington High School, \$125/Seniors \$115.



IN GOOD TIME: STRATEGIES FOR A WELL-TIMED LIFE

with Pam Kristan, p. 35

Writing

Whether it originates from memory or fantasy, takes shape as poetry or prose, our expert writing staff will help you get your word out.

NEW Descriptive Writing: Writing from the Five Senses

Instructor: Tracy Marks

Do you want to write prose or poetry that sparkles with vivid sensory detail and imagery? To write more precisely and concretely? In this online zoom course, you will read and discuss superb examples of descriptive writing, engage in class exercises, and participate in workshoping optional writing assignments. Although we will focus on fiction and poetry, nonfiction writers also will benefit.

WDWS, 4 Tuesdays, 6:30-8:30 pm. Begins September 20, Zoom, \$95/Seniors \$80.

NEW Prose Poetry and Flash Fiction

Instructor: Tracy Marks

Prose poetry is poetry written in paragraph form. It may be an impression, description, memory or scene almost anything goes! Flash fiction is short short stories, brief narratives which are rarely more than a page in length. The two are often indistinguishable from each other. In this online course, we will read and discuss examples from these related genres, write our own prose poetry and/or flash fiction, and constructively workshop each other's writing in a supportive environment.

WPPF, 3 Tuesdays, 6:30-8:30 pm. Begins October 25, Zoom, \$75/Seniors \$60.

NEW Metaphor and Simile for Creative Writers

Instructor: Tracy Marks

Do you want to generate original metaphors and similes revealing multiple layers of meaning? Discussing written examples and doing practice exercises, we will expand our capacity for metaphorical thinking and writing. Although this course is oriented toward writers, it is also likely to be helpful to artists and anyone wishing to become more adept at generating effective and inspiring similes and metaphors.

WMSC, 3 Tuesdays, 6:30-8:30 pm. Begins November 15, Zoom, \$75/Seniors \$60.

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, 8 Wednesdays, 4:00-6:00 pm. Begins October 19, Zoom, \$220/Seniors \$185.

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, 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 October 14, 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, 8 Wednesdays, 6:30-8:30 pm. Begins September 21, Zoom, \$220/Seniors \$185.



THE CIVIC ROLE OF POETRY
with Richard Blanco, p. 4

The Art of Literary Translation Seminar

Instructor: Barbara Thimm

In this two-hour class, we will look at literary translation as a reading and writing practice by looking at published translations and trying our hand at various translation exercises. Participants are encouraged to read the article from Lithub.com "10 Literary Translators on the Art of Translation", where 10 translators speak about their approaches to literary translation. *This class is co-offered with CCAE, and in-person classes will meet in Concord this fall.*

WLTT, 1 Wednesday, 4:30-6:30 pm. Meets September 21, Concord Carlisle Adult & Community Education, 500 Walden St, Concord, MA, \$30/Seniors \$25.



THE PEN AND THE TROWEL
with Marta McDowell, p. 5



Brad Bennett teaches *An Introductory Haiku Workshop and Japanese Aesthetics in Haiku*, this page.

Introduction to the Art of Literary Translation

Instructor: Barbara Thimm

Literary translation is a rewarding intellectual and creative practice. It asks us to pay close attention to many different elements in the original, such as vocabulary, syntax, and rhythm, and to think about the possibilities of transforming our observations into a literary text. Our engagement with literary translation thus requires skill, imagination, and a sensitive reading of the text we are translating. 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 explore the practical side of translation through a variety of exercises. You will have developed a deeper appreciation of translation and its complexities at the end of the class. *This class is co-offered with CCAE, and in-person classes will meet in Concord this fall.*

WLIT, 4 Mondays, 4:30-6:30 pm. Begins September 19, Concord Carlisle Adult & Community Education, 500 Walden St, Concord, MA, \$120/Seniors \$100.

An Introductory Haiku Workshop

Instructor: Brad Bennett

Celebrate the extraordinary in the ordinary with the most popular poetry form in the world! Haiku connects us more deeply to the natural world and

can provide solace in difficult times. In this three-part on-line class, we will learn about the history and key elements of haiku, including concision, a seasonal setting, and the juxtaposition of concrete experiences. Using writing prompts, we will also try our hand at writing some haiku poems. Everyone is welcome to this fun and supportive workshop, beginners and folks who have written haiku before.

HHAI, 3 Tuesdays, 6:30-8:00 pm. Begins October 11, Zoom, \$55.



Barbara Thimm teaches *Introduction to the Art of Literary Translation*, this page.

Japanese Aesthetics in Haiku

Instructor: Brad Bennett

The haiku, a very concise poem that highlights the extraordinary in the ordinary moments of our lives, originated in Japan over 400 years ago. Japanese aesthetic concepts have influenced haiku writing for centuries. In this six-part on-line class, we will start with an introduction to the major elements of haiku, and then we will examine six Japanese aesthetic concepts and how they continue to inform modern English-language haiku. *Wabi sabi* is the appreciation of beauty in that which is imperfect, incomplete, or impermanent. *Yugen* means quiet grace and mystery. *Ma* can be defined as an emptiness full of possibilities. *Mono no aware* is about pathos and deep compassion. If you write with *Karumi*, that means that you write with a light touch. *Zoka* is the dynamic energy of nature. Each week, we will also try our hand at writing haiku inspired by these Japanese concepts.

JAIIH, 6 Tuesdays, 6:30-8:00 pm. Begins November 1, Zoom, \$105.

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, 10:00-11:30 am. Begins October 14, Zoom, \$90/Seniors \$80.



Ivan Orlinsky teaches *Watercolor and Watercolor En Plein Air*, facing page.

Drawing is Thinking

Instructor: Annie Zeybekoglu

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

HADT, 5 Fridays, 11:30 am-1:00 pm. Begins October 14, Zoom, \$90/Seniors \$80.

NEW Calligraphy

Instructor: Alma Bella Solis

Learn the timeless art of beautiful writing using Uncial-Foundational script. After a brief overview of the history of calligraphy and the original scripts of Western Calligraphy we will experiment with spacing between letters, words, and between sentences/verses and paragraphs; and the proper angle in nib usage. Students will write their favorite poem, quotation, or any text of their own choosing in Uncial-Foundational script toward the end of this session. Mastery can be achieved by a focus on penmanship skills in both print and long hand, as well as practicing and using the skills learned in class.

KCAL, 8 Mondays, 4:00-6:00 pm. Begins September 12, and meets 9/19, Oct. 3, 17, 24, 31, Nov. 7, 14, [no class 9/26, 10/10] Zoom, \$220.

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 Wednesday, 10:00-11:30 am. Meets November 2, Zoom, \$25.

Introduction to Collage

Instructor: Donna Calleja

Collage with paper and other materials is an art form used in a wide range of styles and subjects. We will explore color and composition to create beautiful works from materials you already have at home and look at the collage art of contemporary and master artists including Picasso and Matisse to inspire us. The class will include demonstrations and hands-on making of independent projects with guidance from the instructor. No prior art experience is required but those with prior art experience will have the opportunity to experiment with new art styles, materials and techniques.

AITC, 5 Tuesdays, 10:00 am-12:00 pm. Begins September 27, Hybrid: LCE Classroom or Zoom, \$105/Seniors \$90.

Introduction to Acrylic Painting

Instructor: Donna Calleja

Style 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, underpainting and paint application techniques and develop a personal painting style to interpret in an original acrylic landscape or still life painting. The class will combine teacher demonstration with time devoted to individual instruction.

