

An oil painting of a man with a beard, wearing a grey jacket, sitting in a wooden chair and painting a landscape on an easel. The man is shown in profile, focused on his work. The painting on the easel depicts a landscape with trees and a path. The background of the painting is dark and textured, suggesting an indoor setting. The overall style is impressionistic with visible brushstrokes.

COMMUNITY EDUCATION

Lexington

SPRING/
SUMMER
2023



The Art Object

John Singer Sargent, American, 1856–1925
An Artist in His Studio, about 1904

Oil on canvas

Overall: 56.2 x 72.1cm (22 1/8 x 28 3/8in.)
Museum of Fine Arts, Boston

The Hayden Collection—Charles Henry
Hayden Fund 05.56

Photograph © March 2023, Museum of
Fine Arts, Boston.

Spring is like a perhaps hand

III

Spring is like a perhaps hand
(which comes carefully
out of Nowhere)arranging
a window,into which people look(while
people stare
arranging and changing placing
carefully there a strange
thing and a known thing here)and

changing everything carefully

spring is like a perhaps
Hand in a window
(carefully to
and fro moving New and
Old things,while
people stare carefully
moving a perhaps
fraction of flower here placing
an inch of air there)and

without breaking anything.

— e.e.cummings

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Proofing Special Forces Volunteer: Elaine Bachelder

After so many late nights, and for so
many years of careful reading, attention
and care for every LCE catalog.
Thanks, Mom!
—Craig

LCE Online

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

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LEXINGTON SCHOOL COMMITTEE

Chair: Sara Cuthbertson

Vice-Chair: Deepika Sawhney

Larry Freeman

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Kathleen Lenihan

STUDENT REPRESENTATIVES

Grace Ou, Aditi Swamy

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.

Table of Contents

Around Town	9
Business and Career	31
Computers.....	23
Cooking	28
Courses for Children.....	25
Creating Community	9
ELL/Languages.....	18
Exercise and Dance	36
Fine Arts, Fabric & Graphic Arts...	15
Home, Hobbies & Travel	29
Humanities	9
LCE Presents.....	3
Mind and Body.....	33
Music Appreciation.....	12
Music Performance / Theater Arts.....	14
Test Preparation/ College Planning.....	26
Writing	14
Instructor Biographies	Online
Registration Information.....	39
Directions.....	39
Cancellation and Refund Policy.....	39

Catalog Design: Pehlke Design

Lexington Community Education presents

Revisiting Crescent

A FAVORITE JOHN COLTRANE ALBUM, IN AN ALL-STAR CONCERT

Thursday, April 13, 2023 • 7:00-8:45 pm • Scottish Rite Masonic Museum, 33 Marrett Rd, Lexington, MA • \$20 • **SRJC**



The album *Crescent* is one of Coltrane's most beloved achievements. It covers a lot of ground—from the excitement of the title piece and "Bessie's Blues," to the lyrical, moody contemplation of "Wise One" and "The Drum Thing" (an unusually low key, melodic drum feature), to the gently swinging "Lonnie's Lament." We've put

together a truly all-star group to explore this music. The concert will be filled out with some other Coltrane gems. Not to be missed!



Tenor saxophonist **Jerry Bergonzi** is an internationally recognized jazz performer, composer, author, and educator. Bergonzi has performed throughout the world at all the major jazz festivals and jazz venues, with his own ensembles as well as with numerous jazz greats. His discography includes more than 60 recordings, notably *Standard Gonz* with the Jerry Bergonzi Quartet on the Blue Note label.



Trumpeter, composer, and educator **Jason Palmer** is one of the most in demand musicians of his generation. He has performed with Roy Haynes, Herbie Hancock, Jimmy Smith (the organist), Wynton Marsalis and the Lincoln Center Jazz Orchestra, Kurt Rosenwinkel, Ravi Coltrane, Mark Turner, Jeff Ballard, Lee Konitz, Phil Woods, Common, Roy Hargrove, Lewis Nash.



Lewis Porter, pianist, keyboardist, and composer, appears on 30 albums with Dave Liebman, Marc Ribot, Gary Bartz and many others, and his 2018 album *Beauty And Mystery* features John Patitucci, Terri Lyne Carrington, and Tia Fuller.



Bob Nieske has worked with Jimmy Giuffre, the Either/Orchestra, George Russell, and Stephane Grappelli. As bassist, composer, and bandleader, his projects include a suite for his jazz trio, and the Lydian String Quartet, documented on his critically acclaimed CD *Simplicity*.



From his work with Herbie Hancock in the 2000s, to tours and recordings with Chick Corea, Esperanza Spalding, The Klezmatics, Fred Hersch, and Kenny Werner, **Richie Barshay** has been dubbed "a major rhythm voice on the rise" by Downbeat magazine, and The Guardian (UK) praises "a major innovator who also knows how to have fun."

New England Golf Guide and Travel

WITH FRANK PROCOPIO

Thursday, June 8, 2023 • 7:00-8:30 pm • Lexington Depot, 13 Depot Square, Lexington, MA • \$15 • **SGLF**



The game of golf has a unique ability to both excite and relax players and fans simultaneously, offering inspiration, exercise of body and mind, and a healthy dose of escape from the stressors of everyday life. While centered in the gorgeous greenery of well groomed courses, many of New England's favorite fairways are also surrounded by the majesty of mountains or the grandeur of the ocean, and offer the perfect destination for a day trip with friends or

a relaxed couples weekend away. Since 1989, the *New England Golf Guide*® has been the region's leading source of golf course information, ratings, and coupons, presenting the definitive guide to New England golf.

Avid golfer and writer **Frank Procopio** has visited and reviewed nearly all of New England's 610 courses for the guide. This evening he will talk about the best routes and roads leading to resorts, restaurants, and locations ranging from quaint to cosmopolitan, as well as the most well-reviewed golf courses of New England. Additionally he will answer questions (both general and specific) related to the game of golf and the courses. Whether you are a novice or a seasoned pro, this talk will better equip you to plan your next great golf getaway.

GIVE THE GIFT OF LEARNING!

Whether it be for a specific class or event, or a general certificate for a program of the recipient's choice, the experience of learning is always a smart gift. LCE Gift certificates do not expire and can be applied to any and all of our offerings, year round. **Call 781-862-8043, or email lce@lexingtonma.org for more information.**

The views of our presenters and instructors do not necessarily represent the views of Lexington Community Education, the Lexington Public Schools and/or its employees.

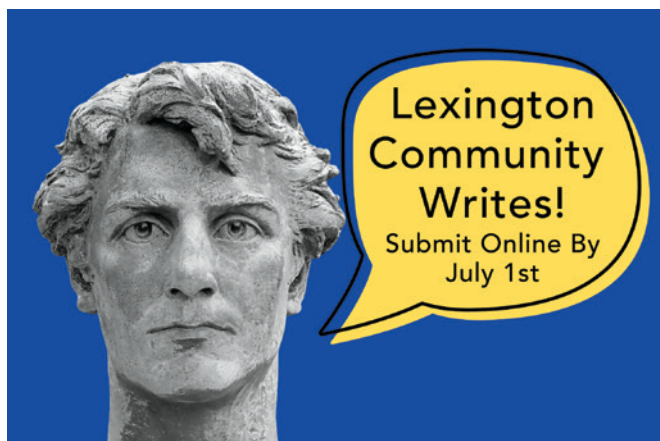
Lexington Community Education Writes

SUBMIT BY JULY 1, 2023 TO WIN A GIFT CERTIFICATE & HAVE YOUR STORY CELEBRATED



For long-time residents, tourists, history buffs, those who are new and those simply passing through, Lexington is a town full of discovery, modernity and story. No matter what the reason for the association, or the location of your residency, LCE invites writers 18+ to participate in our first ever "Lexington Community Writes" event this spring. Submit a piece of original writing (500

words maximum) that takes the Lexington Battle Green as an inspirational launching prompt. From history, mystery, historical or personal narrative, fiction (fan fiction, science fiction), etc... all styles and genres are welcome and all entries must make use of Lexington's historic green in one way, shape or form. We welcome stories of people, places and things; of past memories, present conditions, future ambitions...and Captain Parker, too! One piece will be printed in the Autumn 2023 Lexington Community Education catalog, and the author will receive a \$75 dollar gift certificate to the program. The runner-up will receive a \$25 gift certificate and honorable mention. Please visit our website for instructions on how to enter your submission. The deadline for entries is July 1, 2023.



Georgia O'Keeffe: The Suffrage Movement and "An American Way"

WITH NANCY SCOTT

Thursday, May 25, 2023 • 7:00-8:30 pm • Lexington Depot, 13 Depot Square, Lexington, MA • \$15 • SAOK



Photograph by Alfred Stieglitz (MET, 1937.61.36)

The lecture will focus on O'Keeffe's exposure to the early stages of the suffrage movement in New York, and her own willful determination to be treated as an equal in the art world. As women's rights slowly developed in America from 1913 to the 1940s, her opinions on "the men" who dominated the art world were often critical. To be sure, her rise to fame was due to her unique gifts in painting nature,

developing abstraction, and a talent for evocative motifs. She also benefited from early recognition by the gallerist and famous photographer, Alfred Stieglitz, who became her husband in 1924. Apart from the importance of women's rights in her career, the talk will address her early training, from O'Keeffe's life in art, including a deep interest in teaching, to her exploration of art forms that expressed affinity with the landscape, notably in Texas and later in the Southwest. Whether flowers, rocks, shells, skulls or abstracted form, O'Keeffe's daring styles will be examined, against the backdrop of advances in women's roles during her long life.



Nancy Scott is Professor Emerita of Fine Arts, Art History at Brandeis University. Her expertise is Modernism in Europe and America and painting and sculpture from the French Revolution to the mid-20th century including artists from David and Delacroix to Manet, Monet, Renoir and then the post-impressionists. Scott is affiliated with the Master of Arts Program in Comparative Humanities, the Interdepartmental Program in European Cultural Studies, and the Dept of Romance Studies, School of Arts and Sciences, Brandeis University.

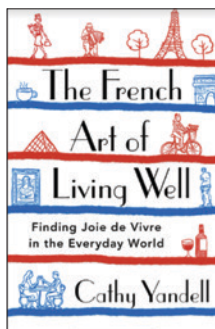


LCE is proud to partner with Maxima Book Center in Lexington.
www.maximacenter.com

The French Art of Living Well: Finding Joie de Vivre in the Everyday World

WITH CATHY YANDELL

Wednesday, June 7, 2023 • 7:00-8:30 pm • Zoom • \$15 • **SJDV**



What is *joie de vivre*, and why is it a fundamentally French concept? In search of those ineffable qualities that make up the joy of living, this lively book takes readers on a voyage to France through forays into literature, history, and culture. How does art contribute to daily life? Why is cuisine such a central part of French existence? Why are the French more physical than many other cultures? How do French attitudes toward time speak

volumes about their sense of pleasure and celebration? And finally, to what extent is this zest for life exportable? These and other questions give way to a dynamic sketch of French life today. Peppered with anecdotes and humor, this book will uncover some of the secrets of the celebrated French art of living well. Drawing from her years of living in France as a student, professor, and mother, Yandell crafts an honest and profound appraisal of French culture and how *la joie de vivre* can be developed in anyone's life.



Cathy Yandell is a professor at Carleton College, teaching courses in French Renaissance literature and culture, contemporary cultural and political issues in France, and the French language. Having published articles on writers from Louise Labé to Montaigne, she has also authored, edited, and co-edited several books including *Carpe Corpus: Time and Gender in Early Modern France*, *Vieillir à la Renaissance*, and *Memory and Community in Sixteenth-Century France*. In 2019, she was knighted by the French government into the Order of Academic Palms. When not buried in books, she loves dance, yoga, and flying trapeze. *The French Art of Living Well* is her first book for a general audience.

Book Bonding: Building Connections Through Family Reading

WITH MEGAN DOWD LAMBERT

Thursday, May 11, 2023 • 7:00-8:30 pm • Maria Hastings Elementary School, 7 Crosby Rd, Lexington, MA • \$15 • **SBBB**



Through her collection of essays about family, reading, and bonding through books, children's literature educator and children's book author Megan Dowd Lambert invites readers to consider how they bond with children, other family, friends, and students through shared reading. With themes including parenting, adoption, race, and healing, this 21-essay collection with its joyous and colorful illustrations is a perfect gift for parents,

grandparents, librarians, educators, and anyone who spends time with children or reading together with others.



Megan Dowd Lambert earned her BA at Smith College and her MA in Children's Literature at Simmons University, where she taught in some capacity for more than a decade. In 2009 she was named a Literacy Champion by Mass Literacy, and she served on the 2009 Geisel, 2011 Caldecott, and the 2012 Boston Globe-Horn Book Award committees. Lambert reviews and writes for *Kirkus* and the *Horn Book*, is a consultant with *EmbraceRace: A Community about Race and Kids*, and served as an inaugural member of the *OurShelves* curation team. The recipient of a 2016 Ezra Jack Keats New Writer Honor for her first picture book, *A Crow of His Own*, illustrated by David Hyde Costello, Lambert's other children's books have been recognized by: the 2017 and 2022 Massachusetts Book Award Must Read lists; the 2017 Notable Social Studies Trade Books for Young People list; and the 2022 NYPL Best Books for Kids list. Her books for adults include *Reading Picture Books with Children: How to Shake Up Storytime and Get Kids Talking About What They See*, which introduces the Whole Book Approach storytime model she developed in association with the Eric Carle Museum of Picture Book Art, and *Read It Again! 70 Whole Book Approach Storytime Plans to Help You Shake Up Storytime*, which was published under an imprint of her private publishing company, Modern Memoirs, Inc. Lambert's experiences as a white mother of seven children in a blended, multiracial, queer, adoptive family inform Lambert's work in children's literature, perhaps most notably in her most recent title, *Book Bonding: Building Connections Through Family Reading*, illustrated by Mia Saine, which published in April 2023.

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



LABBB for Food & Thought: A Dinner & Discussion at Omar's Bistro

WITH AUTHOR & ADVOCATE MARCIA STEERE

Wednesday, May 3, 2023 • Dinner 6:00-7:00 | Discussion 7:00-8:30 pm • Omar's Bistro, 20 Waltham St, Lexington, MA 02421 MA • \$25 Price includes dinner • **SOMR**

ART BY CHRIS BING



As an educator, researcher and parent of a LABBB student at Lexington High School, Marcia Steere worked toward expanding the intellectual potential of LABBB students by creating a series of classes and a curriculum that enhanced development through class

discussion, individual assignments leading to creative endeavors, daily homework, and tests that allowed students to demonstrate "think to learn" growth. The group learning environment and effect meant that every student became an active participant, and parental involvement was especially beneficial. Her book *I Can also Think to Learn: How Academic Stimulation leads to Growth in Students with Mild Intellectual Disabilities* describes the results of a multifaceted four year journey of teaching and learning across disciplines, and explains how she and other LABBB staff developed and experimented with curriculum and testing designed to both challenge and excite struggling learners. We all know that school is a place where the concept of "learning how to think" is explored, and yet it is remarkable how struggling learners can enthusiastically "think to learn" as well. The book, and this evening's talk shares what teachers and students did, and what and how they learned.



