



COMMUNITY EDUCATION

Lexington

AUTUMN
2023



The Art Object

Field of Diamonds quilt

American, about 1860

Pieced wool plain weave and twill (some printed), glazed cotton plain weave back, wool plain weave binding; quilted. Height x width: 226.1 x 194.9 cm (89 x 76 3/4 in.). Museum of Fine Arts, Boston

Frank B. Bemis Fund, John H. and Ernestine A. Payne Fund, Elizabeth M. and John F. Paramino Fund in memory of John F. Paramino, Boston Sculptor, Helen B. Sweeney Fund, Mary L. Smith Fund, Textile Income Purchase Fund, Joyce Arnold Rusoff Fund, and Alice J. Morse Fund. 2014.1862

The educational experience is one of changing perspectives and perception, and I am therefore pleased to feature the *Field of Diamonds* quilt with its playful optical shifts on our autumn cover. Upon personal examination a three-dimensional stair-like pattern of cubes appears going up and toward the right of the page and then shifts and starts descending down from the left side. Suddenly a two-dimensional hexagon appears at the center of the design. Perception turns again and the entire image is revealed to be made of the same size one-dimensional quadrilateral shape. There can be elation in the observation of shifting patterns, proving that sometimes things that have been so set and fixed in life are flexible through a change in focus. Of course, the foundational geometry that creates the *Field of Diamonds* is precise and factual, but the realization that math can be magical in the eye of the beholder is delightful.

My hope is that along with the cover art, the content of this catalog offers opportunities for a delightful shift in perspective and perception. It's clear to see that there is so much more to learn and experience. I hope you choose to do a bit of both here at Lexington Community Education this autumn!

—Craig Hall, *Director*

LCE Online

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

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About Lexington Community Education

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

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Catalog Design: Pehlke Design

Lexington Community Education presents

The Raven in the Frog Pond: Edgar Allan Poe and the City of Boston

WITH PAUL LEWIS, PH.D.

Wednesday, October 4, 2023 • 7:00-8:30 pm • Lexington Depot,
13 Depot Square • \$15 • **SRFP**



Although Eliza Poe hoped that her son would grow up loving Boston, Poe's feelings about the place where he was born on January 19, 1809, were more complex. After a brief period here as an infant, he was raised in Richmond, Virginia, and London, England. After dropping out of the University of Virginia at the age of 18, he moved back to Boston and published his first book, *Tamerlane and*

Other Poems here. Still, Poe's advocacy of poetry for the sake of poetry led him to denounce members of the Boston literati as "Frogpondians" who used literature to convey moral and political lessons. After his presentation at the Boston Lyceum on October 16, 1845 was subjected to hostile reviews in local papers, Poe's quarrel with Boston's writers and editors reached a fever pitch. "The Bostonians," he wrote, "are very well in their way. Their hotels are bad. Their pumpkin pies are delicious. Their poetry is not so good. Their Common is no common thing—and the duck-pond might answer—if its answer could be heard for the frogs. But with all these good qualities the Bostonians have no soul ... The Bostonians are well-bred—as very dull persons very generally are."



Paul Lewis is a professor of English emeritus at Boston College, a past president of the Poe Studies Association, the curator of exhibitions on literary Boston, and the neologist who coined the word "Frankenfood." The author of *Cracking Up: American*

Humor in a Time of Conflict, *Comic Effects: Interdisciplinary Approaches to Humor in Literature*, and *A Is for Asteroids, Z Is for Zombies: A Bedtime Book about the Coming Apocalypse*, Lewis led the Boston Poems Project and edited *The Citizen Poets of Boston: A Collection of Forgotten Poems, 1789-1820*, for the University Press of New England. As the BOD chair of the Edgar Allan Poe Foundation of Boston, Inc., Lewis worked with others to celebrate Poe in the city of his birth by having a square at the intersection of Boylston Street and Charles Street South dedicated to Poe in 2010 and then installing a statue of Poe in it in 2014. In addition to articles and book chapters on American literature, controversial humor, and literary Boston, Lewis has published opinion, humor, and feature pieces in such places as the *New York Times*, *International Herald Tribune*, *Washington Post*, *Chicago Tribune*, *Los Angeles Times*, *Atlanta Constitution*, *Boston Globe*, and *Philadelphia Inquirer*.

The Mystery of Mastery

WITH ADAM GOPNIK

Wednesday, October 11, 2023 • 7:00-8:30 pm • Lexington Depot,
13 Depot Square • \$15 • **SRFP**



PHOTO BY BRIGITTE LACOMBE

In *The Real Work*—the term magicians use for the accumulated craft that makes for a great trick—Gopnik becomes a dedicated student of several masters of their craft: a classical painter, a boxer, a dancing instructor, a driving instructor, and others. Rejecting self-help bromides and bullet points, he nevertheless shows that the top people in any field share a set of common qualities and

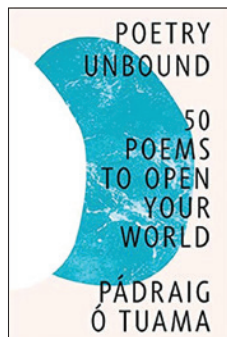
methods. For one, their mastery is always a process of breaking down and building up—of identifying and perfecting the small constituent parts of a skill and then combining them for an overall effect greater than the sum of those parts. For another, mastery almost always involves intentional imperfection—as in music, where vibrato, a way of not quite landing on the right note, carries maximum expressiveness. Gopnik's simplest and most invigorating lesson, however, is that we are surrounded by mastery. Far from rare, mastery is commonplace, if we only know where to look: from the parent who can whip up a professional strudel to the social worker who—in one of the most personally revealing passages Gopnik has ever written—helps him master his own demons.

Adam Gopnik, legendary and beloved writer for the *New Yorker*, has—in his three decades with the magazine—written fiction, humor, memoirs, critical essays, and reported pieces from at home and abroad. He was the magazine's art critic from 1987 to 1995, and the Paris correspondent from 1995 to 2000. Gopnik has received three National Magazine awards for essays and for criticism, the George Polk Award for Magazine Reporting, and the Canadian National Magazine Award Gold Medal for arts writing. In March of 2013, he was awarded the medal of Chevalier of the Order of Arts and Letters. An international bestselling author, his newest book is *The Real Work: On the Mystery of Mastery* (2023).

You, You, You: Finding the Address of Poetry

WITH PÁDRAIG Ó TUAMA

Thursday, October 19, 2023 • 7:00-8:30 pm • Follen Church Society, 755 Massachusetts Ave • \$15 • **SYOU**



Ó Tuama has become a shepherd in the shambolic tradition of contemporary spirituality, treating poetry as a form of agnostic prayer. Poetry, for him, is the language the heart speaks not when it reaches for some externalized divinity but when it seeks to understand itself.

—The New Yorker

A poem is a word event going in many directions at once. Sometimes the you of a poem is a specific person, other times it's the poet, other times it's a general

audience, and still other times, there's no you at all, so the poem addresses itself to the world. This evening Pádraig Ó Tuama will explore the direction, implication and inspiration contained in poetic verse.



PHOTO BY DAVID PUGH

Pádraig Ó Tuama's recent PH.D. dissertation examined — among other things — the you of a poem. He presents the Poetry Unbound podcast from On Being Studios, and lectures and speaks widely. His recent publications include *Poetry Unbound; 50*

Poems to Open Your World (WW Norton 2022) and *Feed the Beast* (Broken Sleep Books, 2022). *Kitchen Hymns* is forthcoming in 2024.

Living Well With Parkinson's Disease

WITH ANNE MUSKOPF, OTR/L

Tuesday, October 3, 2023 • 6:30 - 8:00 pm • Lexington Depot, 13 Depot Square, Lexington • \$15 • **SLWP**



Over 90,000 people are estimated to be diagnosed with Parkinson's Disease (PD) in the US this year, so chances are good that you know someone who has been affected. The 2023 Emmy nominated documentary *Still: A Michael J. Fox Movie* has illuminated the courage and strength present in the people living with the disease from day to day. Many people associate PD with having a tremor but it's a much

more complex disease with many symptoms being invisible, and it changes over time. How can someone with PD live well, and how can you as a friend or family member support them?