ADAC, 7 Thursdays, 10:00 am-12:00 pm. Begins September 22, LCE Classroom or Zoom, \$145/Seniors \$125.

Watercolor

Instructor: Ivan Orlinsky

This class is for both beginners and artists who have some experience with watercolor. We will begin with an overview of the history of watercolor as a medium, successful watercolor painters from the past and present and getting acquainted with the materials and supplies we will

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

AWAT, 4 Mondays, 6:30-8:30 pm. Begins September 12, Zoom, \$90/Seniors \$75.

Watercolor En Plein Air

Instructor: Ivan Orlinsky

Plein air or (related to painting outdoors in daylight) was a way of painting used by many of the Impressionist painters such as Monet, Renoir and Degas. Water color is a great medium for painting plein air as you are able to quickly capture the light and feeling of what you see. Many artists use their plein air painting for further work at home. We will execute a few five minute studies to decide on composition and color value and then you can work on a more finished painting. In addition to the regular supply list, I would suggest the following items: A portable easel (if you do not have this, you can work on a board); A comfortable folding chair; A hat and suntan lotion and Drinking water. Regular supply list: Watercolor tubes or pans, colors: Cadmium and lemon yellow, Cobalt and Cerulean blue, Cadmium and Vermillion red, Burnt Sienna and Paynes grey. Brushes: Number 10 and 12 round and a few flat brushes, 1/2 and 1 inch. A palate of your choice, a few rags and two containers for water.

DWATB, 3 Mondays, 9:00-11:00 am. Begins September 12, Follen Church Society, 755 Massachusetts Ave, Lexington, MA, \$70/Seniors \$60.

Chinese Brush Painting

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 October 3, Hybrid (week 1 and 3 in person, LCE Classroom, weeks 2 and 4 on Zoom), \$125/Seniors \$105.

Oil Pastel Art Studio for Adults

Instructor: Alma Bella Solis

Using oil pastels, you will produce your own compositions, interpreting subjects ranging from still life to human figures. Drawing methods used in this course are outline, contour then the creative strokes using the oil pastel sticks in achieving perspective, proportion, contrast, depth and dimension of the subjects chosen. Oil pastels are waxy and thick with the pigment being mixed with non-drying oil thus the thicker pad is used e.g. Canson, Strathmore.

ACHR, 6 Wednesdays, 3:30-5:30 pm. Begins October 12, Zoom, \$165.

Charcoal and Pastel 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 limited to 7 students.

ALMS, 6 Fridays, 3:30-5:30 pm. Begins September 30, Zoom, \$165.

What is Felt Making?

Instructor: Elizabeth Stubbs

Felt is the oldest textile known to humankind and is found in many cultures throughout the world. Felt has always had

many practical uses and in the past few decades has become a popular medium for fiber artists. This 2-day introductory class is for those who have never felted before and want to know what it's about. Participants will experience a taste of both wet-felting and needle-felting. All materials will be supplied, with a \$20 materials fee to be paid to the instructor at the first class.

AWFM, 2 Mornings, 9:30 am-12:30 pm. Meets September 19 and 20, Zoom, \$50/Seniors \$40.

Introduction to Felt Making

Instructor: Elizabeth Stubbs

This six-week class is for beginners or for those who have only recently begun their felting journey. Through weekly projects, we will explore both needle felting and wet-felting in two and three dimensions. All materials will be supplied, with a \$60 materials fee to be paid to the instructor at the first class.

AIFM, 6 Tuesdays, 1:30-4:30 pm. Begins September 20, Zoom, \$185/Seniors \$150.

Continued Explorations of Wet-Felting in Three Dimensions

Instructor: Elizabeth Stubbs

This class is for experienced felt makers. With guidance from the instructor, participants will use various experimental techniques to create three dimensional felt. Artistic risks are encouraged in a supportive atmosphere where feedback can be given and received by all. Materials will be supplied by the participants.

ACFM, 8 Mondays, 1:30-4:30 pm. Begins September 19, Zoom, \$245/Seniors \$200.

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, 1 Thursday, 7:00-8:30 pm. Meets September 15, Lexington High School, \$25/Seniors \$20.

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 November 8, Karenn Maraj Jewelry Collection, 95 Trapelo Road, Belmont, \$150.

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 October 31, Lexington High School, Room 221, \$88/Seniors \$72.

ESL/Languages

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 October 13, Zoom, \$90/Seniors \$80.

NEW Making Traditional Ukrainian Pysanky Eggs

Instructor: Alona Popova

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.

MTUE, 1 Thursday, 5:30-8:30 pm. Meets October 13, Lexington High School, Room 210, \$30.



Karenna Maraj teaches Introduction to Metalsmithing, facing page.

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.

Begin Communicating in English

Instructor: Ric Calleja

This class is for students who know little English. It will increase your vocabulary so that you can begin to communicate in everyday activities and improve your ability to understand spoken English. You will also begin reading and writing in English. In this class you will learn about the area you live in: The Boston area and the state of Massachusetts.

LBCE, 8 Wednesdays, 10:00 am-12:00 pm.
Begins September 21, LCE Classroom, \$145/Seniors \$120.

NEW Evening English

Instructor: TBA

Are you looking to feel more comfortable using English? In this in-person class, adult learners with a basic or intermediate knowledge of English will be able to practice listening and speaking with similar-level peers. You will build your skills and confidence in no time!

LBEN, 8 Thursdays, 6:30-8:30 pm. Begins September 29, Lexington High School, Room 226. \$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.

LBGS2, 7 Tuesdays, 6:30-8:00 pm. Begins September 13, Lexington High School, \$130/Seniors \$110.

LBGS, 7 Tuesdays, 6:30-8:00 pm. Begins November 8, Lexington High School, \$130/Seniors \$110.

Continuing Spanish

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.

LBS22, 7 Wednesdays, 6:30-8:00 pm.
Begins September 14, Lexington High School, \$130/Seniors \$110.

LBS2, 7 Wednesdays, 6:30-8:00 pm.
Begins November 9, Lexington High School, \$130/Seniors \$110.



THE ART OF LITERARY TRANSLATION SEMINAR

with Barbara Thimm, p. 15

Continuing Spanish II

Instructor: Angelica Fajardo

Continuing Spanish II is meant to be taken as a follow up class for students that have already taken Continuing Spanish. This class will focus on reviewing the present tense, then learning the past and future tense, with an emphasis on reading, along with writing, listening, and speaking. Students will leave this class with a solid foundation of the language

LBS32, 7 Thursdays, 6:30-8:00 pm. Begins September 15, Lexington High School, \$130/Seniors \$110.

LBS3, 7 Thursdays, 6:30-8:00 pm. Begins November 10, 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 September 13, Zoom, \$130/Seniors \$110.



MAKING TRADITIONAL UKRAINIAN PYSANKY EGGS

with Alona Popova, this page

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 September 23, Hybrid: LCE Classroom or Zoom, \$145/Seniors \$120.

Continuing Beginning Italian

Instructor: Eleonora Cordovani

This will be a continuation of Beginning Italian. Continue your improvement 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.

CBIT, 13 Tuesdays, 11:00 am-12:30 pm. Begins September 13, Zoom, \$200/ Seniors \$180.

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



Skye Shirley presents our autumn Fiveash Legacy Lecture, A Women's History of the Latin Language, page 4.

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 September 16, Zoom, \$250.