Marcia Steere is an author, parent, artist, and educational researcher. She has done research in education in conjunction with the Institute for International Education at Stockholm University and mathematical conception studies with Irene Muira of San Jose University. In addition to *I Can also Think to Learn* she is the author of an art book, *Poems for my Coloring Book*.



Omar's Bistro, a restaurant created for former LABBB student Omar by his family, is the latest addition to Omar's World of Comics & Pixel Paradise. From toasting and grinding their own spice blends, baking buns daily, and grinding their own burger blends in-house, Omar's Bistro believes that the care put into food represents their mission statement as a company at large. Not only is Omar's Bistro a place where the community can feel at home, but it is a place for collaborating on vocational training for those in need.

A Tribute to Robert Rivera

FEATURING MUSICIANS, POETS, STUDENTS & FRIENDS

Saturday, May 20, 2023 • 6:00-9:00 pm • Follen Church Society, 755 Massachusetts Ave, Lexington, MA • **STRR**



This past winter Lexington Community Education lost an incredible instructor, featured musician, and longtime friend of the program in the person of Robert Rivera. As a musician Robert was equally gifted in his ability to perform and teach on cello and bass guitar. The care and connection he made with his listeners and students *to and through music* was second to none. It's been said that a great

teacher acts as a mirror to students, reflecting and pointing the way toward a vision of the self that is improving toward a level of mastery and fulfillment. The reflection of achievement and fulfillment created by a teacher believing in the possibility and potential of their student is often a prerequisite for successfully reaching the summit in any performance endeavor. Over the years LCE witnessed the occurrence of teacher transference many times between Robert and his students. From arranging recitals, to talking about music as a metaphor for life, to taking pride in his students as they achieved milestones in music and other pursuits, Robert cared for students in a way that was genuine and will be forever remembered, honored, and missed. We invite you to a special tribute to Robert and his life, music, and teaching. The tribute will feature poetry and music performed by friends and former students, and promises to be as uplifting as it is reflective. Donations are welcome and will be accepted at the event and proceeds will go to the National Kidney Foundation.

While there is no charge for this tribute event, online fee-free pre-registration is helpful and appreciated.

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.**

Discovering Marcel Proust's novel, *In Search of Lost Time*, through the Senses

WITH **HOLLIE HARDER**

Thursday, June 1, 2023 • 7:00-8:30 pm • Lexington Depot,
13 Depot Square, Lexington, MA • \$15 • **SISN**



Why is Proust often called the greatest French writer, comparable to England's Shakespeare, Spain's Cervantes or Argentina's Borges? How can Proust's seven-volume novel, which, in places, explores the seamy undersides of human existence, have the reputation of being a witty, enchanting, and philosophical book that lends readers a distinctive "Proustian lens" through which

to see life in fundamentally new and innovative ways? In this discussion, we will look together at Proust's work by examining passages where sensory descriptions illustrate and animate major themes in the novel and spark exemplary Proustian experiences of the beauty, depth, and complexity of everyday life. While unable to capture the entire range of this magnum opus, this short introduction will enable readers to understand the essential modernity of this 100-year-old book, the fundamental elements of the human condition that it showcases, and the pertinence that the work still has today.

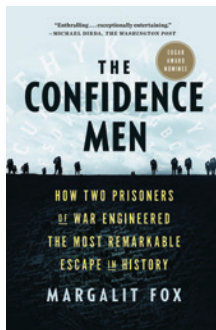


Hollie Harder is Professor of French and Francophone Studies at Brandeis University, where she teaches all levels of French literature, language and culture. She has published on Émile Zola in *Nineteenth-Century French Studies* ("The Woman Beneath: The femme de marbre in Zola's *La Faute de l'abbé Mouret*") and on Marcel Proust in *Modern Language Studies* ("Proust's Novel Confections: Françoise's Cooking and Marcel's Book"), in *The Cambridge Companion to Proust* ("Proust's Human Comedy") and in *French Forum* ("On the Beach and in the Boudoir: Albertine as an Amazon Figure in Marcel Proust's *In Search of Lost Time*"). She leads the Proust Reading Group and the Proust Selected Studies Group at the Boston Athenaeum and she teaches courses on Proust at the Brandeis Osher Lifelong Learning Institute (BOLLI).

The Confidence Men: How Two Prisoners of War Engineered the Most Remarkable Escape in History

WITH **MARGALIT FOX**

Thursday, May 18, 2023 • 7:00-8:30 pm • Lexington Depot, 13
Depot Square, Lexington, MA • \$15 • **SCFM**

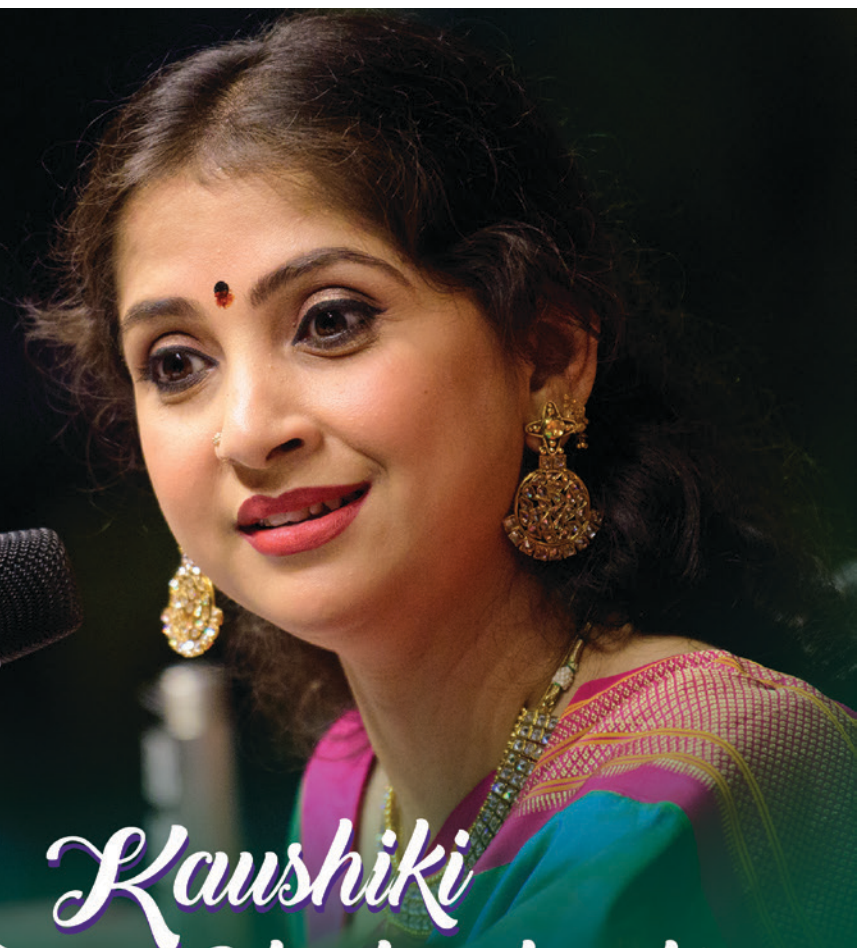


Imprisoned in a remote Turkish POW camp during World War I, having survived a two-month forced march and a terrifying shootout in the desert, two British officers, Harry Jones and Cedric Hill, join forces to bamboozle their iron-fisted captors. To stave off despair and boredom, Jones takes a handmade Ouija board and fakes elaborate séances for his fellow prisoners. Word gets around, and one day an Ottoman official approaches Jones with a query: Could Jones contact the

spirit world to find a vast treasure rumored to be buried nearby? Jones, a trained lawyer, and Hill, a brilliant magician, use the Ouija board—and their keen understanding of the psychology of deception—to build a trap for their captors that will ultimately lead them to freedom.



Considered one of the foremost explanatory writers and literary stylists in American journalism, **Margalit Fox** retired in June 2018 from a 24-year-career at the New York Times, where she was most recently a senior writer. As a member of the newspaper's celebrated obituary news department, she has written the Page One sendoffs of some of the best-known cultural figures of our era, including the pioneering feminist Betty Friedan, the writer Maya Angelou, the poets Seamus Heaney and Adrienne Rich, the children's author Maurice Sendak and the advice columnists Dear Abby and Ann Landers. She has also written the obituaries of many of the unsung heroes who have managed, quietly, to touch history, among them the inventors of the Frisbee, the crash-test dummy, the plastic lawn flamingo and the bar code. She is the author of four books including, most recently, *The Confidence Men*, *Conan Doyle for the Defense: The True Story of a Sensational British Murder, a Quest for Justice, and the World's Most Famous Detective Writer*. Before joining the obituary department at the Times in 2004, she spent ten years as a staff editor at the New York Times Book Review. Fox lives in Manhattan.



Kaushiki Chakraborty



Tanmay
Deochake



Murad Ali
Khan



Sandip
Ghosh

CONCERT

Sunday, April 30th 2023 - 6 pm

Venue: Cary Hall,
1605 Massachusetts Ave,
Lexington, MA 2420



Tickets:
\$100/\$60/\$50/\$40

20% Early Bird Discount - By Jan 31, 2023
FREE for Shadaj members & students
details at www.shadaj.org



tickets@shadaj.org (781-532-4460 / 409-201-7110 / 781-605-9399)

www.shadaj.org

Creating Community/ Around Town

CARY LECTURE SERIES PRESENTS:

Safeguarding the Mental and Behavioral Health of a City

Dr. Kevin Simon, Chief Behavioral Health Officer, City of Boston

Saturday, April 22, 2023, 8:00 pm at Cary Memorial Hall

In June 2022 Dr. Kevin Simon became the first Chief Behavioral Health Officer for the City of Boston with the mission of developing a city-wide strategy to address behavioral health issues, especially among youth. In his lecture Dr. Simon will describe his background and share his thoughts on the current state of mental health nationally and within Massachusetts. Dr. Simon serves as an Attending Psychiatrist at Boston Children's Hospital, an Instructor in Psychiatry at Harvard Medical School, a Commonwealth Fund Fellow in Health Policy at Harvard University, and the Medical Director of Wayside Youth & Family Support Network.

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/>**



LexMedia Production Classes, this page.

Media Production Classes at LexMedia

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

NEW Reducing Our Plastic Waste Together

With Erica Bouchard Rabins, owner of Center Goods

Plastic is everywhere, and it's not going anywhere. Very little plastic actually gets recycled and eventually ends up polluting our environment, harming wildlife and our health. Is there anything we can do? Does it even matter? Join Erica Bouchard Rabins, owner of Center Goods in Lexington Center, for some ideas about how we can work together to reduce our waste as a community. Erica's very relatable journey from avid recycle bin filler to imperfect plastic waste reducer is full of practical but simple approaches to reducing waste. We'll discuss how a focus on reducing and reusing can make a difference.

PCEG, 1 Monday, 7:00 - 8:00 pm. Meets May 1, 30 Waltham St, Lexington, MA, *Free, but pre-registration is requested.*

Voices on the Green at First Parish

Friday, May 5, 2023 at 7:00 pm.

Voices on the Green, a live music and storytelling series at First Parish in Lexington, will present its spring show "I Was There When...". Storytellers will focus on the personal impact of historic events, natural disasters, or moments of family tragedy or heroism. Live music will accompany the event, as well as special children's programming.

Tickets will go on sale in early April; for more information visit <https://voicesonthegreen.org/>

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 June 7, Lexington High School, \$5.

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 The Flowers of Evil: Baudelaire in Translation

Instructor: Barbara Thimm

Charles Pierre Baudelaire (1821-1867) was a poet, essayist, translator, and art critic. In this class, we will look at several poems from his most famous book, *Les Fleurs du Mal (The Flowers of Evil)*, in Richard Howard's translation. We will appreciate the enduring impact of Baudelaire's poetry on the development of modern poetry in general and on English-language poetry in particular. After briefly discussing the book's publication and translation history, the instructor will present a close reading and interpretation of a selection of Baudelaire's poems in translation from a contemporary perspective. Questions and participation are welcome.

HFOE, 1 Thursday, 7:00-8:30 pm. Meets April 27, Hybrid: LHS Classroom or Zoom, \$25.

NEW Women Take Charge! The Ancient Comedy of Aristophanes

Instructor: Tracy Marks

In *Lysistrata*, women impose a rule of abstention from carnal relations to protest men's predilection for war. In *The Assemblywomen*, fed up with the incompetence of male politicians, women take over the city's parliament, instituting political and sexual reforms. In this online class, we will read and discuss contemporary translations of these two delightfully zany and bawdy plays by 5th century B.C. playwright Aristophanes. Video clips of performances will further add to our enjoyment. By the first class, students should buy or borrow *Aristophanes: The Complete Plays*, translated by Paul Roche.

HWTC, 4 Fridays, 12:30-2:30 pm. Begins April 14, Zoom, \$110/Seniors \$100.



HAIKU WRITING & WALKING
with Brad Bennett, p. 29

**NEW A Pardonable Wonder:
The Poetry of Robert Creeley**

Instructor: Kenny Likis



Born in Arlington, buried at Mount Auburn Cemetery, Robert Creeley (1926–2005) wrote poems that changed the landscape of American poetry. His early work was so distinctive and influential that “Creeleyesque” became an adjective. Once described as a hip Emily Dickinson, Creeley quipped that was fine with him because she was hip enough already. Creeley wrote for over fifty years and became one of the most beloved poets of his generation. Yet throughout his career Creeley received both high praise and dismissive criticism. In this class we will look closely at Creeley’s early work and poetics, track how his poetry evolved, and consider criticisms of his work as well as tributes from jazz musicians and fellow poets. A packet of readings will be provided for each class. Whether you’ve never read a poem by Creeley or are a lifelong fan, come join us for this journey through his life and poetry.

HCRE, 4 Thursdays, 10:30 am -12:00 pm. Begins July 13, Hybrid: Follen Church or Zoom, \$80/Seniors \$75.

**NEW Kurosawa’s Amazing Films:
Beyond Rashomon**

Instructor: Lewis Porter, Ph.D

Of all Japanese filmmakers, Akira Kurosawa (1910-1998) is certainly the best known in the Western world. That’s because of the artistic value of his films, not because he catered to Western culture, despite what some say. After all, his first film, released in 1943, centered around judo, and some of his most admired films are built around samurai characters, including his “breakout” film *Rashomon*. The universal appeal comes from the tremendous variety in his output, and the intense, colorful, and deeply philosophical nature of his work. Yes, he knows Western film techniques, but he adapts them to his own purposes. We will see some striking scenes from his films, including those that are never seen in the West. Furthermore, we will watch a scene directed by Kurosawa and compare it with the same scene as done by other Japanese and Western directors, using

very rare clips. It makes for a fascinating comparison. If you are a film buff--and who isn’t?--don’t miss this exciting presentation!

HKUR, 1 Thursday, 7:00-9:00 pm. Meets May 11, Zoom, \$30.

**NEW Ancient Greek Drama and
its Relevance Today**

Instructor: Tracy Marks

Many classical Greek dramas in modern translations meaningfully speak to us today. The struggle to cope with and overcome victimization, suffering and injustice are key themes of Aeschylus’ *Prometheus Bound* and Sophocles’ *Philoctetes*. Through reading, mini-lectures, discussion and video clips, we will explore the issues these plays raise. We will also become familiar with Bryan Doerries’ related live and online Theater of War Productions. Please buy or borrow Doerries’ *All That You’ve Seen Here is God*, (his translations of these plays) by the first class.