Anne Muskopf, veteran Occupational Therapist and Director of the Charlotte & Richard Okonow Parkinson's Family Support Program at Jewish Family & Children's Service in Waltham will present a practical and holistic approach to living well with Parkinson's Disease.

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



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

Mindful Seeing with the “Right View” of Chan/Zen

WITH GILBERT GUTIERREZ

Sunday, August 20, 2023 • 3:30 - 5:00 pm • Lexington Depot,
13 Depot Square, Lexington, MA • Donations welcome at event
• **SVIE**

And what is right view? Knowledge with regard to stress, knowledge with regard to the origination of stress, knowledge with regard to the cessation of stress, knowledge with regard to the way to practice leading to the cessation of stress. This is called right view.

– Buddha, from the *Maha-satipatthana Sutta*:
The Great Frames of Reference



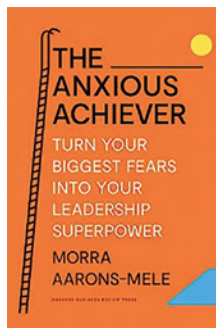
The Chinese Chan (Zen) tradition has always been renowned for its practice of “mind-to-mind transmission” and the continuous passing down of its teachings. Gilbert Gutierrez, known as Jing Jian Chuan Hui in Chinese, is one of the five immediate Lay Dharma heirs of Ven. Master Sheng Yen from Dharma Drum Mountain. He inherits the lineage of both the Caodong and Linji Zen schools. Among these

five disciples, Gutierrez is the only Zen master who resides and teaches permanently in North America. Throughout his 53 years of dedicated Zen practice and over 40 years of teaching the Dharma, his guidance in meditation is vibrant and insightful. He skillfully imparts learning and experiential understanding of Chan (Zen) in a relaxed, approachable yet profound manner, blending everyday life situations with the great teachings of Zen masters. With his wholehearted dedication and wisdom, he strives to carry on the lineage and bring happiness to all beings.

The Anxious Achiever: Turning Fears into Leadership Superpowers

WITH MORRA AARONS-MELE

Thursday, October 12, 2023 • 7:00 - 8:30 pm • Lexington Depot,
13 Depot Square, Lexington, MA • \$15 • **SXNA**



Anxiety is a normal human response, and by its nature, a major part of leadership, but it is a double-edged sword. When unmanaged, it can be a destructive force—as overwork, perfectionism, micro-management, unhealthy diets, drinking, or substance use all impact today's workplace experience. If harnessed constructively, it can be a catalyst for growth, helping channel superpowers like greater vision, empathy, and communication skills. Anxiety affects over

one third of Americans. But anxiety at work, especially among leaders, has long been a taboo topic hidden in plain sight. This evening Morra Aarons-Mele will discuss points from her new book *The Anxious Achiever: Turn Your Biggest Fears into Your Leadership Superpower* (Harvard Business Review Press, April 11, 2023), and explore ways to transform anxiety from a perceived weakness to a powerful strength.



Morra Aarons-Mele is the host of *The Anxious Achiever*, a top-10 management podcast that helps people rethink the relationship between their mental health and their leadership. Morra founded Women Online and The Mission List, an award-winning digital-consulting firm and influencer marketing company dedicated to social change in 2010 and sold her businesses in 2021. She helped Hillary Clinton log on for her first internet chat and has launched digital campaigns for President Obama, Malala Yousafzai, the United Nations, the CDC, and many other leading figures and organizations. For more details, visit www.theanxiousachiever.com.

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



Pipa Meets Piano

MIN XIAO-FEN & LEWIS PORTER

Sunday, October 8, 2023 • 3:00-4:30 pm • Scottish Rite Museum, 33 Marrett Road, Lexington, MA • \$20 • **SPMP**



Few artists have done more to both honor and reinvent the 2000-year history of the pipa than soloist, vocalist and composer **Min Xiao-Fen**. Classically trained in her native China, she served as a principal pipa soloist at Nanjing Traditional Music Orchestra and was an in-demand interpreter of traditional music before relocating to the United States and forging a new path for her instrument alongside

many of the leading lights in modern jazz, free improvisation, experimental and contemporary classical music. NPR Weekend Edition lauded Ms. Min as “one of the world’s greatest virtuosos” and JazzTimes hailed her as “a pioneer in integrating her ancient instrument with modern jazz and improvised music.” The New York Times raved that her singular work “has traversed a sweeping musical odyssey.” Min recently received a prestigious commission from the Smithsonian Institution to compose soundtracks for two Chinese historical silent films from the 1920s (premiered on May, 6 2023 at Freer Gallery of Art in DC). Other notable works include the 2021 album *White Lotus*, her original score to the 1934 silent film *The Goddess*, the deeply personal 2017 release *Mao, Monk and Me*, which explores the music of Thelonious Monk and Min’s Blue Pipa Trio that commingles trumpeter Buck Clayton’s Kansas City swing with the music of Li Jinhui, the “Father of Chinese popular music.” Min was a curator at The Stone and the Museum of Chinese in America in New York. She also served as artist-in-residence with the Sound of Dragon Society for the Vancouver International Jazz Festival and was a guiding artist for the Creative Music Studio and the Haystack Mountain School of Crafts. www.minbluepipa.com



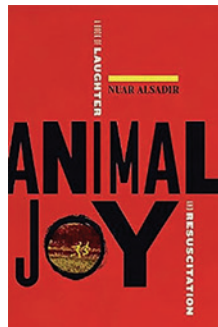
As a pianist, **Lewis Porter** has appeared on 37 albums with Terri Lyne Carrington, John Patitucci, Tia Fuller, Dave Liebman, Mark Ribot, James Brandon Lewis, and many others. A renowned researcher and historian, he is the author of “Playback with Lewis Porter,” a jazz essay series at <https://lewisporter.substack.com/>, of which Ted Gioia writes “Porter is the real deal—a genuine expert & trusted authority.” He has authored or co-authored two acclaimed books on John Coltrane, five other books, and numerous short publications. Porter is a longtime jazz professor with a PhD in musicology and has taught for many years at Rutgers, Tufts, Brandeis, the New England Conservatory, and as a popular guest speaker at many other colleges across the U.S.A. and Europe. He was nominated for a Grammy in 1995 and won the ASCAP-Deems Taylor Award in 2021. A recent album is at: <https://lewisportermusic.bandcamp.com/album/beauty-mystery>. Lewisporter.com

Animal Joy:

The Serious Nature of Laughter

WITH NUAR ASADIR

Thursday, November 2, 2023 • 7:00 - 8:30 pm • Lexington Depot, 13 Depot Square, Lexington, MA • \$15 • **SANJ**



Animal Joy is an ode to spontaneity and feeling alive. In her invigorating, continuously surprising book about the serious nature of laughter, Alsadir ranges from her experience in clown school, Anna Karenina’s morphine addiction, Freud’s un-Freudian behaviors, marriage brokers and war brokers, to “Not Jokes,” laugh tracks, the problem with adjectives, and how poetry can wake us up. At the center of the book, however, is the author’s relationship with her daughters, who erupt into the text like sudden, unexpected laughter. These interventions are like tiny revolutions, pointedly showing the dangers of being severed from one’s true self and hinting at ways one might be called back to it.



Nuar Alsadir is a poet, nonfiction writer, and psychoanalyst. She is the author of *Animal Joy*; *Fourth Person Singular*, which was shortlisted for the 2017 Forward Prize for Best Collection in England and in Ireland and was a finalist for the National Book Critics Circle Award for Poetry; and *More Shadow Than Bird*. Her poems and essays have appeared in numerous publications, including *The Paris Review*, *Granta*, *New York Times Magazine*, *Slate*, *Kenyon Review*, and *Ploughshares*. She appears on Showtime’s docuseries, *Couples Therapy*, as one of the psychoanalysts in the peer supervision group, in the third, fourth and fifth seasons. She lives in New York City, where she works as a psychoanalyst in private practice.