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 September 15, Zoom, \$250.

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 September 13, Zoom, \$250.

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*.

LBF34, 10 Tuesdays, 9:30-11:30 am. Begins September 13, Zoom, \$250.

LBF32, 10 Tuesdays, 7:00-9:00 pm. Begins September 13, Zoom, \$250.

LBF35, 10 Thursdays, 7:00-9:00 pm. Begins September 15, Zoom, \$250.

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 September 15, Zoom, \$250.

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 September 14, Zoom, \$250

LFCW, 10 Thursdays, 9:30-11:30 am. Begins September 15, Zoom, \$250.

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, 9:30-11:30 am. Begins September 16, Zoom, \$250.

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 September 13, Zoom, \$155/ Seniors \$140.

LHCC, 8 Wednesdays, 7:00-9:00 pm. Begins September 14, 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, 8 Wednesdays, 5:00-6:30 pm. Begins October 12, Zoom, \$135/Seniors \$115.

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 September 15, Zoom, \$205/ Seniors \$180.

NEW Hebrew: Level 1

Instructor: Natasha Shabat

Whether your goal is to speak to Israelis, read the Hebrew Bible in its original language, or follow along at Shabbat services, get a solid foundation in this unique language. Expect lively class discussions and optional weekly homework assignments. Start at the beginning with the Alef Bet and Hebrew vowels and progress to simple conversation and reading short texts. Each week we'll begin with "Hebrew in the Wild"—examples of Hebrew found outside of class, brought in by Natasha, and you, too!

LHB1, 8 Mondays, 12:30-1:45 pm. Begins October 3, Zoom, \$155.

NEW Hebrew: Level 2

Instructor: Natasha Shabat

Discover the inner elegance of Hebrew grammar and become your own translator. After a quick review of Hebrew verbs in the past and future tenses, progress to more complex reading comprehension using examples drawn from modern life, the Bible, the Hebrew prayer book, and fairy tales. Each week we'll begin with "Hebrew in the Wild"—examples of Hebrew found outside of class, brought in by Natasha, and you, too!

LHB2, 8 Mondays, 2:30-3:45 pm. Begins October 3, Zoom, \$155.



**ALL THINGS SPINACH-
INDIAN STYLE**
with Shruti Mehta, p. 28

Standard Arabic for 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.

LBAR, 8 Thursdays, 6:30-8:30 pm. Begins September 22, Zoom, \$165/Seniors \$140.



There are so many languages to choose from! Whether it's English, Spanish, Italian, French, German, Hebrew, Arabic, Mandarin, Hindi or Russian, LCE has a language class for you.

Beginning Mandarin

Instructor: Bohao Zhou

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.

LBBM, 11 Thursdays, 4:00-5:00 pm.
Begins September 15, Zoom, \$175/
Seniors \$150

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, 6 Tuesdays, 7:00-8:30 pm. Begins October 11, Zoom, \$100/Seniors \$85.

NEW Russian: Level 1

Instructor: Aleka Molokova

Practice Russian in a lively online group atmosphere. We will work on vocabulary, grammar, and conversational skills, all while exploring traditional and modern Russian culture. Become familiar with basic grammar such as grammatical gender, singular/plural noun endings, and introductory verb conjugation. You'll be able to make simple sentences on basic everyday topics by the end of the class. No prior experience necessary.

LRS1, 7 Tuesdays, 6:00-7:15 pm. Begins October 11, Zoom, \$129.

JAPANESE LANGUAGE FOR YOUNG PEOPLE

with Amy Franks, p. 26

NEW Russian: Level 2

Instructor: Aleka Molokova

In Level 2 we will expand basic grammar such as singular/plural noun endings, introductory verb conjugation, and adjective forms. We'll practice useful tasks such as saying where you live and work, discussing travel experiences and preferences, and describing objects. Vocabulary topics will include household and food. Being familiar with basic tenses and grammatical gender is required for this class.

LRS2, 7 Tuesdays, 7:30-8:45 pm. Begins October 11, Zoom, \$129.

Computers

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

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 September 21, Zoom, \$160/
Seniors \$140.



INVESTING IN CRYPTOCURRENCIES

with Sumeit & Sanjay Aggarwal, p. 31

NEW Design Your Own Beautiful Website in 4 Hours

Instructor: BBDS Design

Design a WordPress website and start your online journey. This class is a beginner class, designed for people with no WordPress experience and no coding knowledge. Instructors will share the most practical knowledge and you will learn how to quickly set up a simple WordPress website. At the end of class, you will have the skills to build a brochure (informational) website, a blog, or to maintain an existing WordPress website. You will also receive tips on choosing a good hosting company to launch your site.

CWDP, 2 Thursdays, 7:00-9:00 pm. Begins October 13, Zoom, \$100.



Bryan Turcotte teaches Introduction to Computer Programming I, this page.

iPhone Capabilities – Daytime

Instructor: Kristen Butler

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

CDPH, 1 Friday, 9:00 am-12:00 pm. Meets September 23, Hybrid: Zoom or LCE Classroom, \$45.

iPhone Capabilities, Part 2 – Daytime

Instructor: Kristen Butler

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

CD2PH, 1 Friday, 9:00 am-12:00 pm.
Meets October 7, Hybrid: Zoom or LCE Classroom, \$45.

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 September 30, Hybrid: Zoom or LCE Classroom, \$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 October 21, Hybrid: Zoom or LCE Classroom, \$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 October 28, Hybrid: Zoom or LCE Classroom, \$45.

CD2PIC, 1 Friday, 9:00 am-12:00 pm.
Meets December 16, Hybrid: Zoom or LCE Classroom, \$45.



LOWER YOUR GOLF SCORE

with Susan McCombs, p. 36

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 November 4, Hybrid: Zoom or LCE Classroom, \$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 November 18, Hybrid: Zoom or LCE Classroom, \$45.



Kristen Butler teaches Intermediate Excel II and Intermediate Excell II - Daytime, this page.

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 December 2, Hybrid: Zoom or LCE Classroom, \$45.

Organizing Your Computer – 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.

CDORG, 1 Friday, 9:00 am-12:00 pm. Meets December 9, Hybrid: Zoom or LCE Classroom, \$45.

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 September 21, Hybrid: Zoom or LCE Classroom, \$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 September 28, Hybrid: Zoom or LCE Classroom, \$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 October 19, Hybrid: Zoom or LCE Classroom, \$45.

CPHO2, 1 Wednesday, 6:00-9:00 pm. Meets December 14, Hybrid: Zoom or LCE Classroom, \$45.

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 October 12, Hybrid: Zoom or LCE Classroom, \$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 October 26, Hybrid: Zoom or LCE Classroom, \$45.



POWER 8: STRENGTH AND FLEXIBILITY EXERCISES

with John Deming, p. 37

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 November 2, Hybrid: Zoom or LCE Classroom, \$45.

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 Wednesday, 6:00-9:00 pm. Meets November 9, Hybrid: Zoom or LCE Classroom, \$45.

iPhone Capabilities

Instructor: Kristen Butler

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

CIPH, 1 Wednesday, 6:00-9:00 pm. November 16, Hybrid: Zoom or LCE Classroom, \$45.

Courses for Children

iPhone Capabilities – Part 2

Instructor: Kristen Butler

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

C2PH, 1 Wednesday, 6:00-9:00 pm.
December 7, Hybrid: Zoom or LCE Classroom, \$45.