HACD, 4 Fridays, 12:30-2:30 pm. Begins May 26, Zoom, \$110/Seniors \$100.



BEGINNING ITALIAN
with Barry Bridgelal, p. 18

**NEW The Prophetic Works of
Ray Bradbury**

Instructor: Caroline Fantasia

Over 50 years ago, Ray Bradbury cast a critical eye towards developing issues in our society and asked the vital question, “What will happen to humanity if we continue along this path?” He wrote stories that imagined a future when people willingly sacrificed self-reflection and independence in the pursuit of superficial pleasures, conformity, and technological advancements. This course will explore his visionary imagination and lyrical figurative language through several of his works. Participants should purchase *Fahrenheit 451* (foreword by Neil Gaiman) before the first meeting. Copies of the short stories will be provided in class.

HPRB, 4 Tuesdays, 10:00 am - 12:00 pm. Begins July 11, LCE Classroom, \$85/ Seniors \$75.

NEW Jane Austen’s Persuasion

Instructor: Tracy Marks

Jane Austen’s most mature novel, *Persuasion*, focuses on Anne Elliot, who once was persuaded to turn down the man she loved. Years later, when she is considered a spinster, he reappears in her life. Find out what happens as we explore this beloved novel in depth, while learning about the society and role of women in early 19th century England. We will also watch and discuss video clips from several different film adaptations. Students should purchase *The Annotated Persuasion* by Austen and David Shapard before the first meeting.

HPER, 5 Wednesdays, 12:30-2:30 pm. Begins July 19, Zoom, \$130/Seniors \$120.

**Shakespeare’s
Richard the Second**

Instructor: Cammy Thomas

In the eyes of many, King Richard II has brought his country down with needless wars and heedless ways. As the dying John of Gaunt, ancestor of all English monarchs since Henry IV, says, “...England that was wont to conquer others/ Hath made a shameful conquest of itself.” Richard is opposed by his cousin, Henry Bolingbroke, popular and dashing. This first of Shakespeare’s history plays about the Wars of the Roses considers, in gorgeous language, what the moral, philosophical, and practical consequences are of rebelling against a foolish and unpopular king. We’ll discuss the uses and abuses of power as Shakespeare imagines them, and connect them to our own time. The first class is an introduction to the play, and there is no homework for this evening. In each of the five remaining classes, we’ll read and discuss the play act by act until done. No experience necessary.

HR11, 6 Thursdays, 7:30-9:00 pm. Begins May 4, Zoom, \$110/Seniors \$100.

**NEW Life in the Universe? The
Search for Extraterrestrial Life
and Intelligence**

Instructor: Pedro Lilienfeld

Is there life elsewhere in our Universe? How do we search for it and how do we identify it? The difference between simple, microbial life and intelligent technological life outside our planet will be considered. We will discuss advanced methods applied

to the search for alien biosignatures within our solar system and on exoplanets, and techno signatures from exoplanets and beyond. Past and present of SETI, the Search for Extraterrestrial Intelligence, both active and passive will be reviewed. We will look at the history of beliefs about aliens, from Ancient Greece to the present. There is a recent revival of the question of UFOs—Unidentified Flying Objects or UAP—Unidentified Aerial Phenomena — are

they real and what are they? We will discuss various hypotheses about extraterrestrial intelligent civilizations developed during the 20th century such as those by Carl Sagan, Frank Drake, Nicolai Kardashev, Freeman Dyson, etc. What evidence can we derive from the 4 billion year history of life on Earth and the unanswered query by Enrico Fermi: Where Are They? We will consider the so-called Copernican principle that contradicts the idea of the uniqueness of the Earth and will relate it to the often opposing views between astronomers and biologists. What is the concept of the Great Filter? We conclude the course with a brief philosophical musing about humanity's likely place in our Universe. The course is complemented with beautiful graphics, and participants will be entitled to receive a 44-page illustrated essay on this subject, recently authored by the presenter.

HMLU, 2 Wednesdays, 6:30-8:30 pm. Begins June 7, Lexington High School, Room 220, \$65/Seniors \$50.

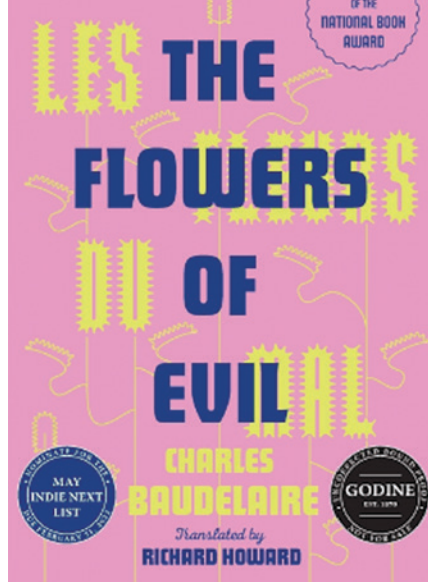
How Stoicism Can Help Us Flourish in an Age of Anxiety

Instructor: Ronald Pies, MD

In an age of anxiety on so many levels, how do we find happiness and peace of mind? The ancient Stoics developed a philosophy to answer these very questions, and their ideas have immense relevance for our own troubled times. Yet there are many misconceptions about Stoicism, which is often mistakenly seen as a way of suppressing emotion. In this talk, we will explore the nature and application of Stoic principles, with the aim of providing practical ways of relieving anxiety and fostering a flourishing life.

Spring: HHSC, 1 Thursday, 7:30-8:30 pm. Meets April 20, Zoom, \$25.

Summer: HHSC, 1 Thursday, 7:30-8:30 pm. Meets June 29, Zoom, \$25.



Poet and translator Barbara Thimm presents a close reading and interpretation of Les Fleurs du Mal (The Flowers of Evil), page 9.

Fact or Fiction? Native American Writers In Response to Eurocentric Narrative

Instructor: Joan Lester

In this class, Joan Lester, who has had the privilege of being educated by Native Americans in New England, and is a retired Tufts lecturer of American Studies with a concentration in Native American issues, 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. Wampanoag elder, educator, author and historian Linda Jeffers Coombs will lead the third class session.

HNFP, 3 Mondays, 10:30-12:00 pm. Begins May 8, LCE Classroom, \$50/Seniors \$40.

Co-Creating Divinity with Abraham to Bless Everyone

Instructor: Michael Koran

Each week we will read aloud and discuss passages from the story of Abraham in the Bible. We'll discover how we may be blessed (and bless) with the creative energy that moved Abraham. Exploring Abraham's relationship to his sons may teach us how to smile while we're experiencing the challenges between parents and children. Looking at Abraham's relationship to women may teach us how love can inspire creative strategies that help relationships survive and thrive. We'll see how we, like Abraham, can transform our

understanding and experience of divinity in order to better receive and bestow blessings. And we'll dream how we, like Abraham, can look forward to dying "at a good ripe age...satisfied."

HROW, 5 Fridays 7:00-9:00 pm. Begins April 14, Zoom, \$125/Seniors \$110.

Public Art: It's History and Many Current Forms and Expressions

Instructor: Paul Angiolillo

Sculpture and other public art has been making the headlines a lot lately: revered monuments have been toppled, with contemporary sculptures replacing them, political statements appear on traditional billboards and projected onto buildings, temporary, environmental-themed art "pops up" in urban plazas, and fine new works of traditional commemorative sculpture are commissioned. Whatever your take on these diverse expressions, one thing is clear: they're playing an important role in our society. We'll take a wide-ranging look at public art--monumental, political, environmental, whimsical, "art for art's sake," and more. What makes them succeed or not? Where is the art form headed? Join a casual, lively discussion about public art, its history, and its current role in our culture.

HART, 1 Wednesday, 7:00-8:30 pm. Meets June 14, Lexington High School, \$25.

Words from the Greek

Instructor: Tracy Marks

Greek words and word roots permeate the English language and have rich sources of meaning derived from ancient Greek mythology, literature, drama, history, religion and philosophy. Each week you will learn about thirty new English words originating from Greek sources including Homer, Aristotle, Aeschylus and the Greek historians. Special attention will be paid to the vocabulary of myth and Greek tragedy - and words such as hubris, nemesis and arete, which are especially meaningful today. Not only will you enjoy increasing your vocabulary, you will also deepen your understanding of Greek influences on modern life. Class sessions will include lecture, storytelling, and discussion as well as video excerpts.

HWFG, 4 Fridays, 12:30-2:30 pm. Begins July 14, Zoom, \$110/Seniors \$100.

Music Appreciation

NEW The Music of Mozart and Beethoven

Instructor: Brian M. O'Connell

This six-part series will explore the lives and music of two giants of the musical world. Through lecture, listening and group discussion we will trace the development of their careers and their influence on the musical landscape from their youth to their final days. Through the lens of representative musical excerpts and historian's commentary, we will travel with them as they experience both triumph and tragedy on their journey to the mountain-top of music and cultural history.

HMMB, 6 Wednesdays, 7:00-8:30 pm.
Begins April 12, Zoom, \$110/Senior \$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 Wednesdays, 7:00-8:30 pm.
Begins May 10, Zoom, \$80 for 1 person / \$110 for 2 people.



Annina Hsieh teaches Opera and Wine Pairing, this page.

NEW Four Metropolitan Opera Comedies and a Boston Baroque Tragedy

Instructor: David Collins

The Metropolitan Opera and Boston Baroque are offering a variety of operatic performances this spring. So let's get ready to increase our enjoyment of these varied operas. We begin with Verdi's last opera, *Falstaff*. When we think of Verdi we do not at first think of him as a composer of comedy, yet his last opera is one of the great operatic comedies. Staying with comedy, we next explore Richard Strauss' most popular opera *Der Rosenkavalier*. Strauss uses the orchestra to create a comic work that sparkles and yet has a tear in the corner of the eye. Next we explore Christopher Gluck's "tragédie



Brian M. O'Connell teaches The Music of Mozart and Beethoven, this page.

lyrique" *Iphigénie en Tauride*. After this we will move on to Mozart's *Don Giovanni*, which is considered by many to be the "perfect" opera. We conclude with *Die Zauberflöte - The Magic Flute*, Mozart's last completed opera.

HVTO, 5 Sessions, 6:30-9:15 pm. Begins March 28, and meets 4/11, 4/18, 5/5 and 5/23, Zoom, \$145/Seniors \$135.

NEW The Musical Legacy of Burt Bacharach

Instructor: Gregory Leschishin

Burt Freeman Bacharach was born on May 12th, 1928 in Kansas City Missouri. Over his lifetime, he wrote 73 US top 40 hits. He won 3 Academy Awards, two Golden Globes, 6 Grammys, and one primetime Emmy. Of course...there were even more nominations. He took classical piano lessons but preferred jazz, and he was influenced by Dizzy Gillespie and Count Basie. This two-hour lecture/presentation will concentrate on the artists he wrote for, the collaborations he had with other writers and of course, the hits!

HBRT, Thursday, 6:30-8:30 pm. Meets May 25, Zoom, \$25.

NEW Hot Hits: Pop Music 1950s-1980s

Instructor: Gregory Leschishin

Relive and rediscover your 45 collection with this fun class that explores how pop songs from the 1950s through the 1980s became the hits we know and love. Hundreds of songs were released by many independent record labels and while some were natural hits, others found success by accident, luck, or a combination. The charts were determined by airplay and sales were calculated by methods over which only a few people had control. *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. Class content is different each term.

HHOW, 6 Tuesdays, 7:00-8:30 pm. Begins July 11, LCE Classroom, \$80.



BETTER SLEEP FOR PEOPLE OF ALL AGES

with Rick Clerici, p. 35



REVISITING JOHN COLTRANE'S CRESCENT

An All-Star Concert, p. 3

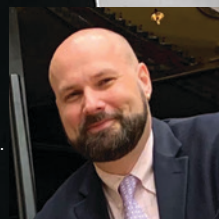
Private Music Instrument Lessons for Every Age and Level, In-Person and/or on Zoom

LCE provides excellent, convenient, and reasonably priced individual music lessons with highly qualified professional musician teachers for all interested students and adults. The following instruments are available for individual study: Baritone Horn (Euphonium), Bass, Bassoon, Cello, Clarinet, Electric and Acoustic Guitar, Flute, French Horn, Guitar, Oboe, Percussion (Drums/xylophone), Saxophone, Sitar, Trombone, Trumpet, Tuba, Ukulele, Upright Bass, Violin or Viola, and Voice. Lessons are held in the afternoon and evening. Saturday morning lessons are also available. Each semester contains approximately 16 lessons. Students must arrange convenient weekly lesson times with the instructor. The length of lessons per week can be: 30 minute, 45 minute, or 60 minutes. To register: Call the LCE office and we will put you in touch with our music teaching staff.

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



Annina Hsieh, Voice,
Beginning Piano



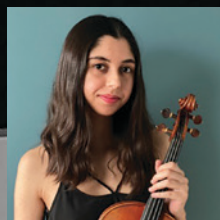
Libor Dudas,
Piano



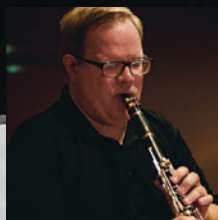
Brenda Bishop,
Voice



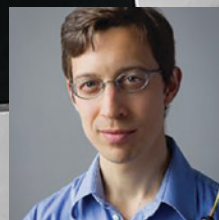
Immei Wong
Violin



Simone Cartales
Violin, Viola



Bill Kirkley
Clarinet



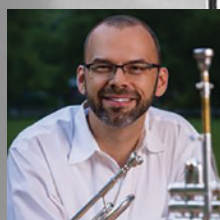
Ben Fox
Oboe



Brian Kane
Saxophone



Ellen Donohue-Saltman
French Horn



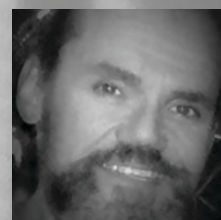
Greg Gettel
Trumpet



James Lattini
Percussion/Drum Set



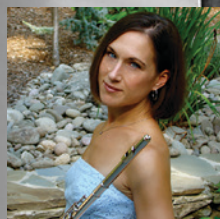
Rui Xu
Double Bass



Robert Butler
Guitar



Jerry Vejmla
Sax, Clarinet



Jessica Lizak
Flute



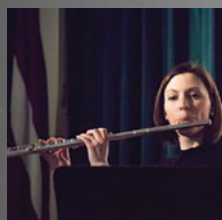
Jobey Wilson
Tuba/Euphonium



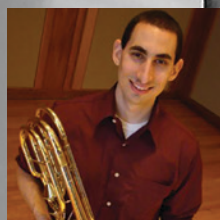
John Claybourne
Drums



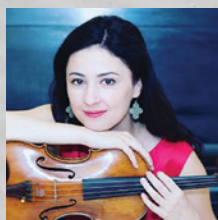
Nancy Radnofsky
Clarinet



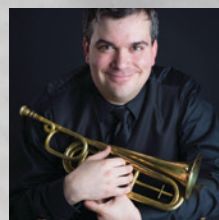
Ona Jonaityte
Flute



Phil Hyman
Trombone/
Euphonium



Raluca Dumitrache
Violin/Viola



Chris Belluscio
Trumpet



David Whetstone
Sitar

Music Performance/ Writing Theatre Arts

Instrumental Camerata for Adults

Instructor: Rui Xu

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, 7:00-8:30 pm. Begins April 27, Lexington High School, Room 240, \$150/Seniors \$140.