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Around Town

NEW Children's Community Chorus

Director: Angela Carpenter

Do you love to sing? If so, come be a part of a new, inclusive, non-auditioned chorus for students! Children's Community Chorus (CCC) is a wonderful opportunity for excited singers (entering Grades 4-5) to come together and share in the joy of making music together in song! Each week, singers will work together as a musical team to improve on their musicianship skills through reading choral music, listening, and of course, singing! Singers will participate in at least two scheduled concerts—one in January and one in May. Other unique performance opportunities may be added to our performance calendar throughout the year! **KCCC**, 33 Thursdays, 4:30-5:45 pm. Begins September 14, Pilgrim Church, 55 Coolidge Ave, Lexington, \$700.

Lexington Civic Academy

Instructors: Town Department Heads, Directors, and Managers

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

Lexington Civic Academy will take place from September through mid-December, beginning September 5th, 2023. There will be twelve weekly sessions held on either Tuesdays or Thursdays from 6:30 pm to 8:30 pm. Sessions will be held either remotely or in person. Limited spaces available.

To Register or For More Information

please contact James Robinson in the Lexington Town Manager's Office via email (jrobinson@lexingtonma.gov) or by phone (781-698-4543).

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.

Body & Mind

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.

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 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.

MCPR, 1 Tuesday, 6:00-9:00 pm. Meets September 19, Lexington High School, \$109.

MC2PR, 1 Wednesday, 6:00-9:00 pm. Begins November 8, Lexington High School, \$109.

NEW Aging with Vitality & Mindfulness

Instructor: Barry Taylor, ND

Aging with Vitality & Mindfulness is a course covering a wide range of topics to explore how we can age gracefully. The course includes conversations on nutrition for better memory and optimal brain health, food tips for flexibility for easier mobility and better energy, supplements and herbs for better restful sleep, and some cutting edge research on the immune system and cancer as well as a healthy heart and better circulation. We will acknowledge how community and contribution can mitigate social isolation and loneliness as we grow old. We will explore learning what mindfulness is and use this mind set as a tool for being mentally clearer, calm, and curious as we age. *Class will not meet on 10/5.

MAVM, 8 Thursdays, 7:15-8:45 pm. Begins September 21, Lexington High School or Zoom, \$230.

Shadaj
षड्ज

Rahul Sharma

Aditya Kalyanpur

CONCERT

Saturday, September 16th, 2023
Time: 6 pm

Venue: Scottish Rite Museum
33 Marrett Road, Lexington, MA 02421

Tickets: \$50 / \$30

FREE for Shadaj members
Limited free seating for students
email tickets@shadaj.org

LEXINGTON COMMUNITY EDUCATION
Mass Cultural Council
India Society of Worcester

tickets@shadaj.org (409-201-7110 / 716-907-2984)
www.shadaj.org

NEW Detox for Health

Instructor: Barry Taylor, ND

There are various nutrition-based approaches to achieve optimal health. One is to build, tonify, and strengthen different organ systems. Another is to clear the body of toxins, chemicals, and heavy metals. How can we focus on the organs of elimination to improve their function? Over the last 50 years, Dr. Taylor has guided over 20,000 patients through cleansing and detox programs. Let's explore a comprehensive overview of the process, and gain a deeper understanding of ways that detoxifying the body and removing physical interferences can encourage organs to work more efficiently, reducing symptoms to allow the body to heal naturally.

MDFH, 1 Tuesday, 7:15-8:45 pm. Meets September 19, Lexington High School or Zoom, \$25.



POEMS THAT INSPIRE: THE BEST OF CONTEMPORARY POETRY

with Tracy Marks, p. 29

NEW Stress Without Distress

Instructor: Barry Taylor, ND

What if stress were actually good and part of what we need to grow and be creative? What is the distinction between stress and distress? How do we assess demands that are beyond our coping strategies? And what are ways to increase our resources that might have us perceive demands differently? Let's explore how to transform distress into stress?

MSWD, 1 Tuesday, 7:15-8:45 pm. Meets September 26, Lexington High School or Zoom, \$25.

NEW Feldenkrais Awareness through Movement

Instructor: Ruth Knill

In the Feldenkrais® awareness through movement classes we explore our habitual unconscious patterns of movement through slow gentle movements. By doing some simple movements and becoming aware of the changes these movements create in the body, changes are created in the mind. Habitual patterns are a necessary part of life, but we may develop tightness or restricted movement in a

muscle or joint or an area of chronic pain. We all have been told at some point to "sit straight," leading to more tightness-inducing movements like pushing our lower ribs forward to "correct" collapse in the upper chest. We get more tension in our bodies, more pain. Each awareness through movement class explores a different movement pattern. The body and mind work together to create a whole new map or way of being that allows the skeleton to support you and your movements without excess muscular strain. Moshe Feldenkrais developed the method in the 50s after a knee injury. There are over 7000 Feldenkrais® method practitioners worldwide.

MFLD, 5 Tuesdays, 3:00-4:00 pm. Begins September 26, Zoom, \$65.

Plant Flavonoids as Protective Ninja Molecules

Instructor: John Chamberlain

Having had millenia to figure out a few biochemical tricks, plants have some clever aces up their sleeves. One theory is that plants create an array of flavonoids and pigments, not just to attract the bears and bees, but also to shield their berries, flowers, leaves and DNA from the harshness that nature dishes out, such as droughts or summer-long UV radiation. Because flavonoids also can protect us, having a high-flavonoid diet is a worthy and appetizing nutritional goal. Of the thousands of flavonoids that nature sets forth, a dozen prominent ones are worth getting to know—as in the research, the foods they are found in and how you might increase your consumption. Since aging is, in many ways, a battle against inflammation ("inflammaging"), we can try shifting from sweet to savory foods by adding more culinary herbs to our arsenal.

MPFN, 3 Tuesdays, 7:00-8:30 pm. Begins September 26, Lexington High School Room 230, \$75/Seniors \$65.

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 September 17 and meets 10/15 and 11/19, Zoom, \$65.



John Chamberlain explores the science and health benefits of plant flavonoids, this page.

Psychic Skills For A Soulful Life

Instructor: Michael Koran

We'll begin by sharing psychic experiences and discover what they have in common. We'll explore 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 extra-ordinary 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.

MPSS, 5 Tuesdays, 7:00-9:00 pm. Begins November 14, Zoom, \$125/Seniors \$110.



Barry Taylor, ND offers three classes on health and wellbeing this autumn, pages 7 and 8.

Nonviolent (Compassionate) Communication

Instructor: Michael Koran

We'll read and explore *Nonviolent Communication* by Marshall Rosenberg. We'll explore how to observe without judging, discover what we love, make doable requests, and create win-win interactions. We'll role-play to find better ways to interact with ourselves, friends, lovers, spouses, bosses, colleagues, parents, children, and strangers. Theatre games will help us find creative ways of expressing ourselves. We'll learn how to be at ease, playful, and open our hearts to create loving, skillful and fruitful connections.

MNVC, 5 Tuesdays, 7:00-9:00 pm. Begins October 10, Zoom, \$125/Seniors \$110.

NEW Good Timing - Interactive Time Management

Instructor: Pam Kristan

Too much to do and insufficient time in which to do it. With pace, pressure, and uncertainty mounting, saying Yes to this and No to that is by no means easy. We will try out strategies in hands-on groups large and small. Such strategies as Yes/No/Maybe discrimination, using time containers, cultivating perspective, assembling information, communicating decisions, taking small steps consciously, and accepting consequences. The skills we encounter today will serve us now and into the future.

FGTM, 1 Monday, 7:00 pm-8:30 pm. Meets September 18, Zoom, \$20/Seniors \$15.