Organizing Your Computer

Instructor: Kristen Butler

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

CORG, 1 Wednesday, 6:00-9:00 pm.
Meets November 30, Hybrid: Zoom or LCE Classroom, \$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.



Anne Elizabeth Burnett teaches Proper Etiquette for Students, Grades 2-5 and Grades 6-9, this page.

Each summer LCE's Explorations 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

Instructors: Officers of the Lexington Police and Fire Department

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

K009, 1 Wednesday, 6:30-7:30 pm. Meets September 28, Lexington High School, Science Lecture Hall, \$5.

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, 10:00 am-11:00 am. Begins October 15, Zoom, \$49.

KET6, For Grades 6-9: 2 Saturdays, 10:00 am-11:00 am. Meets November 5 and November 19, 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 the class supply list.

KPAC, 8 Tuesdays, 4:00-6:00 pm. Begins September 27, Zoom, \$220.

Draw & Paint Realistic People, Animals and the Landscapes of the Natural World (Grades 6-8)

Instructor: Robert Butler

Join us this fall as we learn to draw and paint realistic people, animals and the landscapes of the natural world. With his relaxed yet structured classroom style, teacher, artist Robert Butler will guide students of all levels and learning styles through the essential art techniques needed to explore and render realistic compositions of their favorite subjects. Students 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 in the art medium which they are most comfortable with. Included: Mixing Nature's Color Palette, Human and Animal Anatomy, Habitat Landscapes, Composition and more. Please contact Mr. Butler at GRYFFON8356@HOTMAIL.COM with any questions that you might have and, for a suggested art materials list.

KDRAW, 4 Thursdays, 3:30-5:00 pm. Begins September 29, Lexington High School, Room 166, \$70.

K2DRAW, 4 Thursdays, 3:30-5:00 pm. Begins October 27, Lexington High School, Room 166, \$70.

Babysitting & Safety Training (Ages 11-15)

Instructor: Windy 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 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, October 18 and Thursday, October 20, Lexington High School, Room 167, \$135.



**MINDFULNESS:
THE CALL OF AWARENESS**
with Nick Suchecki, p. 34

Creative Writing for Teens (Grades 7-9)

Instructor: Jamie Magid

This course will consist of a combination of activity days and feedback days. Activity days will involve collaborative storytelling projects, quiet prompted writing time, and sharing (for those who wish to share). Feedback days will be for discussing and critiquing additional writing that anyone might want to share with the group between meetings. We will also be discussing various principles of writing and storytelling.

KEEN, 6 Tuesdays, 3:30-5:00 pm. Begins September 13, Zoom 167, \$135.

NEW Intro to Journalism for High School Students

Instructor: Sabrina Monteiro

If you're interested in learning more about the field of journalistic writing, this beginner's class is for you! We will start with the basics, examining and breaking down article pieces to discuss as a group. You will learn how to research a story, format emails, experiment with topics that interest you, and learn how to create good interview questions to best engage your interviewees. After learning the basics, you will put what you learned to the test by writing at least two articles throughout the course that will occur both during class time, and at home. The focus will not only be to learn a few skills, but to also discover the kinds of stories you feel passionate writing about. As you finish writing your pieces, we will discuss and critique your work as a group in order to provide helpful feedback. We will meet once a week in person, as well as have optional individual zoom meetings per week to discuss any questions you may have.

WJHS, 6 Fridays, 4:00-5:30 pm. Begins September 23, Lexington High School, Room 166, \$90.



**INTRO TO JOURNALISM FOR
HIGH SCHOOL STUDENTS**
with Sabrina Monteiro, this page

NEW Japanese Language for Young People

Instructor: Amy Franks

This course introduces students with no previous Japanese language experience to basic conversation, grammar, and the *hiragana* writing system. Through our study of these three subjects we will explore cultural issues such as polite language and Japan's integration of foreign words and ideas. Basic conversation and cultural topics include greetings, self-introductions, food and drink, shopping, popular culture, *manga* and *anime*, and other topics of interest to students will be explored.

KATA, 6 Thursdays, 4:00-5:30 pm. Begins September 29, Lexington High School, \$95.



Sung Ji Lee teaches Parent & Child Fabric Art Class, this page.

NEW Parent & Child Fabric Art Class

Instructor: Sung Ji Lee

This class is geared toward the parent and child who love to make art together. We will read the story and explore different colors and shapes by printing fabric. You will make a soft toy with your own designed fabric. Children and adults will leave with their own toys and fun memories of making art together. This class is best for children ages 5 and up. Limited to 4 adult/child pairs. A supply fee of \$20 is payable to the instructor in class.

KSTM, 1 Saturday, 10:00 am - 12:00 pm. Meets September 17, Lexington High School, Room 147, \$50 (tuition includes materials).

KST2, 1 Saturday, 10:00 am - 12:00 pm. Meets October 15, Lexington High School, Room 147, \$50 (tuition includes materials).

KST3, 1 Saturday, 10:00 am - 12:00 pm. Meets November 19, Lexington High School, Room 147, \$50 (tuition includes materials).

NEW 3D Printing Design (Grades 4-6)

Instructor: Einstein's Workshop

Learn how to design awesome 3D objects using BlocksCAD, a software program developed at Einstein's Workshop. BlocksCAD combines 3D modeling with block-based coding for an easy to use and educational experience. We will also print a few of the students' models on our 3D printers to take home! For students in grades 4 through 6.

KPEW, 8 Wednesdays, 4:00 - 5:15 pm. Starts September 21, Lexington High School, Room 174, \$295.

Test Prep/ College Planning

NEW Adventures in STEM with LEGO® Materials (K-2)

Play-Well TEKnologies

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects and use special pieces to create your own unique designs! Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO® building system.

KPWT, 6 Tuesdays, 4:00-5:30 pm. Begins September 27, Lexington High School, Room 166, \$195.

NEW STEM Explorations with LEGO® Materials (3-6)

Play-Well TEKnologies

Master your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-design projects. Projects are rotated seasonally to ensure that even returning students get a new experience, so join us to design and build as never before and explore your craziest ideas.

KPWW, 6 Wednesdays, 4:00-5:30 pm. Begins September 28, Lexington High School, Room 166, \$195.



Dr. Bruce Johnson teaches Write Your College Essay in Nine Days! via Zoom, this page.

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

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.

For the November/December Exam:

PSAW, 6 Wednesdays, 3:30-5:30 pm. Begins September 14, Zoom, \$200.



HOW WAS THAT A HIT? POP MUSIC 1950s-1980s

with Gregory Leschishin p. 11

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.

For the November/December Exam:

PESA, 6 Mondays, 3:30-5:30 pm. Begins September 12, Zoom, \$200.

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.

For the November Exam: PSAM,

6 Tuesdays, 6:00-8:00 pm. Begins September 20, Lexington High School, Room 230, \$200.



ZUMBA: DITCH THE WORKOUT, JOIN THE PARTY!

with Ami Stix, p. 38

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

Instructor: Dr. Bruce Johnson from BKJ College Application Consulting

Feeling the crunch regarding your college application essay? Want to get it done and relieve some of that 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 outstanding essays. Short bursts of brainstorming, freewriting and individual feedback will immediately get you started. With a routine of in-class writing sessions and a bit of writing homework, coupled with timely feedback as students make revisions, 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 (almost) painlessly produced an essay that presents both your authentic personality and solid writing skills.