Musician and educator Rui Xu leads the Instrumental Camerata for Adults, this page.

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

Grammar 101 For Adults

Instructor: Tracy Marks

Who or whom? Affect or effect? That or which? How to punctuate long sentences? Even the best-educated people can struggle with basic grammar and punctuation. If you're yearning to know the difference between commas and semicolons and how to avoid dangling participles and run-on sentences, join us for this fun, informative and interactive foray into grammar. We'll focus on several dozen common mistakes, do practice exercises and learn easy-to-remember rules to help you improve your writing and speaking.

GRRF, 2 Wednesdays, 6:30-8:30 pm. Begins June 7, Zoom, \$65/Seniors \$50.

Wordcraft: Exercises in Creative Writing

Instructor: Tracy Marks

Become a wizard of wordcraft and write with greater precision, clarity and originality. Whether you write poetry, fiction, nonfiction or drama, the various creative writing exercises we will do in class can help you perfect your word choice and phrasing. Have fun with language, discover verbal talents you didn't know you had, and receive constructive feedback on your optional weekly assignments.

WWOR, 5 Mondays, 6:30-8:30 pm. Begins July 10, Zoom, \$130/Seniors \$120.

NEW Personal Storytelling: Find, Craft and Tell True Stories from Your Life

Instructor: Chandreyee Lahiri

Learn about storytelling as a performance art (as in shows like 'The Moth'), find ways to reflect on your memories and tell stories from your life. Built into cultures since human societies first formed, storytelling is one of the most effective ways of sharing ideas or thoughts with people by taking them along on a personal journey and engaging their imaginations. Tellers often find catharsis, closure and peace by reflecting on

their thoughts. Audience members may find their horizons expanded, personal support through resonance and just sheer entertainment. In this class you will discuss what makes an effective 'story', how to mine your own thoughts and experiences for stories that are important to you, and learn how to craft them with authenticity to reach and touch hearts. Each class will discuss insights and tips on storytelling followed by students working on true, short stories from their lives. By the end of the class, each student will have one short, true story that they have crafted, edited and rehearsed to share in a small storytelling event.

WPSF, 6 Mondays, 7:00-8:30 pm. Begins April 24, Zoom, \$95/Seniors \$80.

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.

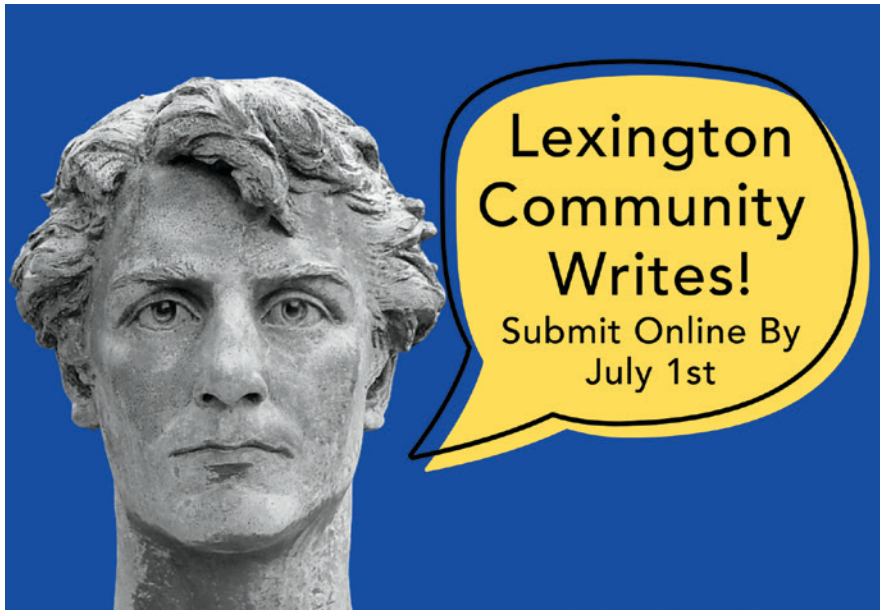
WMEM, 8 Wednesdays, 4:00-6:00 pm. Begins April 12, Zoom, \$220/Seniors \$185.

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



Win a LCE Gift Certificate and have your story celebrated! See page 4 for full details. See page 4 (and website) for full details.

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, 8 Fridays, 12:30-2:00 pm. Begins April 7, Zoom, \$165/Seniors \$145. (SKIP MAY 19)

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 April 5, Zoom, \$220/Seniors \$185.

NEW The Craft of Poetry Writing

Instructor: Tracy Marks

By learning the elements of effective poetry craft and reading and discussing exceptional examples, we will significantly develop our talent for writing poetry. Each week we will focus on one of the following themes: sound and musicality, metaphor and simile, titles and opening lines, line length and line breaks, and stanza division. The last third of each class will be devoted to constructive workshoping of students' poems. Numerous handouts will inspire our writing. Beginning and experienced poets welcome. Limited to eight.

WPPF, 6 Mondays, 6:30-8:30 pm. Begins April 24, Zoom, \$160/Seniors \$145.

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

Color Theory: How to Understand and Use It

Instructor: Linda Balek

Color and color theory form the foundation of art as well as design. This class will explore color theory, increasing your understanding and appreciation of the different ways that artists use color. 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. A supply list will be sent by the instructor prior to the start of the class.

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

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. A list of required supplies can be found online in the class description.

HADT, 5 Tuesdays, 10:00-11:30 am. Begins April 11, Zoom, \$120/Seniors \$110.



CALLIGRAPHY

with Alma Bella Solis, p. 26

Introduction to Acrylic Painting

Instructor: Donna Calleja

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. A list of required supplies can be found online in the class description.

Spring: ADAC, 7 Tuesdays, 10:00 am-12:00 pm. Begins April 25, LCE Classroom or Zoom, \$155/Seniors \$140.

Summer: ADAC, 7 Tuesdays, 10:00 am-12:00 pm. Begins July 11, LCE Classroom or Zoom, \$155/Seniors \$140.

Beyond The Basics In Acrylic Painting

Instructor: Donna Calleja

Students in this class will continue to refine their skills in acrylic painting. We will work to expand knowledge of color mixing, composition and paint application techniques while creating personal painting projects. We will also look at the paintings of master artists for inspiration of style and technique. The class will combine teacher demonstration with work time devoted to individual instruction. This class builds on the skills learned in the LCE Acrylic Painting for Beginners class but is open to all who have worked with acrylic paints in another program or on their own. A list of required supplies can be found online in the class description.

Spring: ADAA, 7 Thursdays, 10:00 am-12:00 pm. Begins April 27, LCE Classroom or Zoom, \$155/Seniors \$140.

Summer: ADAA, 7 Thursdays, 10:00 am-12:00 pm. Begins July 13, LCE Classroom or Zoom, \$155/Seniors \$140.



PUBLIC ART: IT'S HISTORY AND MANY FORMS & EXPRESSIONS

with Paul Angiolillo, p. 11



A Felt Flower bouquet from Anja van Ommering's Workshop, page 17.

Welcoming Spring with the Chinese Brush

Instructor: Son-Mey Chiu

We shall begin the class with a short review of the basic Chinese brush strokes through the practice of Chinese calligraphy which form the basis of Chinese brush painting. We shall explore brush methods for spring blooming flowers such as the Tree Peony, Azalea, Poppy and Wisteria. Our repertory will also include birds such as the Blue Bird, the Oriole; and insects such as the Bee and the Praying Mantis. Let us paint with hope and joy that the pandemic will be behind us soon. A list of required supplies can be found online in the class description.

ACBP, 4 Mondays, 1:00-3:00 pm. Begins April 10, LCE Classroom, \$125/Seniors \$110.

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 a thicker pad is used. A list of required supplies can be found online in the class description.

Spring: ACHR, 6 Wednesdays, 3:45-5:45 pm. Begins April 12, Zoom, \$200.

Summer: ACHR, 6 Wednesdays, 3:45-5:45 pm. Begins July 12, Zoom, \$200.

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. A list of required supplies can be found online in the class description.

Spring: ALMS, 6 Fridays, 3:30-5:30 pm. Begins April 14, Zoom, \$200.

Summer: ALMS, 6 Fridays, 3:30-5:30 pm. Begins July 14, Zoom, \$200.

How to Make a Sculpture

Instructor: Paul Angiolillo

This one-session class is meant to jumpstart you on making engaging sculptures: how to decide on a design, assemble your materials and objects, and finish and mount them, so they're both attractive and durable. Bring in your own favorite materials, maybe some found objects, eye-catching weathered wood, or pieces of natural material. You might want to create a free-standing sculpture, wall hanging, mobile, or work for a garden. We'll discuss your ideas, divulge some tricks of the trade, and demonstrate basic tools and equipment. At the end of the class, you should be able to create sculptures in your space and at your own pace.

AMAS, 1 Saturday, 1:00-4:00 pm. Meets June 10, Lexington High School Room 210, \$40.

An Introduction to Metalsmithing

Instructor: Karennia 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.

Spring: A2TM, 3 Tuesdays, 6:30-8:30 pm. Begins March 28, Karennia Maraj Jewelry Collection, 95 Trapelo Road, Belmont, \$150.

Summer: A2TM, 3 Tuesdays, 6:30-8:30 pm. Begins August 1, Karennia Maraj Jewelry Collection, 95 Trapelo Road, Belmont, \$150.

NEW Make a Fused Glass Bowl in One Evening

Instructor: Jodi Tippet

Fusing glass is the process of bonding separate pieces of glass together in a specially designed kiln, at heats of up to 1600 degrees. In this class, we will make an 8 inch round fused glass bowl. We will create a design using thin colored glass to make straight lines on the ribbed clear base of the circle. We will then lay the colored glass on the base, breaking up the colored glass to fit in the channels. We will do this on 2, 8 inch circles of glass. The two circles will be put together in the kiln. The circles can be laid so that the lines look like a plaid. Or you can decide that the angles will be different, changing how the finished piece will look. The designed pieces will go in the instructor's kiln 3 times. The last time will be to slump the circles into a bowl. Your piece will be ready for pick up after approximately 2 weeks.

A2FB, 1 Monday, 6:00-8:00 pm. Meets May 8, Lexington High School, Room 210, \$80.

A2FG, 1 Tuesday, 6:00-8:00 pm. Meets June 6, Lexington High School, Room 210, \$80.

Photography: The Basics and Beyond

Instructor: Scott Metzger

Great photographs are created through the right mixture of angle, light, subject, story, and spirit. To capture all of these ingredients in the snap of a shutter, a photographer needs the skill set to potentially assess, frame, and shoot in

a fraction of a second. In this class, we will stock our photographic "tool box" through studying the essential elements of taking a great picture. We will explore documentary, lighting, the rule of thirds, camera and computer processing equipment, and composition. We will also examine ways to manage workflow and the particulars of portrait, landscape and commercial photography. By the end of the class, students will feel more comfortable with their ability to make a stronger, more engaging photograph. Please bring your camera to class.

APBB, 4 Mondays, 7:00-9:00 pm. Begins April 24, Lexington High School, Room 221, \$110/Seniors \$100.

Felt Making: Surface Design and Three Dimensions

Instructor: Elizabeth Stubbs

This class is open to those with prior felt making experience. In this class we will combine surface design techniques with three dimensional felting using resists. Weekly assignments will provide opportunities to create interesting surfaces that cross the boundaries between 2 and 3 dimensions. Students are asked to provide their own materials. A list of required supplies can be found online in the class description.

AWFD, 8 Mondays, 1:30-4:30 pm. Begins April 10, Zoom, \$245/Seniors \$225.

Felt Flower Workshop

Instructor: Anja van Ommering

Come and make felt flower bouquets that will last forever! Each piece of these realistic flowers are cut and assembled by hand. The workshop is suitable for people of all skills, whether beginner or more advanced. A \$15 material fee is payable to the instructor at the first class. Max 5 students.

Spring: AFFW, 3 Mondays, 10:00 am-1:00 pm. Begins April 24, LCE Classroom, \$140/Seniors \$125.

A2FFW, 3 Tuesdays, 12:30-3:30 pm. Begins May 23, LCE Classroom, \$140/Seniors \$125

Summer: AFFW, 3 Mondays, 10:00 am-1:00 pm. Begins July 10, LCE Classroom, \$140/Seniors \$125

A2FFW, 3 Mondays, 10:00 am-1:00 pm. Begins August 7, LCE Classroom, \$140/Seniors \$125

NEW Ukrainian Pysanky Art Club

Instructor: Alona Popova



In these classes we will gather together and discover the world of Ukrainian pysanky, symbols, techniques, and

ornaments. No previous experience is required to participate in the club. All necessary materials will be prepared ("kistka", beeswax, candle, color dyes, clean and dry blown-out eggs) to sketch on eggshells. We will go through all the essential points of the pysanky making process step-by-step and you will take home your own Pysanka creation at the end of the class. There will be a different theme for each session. Spring: sun, plants, animals. April theme - plants on pysanky (plant symbols). May theme - animals on pysanky (animal symbols). Summer: a wealth of geometric symbols. June theme - seeds, rakes, combs, spirals. July theme - triangles, diamonds, squares, ladders, nets. August theme - windmills, crosses, ram's horns. A \$15 material fee is payable to the instructor per class.

ACUP, 1 Wednesday, 5:30 pm-8:30 pm. Meets April 5, LCE Classroom, \$30.

A2CUP, 1 Wednesday, 5:30 pm-8:30 pm. Meets May 3, LCE Classroom, \$30.

A3CUP, 1 Wednesday, 5:30 pm-8:30 pm. Meets June 7, LCE Classroom, \$30.

A4CUP, 1 Wednesday, 5:30 pm-8:30 pm. Meets July 5, LCE Classroom, \$30.

A5CUP, 1 Wednesday, 5:30 pm-8:30 pm. Meets August 2, LCE Classroom, \$30.

NEW Basket Weaving

Instructor: Jennifer Weller-Dorfman

Join us and learn to weave a small "cat head basket" (a basket that can look like the head of a cat with pointy ears) using blue, wine and peach space dyed reed. This is a great beginner basket project and no previous basket weaving experience is required. The basket measures 5 inches high and 5 inches wide. Students will need to bring an old towel, scissors and flat head screwdriver. Basket reed is woven wet, so please dress accordingly. A \$15 materials fee is payable to the instructor in class.

ABWE, 1 Monday, 9:30-11:30 am. Meets May 15, LCE Classroom, \$30.

ELL/Languages

No matter where you travel in the world, communication is the key to success. Our courses are taught by instructors who both speak well and teach well in multiple languages.

Continue Communicating in English

Instructor: Ric Calleja

This class will be a continuation of Begin Communicating In English or for students who have a basic knowledge of 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 April 26, LCE Classroom, \$170/ Seniors \$155.

Evening English

Instructor: Rosemary Previte

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

LBEN, 8 Thursdays, 6:00 - 8:00 pm. Begins April 13, Lexington High School, \$170/ Seniors \$155.