NEW Self-Defense & Awareness Training for Women

Instructor: Charles Crayton

This self-defense class is designed to empower women with skills and knowledge to defend oneself. Students will learn basic self-defense techniques and will be taught strategies to help with awareness in various environments. This course is taught by Charles Crayton Jr, who is the chief instructor of Combined Martial Arts, INC. Charles is a self defense expert and is a national certified R.A.D. instructor. This course will increase your confidence around your individual abilities, and help you to stay safe.

MSDW, 4 Wednesdays, 6:30-8:00 pm. Begins September 27, Lexington High School, Room 140, \$185.

Stress Less: Learn to Meditate

Instructor: Richard Geller

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

meditation. The entire program is highly interactive, hands-on, and easy to learn.

SLLMS, 4 Thursdays, 7:00-8:00 pm. Begins October 19, Lexington High School Room 247, \$66/Seniors \$49.

NEW Design Your Personal Yoga Practice

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

Would you like to be able to construct your personalized yoga routine? In this workshop, we will share our own yoga practices and provide a short history of yoga and the philosophy of Patanjali's *Yogasutra*. Each class will offer examples of breathing exercises (pranayama) and postures (asanas) that you may use, as well as self-awareness exercises to help you develop your own practice according to your personal situation and wellness goals. 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. This workshop is designed for people of any age.

MDYP, 3 Saturdays, 10:00-11:30 am. Begins October 7, Lexington High School Black Box, \$65/Seniors \$55.

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 Wednesday, 1:00pm-2:00 pm. Meets September 27, LCE Classroom, \$30.

Stop Dieting

Instructor: Sue McCombs

Do you have the munchies for bread, pasta, pizza? Or 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 October 10, Zoom, \$40.



TASTING SPECIALTY COFFEES
with Damian Barneshi, p. 18

Stop Your Sugar Habit

Instructor: Sue McCombs

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

MSUG, 1 Monday, 6:00-7:30 pm. Meets October 2, Zoom, \$40.

Lower Your Golf Score: Make Those Birdies

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 Monday, 6:00-7:30 pm. Meets September 18, Zoom, \$40.

NEW Stop Your Shopping Addiction

Instructor: Sue McCombs

Many addictions exist, and many can be helped using hypnosis like techniques to break the habit. We then can redirect the energy towards a positive direction like exercise or beginning a new project that you really wanted to get to. Any addiction creates feelings of guilt. With shopping it may be sneaking things into the house or another room to hide. Or the feelings of disgust "I've done it again" when the products are delivered and you realize you've gone overboard on spending again. Many people can and do break their addiction and find a positive way to redirect and use their energy.

MSSA, 1 Monday, 6:00-7:30 pm. Meets October 16, Lexington High School, \$40.



Shiv Mundkur leads an online program about the facts and practice of Intermittent Fasting, page 8.

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 Every Day Customer Service

Instructor: Pam Kristan

Customer service isn't just for people behind a counter or on the other end of a help-line. Every time you ask for something...for anything from anyone—that's customer service. It happens all day, every day, between friends and family, between colleagues, acquaintances, townspeople, those inside and outside your circle. In this hands-on interactive Zoom class we'll practice the skills you need for satisfying interactions. Skills such as listening, timing, and adapting to the person on the other side of the interaction. All valuable for everyone, every day.

BEDC, 1 Monday, 7:00 pm-8:30 pm. Meets October 2, Zoom, \$20/Seniors \$15.

NEW Demystifying AI: Empowering Small Business Sales and Marketing

Instructor: Stacey Coombs and Mavis Chin

In today's fast-paced digital landscape, small businesses face unique challenges in staying competitive and effectively reaching their target audience. Come discover how AI is reshaping the digital landscape and gain insights into leveraging AI for small business sales and marketing success.

BAID, 1 Monday, 6:30-7:30 pm. Meets September 18, Lexington High School, \$25/Seniors \$20.

NEW Demystifying AI: What is ChatGPT and What Can It Do for Me?

Instructor: Stacey Coombs and Mavis Chin

Why should you care about ChatGPT? That's an excellent question we will answer. We will discuss what ChatGPT is and some of the practical applications in different domains, ranging from general research to content generation and creative writing.

BAIW, 1 Monday, 6:30-7:30 pm. Meets October 2, Zoom, \$25/Seniors \$20.

NEW Perfecting Your Sales Conversations

Instructors: Stacey Coombs and Dr. Karen Baldeschwieler

Perfecting Your Sales Conversations workshop is a dynamic and interactive session in which the Zenagos Experts will teach the 8 key steps in a successful sales conversation, and participants will practice these skills in breakout groups, using their own company as the case study. Whether you're a sales professional looking to tune up your techniques or a business owner seeking to improve your team's performance, this workshop provides valuable insights and hands-on practice. As a bonus, registrants will receive a free copy of Zenagos' popular ebook: How to Identify and Overcome Customer Objections. Class is limited to 12 students.

BPSC, 1 Monday, 6:30-8:00 pm. Meets October 16, Zoom, \$30/Seniors \$25.

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.

BDIY, 1 Thursday, 7:00-9:00 pm. Begins September 21, Zoom, \$35.



Sumeit Aggarwal talks about the risks and rewards in Women and Investing, this page.

Advanced Investing

Instructor: Glenn Frank

This workshop is for experienced investors. Advisors are welcome. We will follow a 5 Step Investment Process which is comprehensive from a tax, planning and emotional perspective. We combine academic theory with practical solutions and challenge preconceived notions. Spreadsheet 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 and avoid "FORO" Fear Of Running Out. Follow the numbers, not the herd!

BDAI, 1 Tuesday, 7:00-9:00 pm. Begins September 19, Zoom, \$35.

NEW Retirement Planning—How to Balance Time, Money and Happiness

Instructor: Glenn Frank

If you think about it, most big decisions in life involve a tradeoff among time, money, and happiness. During periods of transition, bringing these three factors into balance can make the difference between the outcome you desire and the result you may fear. To help you find

your balance point, join Professor Glenn Frank to learn about the Joy Matrix, your Work-Optional Number, and how to maximize your Happiness per Hour and Happiness per Dollar. Glenn will highlight his book "Your Encore", his podcasts and his website timemoneyandjoy.com. Links to extensive nationwide resources will be provided.

BRPH, 1 Tuesday, 7:00-9:00 pm. Begins September 26, Zoom, \$35.

Women and Investing 101

Instructor: Sumeit Aggarwal

This workshop is designed for women who want to play a more active role in their Investment strategy. If investing scares you or you want to make sure you have a clear understanding of its risks and rewards, or if you are simply looking for where to begin, this is the class for you. In this two-part workshop, we will go over basics of investing, discuss step-by-step approach to investing, and cover different types of investments and retirement plans. You will also learn how to gain confidence in your research, evaluate alternatives, and design a portfolio. No prior knowledge of investing is required. Beginners are especially encouraged to attend.

BW&I, 2 Tuesdays, 12:00-1:30 pm. Begins September 26, Zoom, \$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, interactive online tools for stock research, and building an effective watchlist. Come join us as we walk through building portfolios for different time horizons and risk tolerance. Beginner level knowledge of investing is required. Beginners are encouraged to attend our "Women and Investing 101" class as a prerequisite.

BWI2, 2 Tuesdays, 12:00-1:30 pm. Begins November 7, Zoom, \$60.

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!

BWIL, 1 Tuesday, 7:00-9:00 pm. Meets October 3, 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 Wednesday, 7:00-9:00 pm. Meets September 13, Zoom, \$35.

BMED1, 1 Wednesday, 7:00-9:00 pm. Meets October 18, Zoom, \$35.

BMED2, 1 Wednesday, 7:00-9:00 pm. Meets November 15, Zoom, \$35.



Explore Your Ancestry with Dr. Leah Abraham, p. 32.