PEST, 5 days, 5:00 pm-7:00 pm. Begins Thursday October 13 and meets F 10/14, M 10/17, W 10/19 and F 10/21, Zoom, \$600.

NEW Athletics and the College Admission Process

Instructor: Eric Simonelli

Many student-athletes have the dream of playing at the collegiate level whether it is at the DI, II, or III levels. There are many sports in which student-athletes can be recruited to play at the next level. Therefore, it is important for student-athletes to understand the basics of the collegiate athletic recruiting process before deciding if it is an avenue they want to explore. If your child is interested in playing collegiate athletics, navigating the recruitment process includes the following factors: Determining if they can play at the college level (DI, DII, and DIII), Being evaluated by college coaches by film (clips), games, showcases, club teams, etc., and Marketing yourself through a website, social media, or an athletic profile.

PA&C, 1 Tuesday, 7:00-8:00 pm. Meets October 25, Lexington High School, Room 235, \$25.

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

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



Thai Street Food with Ploy Khunisor, facing page.

Finding The Right Fit: The College Admissions Process

Instructor: Larry Dannenburg

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

PFIT, 1 Tuesday, 7:00-8:00 pm. Meets September 27, Lexington High School, Room 232, \$25.

You Can Afford College If...

Instructor: Donald Anderson

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

PMFA, 1 Tuesday, 6:30-9:00 pm. Meets September 27, Lexington High School TBD, \$25.

NEW Make Korean Fried Chicken!

Instructor: Debra Samuels

Learn how to make the wildly popular spicy, sweet and sticky Korean Fried Chicken in your own kitchen. Debra Samuels, co-author with Taekyung Chung of the newly released 2nd edition of "The Korean Kitchen: From Barbecue to Bibimbap: 110 Delicious Recipes," will teach you how to make this crowd pleaser in your own kitchen. Two banchan (side dishes) and rice will round out this delicious meal.

NKFC, 1 Wednesdays, 6:30-8:30 pm. Meets December 7, Zoom, \$45.

NEW All Things Spinach, Indian Style

Instructor: Shruti Mehta

Spinach extends its popularity to the Indian continent with great zest. Spinach is a seasonal vegetable and so home cooks try to incorporate it daily in their meal plans as it is available for only a few months out of a year. There are hundreds of recipes that use spinach generously. In this class we will learn three popular dishes with spinach or Palak as it is known in India. We will make Palak-Paneer, a very famous north Indian curry with onions, pungent spices and paneer. We will also make Palak Pulao of Basmati rice with spinach, tomatoes, brown sugar and *garam masala* with peanuts and cashews. Finally, we will make spinach pancakes with chickpea flour, onions, tomatoes, chilies, and ginger. Let's go green!

NATS, 1 Thursday, 6:00 - 8:00 pm. Meets October 6, Zoom, \$35.

Make Simple and Delicious Ramen

Instructor: Debra Samuels

Ramen is one of the most popular noodle dishes in Japan. Originally from China, Japanese ramen has taken the noodle game to new heights. This class will teach you how to make 2 styles: Shoyu Ramen (Soy Sauce flavor) and Miso Ramen. Although many days are usually devoted to making a deeply flavorful soup stock, Debra Samuels, long time cooking instructor, cookbook author and Japanese food expert, will show you how to still get a delicious stock in a fraction of the time. Learn how to make the tasty toppings including the yolk ramen egg as well as

Home, Hobbies and Travel

char siu – Chinese style sliced roast pork (or chicken). For vegetarians grilled tofu will be substituted. All ingredients are available at local supermarkets and Asian markets in the area.

NRAM, 1 Wednesdays, 6:30-8:30 pm.
Meets November 9, Zoom, \$45.

Culinary Tour of H Mart

Instructor: Debra Samuels

The Asian supermarket H Mart is just around the corner from Lexington. Its aisles are chock full of treasures: sauces, noodles, dumplings, seaweed, rice, tofu, fresh banchan (Korean side dishes), an ocean of fish, teas, condiments galore and so much more. But for some of us, the unfamiliar ingredients, unrecognizable labels and the football-field-size of the store is just too daunting for an enjoyable shopping experience. Join Debra Samuels, Boston Globe food writer and author of two cookbooks (The Korean Table and My Japanese Table) for a tour as she guides you around the market to acquaint you with this wonderful resource. "Shop with a recipe; that helps to focus your task" says Samuels. Because the market is so large and there is so much to see, this year we are offering the tour in 2 sessions so there will be more time for questions, shopping and snacking.

NHMT, 2 Wednesdays, 6:30-8:30 pm.
Begins October 12, H Mart in Burlington, \$85.

NEW Thai Street Food

Instructor: Ploy Khunisorn

Let's bring the street food capital of the world to your kitchen. Join Ploy, a native Thai who will teach you how to make delicious Thai dishes at home. We'll make Thai spicy salad, coconut chicken soup, and Pad Thai with chicken. The dishes are naturally gluten free. While the food is cooking, Ploy will explain how palm sugar and coconut milk are made in Thailand. A list of ingredients will be provided upon registration.

NTAI, 1 Saturday, 11:00 am-1:00 pm.
Meets November 12, Zoom, \$40.

**WALKING TOUR OF IPSWICH
OLD NORTH BURYING GROUND**
with Gordon Harris, p. 10

NEW Leaving a Photo Legacy

Instructor: Kathy Lanham

Are you overwhelmed with all the photos on your phone? Do you have overwhelming boxes filled with old photos, slides, and negatives? Can your kids easily view their baby pictures or the last family vacation pics? Not sure where to start? Join us to learn how to get started organizing your photo, tell your family stories and leave your legacy. In this jam packed, short class series you will be given options, information on storage and direction to decide what is best for you based on your photo organization needs. We will cover conversion of old media, organization of digital images and having a legacy plan for your photos.

HLPL, 3 Thursdays, 10:00 am -12:00 noon.
Begins October 6, LCE Classroom, 146 Maple Street, \$65.

NEW Fall Wreath Workshop

Instructor: Jess Myles of Codman Farm

Join us at Codman Farm to celebrate the bounty of fall harvests with a colorful wreath workshop! Using only dried flowers, foliages, and seed pods from the farm, each participant will learn how to create a unique wreath (about 16" in diameter) to hang on your door or in your home for many seasons. Codman Farm's in-house instructor is Jess Myles, who has years of experience as a farmer-florist and educator, and loves sharing her passion for flowers in all forms. Saturday, October 8th from 10am to 12pm. Cost of the workshop includes all materials, tools needed, and farm snacks.

HCOW, 1 Saturday, 10:30 am-12:00 pm.
Meets October 8, Codman Farms, \$90.

Holiday Wreath Workshop

Instructor: Jess Myles of Codman Farm

Join us at Codman Farm to get into the holiday spirit with a winter wreath workshop! With fresh, locally harvested greenery, and dried decorative elements from the farm, each participant will learn how to create a beautiful wreath (about 18" in diameter) from scratch to hang on your door or in your home for the holidays. Codman Farm's in-house instructor is Jess Myles, who has years of experience as a farmer-florist and educator, and loves sharing her passion for flowers in all forms.

Saturday, November 26th from 10am to 12pm. Cost of the workshop includes all materials, tools needed, and farm snacks.

HCOW1, 1 Saturday, 10:30 am-12:00 pm.
Meets November 26, Codman Farms, \$90.