NEW Grammar for ESL

Instructor: Rosemary Previte

What is Grammar, and why is it important? Grammar is essential for learning and speaking English, and it includes the "rules" of English that enable you to write phrases, sentences, paragraphs, and more. This course is for intermediate-level ESL learners who have studied some English, but need to work on their grammar. We will review parts of



Discovering Marcel Proust's novel, In Search of Lost Time, through the Senses with Hollie Harder, page 7.

speech (nouns, pronouns, verbs, articles, adjectives, adverbs, prepositions), verb tenses, and other rules of grammar (punctuation, capitalization, plurals), as well as sentence structure. By the end of this course, you will see improvement in your reading, writing, and conversation!

LGRA, 8 Tuesdays, 6:00 - 8:00 pm. Begins April 11, Lexington High School, \$170/ Seniors \$155.

Beginning Spanish

Instructor: Angelica Fajardo

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

LBGS, 7 Mondays, 5:00 - 6:30 pm. Begins March 27, Lexington High School, \$155/ Seniors \$140.



WORDS FROM THE GREEK

with Tracy Marks, p. 10

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.

LBS2, 7 Tuesdays, 5:30-7:00 pm. Begins March 28, Lexington High School, \$155/ Seniors \$140.

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.

LBS3, 7 Wednesdays, 5:00-6:30 pm. Begins March 29, Lexington High School, \$155/Seniors \$140.

Intermediate Spanish

Instructor: Sherry Eggers

This is a continuation of Beyond Beginning Spanish. We invite you to join us if you have studied these verb tenses: present, preterite, imperfect, present perfect, future, and conditional. We focus on speaking, aural/oral communication, reading and writing in Spanish. Come and increase your ability to utilize the Spanish language!

LITS, 8 Tuesdays, 6:30-8:00 pm. Begins April 18, Zoom, \$155/Seniors \$140.

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. There will be

two sections of this class, one that meets in-person in our LCE Classroom and one that is remote on Zoom.

L2SCO, 8 Thursdays, 10:00 am-12:00 pm. Begins April 27, Zoom, \$170/Seniors \$155.

LSCO, 8 Fridays, 10:00 am-12:00 pm. Begins April 28, LCE Classroom, \$170/Seniors \$155.

Beginning Italian

Instructor: Barry Bridgell

This program is designed to give beginning students a practical command of the Italian language. Upon completion of the course, you will be able to discuss everyday activities and describe situations using the present tense. You can also expect to be able to read and write elementary texts such as a simple letter. Topics include pronunciation, adjectives, expressions of date and quantity, indefinite and definite articles, and first conjugation -are verbs. You will need to purchase the Prego textbook (editions 6, 7 or 8).

LBIT, 8 Thursdays, 7:00-8:30 pm. Begins April 27, Zoom, \$209.

Advanced Beginning Italian

Instructor: Barry Bridgell

Building upon the basic foundation provided in Beginning Italian (-are verbs, few irregular verbs, articles, calendar) you will improve your listening skills and conversational ability through structured dialogues and other practical activities. Begin to communicate more precisely as you learn -ere and -ire verbs in the present and all conjugations in the past tenses. Topics will include: review of expressions of date and quantity, indefinite and definite articles, past tense, interrogatives, and direct object pronouns. Students will need to purchase the Prego textbook (editions 6, 7 or 8).

LIAB, 6 Thursdays, 7:00-8:30 pm. Begins July 13, Zoom, \$169.

Intermediate Italian II

Instructor: Barry Bridgell

This course is for students who have completed the Intermediate Italian I class or others who have a solid foundation in the language, including reflexive verbs, indirect and direct object pronouns, expressions of time and duration, and simple and articulated prepositions.

Upon completion of this level, students should be able to discuss topics including health, travel, holidays and business using the present and past tenses. This level continues to emphasize the improvement of oral comprehension and creative expression. Topics introduced will include review of imperfect tense versus passato prossimo, tonal pronouns, comparatives and superlatives, and simple future tense (Prego chapters 8-10). Students will need to purchase the Prego textbook (editions 6, 7 or 8).

LIIT2, 8 Tuesdays, 6:30-7:30 pm. Begins April 25, Zoom, \$209.

Advanced Italian I

Instructor: Barry Bridgell

Upon completion of this level, students should be able to discuss topics including health, travel, holidays and business using the present, past and immediate and probability with simple future tense. This level continues to emphasize the improvement of oral comprehension and creative expression. Topics reviewed

include imperfect tense versus passato prossimo, disjunctive pronouns, comparatives and new topics include simple future tense, impersonal form and double object pronouns. Students will need to purchase the Prego textbook.

LAIT, 6 Tuesdays, 6:00-7:30 pm. Begins July 11, Zoom, \$169.

Advanced Italian II

Instructor: Barry Bridgell

After completing this course, you can expect to converse with greater confidence and precision. More complex reading selections provide authentic opportunities for vocabulary development and creative use of the language. Building upon the skills already acquired, you will learn indefinite adjectives and pronouns, negatives, imperative form, the conditional tense, possessive and relative pronouns. You will need to purchase the Prego textbook.

L2AIT, 8 Tuesdays, 4:45-6:00 pm. Begins April 25, Zoom, \$185.



An example of the felting artwork of Elizabeth Stubbs, page 17.

Advanced Italian III

Instructor: Barry Bridgell

Students refine their use of verb tenses and continue to expand their vocabulary. Upon completion of this level, students should be able to understand and participate comfortably in conversations on a wide range of topics. Reading and writing skills are also improved as students gain proficiency with conditional and passive constructions. Among the topics introduced at this level are the tenses of the subjunctive. Students will need to purchase the Prego textbook (editions 6, 7 or 8).

L3AIT, 6 Mondays, 4:30-5:30 pm. Begins July 10, Zoom, \$115.



Lewis Porter, Ph.D. teaches Kurosawa's Amazing Films: Beyond Rashomon.

NEW Italian Caffè I

Instructor: Barry Bridgell

This program, conducted entirely in Italian, is designed for students who are already proficient in the skills taught from beginners to advanced II and who want to increase their conversational and reading abilities. You will have the opportunity to markedly improve your speaking and listening skills. Grammatical lessons will entail review of *passato prossimo*, *imperfetto*, *futuro semplice* and embark present subjunctive.

LDCO, 6 Mondays, 5:30-6:30 pm. Begins July 10, Zoom, \$115.

NEW Italian Caffè II

Instructor: Barry Bridgell

This program is designed for students who are already proficient in the skills taught in all previous levels and who want to increase their conversational and reading abilities. Conducted entirely in Italian, this course provides students with an opportunity to markedly improve their speaking and listening skills. We will be reading "*il Mistero della Casa in Sicilia*" by Melanie Chircop (available paperback or kindle). Lessons will entail book discussion and advanced grammar topics.

LICO, 6 Mondays, 6:30-7:30 pm. Begins July 10, Zoom, \$115.

Beginner French

Instructor: Maurice Bombrun

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

Spring: LDBF, 10 Fridays, 9:30-11:30 am. Begins April 14, Zoom, \$250.

Summer: LDBF, 8 Fridays, 9:30-11:30 am. Begins July 14, Zoom, \$200.

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 to 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.

Spring: LBFR, 10 Tuesdays, 12:30-2:30 pm. Begins April 11, Zoom, \$250.

Summer: LBFR, 8 Tuesdays, 12:30-2:30 pm. Begins July 11, Zoom, \$200.



BEGINNER, BEGINNER II AND INTERMEDIATE FRENCH
with Maurice Bombrun, this page

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*.

Spring:

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

LBF32, 10 Tuesdays, 7:00-9:00 pm. Begins April 11, Zoom, \$250.

LBF35, 10 Thursdays, 7:00-9:00 pm. Begins April 13, Zoom, \$250.

Summer:

LBF34, 8 Tuesdays, 9:30-11:30 am. Begins July 11, Zoom, \$200.

LBF32, 8 Tuesdays, 7:00-9:00 pm. Begins July 11, Zoom, \$200.

LBF35, 8 Thursdays, 7:00-9:00 pm. Begins July 13, Zoom, \$200.

Intermediate French I

Instructor: Maurice Bombrun

Intermediate I French is for students who have studied the basic concepts of pronunciation, grammar and vocabulary, future, conditional and subjunctive tenses. The course reviews the foundations and expands the language patterns and grammatical structures. Verbs tenses are reviewed and more are added. Vocabulary is enhanced further through simple conversation, readings, and exercises. 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 textbook online or from a bookstore prior to the first class: *Grammaire progressive du français A2/B1*, CLE International, ISBN 978 209 038103 0.

Spring: LBFI, 10 Thursdays, 1:00-3:00 pm. Begins April 13, Zoom, \$250.

Summer: LBFI, 8 Thursdays, 1:00-3:00 pm. Begins July 13, Zoom, \$200.

Intermediate French II

Instructor: Maurice Bombrun

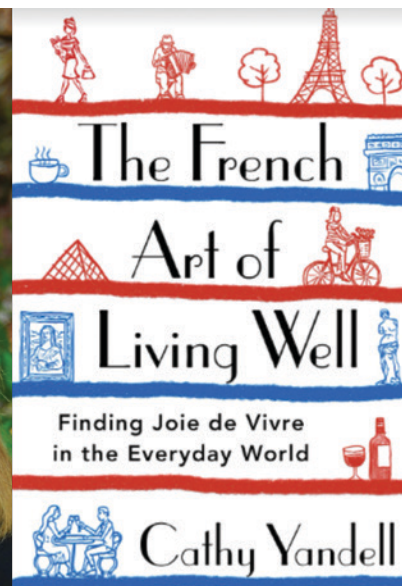
Intermediate French is for students who have studied all basic concepts of pronunciation, grammar and vocabulary and have completed A1/A2 levels. The course quickly reviews the foundation to build upon and expand language patterns, grammatical structures, and comprehension. Vocabulary is enhanced further 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, should be purchased online prior to the first class.

Spring: LDIF, 10 Thursdays, 3:30-5:30 pm. Begins April 13, Zoom, \$250.

Summer: LDIF, 8 Thursdays, 3:30-5:30 pm. Begins July 13, Zoom, \$200.



Author and scholar Cathy Yandell speaks about her new book, *The French Art of Living Well: Finding Joie de Vivre in the Everyday World*, page 5.



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.

Spring:

LLFC, 10 Wednesdays, 7:00-9:00 pm. Begins April 12, Zoom, \$250

LFCW, 10 Thursdays, 9:30-11:30 am. Begins April 13, Zoom, \$250.

Summer:

LLFC, 8 Wednesdays, 7:00-9:00 pm. Begins July 12, Zoom, \$200.

LFCW, 8 Thursdays, 9:30-11:30 am. Begins July 13, Zoom, \$200.

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, absurdism, and "Nouveau Roman". We finally look at emerging 21st century trends and main authors, including the 2022 Nobel Prize Annie Ernaux. Students read and discuss texts to maintain and improve their comprehension and conversation skills while learning from novels, poems and plays. No textbook required.

Spring: LFPL, 10 Fridays, 1:00-3:00 pm. Begins April 14, Zoom, \$250.

Summer: LFPL 8 Fridays, 1:00-3:00 pm. Begins July 14, Zoom, \$200.



FICTION WRITING FOR 4TH & 5TH GRADERS & MIDDLE SCHOOLERS

with Karen Day, p. 25.

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, 7 Tuesdays, 10:00 am-12:00 pm.

Begins April 11, Zoom, \$150/Seniors \$135.

LHCC, 7 Wednesdays, 7:00-9:00 pm.

Begins April 12, Zoom, \$150/Seniors \$135.

Beginning German: For New and Continuing Students

Instructor: Luci Mandl

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

LBGE, 6 Wednesdays, 5:00-6:30 pm.

Begins April 12, Zoom, \$139/Seniors \$129.

German Conversation

Instructor: Karen Elsa Carstens

If you want to brush up your German conversational skills, this once a week session involving lively group dialogue, punctuated by multimedia virtual presentations on a wide range of topics, may be just what you've been looking

for. New topics for each week will be announced and emailed a few days before each two-hour class. Participants are encouraged to suggest topics tailored towards their own specific interests and experiences including, among others, travel, art, film, literature, hobbies, family history, holiday traditions, favorite foods, and current events. Sessions may include readings of poetry or news articles in German, fun tips on modern German-language television productions and pop songs, or insights into science, nature, sports, pets, and sustainable lifestyle trends. Participants are welcome to enhance individual weekly verbal presentations by sharing photos, videos or short texts, which may be distributed via email or virtually during class. Each

presentation is followed by a question and answer period allowing for ample conversation time. The idea is to focus on communication and fluency by understanding each other via an informal, friendly dialogue. Key vocabulary words may also be shared to round out these discussions, along with select links to helpful further resources such as news or travel features produced with subtitles for language learners in German. The primary focus will be on fostering dialogue among all participants to build confidence in striking up smooth conversations in German.

LGEC, 10 Thursdays, 10:00 am-12:00 pm.

Begins April 13, Zoom, \$205/Seniors \$180.



Author and educator Megan Dowd Lambert visits to discuss *Building Connections Through Family Reading*, page 5.

Computers

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

NEW How Computers Work: Everything You Always Wanted to Know

Instructor: Matthew Paulson

What is a transistor? What is binary? What are the main parts of a CPU? In this class we will cover everything from the very basic topics, concepts and workings in computer hardware and software, all the way up to programming languages, and then onto operating systems, drivers, networking, and any additional topics the participants might be interested in. There is no need for previous engineering, math or computer skills of any kind. The only requirement is an interest in the topic and the ability to count!

CHCW, 6 Tuesdays, 7:00-8:30 pm. Begins April 25, Hybrid: Lexington High School or Zoom, \$105/Seniors \$90.



HOW TO SELL ON EBAY AND AMAZON

with Tracy Marks, this page.

How to Sell on Ebay and Amazon

Instructor: Tracy Marks

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

CBAY, 3 Wednesdays, 12:30-2:30pm. Begins May 17, Zoom, \$85/Seniors \$75.

Introduction to Computer Programming I

Instructor: Bryan Turcotte

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

CPPI, 8 Wednesdays, 6:00-8:00 pm. Begins April 12, Zoom, \$170/Seniors \$155.

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 April 27, Zoom, \$100.

NEW Intro to eCommerce – Virtual Platform

Instructor: BBDS Design

Open and manage an online shop, and make money even while you sleep. If you have products to sell, digital products which can be downloaded or services to offer, you can use an eCommerce website to make money for you on the side. Opening an eCommerce online shop is not as hard as you think - you don't need to be a webmaster or a coding guru. In this 4-hour class we will go through the

most essential topics: how to research your niche, how to buy a domain name and find fast hosting, which eCommerce platforms are on the market, and the advantages of WordPress WooCommerce. We will demonstrate how easy it is to set up, how to market your shop to get more traffic, and how to take advantage of technology and have fun with social media. This is an introductory class; there is no need to have a website beforehand.

COBN, 2 Thursdays, 7:00-9:00 pm. Begins May 18, Zoom, \$100.



COMPUTER CLASSES

with Kristen Butler, this page

Intro to Google Suite

Instructor: Kristen Butler

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

CGSL, 1 Wednesday, 6:00-9:00 pm. Meets April 12, Hybrid: Zoom or Lexington High School, \$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 May 3, Hybrid: Zoom or Lexington High School, \$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 May 10, Hybrid: Zoom or Lexington High School, \$45.