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 underfunded government Medicaid system with limited choices. Recent legislative changes have created many questions surrounding planning techniques: How can I protect my home? What is the penalty for giving assets away? Are my assets protected if I put them in a trust? When is long-term care insurance worthwhile to consider? What if my loved one is already in a nursing home, can they still protect their assets? All of these questions and more will be clearly answered in this very important class.

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

BLTP1, 1 Wednesday, 7:00-9:00 pm. Meets December 6, Zoom, \$35.



THE PROCESS OF PURCHASING OR SELLING A HOME

with Jeremy Richman, p. 30

Social Security Planning for Couples

Instructor: Matt Carron

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

BCSS, 1 Wednesday, 6:00-8:00 pm. Meets September 27, Zoom, \$40.



Author and podcaster Anna Aarons-Mele explores *The Anxious Achiever*, p. 5.

Seven Steps to Retirement

Instructor: Chris Chen

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

BRET, 1 Monday, 7:00-8:30 pm. Meets October 2, Lexington High School, Room 224, \$35.

The Four Stages of Taxes in Retirement

Instructor: Chris Chen

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

BTAX, 1 Monday, 7:00-8:30 pm. Meets October 16, Lexington High School, Room 224, \$35.

Courses for Children

Navigating Legal Changes and Maximizing Retirement Planning

Instructor: Chris Chen

The SECURE Act has changed many aspects of retirement planning, including the rules around Required Minimum Distributions, the use of annuities within retirement plans, estate planning considerations, contribution limits, and updated rules on catch-up contributions. With this workshop you will gain a comprehensive understanding of the latest legislative changes that came with the SECURE Act. You will understand the intricacies of the Secure Act 2.0 and capitalize on its benefits. The workshop is designed to equip you with the knowledge and skills needed to make informed decisions and leverage opportunities.

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



ADULT, INFANT AND CHILD CPR WITH AED

with Kierstin Pane, p. 7

Empowered Divorce: Taking the Best Path 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.

BDIV, 1 Wednesday, 7:00-8:00 pm. Meets October 11, Zoom, \$35.

BDI2, 1 Thursday, 12:00-1:00 pm. Meets October 19, Zoom, \$35.

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.

NEW Making 3-D Geometric Models: Platonic and Archimedean Solids

Instructor: John Chamberlain

Platonic solids are composed of polygons—all the same shape. Some of the five Platonic solids are familiar to us: the tetrahedron, made of 4 triangles, the cube, made of 6 squares, even the intriguing icosahedron, the 20-sided dice, known best to Dungeon and Dragon players. The octahedron is 2 pyramids that connect along their square bottoms. The delightful dodecahedron is less familiar: 12 pentagons forming polyhedra. We'll start by making models of these shapes. Next we will explore the even more intriguing and conceptually brilliant Archimedean Solids. Many are "truncated" or trimmed-off Platonic Solids. Unlike Platonic Solids, they are composed of different polygons: the truncated cube (made of triangles and octagons), the truncated octahedron (hexagons and squares), the cuboctahedron (triangles and squares), rhombicuboctahedron (also triangles and squares), the truncated icosahedron (aka the soccer ball, its modern version envisioned by Buckminster Fuller, made of hexagons and pentagons), and the icosidodecahedron (triangles and pentagons). We'll make models of these Archimedean Solids, and you can take these geometric prizes home. Archimedes of Syracuse (287-212 BCE), considered to be the greatest Greek mathematician, discovered these geometric forms, but his writings were lost. Pappas, one of the last Greek mathematicians, referred to them in his writings, so we know they existed. They were lost from, say, 220 BCE until 1619 (about 1,800 years!) -- until Johannes Kepler, the great German mathematician, rediscovered them. So in this hands-on course, we will keep rediscovering them in our time, too.

KP&A, 4 Tuesdays, 4:00-5:30 pm. Begins September 26, Lexington High School, Room 148, \$115.

NEW Children's Community Chorus

Director: Angela Carpenter

Do you love to sing? If so, come be a part of a new, inclusive, non-auditioned chorus for students! Children's Community Chorus (CCC) is a wonderful opportunity for excited singers (entering Grades 4-5) to come together and share in the joy of making music together in song! Each week, singers will work together as a musical team to improve on their musicianship skills through reading choral music, listening, and of course, singing! Singers will participate in at least two scheduled concerts—one in January and one in May. Other unique performance opportunities may be added to our performance calendar throughout the year!

KCCC, 33 Thursdays, 4:30-5:45 pm. Begins September 14, Pilgrim Church, 55 Coolidge Ave, Lexington, \$700.



LPS Music Teacher Angela Carpenter leads the brand new Children's Community Chorus, this page.

NEW How Computers Work: Everything You Always Wanted to Know (Grades 6-9)

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, 5 Wednesdays, 3:30-4:30 pm. Begins October 4, Lexington High School, Room 220, \$78.

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, 3:30 pm-4:30 pm. Begins October 14, Zoom, \$50.

KET6, For Grades 6-9: 2 Saturdays, 3:30 pm-4:30 pm. Begins October 28, Zoom, \$50.

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

Instructor: Alma Bella Solis

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

KPAC, 8 Mondays, 4:00-6:00 pm. Begins September 11, Zoom, \$220.




Chandreyee Lahiri teaches Writing Support Group and Workshop, p. 37.



LCE is proud to partner with NLCC for a series of exciting programs for children, pages 14 & 15.

NEW Unleash Your Inner Warrior Martial Arts

*Instructor: New Legacy Cultural Center
Teaching Staff*


 Are you ready to discover the power within yourself and embark on a thrilling martial arts journey? Our state of the art martial arts academy is here to guide you towards achieving your goals. Our highly skilled and experienced instructor will provide you with top-notch training, focusing on technique, discipline and self-defense. We offer a variety of martial arts styles. Whether you are a beginner or an advanced practitioner, our programs are tailored to your individual needs, helping you progress at your own pace. Get in the best shape of your life as you build strength, endurance, and flexibility through our dynamic training sessions. Our class fosters a supportive atmosphere, promoting personal growth, self-confidence, and camaraderie among our students. Unleash Your Inner Warrior and let the transformation begin. Start your martial arts training with us today! There will be no class on September 15.

KUIW, 12 Fridays, 2:00-2:55 pm. Begins September 8, Harrington Elementary, \$380.

KUI2, 12 Fridays, 3:00-3:55 pm. Begins September 8, Harrington Elementary, \$380.

NEW Beginner and Intermediate Mandarin for Elementary School Students

*Instructor: New Legacy Cultural Center
Teaching Staff*

 Are you ready to embark on a fascinating journey into the world of Chinese language and culture? Classes are tailored specifically for elementary students, and engaging curriculum designed to make learning fun, interactive and accessible. Taught by MA Teaching Licensed and local school experienced teachers who understand the unique needs of young learners, our focus will be directed toward building essential vocabulary, grammar, and conversational skills. Give your child the gift of language and cultural exploration. Come and join us on this enriching adventure into the captivating world of Chinese language and culture!

KMA1, (Grade K-5 @ Bowman), 13 Mondays, 3:30-5, Begins September 11, \$330

KMA2, (Grade K-5 @ Bowman), immersion program, 15 Wednesdays, 3:30-5, Begins September 6, \$320

KMA3, (Grade K-5 @ Hastings), 15 Wednesdays, 3:30-5, Begins September 6, \$380

KMA4, (Grade K-1 @ Harrington), 13 Fridays, 1-2:55, Begins September 8, \$520


KMA5, (Grade 2-3 @ Harrington), 13 Fridays, 3-4:55, Begins September 8, \$520

KMA6, (Grade 4-5 @ Harrington), 13 Fridays, 3-4:55, Begins September 8, \$520

KMA7, (Grade K-5 @ Harrington), immersion program, 13 Fridays, 1-5, Begins September 8, \$220, only for students who enroll in other Friday NLCC classes.