Autumn Walking Tour of Codman Farms

Instructor: Codman Farms Staff

It's autumn on the farm! Our animals will be enjoying their last weeks of pasture before we bring them back to the barnyard for the winter. You'll get to learn how we do things differently, with a focus on land stewardship and soil health. In this tour, you'll see up close how we run our farm operations, learn about rotational grazing, and harvest from our no-till market garden. We'll show you our egg washing process and our original post 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 some seasonal farm treats, 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 5pm from the front of the farm store and will end at 6:30. Please come dressed appropriately for the weather; shoes that can get dirty are encouraged. Family-friendly! Kids 8 and under are free and must be accompanied by an adult.

HCOD, 1 Thursday, 5:00 pm - 6:30 pm.
Meets September 22, Codman Farms, \$25.

NEW Spinning through History: The Wonders of Newburyport Bike Tour

Instructor: Ciclismo Classico Staff

This beautiful tour starts at the Parker River National Wildlife Refuge Headquarters and takes us to scenic Plum Island where we ride for several miles alongside dunes and salt marshes with frequent views of migratory wildlife. After a short hike on the new Hellcat boardwalk trail, we reverse course and meander through historic 18th Century neighborhoods to downtown Newburyport for our lunch break. The ride continues past Federal-era mansions on



Staff from *Ciclismo Classico* teach *Spinning through History: Ipswich Land and Sea*, this page.

High St. to Maudslay State Park, following quiet wooded roads beside the lovely Artichoke Reservoirs. Wide-shouldered Scotland Road opens up with three miles of uninterrupted cycling past the Wet Meadows and Common Pastures Conservation Areas. The Clipper City Rail Trail brings us back through Newburyport and along the Merrimack River Waterfront, with a total of 30 miles. Throughout the day, your guides will share information about the area's historic and natural highlights. This ride has about 800 ft. of climb over a total of 30 miles.

NPBT, 1 Saturday, 10:00 am-3:00 pm. Meets October 1, Newburyport, \$35.



ORGANIZING YOUR COMPUTER with Kristen Butler, p. 25

Spinning through History: Ipswich Land and Sea

Instructor: Ciclismo Classico Staff

If you love history, architecture, and cycling along scenic rural roads with outstanding coastal vistas, Ipswich is the perfect day trip destination. Our tour starts at the Riverwalk Mural beside the Ipswich River in downtown Ipswich. We take beautiful Argilla Road to Crane Beach, with a short climb to Crane Castle, and beautiful views looking across Plum Island to the Atlantic. We loop back to downtown Ipswich on scenic rural roads and through historic neighborhoods of

17th and 18th Century houses. After a lunch break, we'll ride out to Jeffreys Neck across the Great Salt Marsh, with a couple of scenic climbs on Little Neck and Great Neck. At the end of our day, we ride back into town through the greatest collection of "First Period" houses in America. Your guide Gordon Harris is the Ipswich town historian, and shares information about the area's historic and natural highlights. This ride has a total of about 1000 ft. of climb over 26 miles.

IPBT, 1 Sunday, 10:00 am-3:00 pm. Meets October 2, Ipswich, \$35.

Off the Beaten Path Hikes: Let's Explore Lincoln Center!

Instructor: Gregory Leschishin

From a loop beginning at The Pierce House in Lincoln (17 Weston Road), we will begin by crossing over some fields towards The DeCordova Museum; we will then gently hug Sandy Pond as we explore old forests that were part of Wheeler Farm; we will circumvent the Lincoln Cemetery as we head back to the parking lot. Spend some time outdoors this fall and join one or both of these guided hikes to locations you might not have visited before. As we explore these extraordinary sites, we'll 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. Bring water and snacks to have throughout the hike to keep energy levels up.

HELC, 1 Sunday, 11:30 am-2:00 pm. Meets October 9, Lincoln, \$35.

Off the Beaten Path Hikes: The Davis Corridor!

Instructor: Gregory Leschishin

Beginning on the remnants of Nowell Farm, we will explore the area known for old roads and forests! We will traverse heavily wooded acres as well as cross over swamplands with autumn colors. (Address is 322 Nowell Farme Road in Carlisle.) Harvard University owns this 156-acre parcel that is traversed with stone walls and the remnants of an 1800 portable sawmill. Spend some time outdoors this fall and join one or both of these guided hikes to locations you might not have visited before. As we explore these extraordinary sites, we'll 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. Bring water and snacks to have throughout the hike to keep energy levels up.

HTDC, 1 Sunday, 11:30 am-2:00 pm. Meets November 6, Carlisle, \$35.



INTRODUCTORY ASTRONOMY with Pedro Lilienfeld, p. 8

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 Wednesdays, 6:00-8:00 pm. Begins November 16, LHS, Room 148, \$65.



A CHRISTMAS CAROL 2-Person Performance with Poornima Kirby and Stephen Collins, p. 7

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.

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 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. "Follow the numbers, not the herd!" If you have any personal investments or have family members who should attend What I will cover is unique and probably quite valuable and not too complicated. I am not looking for clients, just an audience of people I can help!

BINV, 2 Thursdays, 7:00-8:30 pm. Begins October 20, 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, even if you have already made this decision? This class should improve your ultimate results by either improving your relationship with your existing advisor or by giving you added resources and considerations while handling finances on your own.

BDIY, 2 Wednesdays, 7:00-8:30 pm. Begins October 19, 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.

BW&I, 2 Tuesdays, 12:00-1:30 pm. Begins September 20, 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



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

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.

BW12, 2 Tuesdays, 12:00-1:30 pm. Begins October 18, 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 November 4, Zoom, \$50.

Women and Investing 301

Instructor: Sumeit and Sanjay Aggarwal

If you have a basic understanding of the investing process and its risks and rewards, and you are now looking to build on that to explore advanced topics, this is the class for you. Whether you are investing on your own or working with an investment professional, come join us for this 2-part workshop that will help you amplify your skill by focusing on complex investing topics. We will walk through risks and rewards expectations, S&P500 sector analysis, Morningstar style box, analysis of stock intrinsic value and bonds, features of pooled investments (mutual funds, ETFs, ETNs), dividend strategies, and active vs. passive investing. Intermediate level knowledge of investing is required. Beginners are encouraged to attend our "Women and Investing 101" and "Women and Investing 201" classes as a prerequisite. This workshop will be co-taught by Sumeit and Sanjay Aggarwal. They have written this interactive class with a focus on advanced level investors.

BW3I, 2 Fridays, 7:00-8:30 pm. Begins December 2, 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 Tuesday, 7:00-9:00 pm. Meets October 18, Zoom or Lexington High School Room 229, \$30/Seniors \$25.

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 September 29, Zoom, \$30/Seniors \$25.



**METAPHOR AND SIMILE FOR
CREATIVE WRITERS**

with Tracy Marks, p. 15

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 October 6, Zoom, \$30/Seniors \$25.

Understanding Medicare

Instructor: Daniel R. Williams, CLU, ChFC, CFP®

If you are close to age 65 or already on Medicare, this class is for you! The class is designed to fully enlighten you on how Medicare works and the different health care choices available to those age 65+. How are parts A, B, C and D integrated? What is Medicare Advantage? What are the pros and cons of HMO's, PPO's, and Medigap plans? Should I take Medicare if I am still employed? How do I avoid

late sign up penalties? Does any part of Medicare cover long-term care expenses? These questions and many more will be answered in this very important class.

BMED, 1 Wednesday, 7:00-9:00 pm. Meets September 14, Zoom, \$35.