Introduction to LinkedIn

Instructor: Kristen Butler

The key to your success on LinkedIn begins with a powerful and professional

Courses for Children

presence. You must strategically write your profile with your ideal client in mind before you start connecting to maximize the impact of your first impression online.

CLINK, 1 Wednesday, 6:00-9:00 pm. Meets May 17, Hybrid: Zoom or Lexington High School, \$45.

Introduction to Excel

Instructor: Kristen Butler

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

CINX, 1 Wednesday, 6:00-9:00 pm. Meets May 31, Hybrid: Zoom or Lexington High School, \$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. Meets June 7, Lexington High School, \$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.



HOW COMPUTERS WORK

with Matthew Paulson, facing 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 June 7, Lexington High School, \$5.

Fiction Writing for 4th & 5th Graders

Instructor: Karen Day

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

K2FIC, 3 Tuesdays, 6:00-7:30 pm. Begins May 9, Lexington High School, Room 224, \$95.

Fiction Writing Workshop for Middle School Students

Instructor: Karen Day

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

KFIC, 3 Thursdays, 6:00-7:30 pm. Begins May 11, Lexington High School, Room 224, \$95.

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

Instructor: Ann 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. Meets April 15 and April 22, Zoom, \$50.

KET6, For Grades 6-9: 2 Saturdays, 10:00 am-11:00 am. Meets May 6 and May 13, Zoom, \$50.



Ann Elizabeth Burnett teaches Proper Etiquette for Students, this page.

Test Prep/ College Planning



High School volunteers needed! Visit LexingtonCommunityEd.org/Lexplorations for more information.

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.

Spring: KPAC, 8 Tuesdays, 4:00-6:00 pm. Begins April 11, Zoom, \$220.

Summer: KPAC, 8 Tuesdays, 4:00-6:00 pm. Begins July 11, Zoom, \$220.



**ART STUDIO: PASTEL &
CHARCOAL GRADES 2-6**

with Alma Bella Solis, this page

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. For Ages 10+.

Spring: KCAL, 8 Mondays, 4:00-6:00 pm. Begins April 10, Zoom, \$220.

Summer: KCAL, 8 Mondays, 4:00-6:00 pm. Begins July 10, Zoom, \$220.

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

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. 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.

Spring: PSAM, 6 Tuesdays, 6:00-8:00 pm. Begins April 11, Lexington High School, Room 230, \$200.

Summer: PSAM, 6 Tuesdays, 6:00-8:00 pm. Begins July 11, Lexington High School, Room 230, \$200.

Reading SAT Prep

Instructor: Rachel Lloyd

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

Spring: PESA, 6 Wednesdays, 3:30-5:30 pm. Begins April 26, Lexington High School, \$200.

Summer: PESA, 1 Week, 9:30-12:30 pm. Meets 7/10-7/14, Lexington High School, \$250.

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.

Spring: PSAW, 6 Fridays, 3:30-5:00 pm. Begins April 28, Lexington High School, \$200.

Summer: PSAW, 1 Week, 9:30-12:30 pm. Meets 7/24-7/28, Lexington High School, \$200.

Writing Your College Essay

Instructor: Rosemary Previte

Your college essay may be the most important part of your application, and you want yours to stand out. In this class, you will draft an essay, receive writing tips, and get valuable feedback on your work. You will work on choosing a topic that reflects who you are, and answering key questions on your application.

WYCE, 5 Wednesdays, 11:00 - 12:30 pm. Begins July 12, Lexington High School, \$120.

Write Your College Essays with Less Stress & More Success! (via Zoom)

Instructor: Dr. Bruce Johnson from BKJ College Application Consulting

Feeling the crunch regarding your college application essays? We can help you create winning college application essays! Depending on individual need, we can focus on the personal essay or supplements. Summer is a great time to get things done and relieve some of that stress before high school starts up again in September! With years of experience successfully supporting 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



Test Prep and College Planning classes, pp. 26-27.

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. Join a small group of students for four 2-hour midday sessions (10:30 to 12:30) and then follow that up with two more individualized rounds of written feedback on drafts and two private online coaching sessions (20 minutes per session). Allowing days off between group sessions works well for students, giving you more time to write independently between sessions and lessening the stress for all involved.

PEST, 6 Sessions (4 group & 2 private consults), 10:30 am -12:30 pm. Begins July 6, and the group meets 7/7, 7/10 & 7/13, Zoom, \$525.

PAUG, 6 Sessions (4 group & 2 private consults), 10:30 am -12:30 pm. Begins August 7, and the group meets 8/8, 8/10 & 8/12, Zoom, \$525.

NEW Looking Ahead to the College Application Process

Instructor: Bruce Johnson from BKJ College Application Consulting

An informative session for high school students and/or parents who are pondering what preparation is worthwhile when looking forward to college applications in the years ahead. Whether currently a freshman, sophomore or junior, students can invest in worthwhile preparation while also avoiding unnecessary and debilitating worry. We'll share our expertise, drawn from coaching high school students through all steps in the arduous yet ultimately rewarding process of creating winning college applications. (75-minute group session plus 15-minute private consultations)

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

PACL, 1 Thursday, 6:30 - 8:00 pm. Meets June 15, Zoom \$35.

PCLA, 1 Wednesday, 7:30-9:00 pm. Meets June 21, Zoom, \$35.

Private SAT or ACT Tutoring

Instructor: David Bell

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

The cost is \$85 per hour of tutoring.

Schedule to be determined by instructor and student.

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

You Can Afford College If...

Instructor: Donald Anderson

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

PMFA, 1 Thursday, 6:30-9:00 pm. Meets April 27, Lexington High School, \$25.

A large, stylized pink sun with a human-like face (eyes, nose, mouth) is the background of the page. The sun's rays are represented by thick, wavy pink lines. A purple oval is positioned at the top, containing the title text.

LEXPLORATIONS SUMMER 2023

Our Lexplorations program for children is a self-sustaining part of the Lexington Public Schools and offers wonderful experiences each summer. This popular program for academic and creative enrichment will meet for six weeks this year. We hope your family will join us!

DATES FOR LEXPLORATIONS 2023

- July 3-7 (4 Day Week) • July 10-14 • July 17-21
- July 24-28 • July 31-August 4 • August 7-11

HOW TO REGISTER

Visit our website at lexingtoncommunityed.org and click on the orange "Lexplorations" tab to view a full list of programs. Register using a Visa or MasterCard. **Please note that Lexplorations registration is online only and cannot be processed over the telephone, by fax, email, or in-person.**

Cooking

NEW Cake Decorating

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

NCKE, 1 Monday, 6:30-8:30 pm. Meets May 1, LexMedia Studio Kitchen, 1001 Main Campus Dr, Lexington, MA, \$35.

NEW Kimchi & Sauerkraut

Instructor: Emily Makrez

Learn the principles of lacto-fermentation and make your very own jar of sauerkraut! The class will consist of an explanation of the science behind lacto-fermentation, a demonstration of how to make sauerkraut, and then a make-a-long! You can apply these same principles to making Kimchi. You will leave with a jar of sauerkraut and the knowledge and confidence to be able to safely ferment practically anything! We will also touch on the benefits of lacto-fermented food and how adding these foods to our diets are a benefit to our overall health. Samples will be provided!

NKIM, 1 Thursday, 6:30-8:00 pm. Meets April 27, LexMedia Studio Kitchen, 1001 Main Campus Dr, Lexington, MA, \$52.

NEW Making Fermented Pickles

Instructor: Emily Makrez

In this class on food preservation, you will learn the principles of fermentation via a demonstration of how to make a seasonal lacto-fermented pickle. Emily Makrez, owner of F- Word Farm & educator on all things fermenting, farming, and foraging related, will show you how to pickle what's in season to make the most of your harvest and prevent food waste. This will include the basic principles of fermentation so you will leave with the knowledge and confidence to be able to safely ferment practically anything! We will touch on the benefits of lacto-fermented food & how they are a benefit to our overall health. Samples provided!

NPIC, 1 Wednesday, 6:30-8:00 pm. Meets May 17, LexMedia Studio Kitchen, 1001 Main Campus Dr, Lexington, MA, \$52.



Emily Makrez teaches fermenting Kimchi, Sauerkraut, and Pickles, this page.

Tasting Teas from All Over

Instructor: Paul Angiolillo

Tea is the most popular drink in the world—and its popularity keeps growing, as more and more people discover its rich flavors and aromas, stimulating qualities, and healthful benefits. What's more, tea has literally connected the world for centuries: its trade, cultures, arts, and crafts, beginning in China and expanding into India, Japan, the Middle East, Europe, and the Americas. Like wine, there are hundreds of types of the camellia sinensis plant, depending on the climate, soil, and ways of harvesting, drying, and curing it. We'll sample at least eight fine loose-leaf teas from different regions of China, India, and Ceylon (Sri Lanka), and other producers. We'll discuss summer-time tea drinks and good teas for making iced tea. Sweet and savory snacks will compliment the tastings. Bring a favorite teacup or two—and learn how to brew the perfect cup of tea.

NTEA, 1 Wednesday, 7:00-8:30 pm. Meets June 7, Lexington High School Room 143, \$35.



DINNER & DISCUSSION AT OMAR'S BISTRO

with Marcia Steere, p. 6



REDUCING OUR PLASTIC WASTE TOGETHER

with Erica Bouchard Rabins, p. 9

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 Tuesdays, 6:30-8:30 pm. Begins May 9, H Mart in Burlington, \$85.

Home, Hobbies and Travel

NEW All A-Board Charcuterie

Instructor: Darnyel Abreu

There is nothing like turning a blank slate into art! Learn how to be your own charcuterie artist with techniques such as salami roses and cheese formations that are sure to wow guests at your next gathering. You'll be able to arrange items to look aesthetically pleasing and choose which options pair best with one another. You won't be *bored* during this fun-filled evening! Please note there is a \$20 material fee to be paid to the instructor at the class.

NCHA, 1 Monday, 6:00-8:00 pm. Meets April 10, Lexington High School, \$45.

NC2A, 1 Monday, 6:00-8:00 pm. Meets May 15, Lexington High School, \$45.

NC3A, 1 Monday, 6:00-8:00 pm. Meets June 12, Lexington High School, \$45.

NC4A, 1 Monday, 6:00-8:00 pm. Meets July 17, Lexington High School, \$45.

NC5A, 1 Monday, 6:00-8:00 pm. Meets August 14, Lexington High School, \$45.

NC6A, 1 Friday, 6:00-8:00 pm. Meets September 1, Lexington High School, \$45.

NEW Easy Indian Summer Recipes

Instructor: Shruti Mehta

In India the summers are wet, hot and humid. The extreme heat, however, is compensated by an abundance of Mangoes and corn and mint and leafy vegetables in the marketplace. Everywhere in the street markets you will see baskets filled with shimmering summer fruits and green, leafy vegetables. There is an amazing array of summer recipes designed to keep one cool and yet satisfy that spice craving associated with Indian food. This class will incorporate some of the abundance of summer crops into cooling and tasty recipes of summertime. Possible recipes may include a breakfast/snack recipe called Corn Poha (pressed rice with fresh corn, chilies, and spices), homemade Lemonade with ginger and mint, Spinach pancakes with chickpea flour, onion, tomatoes and spices. The class will end with Mango Kulfi, a blend of mango pulp with ice cream, topped with fresh mango pieces and cardamom and nuts..

NIMC, 1 Tuesday, 6:00-8:30 pm. Meets July 18, LexMedia Studio Kitchen, \$45.

NEW An Introduction to the Art of Bonsai

Instructor: Damien Barneschi

In this two-hour class, students will learn about bonsai as an artform and then create their own finished bonsai tree that they can take home. Artist Damien Barneschi will offer a brief history on bonsai before segueing into bonsai care and maintenance, including potting, trimming, wiring basics and watering. Students will then put their knowledge to the test by creating their own tree. A bonsai kit, which includes a tree, a pot, soil and wire will be given to each student, and they will use the remainder of the class to create a finished bonsai tree. Don't miss this opportunity to discover the magic of bonsai!

FBON, 1 Tuesday, 6:00-8:00 pm. Meets May 9, Lexington High School, Room 210, \$30.

NEW From Fungi to Foraging

Instructor: Jana Harris

Intro lecture for beginners about The Fifth Kingdom—The Fungi Kingdom. We will cover the history of Fungi on Earth; basic vocabulary terms and the fungal kingdom placement in the ecosystem; relationship of fungi and trees, plants; life cycle of mushroom; anatomy of mushroom; classification of fungi; mushroom hunting safety and ethics; 5 plus 5 mushrooms to know (edible and non edible ones) You will be introduced to the Fungi Kingdom aka; the miracle worker of nature. Fungi can be food, a decomposer of debris and also a healing agent.

FFFO, 1 Thursday, 6:30-8:00 pm. Meets June 8, Zoom, \$30.

NEW Wabi Sabi & Zoka Haiku Walks at Great Meadows & October Farm Riverfront

Instructor: Brad Bennett

Haiku, the most popular form of poetry in the world, can help us connect more deeply to nature. What a great reason to get outside! Join us for one or two haiku walks in inspiring green spaces, one in Lexington, and one in Concord. At each spot, we'll first learn a little about haiku. Then we'll explore how one of two Japanese aesthetic concepts, *wabi sabi* (appreciating beauty in imperfection and

impermanence) and *zoka* (the dynamic energy of nature), influence the writing of haiku. Afterwards we'll walk around, gather observations and insights, and try our hand at writing some haiku. Everybody is welcome to join us!

WHGM, (Wabi Sabi at Great Meadows) 1 Saturday, 1:00-2:30 pm. Meets May 20, Meeting point behind the Waldorf School, 739 Mass Ave, \$35.

WHOF, (Zoka at October Farm) 1 Saturday, 1:00-2:30 pm. Meets June 3, 265 Balls Hill Rd, Concord, \$35.



Jana Harris teaches From Fungi to Foraging, this page.

OFF THE BEATEN PATH HIKES:

NEW The Estabrook & Punkatasset Woodlands

Instructor: Gregory Leschishin

The Estabrook & Punkatasset Woodlands are located on 1700 acres—the largest contiguous and undeveloped woodland within 30 miles of Boston. Initially farmland, several Concord families petitioned the town to close the logging trail that's still there. And by 1996, Concord and Carlisle worked together to place an additional 400 acres into conservation. Additionally, the preserve provides habitat of five state-listed endangered species and is home to over 159 different species of birds! Note: Estabrook and Punkatasset Woodlands meeting place will be determined upon the number of patrons. Parking is limited.

FJTF, 1 Sunday, 11:30 am-2:00 pm. Meets May 21, \$39.

OFF THE BEATEN PATH HIKES:

The Burlington Landlocked Forest

Instructor: Gregory Leschishin

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

F2BLL, 1 Sunday, 11:30 am-2:00 pm.
Meets June 4, \$39.



NEW ENGLAND GOLF GUIDE AND TRAVEL

with Frank Procopio, p. 3

Residential Addition 101

Instructor: Nancy Dickinson

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

FRES, 1 Tuesday, 6:30-8:30 pm. Meets April 25, Zoom, \$40.



Gregory Leschishin leads 2 walks with LCE this spring, page 29 and this page.