NEW Chinese Calligraphy

Instructor: New Legacy Cultural Center Teaching Staff


 Are you fascinated by the timeless beauty and elegance of Chinese calligraphy? Embark on a captivating journey into the world of strokes and characters with our exceptional Chinese calligraphy classes! Our experienced and passionate instructor will guide you through the fundamentals of Chinese calligraphy, brushwork techniques, and the rich cultural context behind each character.

KCHC, 13 Fridays, 1:00-1:55 pm. Begins September 8, Harrington Elementary, \$320.

KCH2, 13 Fridays, 4:00-4:55 pm. Begins September 8, Harrington Elementary, \$320.

NEW Chinese Drum

Instructor: Chi-Sun Chan


 Do you want to learn a musical skill that can boost your mood, improve your concentration, and reduce your stress? Then drumming is for you! In this class, you will learn the basics of drumming, such as how to hold the drumsticks, how to play different rhythms, and how to coordinate your hands and mind. You will also practice some drumming exercises that will challenge and help you develop your skills. At the end of the term, you will showcase your progress by performing these exercises with your classmates. Instructor, Mr. Chi-Sun Chan, a Chinese drum teacher who has been teaching Chinese drumming since 2009. He has taught at various institutions, such as GBCCA, Lexington Chinese School, Buddhist Tzu Chi Foundation Boston, and New England Chinese Youth Summer Camp. He is passionate about sharing his knowledge and love of drumming with his students.

KDRM, 13 Fridays, 2:00-2:55 pm. Begins September 8, Harrington Elementary, \$410.

KDR2, 13 Fridays, 3:00-3:55 pm. Begins September 8, Harrington Elementary, \$410.

NEW Guzheng

Instructor: New Legacy Cultural Center Teaching Staff

 Guzheng, also known as the Chinese zither, is a traditional plucked instrument that holds a significant place in Chinese music and culture. Its name translates to "ancient zither"


in Mandarin, reflecting its long history and cultural heritage. The Guzheng class not only focuses on learning how to play Guzheng, but also includes the exploration of various Chinese traditional musical instruments and the appreciation of Chinese traditional music. Through the course, students will acquire fundamental knowledge and basic finger techniques of the Guzheng playing. Based on this, students will then learn to play a variety of Chinese and Western tunes. They will practice to develop skills for ensemble playing. Additionally, throughout the classes, students will have the opportunity to enjoy different styles of Chinese music.

KGUZ, 13 Fridays, 3:00-3:55 pm. Begins September 8, Harrington Elementary, \$410.

KGU2, 13 Fridays, 4:00-4:55 pm. Begins September 8, Harrington Elementary, \$410.

NEW Erhu

Instructor Zhantao Lin


 The Erhu, a traditional Chinese musical instrument, is widely regarded as the quintessential symbol of Chinese music. With a rich history spanning over a thousand years, it holds a significant place in China's cultural heritage. In the Tang Dynasty, it was referred to as "Xi Qin" by the ancient Chinese. The beauty of the Erhu lies in its unique ability to emulate the human voice, evoking profound emotional expressions. Initially, the Erhu was primarily used for performing folk music or accompanying operas. However, as time progressed, its versatility and enchanting qualities led to its integration as a solo instrument in bands and large ensembles. Dive into the world of Erhu, a mesmerizing two-stringed instrument, with our outstanding Erhu classes! Learn from a skilled and passionate instructor who will guide you through the intricacies of playing the Erhu with precision and artistry. Instructor Zhantao Lin is an Erhu player who has performed at numerous institutions. He was invited to Yo Yo Ma's Silk Road Concert Series and was named Blodgett Visiting Artist by Harvard University Music Department in January 2019. He is currently the President of the Boston Chinese Musicians Association.

KERH, 13 Fridays, 1:00-1:55 pm. Begins September 8, Harrington Elementary, \$410.

KER2, 13 Fridays, 2:00-2:55 pm. Begins September 8, Harrington Elementary, \$410.

NEW STEAM FUN!

Instructor: New Legacy Cultural Center Teaching Staff

 Steam Fun is a science innovation program for children aged 6 and above. We focus on innovation and real-world application and encourage students to create and innovate with common household materials, such as cardboard, wooden blocks, and recycled materials. This original "start from scratch" approach allows kids to truly understand the science behind complex structures and also empowers kids to invent freely with any materials available, fostering their imagination to its fullest. Each hands-on class is 90 minutes long and begins with an intriguing science magical show, followed by experiments and group activities to reveal the science behind the magic. Students then have 50 minutes to apply their knowledge, combining science with other subjects like engineering, math, and art to create innovative projects such as air-powered balloon cars, animal circus balance toys, electromagnet-powered animations, cup-made dancing robots, and fast-growing microgreen gardens. These innovation projects extend the school's K-6 science curriculum and provide kids with valuable real-world application opportunities, making kids feel that science is relevant and fun in their everyday life! The course is primarily taught in English, with key vocabulary provided in both English and Chinese for reference.

KSTM, 13 Fridays, 1:30-3:00 pm. Begins September 8, Harrington Elementary, \$975.

KST1, 13 Fridays, 3:00-4:30 pm. Begins September 8, Harrington Elementary, \$975.



LPS Instructor Angela Carpenter directs the Children's Community Chorus, p. 13.

College Planning & Test Preparation

Driver Education – Registration for Driver Education programs is 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



CS Driving School teaches Driver Education, this page.

Reading SAT Prep

Instructor: Rachel Lloyd

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

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

Math SAT Prep

Instructor: Chris Doucette

In SAT Math, students will review mathematical operations and learn test strategies necessary for success on the SAT. Students will take 2 practice tests and receive targeted help. Class consists

of 8-10 mini lessons that cover common issues/test taking strategies and each student will receive individualized help in each class on a topic they are struggling with. Required Text for class: The Official SAT Study Guide, published by the College Board.

PSAM, 6 Mondays, 6:00-8:00 pm. Begins September 11, Lexington High School, Room 230, \$200.

Chinese Culture

Chinese Painting and Calligraphy

Drums

Gu Zheng

Erhu

Martial Arts

For: Elementary School Kids (K-5)

Location and Time:

Bowman
Every Monday and Wednesday at 3:30-5:00pm

Hastings
Every Wednesday at 3:30-5:00pm
Harrington
Every Friday at 12:30-5:00pm

LEXINGTON COMMUNITY EDUCATION

NEW LEGACY

LCE is proud to partner with NLCC for a series of exciting programs for children, pages 14 & 15.



CHILDREN'S COMMUNITY CHORUS
with Angela Carpenter, p. 13

Writing and Language/Essay SAT Prep

Instructor: Rachel Lloyd

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

PSAW, 6 Fridays, 3:30-5:00 pm. Begins September 8, Lexington High School, \$200.

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 supplementals. 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 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, 5 days, 10:30 am-12:30 pm. Begins Thursday October 12 and meets F 10/13, M 10/16, W 10/18 and F 10/20, Zoom, \$600.

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.



Ploy Khunisorn of Ploy's Kitchen shares a variety of recipes and cooking techniques, below and p. 18.

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 Wednesday, 6:30-9:00 pm. Meets September 27, Lexington High School, \$25.

Discovering ways of cooking involving new flavors and friends make for a learning experience worthy of a toast. Bon Appétit!

NEW Bread Obsession Baking: Fundamentals of Sourdough Baking

Instructor: Varda Haimo, founder and co-owner of Bread Obsession

Bread Obsession, an artisan bread bakery located in Lexington will introduce students to the fundamentals of sourdough baking. We will provide an orientation to the tools and methods we use at our professional bakery. Students will weigh out and shape our classic Lexington Sourdough Boule, score and bake loaves to bring home as well as an additional loaf to bake at home. Students will leave with their own sourdough starters so that they can continue to bake bread at home. Participants need to wear a head covering.

NBOB, 1 Sunday, 2:00 - 4:00 pm. Meets October 22, Bread Obsession Bakery, 433 Marrett Road, Lexington, \$150.

NBO2, 1 Monday, 6:30-8:30 pm. Meets October 23, Bread Obsession Bakery, 433 Marrett Road, Lexington, \$150.