BMED1, 1 Wednesday, 7:00-9:00 pm. Meets October 19, Zoom, \$35.

BMED2, 1 Wednesday, 7:00-9:00 pm. Meets November 16, Zoom, \$35.

The Latest Long-Term Care Asset Protection Strategies

Instructor: Daniel R. Williams, CLU, ChFC, CFP®

The high cost of long-term care can wipe out a family's life savings in a short period of time. Unfortunately, many families are faced with this situation, finding themselves at the mercy of an under-funded government Medicaid system with limited choices. Recent legislative changes have created many questions surrounding planning techniques: How can I protect my home? What is the penalty for giving assets away? Are my assets protected if I put them in a trust? When is long-term care insurance worthwhile to consider? What if my loved one is already in a nursing home, can they still protect their assets? All of these questions and more will be clearly answered in this very important class.

BLTP, 1 Wednesday, 7:00-9:00 pm. Meets November 2, Zoom, \$35.

BLTP1, 1 Wednesday, 7:00-9:00 pm. Meets December 7, Zoom, \$35.



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

Social Security Planning for Couples

Instructor: Matt Carron

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

BCSS, 1 Wednesday, 6:00-8:00 pm. Meets October 5, Zoom, \$40.



Chris Chen teaches Retirement Plain and Simple, this page.

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 October 3, Lexington High School, Room 224, \$25.

Tax Planning for the 4 Stages of Retirement

Instructor: Chris Chen

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

BTAX, 1 Monday, 7:00-9:00 pm, Meets October 24, Lexington High School, Room 224, \$25.

Don't Let Long Term Care Derail Your Retirement

Instructor: Chris Chen

Long Term Care (LTC) is one of the most uncertain expenses of retirement, and possibly the largest. Most people know that Medicare does not cover Long Term Care (with some minor exceptions) and, therefore, retirees have to find other ways to cover the costs. With the cost of LTC continuing to increase and cost projections in the hundreds of thousands, it is critical for the rest of our retirement that we plan properly for this expense. This workshop will examine the challenges that we all have in planning for LTC, in particular with how long we may need it and how much it will cost. The workshop will propose a flexible framework that will allow you to plan so that you can minimize the risks to you and your wealth. When planned properly, you will be free to focus your time on other more pleasant aspects of retirement.

BLTC, 1 Monday, 7:00-9:00 pm. Meets November 14, Lexington High School, Room 224, \$25.

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

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 Wednesdays, 7:00-8:00 pm. Begins October 12, Lexington High School Room 247, \$66/Seniors \$49.

NEW Mindfulness: The Call of Awareness

Instructor: Meg Landers

Are you ready to begin/deepen your mindfulness meditation practice? This 5-theme class series is for all who are interested in starting mindful meditation and those who would like to deepen and refresh their current practice. The program consists of presentations, guided meditation, and group discussions to integrate foundations of mindfulness with experiential meditation practice. This engaging, creative mindful wellness program supports your journey to explore key mindfulness skills that include identifying anchors that support mindful awareness, being present with emotions, cultivating compassion, and enhancing the ability to develop a wiser relationship with self and the shared human experience. We will cover sitting

(on a cushion or in a chair) and walking meditation practice. Reference material will be provided.

MCOA, 5 Thursdays, 11:00 am - 12:15 pm. Begins September 15, In Person, Hancock Church, 1912 Massachusetts Ave, Lexington, \$100/ Seniors \$85.

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

Instructor: Nick Suhecki

While a vast amount of research has proven the benefits of meditation, many misconceptions still surround the practice: What exactly is the definition of meditation? Do I *really* have to close my eyes and sit still for 15 minutes? How long do I have to meditate to see any benefits? It's easier than you may think. In this course, we'll explore mini-meditations, an element of the Positivity and Relaxation Training (PART) program developed at the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital. Specifically, we'll learn how to elicit the relaxation response to counteract the 90-second stress cycle, create mini-meditations that are tailored to your individual lifestyle, and explore research which demonstrates meditation can provide physical and psychological health benefits in 90 seconds or less. By the end of class, you'll have powerful stress reduction techniques to get you through rush hour traffic, focus on work, relax before bed, and any other time you need to destress!

MC90, 1 Monday, 6:00 - 7:30 pm. Meets September 12, Lexington High School, \$10.

MC91, 1 Wednesday, 6:00 - 7:30 pm. Meets October 12, Lexington High School, \$10.

MC92, 1 Sunday, 2:00 - 3:30 pm. Meets November 20, Lexington High School, \$10.

The Health Benefits of Nature and Music

Instructor: Nick Suhecki

Research has consistently demonstrated that experiences of both nature and music can be extremely therapeutic. This has become even more apparent during the pandemic, as both have become



Zen master chef Edward Espe Brown visits LCE to discuss Living the Life of Today, page 5.

invaluable coping methods for many. However, when we examine music from an eco psychological perspective, we find that because the majority of western music is based on the major scale, it is actually in conflict with the laws of natural acoustical physics. The seldom-used lydian scale, however, aligns with the laws of natural acoustical physics – yet little research has been done to examine the therapeutic potential of lydian-based music. In this course, we'll explore research that demonstrates the health benefits of nature and music, and how you can use this research to improve your daily wellbeing - no previous musical experience necessary! We'll also explore research from a variety of fields which suggest lydian could be a powerful therapeutic tool. After all, the best-selling jazz record of all time – Miles Davis' *Kind of Blue* – was significantly influenced by the lydian scale!

HBNM, 1 Sunday, 6:00-7:30 pm. Meets December 4, Zoom, \$15.

PART: Positivity and Relaxation Training

Instructor: Nick Suhecki

Research shows that maladaptive responses to stressors significantly

increase risks of developing chronic health conditions. However, research also shows that by responding *adaptively* to stressors, we can enhance health and resiliency, while simultaneously even reducing cell toxicity. Developed at the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital, PART teaches participants how to develop a personalized self-care routine to mitigate stress, cultivate a positive outlook, and enhance quality of life. We'll explore a variety of research-backed techniques to elicit the relaxation response, including those rooted in yoga, mindfulness, and positive psychology. You'll learn how to recognize your personal response to stress, how to adapt to challenging emotions and thought patterns, and how to harness creativity, humor, and gratitude to promote positivity. Each week, you'll learn new destressing techniques. By the end of the course, you'll know how to destress anytime and anywhere, leading to enhanced physical and psychological well being. *Nick Suhecki is a certified PART provider by the BHI. Nick Suhecki is not an employee of the BHI or MGH.*

PART, 9 Tuesdays, 6:00-7:30 pm. Begins October 18, Hybrid: Zoom or LCE Classroom, \$250.

**NEW Mind-Body Music:
Mitigate Stress with Music**

Instructor: Nick Suchecki

Stressed? In this four-week class for teenagers and adults developed at the Cape Symphony, you will explore music as a vehicle to improve personal wellbeing. You'll learn how to combat stress by eliciting the relaxation response with your favorite music and incorporate mind-body techniques derived from mindfulness, meditation, and yoga practices in your daily life. Students will learn to play the kalimba, or thumb piano, and receive an instrument to use at home.

MMBM, 4 Tuesdays, 6:00-7:30 pm. Begins September 20, In Person, \$150 (includes \$25 materials fee).

MM2M, 4 Mondays, 6:00-7:30 pm. Begins November 28, In Person, \$150 (includes \$25 materials fee).