Things to Think About Before Getting a New Puppy

Instructor: Christine Macdonald

Are you getting a new pup and need advice on how to set up your home for your new addition? Looking for information on what books to read, crate training and what toys to buy? Or are you thinking of getting a dog, and would like to talk to a dog trainer before taking the plunge. Join us for a one hour informational about new puppies and what to expect with a local dog trainer, Canine Good Citizen Evaluator, and Therapy Dog Evaluator. Christine Macdonald is a local dog trainer, Canine Good Citizen Evaluator, and Therapy Dog Evaluator. She teaches a wide variety of levels of classes, specialty classes and offers private lessons. Christine is a longtime pet therapy volunteer and board member with Pets & People Foundation. Her current four-legged crew consists of two Standard Poodles, Alberta Rose, and Cinder "Fella," both therapy dogs, and June Bug, a Border Collie mix. Christine will give you an opportunity to submit questions she can address during the workshop.

FT2T2, 1 Tuesday, 6:30-7:30 pm. Meets May 9, Zoom, \$20.

NEW Your Space: Functioning and Pleasing

Instructor: Pam Kristan

It's spring – time to clear out 'stuff' to let your space work with you ... not against you. Learn new strategies to try out over the course of the class ... like containing the time you spend on the project so you don't get overwhelmed, leveraging your efforts for the most impact, and appreciating what you accomplish as you change. This work is not easy and is best

undertaken with support, so we've spread it out over three sessions. Your classmates will help you celebrate your changes and work through challenges. During the course of these three weeks (and beyond) you'll get rid of quantities of stuff, deciding what to hold onto and what to let go of. You'll set up a new space or refresh an old one. You might make sustainable, lifelong changes. This course is great for those downsizing, moving, or just wanting to make a current space work better.

FSFP, 3 Tuesdays, 6:30 pm-8:00 pm.
Begins April 25, Zoom, \$75/Seniors \$60.

NEW Seed Starting Basics Workshop

Instructor: Codman Farms Staff

Learn how to start your own garden from scratch, with tips and tricks from long-time vegetable and flower farmer Jess Myles of Codman Farm. With this interactive class, we'll cover how and where to source supplies and seeds, what recycled materials are best to use, different soil media, and germination techniques for even the most tricky-to-grow seeds. Jess is a big believer that anyone can have a green thumb and that gardening should be fun and affordable. Bring your questions and gardening gloves!

Class includes all materials needed, including a selection of vegetable, herb, and flower seeds to choose from. Each student will leave with their own tray of sown seeds and a few vegetable starts to get their garden going!

HSSW, 1 Saturday, 9:30-11:00 am. Meets May 6, Codman Farms, \$50.

Auto Repair for Everyone

Instructor: Bruce Gerry

Get a general overview of major systems of an automobile from an experienced

Business and Career

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.

Spring: FCAR, 3 Tuesdays, 6:00-8:00 pm. Begins May 16, LHS, Room 148, \$65.

Summer: FCAR, 3 Tuesdays, 6:00-8:00 pm. Begins August 15, LHS, Room 148, \$65.

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 consultant; 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, 6:30-9:00 pm. Meets May 11, Zoom, \$30/Seniors \$25.

The Process of Selling a Home

Instructor: Jeremy Richman

Learn about the different valuation methods, and how to understand real estate market valuations; hear the latest intelligence on the local real estate market; get tips on what you can do to optimize your home's presentation, what turns buyers on and off; and how to select a realtor versus selling the house yourself.

BSHO, 1 Thursday, 6:30-9:00 pm. Meets May 18, Zoom, \$30/Seniors \$25.

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.

NEW The Keys to Starting a New Business

Instructors: Stacey Coombs and Dr. Karen Baldeschwieler

Are you ready to start your new business? It's surprising how little you truly need to get started - a contact name and method, a way to take payment, and maybe a business license. But it's not necessarily the best way to get started. To put yourself in the best position to start your business, you need to be able to answer a few questions: 1) Do I know exactly who my target customer is? Do I know what they need and how to reach them? Do I know the best way to sell to them? 2) Do I understand how to price my product and service - relative to my target customer's ability to pay and relative to my competition? 3) Do I have a competitive advantage or "special sauce" compared to my target customer's other options? 4) Do I know what team I need to hire and when? Do I know what partners I need to make the business successful? 5) Do I have a financial plan that supports my marketing, sales, and hiring plans? Do I understand how much cash I'll need to start? This class will show you how all these pieces fit together and work with one another in order to put you in the best position to run your business.

BKEY, 1 Wednesday, 6:30-8:00 pm. Meets May 17, Zoom, \$20.



AN INTRODUCTION TO THE ART OF BONSAI

with Damien Barneschi, p. 29

NEW Increase Your Professional Impact

Stacey Coombs and Mary Ann Robbat

This program is designed to introduce practical yet powerful tools that quickly identify the strengths, characteristics and tendencies of leadership energy and success habits that allow you to evaluate energy levels throughout your organization. In this session you will learn to explore the vibrational range

of personal energy, raise the frequency of your emotional IQ and recognize when negative shifts occur along with barriers blocking you from high levels of effectiveness. Discover a new vision of transformational impact that positive energy practices can have on individuals and inspired team management. Reduce daily stress factors; recover from burnout faster, overcome roadblocks that improve personal & professional relationships in the workplace. Increase confidence, focus and performance after attending this thought provoking presentation.

BIPI, 1 Wednesday, 6:30-8:00 pm. Meets May 3, Zoom, \$20.

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. 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.

Spring: BDIY, 2 Wednesdays, 7:00-8:30 pm. Begins April 26, Zoom, \$45.

Summer: BDIY, 1 Wednesday, 7:00-9:00 pm. Meets June 21, Zoom, \$30.



UKRAINIAN PYSANKY ART CLUB

with Alona Popova, p. 17



Erica Bouchard Rabins of Center Goods explains practical ways to Reduce Plastic Waste, page 9.

NEW Advanced Investing

Instructor: Glenn Frank

This workshop is for experienced investors. Advisors are welcome. We will follow my 5 Step Investment Process which is comprehensive from a tax, planning and emotional perspective. We combine academic theory with practical solutions. We will challenge preconceived notions. Spreadsheets tools are provided to construct and track portfolios.

We will candidly discuss ETFs versus mutual funds, annuities, paying off your mortgage, worldwide stock valuations, private investments, 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. This workshop is not a thinly veiled sales pitch. Learn about what matters - FORO Fear Of Running Out. No benchmark slavery. Follow the numbers, not the herd!

Spring: BDAI, 2 Thursdays, 7:00-8:30 pm. Begins April 27, Zoom, \$45.

Summer: BDAI, 1 Thursday, 7:00-9:00 pm. Meets June 22, Zoom, \$30.

NEW Investing During Recession

Instructor: Sumeit and Sanjay Aggarwal

There has been a lot of talk about recession lately – how long and deep it would be and how it might affect our lives and investments. During a recession, investors need to remain disciplined and

look for opportunities to pick up high-quality assets at discounted prices. In this workshop, we will examine the impact of recession when it comes to your investing strategy – in plain words, this is 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 2-part workshop, we will discuss good recession investment strategies, sectors that perform well during recession, mistakes to avoid (e.g., investing in highly leveraged, cyclical, and speculative assets), compare funds to find quality investments, interactive online tools for stock research, building an effective watchlist, and methods to stay disciplined through volatility. Come join us as we walk through building portfolios for different time horizons and risk tolerance. Beginner level knowledge of investing is required. Beginners are encouraged to attend our “Women and Investing 101” class as a prerequisite.

BIDR, 2 Fridays, 7:00-8:30 pm. Begins May 12, Lexington High School, \$60.

Women and Investing 201

Instructor: Sumeit 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, and building an effective watchlist. Come join us as we walk through building portfolios for different time horizons and risk tolerance. Beginner level knowledge of investing is required.

BWI2, 2 Mondays, 12:00-1:30 pm. Begins May 15, LCE Classroom, \$60.



Stacey Coombs co-offers
**THE KEYS TO STARTING
A NEW BUSINESS**, p. 31

NEW Empowered Divorce: Taking the Path That's Best for You and Your Family

Instructor: Joan Mankoff

Are you contemplating divorce or already embarking on this life-changing journey? Divorce can be overwhelming and isolating without the right support and preparation. In this Zoom webinar a divorce coach and licensed realtor will discuss the basics of the divorce process and outline how research, education, and preparation are key to divorce empowerment. We will outline a straightforward approach to evaluate the situation, make decisions that are optimal for you and your family, and set up your best new life. Given the subject's sensitivity, attendees are asked to rename themselves as their first name only and keep their video off. Attendees will have the chance to ask questions confidentially.

Spring: BDIV, 1 Tuesday, 7:00-8:00 pm. Meets May 9, Zoom, \$35.

Spring: BDIV, 1 Wednesday, 12:00-1:00 pm. Meets May 17, Zoom, \$35.

Summer: BDI2, 1 Wednesday, 7:00-8:00 pm. Meets July 12, Zoom, \$35.

Summer: BD12, 1 Tuesday, 12:00-1:00 pm. Meets July 18, Zoom, \$35.

Wills, Trusts, and Estate Plans – Everything You Need to Know

Instructor: Rebecca O'Brien

Thinking of getting a will? Wondering about a trust? Want to save on estate taxes and avoid probate? This class is for you – we will discuss wills, trusts, durable powers of attorney, and health care proxies, and talk about how to reduce estate taxes, avoid probate, and smooth the path for your loved ones. Bring your questions!

Spring: BWIL, 1 Thursday, 7:00-9:00 pm. Meets May 4, Zoom or Lexington High School Room 229, \$35/Seniors \$25.

Summer: BWIL, 1 Thursday, 7:00-9:00 pm. Meets July 13, Zoom or Lexington High School Room 229, \$35/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 Monday, 7:00-9:00 pm. Meets April 3, Zoom, \$35.

BMED1, 1 Wednesday, 7:00-9:00 pm. Meets May 3, 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 April 12, Zoom, \$35.

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.

Spring: BCSS, 1 Wednesday, 6:00-8:00 pm. Meets May 3, Zoom, \$40.

Summer: BCSS, 1 Wednesday, 6:00-8:00 pm. Meets July 12, Zoom, \$40.

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 Tuesday, 7:00-8:30 pm. Meets May 9, Lexington High School, Room 224, \$35.

NEW The New Retirement Rules: Understanding SECURE Act 2.0

Instructor: Chris Chen

The SECURE Act 2.0 that was passed in December 2022 is the biggest retirement-related legislation in over a decade. There are new retirement savings and tax planning opportunities that demand everyone's attention. The SECURE Act 2.0 rules impact 401(k) plans, IRAs, 529s, Required Minimum Distributions and more. In this workshop, you will learn: Why your 401(k) plans will look different in the future. New age requirements for taking distributions from your retirement accounts. "The Death of the Stretch IRA" and what it means for your family. How 529 plan funds can jumpstart retirement savings. One way young professionals can save for retirement and pay student loan debt. The importance of planning and managing your taxes. How small businesses can benefit from starting a retirement plan

BCSA, 1 Tuesday, 7:00-8:30 pm. Meets April 11, Lexington High School, Room 224, \$35.



ROLE PLAYING FOR FRUITFUL CONVERSATIONS
with Michael Koran, this page

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

NEW Intermittent Fasting – How and Why to Incorporate Fasting Cycles into Lifestyle

Instructor: Shiv Mundkur

While the potential health benefits of intermittent fasting are well documented and plentiful, the plan, strategy and willpower to successfully reach healthy results are often hard to achieve alone. This workshop will provide you with the rationale, step pattern, and motivation to realize your goals. Our initial zoom meeting will cover the purpose, history and methodologies behind intermittent fasting. We will then develop adaptable strategies based on achievable and individualized goals. Our next two sessions will allow everyone to have a chance to ask any questions and share their progress with the group through zoom. Additionally the instructor will start an optional private facebook group for all that wish to be involved and regularly support one another through the process.

MIFH, 3 Sundays, 4:00-6:00 pm. Begins April 2 and meets May 7 and June 4, Zoom, \$75.

NEW Role-Playing for Fruitful Conversations

Instructor: Michael Koran

We'll role play to find better ways to interact with ourselves, friends, lovers, spouses, bosses, colleagues, parents, children and strangers. We'll learn how to be at ease, playful, and open our hearts to create loving connections. We'll explore how to observe without judging, discover what we love and make doable requests. We'll play theater games to find creative ways of expressing ourselves. To get guidelines for compassionate conversations we'll read and discuss Nonviolent Communication by Marshall Rosenberg.

Spring: MRFC, 5 Tuesdays, 7:00-9:00 pm. Begins April 25, Zoom, \$125/Seniors \$110.

Summer: MRFC, 5 Tuesdays, 7:00-9:00 pm. Begins August 18, Zoom, \$125/Seniors \$110.

NEW Psychic Skills For A Soulful Life

Instructor: Michael Koran

Let's learn how to be more present in all we do so our psyche will continually reveal itself anew. We'll learn: Better ways our psyche can heal, make decisions, and connections; Discover tools for psychic self-defense and dream interpretation; Examine how we can more successfully, safely, and humorously understand and live with extraordinary experiences; Practice 200% belief for all our psychic experiences -- One-hundred percent respect for the guidance, love, and beauty in our extra-sensory experiences; And then we'll devote ourselves one-hundred percent to questioning how to better interpret them. To nourish our soul we'll read stories from *Soulfood* by Kornfeld and Feldman.

Spring: MPSS, 5 Tuesdays, 7:00-9:00 pm. Begins May 30, Zoom, \$125/Seniors \$110.

Summer: MPSS, 5 Tuesdays, 7:00-9:00 pm. Begins August 22, Zoom, \$125/Seniors \$110.

NEW Understanding Your Dreams

Instructor: Tracy Marks

Our dreams are the doors to our unconscious, life energy and wisdom. When experienced and decoded, they enable us to contact our creative source, own our "shadow" and act in harmony with our true selves. In this course, we will learn how to recall our dreams, and practice techniques for deepening our understanding of them. Students will have the opportunity to "work" on their dreams in class privately, and optionally, to receive individual attention publicly, with instructor guidance. Limited to six students.

MUYD, 2 Fridays, 12:30-2:30 pm. Begins August 18, Zoom, \$65/Seniors \$50.

NEW Adult, Infant & Child CPR with AED

Instructor: Kierstin Pane

This American Heart Association Heartsaver First Aid CPR AED course trains participants to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner. Participants should expect to learn about adult and child CPR



Shiv Mundkur returns (via zoom) to teach the How & Why of Intermittent Fasting, page 33.

and AED use, infant CPR, first aid basics including choking, medical emergencies, injury emergencies, environmental emergencies, preventing illness and injury, and opioid-associated life-threatening emergencies. This intensive three-hour course is for anyone 16 and up with little or no medical training. At the end of the course, participants will be emailed a course completion card, valid for two years.

Spring: MCPR, 1 Thursday, 6:00-9:00 pm. Meets April 13, Lexington High School, \$109.

Summer: MCPR, 1 Tuesday, 6:00-9:00 pm. Meets July 25, LCE Classroom, \$109.

Stress Less: Lean 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.

Spring: SLLMS, 4 Wednesdays, 7:00-8:00 pm. Begins April 26, Lexington High School Room 247, \$66/Seniors \$49.