NBO3, 1 Sunday, 2:00-4:00 pm. Meets November 5, Bread Obsession Bakery, 433 Marrett Road, Lexington, \$150.



AN INTRODUCTION TO THE ART OF BONSAI

with Damien Barneschi, p. 31

NEW Basic Dumplings from Scratch

Instructor: Ploy Khunisorn

Dumplings are versatile and can be easily made at home. Let's have fun and learn how to pinch, squeeze, and pleat delicious dumplings. We'll start making dumpling wrappers from scratch. Then, we'll make the chicken and vegetable filling. We'll fold and cook dumplings into potstickers. While the dumplings are cooking, we'll make a delicious sauce.

NDUM, 1 Saturday, 5:00 - 6:30 pm. Meets September 30, Zoom, \$45.



Varda Haimo teaches Bread Obsession Baking: Fundamentals of Sourdough Baking, p. 17.

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 Thursday, 7:00-8:30 pm. Meets November 30, Lexington High School, Room 143, \$35.



STRESS LESS: LEARN TO MEDITATE
with Richard Geller, p. 9

NEW Empanadas with Argentinian Chimichurri Sauce

Instructor: Ploy Khunisorn

There are many types of Empanadas commonly seen in Southern European, Latin American, Indonesian, and Filipino cultures. In this online interactive class, we'll make empanadas from scratch. We'll start making empanada dough. Then, we'll make ground beef filling. You will learn different folding techniques. While we bake our empanadas, we'll make the delicious Argentinian chimichurri sauce.

NEMP, 1 Saturday, 5:00 - 6:30 pm. Meets October 14, Zoom, \$45.

NEW Singapore Noodle Soup: Laksa

Instructor: Ploy Khunisorn

Let's bring a hawker center to your kitchen and learn how to make delicious Singapore laksa from scratch. We will start with making laksa paste from scratch and then turn the paste to the popular Singapore Laksa with chicken, shrimps, and tofu. You can choose to make laksa with just the chicken or just tofu. If you want to make vegan laksa, you'll just skip the egg. Nothing can beat homemade laksa! This dish can be made vegetarian, vegan, and/or gluten free.

NLAK, 1 Saturday, 6:00 - 7:30 pm. Meets October 28, Zoom, \$45.

All Things Spinach, Indian Style

Instructor: Shruti Mehta

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

NATS, 1 Thursday, 6:00-8:30 pm. Meets September 21, LexMedia Studio Kitchen, \$45.

Tasting Teas from All Over

Instructor: Paul Angiolillo

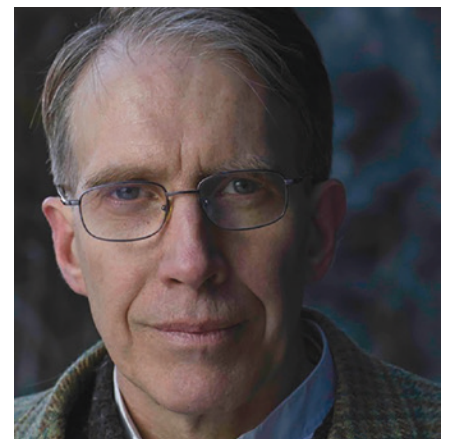
Tea is the most popular drink in the world—and its popularity keeps growing, as more and more people discover its rich flavors and aromas, stimulating qualities, and healthful benefits. What's more, tea has literally connected the world for centuries: its trade, cultures, arts, and crafts, beginning 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

NEW Tasting Specialty Coffees

Instructor: Damian Barneschi

The specialty coffee market has exploded in recent years. In this two-hour long coffee class, you will leave a better informed (and caffeinated!) coffee consumer. The class will begin with a slideshow on coffee history, regions, processing and roasting techniques and flavor profiles, and then segue into tips on how to be an educated consumer when purchasing individual bags of coffees. The class will conclude with a coffee tasting of four unique beans from some of the world's most acclaimed coffee roasters.

NCOF, 1 Wednesday, 5:00-7:00 pm. Meets September 27, Lexington High School, \$35.



Author and educator Tom Daley leads Poetry Writing and Memoir Writing Workshops, page 37.



THE JOY OF SINGING
with Annina Hsieh, p. 35

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.

Communicating in English

Instructor: Ric Calleja

If you know a little English and would like to increase your vocabulary, improve your ability to communicate in everyday situations, and become more able to understand when people are speaking to you in English, this class is for you. It will also help you improve your ability to read and write in English. You will also learn about the town of Lexington, the Boston area and the state of Massachusetts.

LBCE, 8 Wednesdays, 10:00 am-12:00 pm. Begins September 20, LCE Classroom, \$170/Seniors \$155.

Evening English – Advanced Beginner/Intermediate

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.

LEEA, 10 Thursdays, 6:00 - 8:00 pm. Begins September 14, Lexington High School, \$210/Seniors \$190.

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 September 11, Lexington High School, \$155/Seniors \$140.

NEW Historias y Conversaciones en Español

Instructor: Angelica Fajardo

In this class, students will learn Spanish grammar through a historical and storytelling lens. Students must have a basic foundation of Spanish and briefly know the imperfect and preterite tenses. This class is a continuation of the Continuing Spanish class from last spring.

LHCE, 7 Wednesdays, 5:00 - 6:30 pm. Begins September 13, 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, 10 Tuesdays, 6:30-8:00 pm. Begins September 12, Zoom, \$185/Seniors \$170.

Beyond Beginning Spanish

Instructor: Sherry Eggers

This class is for you if you know some Spanish, but want to refresh that knowledge and continue to improve upon your speaking, listening comprehension, reading, and writing skills. Come and increase your ability to utilize the Spanish language!

LBTS, 10 Thursdays, 6:30-8:00 pm. Begins September 14, Zoom, \$185/Seniors \$170.

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 afirmativa, este curso es para Ud. Pasaremos dos agradables horas cada semana conversando sobre temas de actualidad. Así como pasa con amigos que se reúnen en un café para hablar sobre lo que está pasando en el mundo y el impacto que tiene sobre sus vidas. También leeremos artículos breves de periódicos del mundo de habla hispana y escucharemos una canción cada semana.

LSCO, 8 Fridays, 10:00 am-12:00 pm. Begins September 22, LCE Classroom, \$170/Seniors \$155.

NEW Spanish Language Through Film

Instructor: Emilia Montero

Scene association, vocal inflection, facial expression, and visual depictions of places and people are just a few of the ways that viewing film can help language acquisition. The selection criteria for our Spanish films include cultural diversity, genres of social interest, representation of the respective countries' cultures, appropriate vocabulary and scenes, and availability on streaming platforms such as Netflix or Amazon Prime. The main objective is to develop the four essential competencies required for communication in the Spanish language: listening, writing, reading, and speaking. By incorporating films into our curriculum, we can create an immersive and enjoyable learning experience. This fall the films considered will include "El laberinto del Fauno" (Spain), "Coco" (Mexico), "Pelotero" (U.S.-Dominican Republic), "Canela" (Mexico), "Mi obra maestra" (Argentina), "Hasta que nos volvamos a encontrar" (Peru). At home time for film viewing will be helpful as classroom time will be limited and spent in discussion and language learning.

LSPF, 8 Thursdays, 6:00-8:00 pm. Begins September 28, Lexington High School, Room 220, \$185/Seniors \$170.

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, 7 Mondays, 6:00 - 7:30 pm. Begins October 2, Zoom, \$197.

Advanced Beginning Italian

Instructor: Barry Bridgelal

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, 8 Mondays, 6:00 - 7:30 pm. Begins December 4, Zoom, \$225.

Intermediate Italian: Presente, Passato, Pronomi!

Instructor: Barry Bridgelal

This program is designed for students who are already proficient in the skills taught in beginners, have done an intermediate level and who want to increase their conversational and comprehension skills. Conducted largely in Italian, this course provides students with an opportunity to markedly improve their speaking and listening skills using only presente, passato prossimo and imperfetto. Reflexive, indirect and direct object pronouns will also be woven into the course. You will need to purchase the *Prego* textbook (editions 6, 7 or 8).