**NEW In Good Time: Strategies
for a Well-Timed Life**

Instructor: Pam Kristan

Our thoughts, desires, and hopes range far and wide. Our minds generate unlimited possibilities, joys and fears, worries and relief. In our highly mediated culture, it's all too easy to forget that as humans on this planet, most of us still operate within the limits of time. Conventional reality offers us 24 hours in a day for as many days as we have, and that's it. How we 'use' or 'spend' time is up to us. This practice explores sensible strategies to translate big, unlimited, multi-faceted issues into the nitty-gritty details of everyday life. To do this, we need to be aware of what's going on within us and around us. This isn't easy. Who are you really ... What do you really like ... really? And how do we parcel out time accordingly? Also not easy!

This work plays with the ABCs of time management – first, managing Attention: developing the Observer, practicing satisfaction, and becoming aware when our mind runs away; then, establishing good Boundaries: putting time in a basket, switching smoothly between tasks, and closing down tasks gracefully; and finally, making Choices: knowing that it's impossible to do it all, what do I choose, how to say No as well as Yes, sensing what's enough. The practice can evoke a

whole host of negative emotions – fear, frustration, anger, despair, and more. By being awake to ourselves and reality as it stands, we exercise power and agency to live the time that has been given to us with as much ease and effectiveness as we can muster.

MPAM, 1 Thursday, 7:00-8:30 pm. Meets October 13, Zoom, \$15.

**NEW Role-Playing for
Compassionate (nonviolent)
Communication**

Instructor: Michael Koran

In this course, we'll learn ways to connect with ourselves and others. Skills include 1. Connecting 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. Experiencing the beauty in ourselves and others regardless of what we say and do. 8. Making do-able requests that lead to mutually satisfying (yes! yes!) resolutions. Each week we will read at home 2 or 3 chapters from Marshall Rosenberg's Non-Violent Communication: A Language of Life. In class we will role play challenging interactions with ourselves and others. Together we'll strategize for win-win solutions.

MNVC, 5 Thursdays, 6:00-8:00 pm. Begins October 6, Zoom, \$100/Seniors \$85.

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 Monday, 7:00-8:30 pm. Meets September 19, 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 Monday, 7:00-8:30 pm. Meets November 14, Zoom, \$35.



Pam Kristan teaches In Good Time: Strategies for a Well-Timed Life, this page.

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

Exercise and Dance

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, 6:00-7:30 pm. Meets October 17, Zoom, \$40.

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, 6:00-7:30 pm. Meets October 3, Zoom, \$40.

Lower Your Golf Score

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? This evening session (involving hypnotism) will bring you closer to golf mastery.

IGOLF, 1 Monday, 6:00-7:30 pm. Meets September 19, Zoom, \$40.

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

Tai Chi & Basic Qigong for Seniors

Instructor: Virginia Payne

Scientific studies have shown that Tai Chi improves and possibly prevents chronic conditions such as arthritis, heart disease and diabetes. In fact, practicing Tai Chi regularly helps reduce stress, improve balance and coordination, strengthen immune systems, and develop body awareness and confidence. In this class, we will learn the basic principles of Tai Chi along with some basic moves and postures of Tai Chi, without having to connect one posture to another (as in the "Intro to Tai Chi" class). Therefore we will be concentrating more on relaxation, balance and coordination without having to memorize the sequence of the form. We will also be practicing "Eight Pieces of Brocade" - which is primarily designated as a form of medical qigong, meant to improve health. It consists of eight separate exercises coupled with deep breathing. Wear soft, comfortable clothes and soft-soled shoes, such as flat sneakers. Outdoor shoes are not permitted inside the studio.

ETCS, 11 Tuesdays, 5:00-5:45 pm. Begins September 20, Lexington High School, Room 140, \$130/Seniors \$100.



Virginia Payne teaches Advanced Tai Chi & Eight Pieces of Brocade, this page.

Intro to Tai Chi & Eight Pieces of Brocade

Instructor: Virginia Payne

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

EVTI, 11 Tuesdays, 5:45-6:45 pm. Begins September 20, Lexington High School, Room 140, \$150/Seniors \$125.

Advanced Tai Chi & Eight Pieces of Brocade

Instructor: Virginia Payne

Practicing Tai Chi regularly helps reduce stress, improve balance and coordination, strengthen immune systems, and develop body awareness and confidence. This class is designed to tailor to students who had just finished "Tai Chi II", "Tai Chi III" and the "Advanced Tai Chi" class. The 108-move Tai Chi form will be further refined along with deep breathing exercises in each class. Emphasis will be on the 2nd and 3rd Section of the Tai Chi form, and on practicing and doing the moves correctly and with fluidity. The Eight Pieces of Brocade Qigong will again be used as warm-up exercises before practicing the Tai Chi form. Wear loose, comfortable clothes and soft-soled shoes, such as flat sneakers.

EITC, 11 Thursdays, 5:30-6:30 pm. Begins September 22, Lexington High School, Room 140, \$150/Seniors \$125.



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

Power 8: Strength and Flexibility Exercises

Instructor: John Deming

This is a great exercise regimen, taking 8 to 15 minutes, for anyone, at any age, who wants to improve her/his posture, spinal flexibility, strength, especially core strength, endurance, and overall physical appearance. You'll learn and practice 8 mat exercises covering the major muscle groups, with the first 4 done on your back. We'll leave time for your questions and give exercise modifications where needed.

EPW8, 3 Tuesdays, 6:30-7:30 pm. Begins September 20, Lexington High School, \$35.

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, 14 Fridays, 12:00-1:15 pm. Begins September 9, Hancock Church, \$280/ Seniors \$240.

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 supine poses to build strength and flexibility and expand our repertoire of movement. We will pay attention to breathing to focus our minds and bodies. This practice will invite you to return to your day with renewed energy and an overall sense of harmony and well being. We will practice with joy, patience and humor! Wear comfortable clothes and have a mat and towel.

EYOM, 11 Mondays, 12:00-1:00 pm. Begins September 12, Zoom, \$200/ Seniors \$180.

Gentle/Advanced 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 and towel.

EABY, 11 Mondays, 10:45-11:45 am. Begins September 12, Zoom, \$200/ Seniors \$180.

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 September 21, Lexington High School, Black Box or Zoom. Please indicate if you will be participating in-person or on Zoom at registration, \$165/ Seniors \$140.

E2HYO, 10 Mondays, 7:30-8:30 pm. Begins September 19, Zoom, \$165/ Seniors \$140.

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 September 24, Zoom, \$165/ Seniors \$140.

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, 9 Thursdays, 11:00 am-12:30 pm. Begins October 13, Zoom, \$150.

Iyengar Yoga

Instructor: Mary Wixted

Been curious about why so many people are taking yoga in the United States? Come enjoy a yoga class taught in the Iyengar method of yoga. The Iyengar method is to yoga what classical ballet is to dance. It is a progressive offering of the yoga postures designed to provide a safe and an ever-deepening practice which opens and strengthens the body while drawing the mind into a meditative state. Props will be used to make the postures accessible.

EYEN, 10 Tuesdays, 9:15-10:45 am. Begins October 11, Zoom, \$190/Seniors \$165.

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 September 12, Classroom or Zoom, \$130/ Seniors \$105.



Thanks To You!

Like so many community education programs, the pandemic has been difficult for Lexington Community Education. 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 an autumn 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 fall 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 September 26, October 5, October 10, November 11, November 24 and November 25. 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 and Classroom

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

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