Summer: SLLMS, 4 Wednesdays, 7:00-8:00 pm. Begins July 12, Lexington High School Room 247, \$66/Seniors \$49.

NEW Yoga: Aging & Social Justice

Instructor: Rita Pandey Ph.D and Susan Thomson Tripathy Ph.D

In this workshop, we will explore together what aging means in our society and for each of us personally, focusing on how yoga and Ayurvedic practices can support positive aging. We will share our life stories and offer an opportunity to understand your experiences with aging within a social justice framework. We will also explain aging within the Hindu context, and will provide a short history of yoga and the philosophy of Patanjali's *Yogasutra*. Each class will include asana and meditation practice developed especially to support all dimensions of aging: physical, social, emotional, and spiritual. This workshop is designed for people of any age, but will be most

relevant for those age 60 and over. No prior knowledge of yoga is required. Participants may choose to practice either seated in a chair or on a mat. Chairs will be provided, but please bring your own mat if you prefer to use one.

MAGE, 6 Wednesdays, 7:00-8:30 pm. Begins April 12, Lexington High School Black Box, \$ 85/Seniors \$75.

NEW Reiki for Self Care

Instructor: Carol Neal

Reiki (pronounced ray-key) means "Universal Life Energy". It is a comforting and compassionate touch therapy that originated in Japan and is now practiced world-wide, including in hospitals and hospices. Reiki is suitable for everyone and has only positive side effects. In this class participants will learn, and practice, Reiki hand placements and how to best use Reiki to calm the mind, thereby relieving stress and anxiety and encouraging the body's healing ability. We will practice a relaxing breathing technique to start and then you will learn how to use Reiki on yourself and incorporate it into your daily life. This will be done while seated. During the practice you will use guided calming imagery to deepen the relaxation. You will leave class feeling lighter and more rested than when we began.

MRKI, 1 Thursday, 6:30-7:30 pm. Meets May 11, Lexington High School, Room 224, \$30.



Certified Reiki Instructor Carol Neal teaches techniques for self care, see above.

NEW Better Sleep Better Health

Instructor: Rick Clerici

This webinar/presentation will help attendees to better understand the deep connections between sleep and many aspects of physical, emotional and cognitive health. There is an emphasis on creating good health and reaping the benefits of good sleep. Attendees are often surprised to discover how many of their ordinary goals from success, clarity, patience to weight and pain control can be reached through sleep improvement. We will discuss the far-reaching effects of insufficient sleep and learn about the many effective treatments for sleep disorders. Armed with this understanding of sleep, most people are inspired and prepared to rebuild their sleep patterns and quality.

MBSH, 1 Monday, 7:00-8:30 pm. Meets April 10, Zoom, \$40.

NEW Better Sleep for People of all Ages

Instructor: Rick Clerici

This webinar presentation addresses the sleep needs of adults and kids. In the American epidemic of insufficient sleep children are suffering the most. Kids between birth and fifth grade are getting from one and one half to two hours less sleep per night than recommended. Recent studies have shown that 70% of American adults and children are not getting nearly enough restorative sleep. This hands-on presentation will help you to understand sleep needs for all ages and improve family sleep across the board. Attendees will learn the actual recommended amounts of sleep for children of various ages from birth to teenage years and further on into adulthood. We will discuss the obstacles to children's sleep and the solutions that will make a difference. A guided relaxation exercise teaches techniques for initiating sleep and returning to sleep.

MBSP, 1 Monday, 7:00-8:30 pm. Meets May 8, Zoom, \$40.

NEW Portable Meditation

Instructor: Rick Clerici

Do you often feel pressed for time and too often behind the eight ball? Does it feel as though your attention span and

patience are shrinking? These symptoms of stress and tension have become all too common in all our lives. In this webinar presentation we will practice brief meditative exercises, mind shift tricks and quick release tools that fit into any busy life. Learn how to release tension in 4 seconds, and how this technique works in your body and unconscious mind. Discover a simple mental resource that will turn your mind from worry to wonder. Experience a guided meditation that you can remember. We will also explore simple habits that support and build this more relaxed and creative state of mind/body and preserve your new found peace.

MSPM, 1 Monday, 7:00-8:30 pm. Meets July 10, Zoom, \$40.



PORTABLE MEDITATION
with Rick Clerici, this page

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. Each attendee will also receive a sleep recording that improves initiating and maintaining sleep Rick Clerici C.Ht., is a 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 August 14, Zoom, \$40.

Stop Dieting

Instructor: Sue McCombs

Do you have the munchies for bread, pasta, Pizza? or even the salties like chips, pretzels, salted nuts? Imagine not being tempted to overeat; to feel indifferent to sugar, bread, pasta, too much snacking, and grazing from dinner to bedtime.

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

MAPP, 1 Tuesday, 6:00-7:30 pm. Meets April 25, 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 Tuesday, 6:00-7:30 pm. Meets April 11, Zoom, \$40.

NEW Lower Your Golf Score: Fine Tune Your Putting

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 hypnosis) will bring you closer to golf mastery.

IGOLF, 1 Tuesday, 6:00-7:30 pm. Meets April 18, 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.

Intro to Tai Chi & Eight Pieces of Brocade

Instructor: Virginia Payne

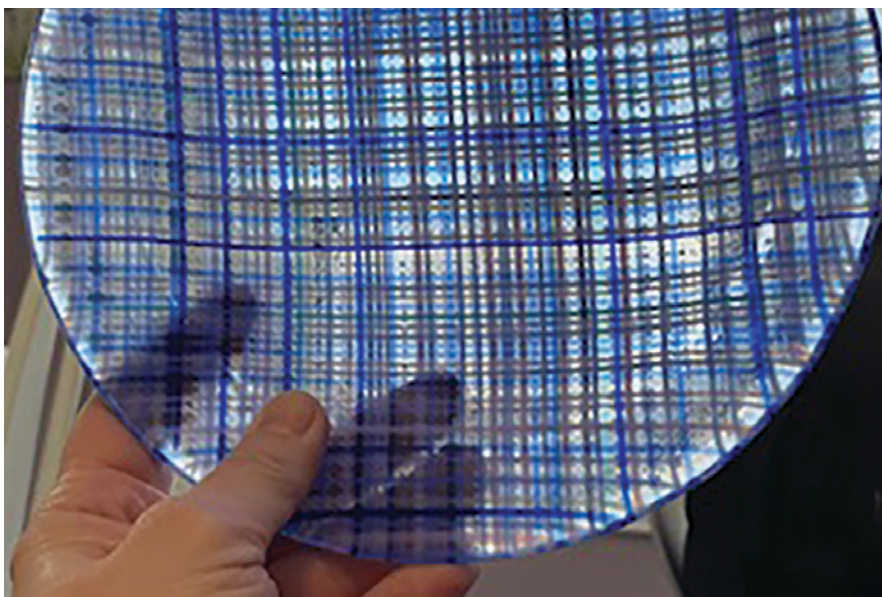
Originally one of the ancient Chinese martial arts, Tai Chi (or Taijiquan) is practiced today by students primarily as a method of exercise that cultivates physical and mental harmony in movements. Scientific studies show that Tai Chi improves and possibly prevents chronic conditions such as arthritis, 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, 10 Thursdays, 5:00-6:00 pm. Begins April 6, Lexington High School, Room 140, \$170/Seniors \$155.

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



Artist Jodi Tippett leads a class on Making a Fused Glass Bowl, page 17.

practicing the Tai Chi form. Wear loose, comfortable clothes and soft-soled shoes, such as flat sneakers.

EITC, 10 Thursdays, 6:00-7:00 pm. Begins April 6, Lexington High School, Room 140, \$170/Seniors \$155.

Joyful Yoga

Instructor: Linda Del Monte

Beginners, and intermediate students can enjoy this style of yoga, known as a "celebration of the heart." This is yoga that combines a Kripalu (heart-centered) and a detail-oriented style. We will work on finding balance, distributing weight equally, and aligning the body in a therapeutic way that will keep you safe, and also offer you many challenges, if you wish. Either way, the joy will come. Yoga mat required. Wear comfortable, loose fitting clothing, and bare feet.

EYF2, 10 Fridays, 10:00-11:15 am. Begins April 14, Hancock Church, \$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.

Spring: E2HYO, 8 Mondays, 7:00-8:00 pm. Begins April 10, Diamond Middle School, \$135/Seniors \$120.

Spring: EHYO, 8 Wednesdays, 7:00-8:00 pm. Begins April 12, Zoom, \$135/Seniors \$120.

Summer: E2HYO, 6 Mondays, 7:00-8:00 pm. Begins July 17, Diamond Middle School, \$105/Seniors \$90.

Summer: EHYO, 6 Wednesdays, 7:00-8:00 pm. Begins July 19, Zoom, \$105/Seniors \$90.



TASTING TEAS FROM ALL OVER
with Paul Angiolillo, p. 28



YOGA: AGING & SOCIAL JUSTICE

with Rita Pandey Ph.D. and
Susan Thomson Tripathy Ph.D.

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.

Spring: ECHR, 8 Saturdays, 10:00-11:00 am. Begins April 15, Zoom, \$135/Seniors \$120.

Summer: ECHR, 6 Saturdays, 10:00-11:00 am. Begins July 22, Zoom, \$105/Seniors \$90.

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, 10 Thursdays, 11:00 am-12:30 pm. Begins April 13, Hybrid: Hancock Church or Zoom, \$185.

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 April 11, Hybrid: Hancock Church or Zoom, \$200/Seniors \$185.

Power 8: Strength and Flexibility Exercises

Instructor: John Deming

This is a great every morning 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. We'll leave time for your questions and give exercise modifications where needed.

EPW8, 3 Tuesdays, 6:30-7:30 pm. Begins April 25, Lexington High School, Room 140, \$45.



INTRO TO TAI CHI: EIGHT PIECES OF BROCADE

with Virginia Payne, facing page

NEW Line Dance Mix

Carolisa of Moonlight Dj's

Want to jump in when everyone hits the dance floor at the next wedding or party? We'll review all the "party" line dances you'll need; learn an Irish dance, a Greek dance, a barn dance, some country and more! Move and groove to the best pop and dance from each decade, using easy moves to get loose on the dance floor. Have a fun night with friends! Wear sneakers without too much tread; bring water. Beginners are welcome!

ELDM, 3 Wednesdays, 6:30-7:45 pm. Begins May 24, Hancock Church, \$65.



Asha Ramesh teaches Hatha Yoga, p. 37.

Belly Dancing for Beginners

Carolisa of Moonlight Dj's

Make it a night with friends to try this beautiful and joyous dance! Energizing yet relaxing; we will cover all the basics in this beginner series including a Greek dance and the beautiful Veil dance; all set to a fantastic mix of world music. Increase flexibility and work all muscles, especially the core, in this feel-great, fun and friendly class. Women of all ages and fitness levels are welcome! (18 +) Wear comfortable stretchy clothing and thick socks or ballet-type slippers that "slide". Veils may be borrowed.

EBDB, 6 Wednesdays, 6:30-7:30 pm.
Begins April 5, Lexington High School,
Room 140, \$70.

Zumba® Fitness

Instructor: Ami Stix

Zumba is a cardio/dance fitness program that features a variety of international music for one hour of aerobic exercise. Students will experience everything from salsa and merengue to belly dance and Bollywood. Each class incorporates the concept of interval training by alternating fast and slow rhythms and includes a stretch and cool down. 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 and a towel. Students are encouraged to participate comfortably at their own pace and level—wherever they may be on their fitness journey. According to the Mayo Clinic: "aerobic exercise reduces health risks, strengthens your heart and boosts your mood". It's a simple formula: feel the music, have fun and dance.

EZUM, 9 Mondays, 7:00-8:00 pm. Begins May 1, Hancock Church, \$150/Seniors \$130.

Thanks To You!

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



Important Information

ONLINE PROGRAM PLATFORM

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

COVID-19

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

INSTRUCTOR BIOS

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

HOW TO REGISTER

Online: Registration is available online at www.lexingtoncommunityed.org with Visa or Mastercard.

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

Discounts and Scholarships

Our classes are open to everyone, regardless of residency. Reduced tuition is available to seniors (65 years of age and over), and also to employees of the Town of Lexington for most, but not all, of our classes. Limited scholarship assistance is available for Lexington residents; please call to request an application. Senior Students are aged 65 and older.

No-School Dates

There will be no classes April 7, April 17-21, May 29, June 19 and July 4. When Lexington Public Schools are closed due to weather, the LCE office is also closed. Remote Zoom classes will remain in session during school snow days. You may call LCE at 781.862.8043 for a recorded announcement. Public School closings may be found online at <http://lps.lexingtonma.org/snow>.

Cancellation and Refund Policy

There are no refunds for LCE Special Events/Speaker Series.

If you withdraw at least 4 business days (or more) before the start date of the course, you will receive a course credit for the full amount. If you prefer, we will refund the course tuition minus a \$10 processing fee.

If you withdraw 3 business days before the start date of the course, you will be issued a course credit only.

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

You will receive a full refund in the event LCE cancels a class.

You will not receive a refund due to technical difficulty specific to you or your device. No other refunds will be granted. Please note that refund checks can take four to six weeks to process.

Directions to the LCE Office

Lexington Community Education Central Office is located at 146 Maple Street. Vehicle Access is via 328 Lowell Street. As you enter the driveway, continue past Harrington Elementary School Building. The LCE Central Office building is the brick building behind the school. Please park in designated areas (not in the front circle due to fire lane restrictions) The LCE door is on the side of the building, under the blue Lexington Community Education sign. All building entrances at the Central Office are locked, and students need to ring the doorbell to gain access to the LCE office as well as the front door to the building.

LCE complies with equal opportunity legislation (chapter 622 and Title IX). We are committed to serving the needs and interests of the community—adults, seniors, and children. Any information and/or advice, either expressed or implied, in any LCE class, is solely that of the instructor. LCE assumes no responsibility for the course content. Courses are designed for education and enjoyment, and are not intended to serve as the basis and/or rationale for any decision on the part of the participants.

Contact Info

Lexington Community Education
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Lexington, Massachusetts 02420
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Email: LCE@lexingtonma.org

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Twitter: @lexcommunityedLexington



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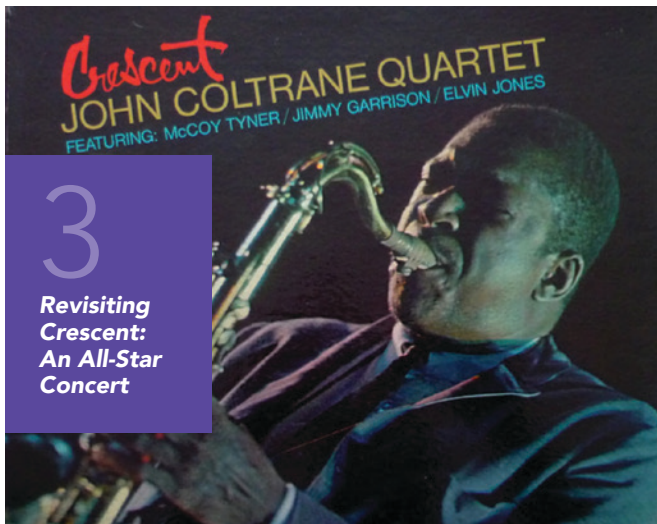
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Chris Bing