LIIT, 8 Wednesdays, 5:00 - 6:00 pm. Begins September 27, Zoom, \$149.

LIIT2, 9 Wednesdays, 5:00 - 6:00 pm. Begins December 6, Zoom \$168.

Italian Caffè I

Instructor: Barry Bridgelal

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.



Emilia Montero leads a new class on Spanish Language through Film, page 19.

LDCO, 8 Tuesdays, 6:15 - 7:30 pm. Begins September 26, Zoom, \$188

LICO, 9 Tuesdays, 6:15 - 7:30 pm. Begins December 5, Zoom, \$211.

Italian Book Caffè II

Instructor: Barry Bridgelal

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. In the fall session, we will be reading "Il Mistero del Parco a Verona" by Melanie Chircop and in the winter session, we will read "Il Vero Nome di Cenerentola" by Stefania Groppi (available in paperback or on Kindle). Lessons will entail book discussion and advanced grammar topics.

LIBC, 4 Mondays, 4:45 - 6:00 pm. Begins October 16, Zoom, \$95.

LABC, 4 Mondays, 5:00 - 6:00 pm. Begins December 4, Zoom, \$75.

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.

LBFR, 12 Mondays, 4:30-6:30 pm. Begins September 11, Zoom, \$300.

Beginner French I

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.

LDBF, 12 Fridays, 9:30-11:30 am. Begins September 15, Zoom, \$300.

Beginner II/ 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. Verb 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.

LBF32, 12 Tuesdays, 7:00-9:00 pm. Begins September 12, Zoom, \$300.

LBF35, 12 Thursdays, 7:00-9:00 pm. Begins September 14, Zoom, \$300.



**IN TRANSLATION: CHARLES
BEAUDELAIRE'S SPLEEN DE PARIS**
with Barbara Thimm, p. 29

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.

LBFI, 12 Tuesdays, 3:00-5:00 pm. Begins September 12, Zoom, \$300.

Intermediate French II

Instructor: Maurice Bombrun

Intermediate French II 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 B1 B2*, CLE International, ISBN 978-2090381979, should be purchased online prior to the first class.

LDIF, 12 Thursdays, 1:00-3:00 pm. Begins September 14, Zoom, \$300.

French Conversational Workshop

Instructor: Maurice Bombrun

In the Conversational French class, students learn how to maintain and practice French to stay fluent and improve conversational skills. The lessons include conversation, pronunciation, understanding, role/play, grammar and translation to reinforce the learning process. We focus on giving students the opportunity to speak in French. We use articles from the news, student-submitted documents and literature to expose students to a variety of real-life and everyday French language topics. No textbook required.

LLFC, 12 Wednesdays, 7:00-9:00 pm. Begins September 13, Zoom, \$300

LFCW, 12 Thursdays, 9:30-11:30 am. Begins September 14, Zoom, \$300.

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.

LFPL, 12 Thursdays, 3:30-5:30 pm. Begins September 14, Zoom, \$300.



Educator and native speaker Maurice Bombrun teaches French language for every ability, this page.

French Conversation Through Travel

Instructor: Maurice Bombrun

This class assumes working knowledge of French, reading and speaking. Students, who are interested in travel and provide input into the curriculum, may talk about their past and recent trips to France. They also learn about traveling across the regions of France. They learn or review vocabulary, expressions and phrases used when traveling in France by air, train, bus, taxi, etc. through dialogues and role-play situations. They discover the things to see and the things to do while visiting the regions of France: monuments, museums, cathedrals, food/restaurants, local treasures, national parks, etc. through current articles and documents. No textbook required.

LFCA, 12 Tuesdays, 9:00-11:00 am. Begins September 12, Zoom, \$300.

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.

LEFFIL, 7 Tuesdays, 10:00 am-12:00 pm.
Begins September 19, Zoom, \$150/
Seniors \$135.

LHCC, 7 Wednesdays, 7:00-9:00 pm.
Begins September 20, Zoom, \$150/
Seniors \$135.



TASTING TEAS FROM ALL OVER
with Paul Angiolillo, p. 18

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 September 20, Zoom, \$139/
Seniors \$129.



Karen Girondel teaches French Language & Conversation Through Film, this page.

German Conversation

Instructor: Karen Elsa Carstens

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

LGEC, 10 Thursdays, 10:00 am-12:00 pm.
Begins September 14, Zoom, \$205/
Seniors \$180.

Exercise and Dance

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

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. (No class 10/3 and 10/10)

EITC, 12 Tuesdays, 6:00-7:00 pm. Begins September 12, Lexington High School, Room 140, \$250/Seniors \$230.



Mary Wixted teaches Gentle Yoga and Yoga for Osteoporosis, page 23.

Tai Chi II & 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 a continuation of the "Tai Chi I" class. Students will continue to learn more moves in the Second Section of the long form while continuing to practice and improve the First Section along with deep breathing exercises in each class. The Eight Pieces of Brocade Qigong will again be used as warm-up exercises before practicing the Tai Chi form. Wear loose, comfortable clothes and soft-soled shoes, such as flat sneakers. (No Class 10/3 and 10/10)

ETCP, 12 Tuesdays, 5:00-6:00 pm. Begins September 12, Lexington High School, Room 140, \$250/Seniors \$230.



THE REAL FARM TO TABLE BRUNCH

at Codman Farms, p. 32

NEW Advanced Tai Chi & Push-hands

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 a continuation of the "Advanced Tai Chi" class, and the students will also learn Tai chi Push-hands. However, they will continue to practice and improve the 108 moves of the Tai Chi basic form, along with deep breathing exercises in each class. Emphasis will be on practicing and doing the moves correctly and with fluidity. The Eight Pieces of Brocade Qigong will again be used as warm-up exercises before practicing the Tai Chi form. Wear loose, comfortable clothes and soft-soled shoes, such as flat sneakers. Outdoor shoes are not permitted inside the studio. (No Class 10/5 and 10/12)

EATC, 10 Thursdays, 6:00-7:00 pm. Begins September 14, Lexington High School, Room 140, \$210/Seniors \$195.



Virginia Payne offers three levels of Tai Chi, page 22 and 23.

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, 13 Fridays, 10:00-11:15 am. Begins September 15, Hancock Church, \$250/Seniors \$230.

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.

E2HYO, 8 Mondays, 6:30-7:30 pm. Begins September 18, Diamond Middle School, \$135/Seniors \$120.

EHYO, 8 Wednesdays, 6:30-7:30 pm. Begins September 20, Zoom, \$135/Seniors, \$120.

Chair Yoga

Instructor: Asha Ramesh

Chair Yoga offers a practice that includes seated poses on the chair and standing poses using the chair for balance and support. It is one of the gentlest forms of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. It is an adapted form of yoga that makes yoga accessible to everyone. The chair replaces the yoga mat and becomes an extension of the body allowing the client to take full advantage of the benefits of yoga. It allows the student to modify their practice based on mobility, health, and current ability level, and for those looking for extra support in a yoga class. Students can experience the many benefits of yoga without having to get up or down from the floor. Benefits include increased balance, strength, flexibility, range of motion, and stress reduction.

ECHR, 8 Saturdays, 10:00-11:00 am. Begins September 23, Zoom, \$135/Seniors \$120.



DETOX FOR HEALTH

with Barry Taylor, ND, p. 8

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, 12 Tuesdays, 11:00 am-12:30 pm. Begins September 26, Hybrid: Hancock Church or Zoom, \$210.

Fine Arts, Fabric & Graphic Arts

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, 12 Tuesdays, 9:15-10:45 am. Begins September 26, Hybrid: Hancock Church or Zoom, \$225/Seniors \$210.

Power 8: Strength Training for Your Health

Instructor: John Deming

Welcome to Power8: A full-body strength workout that can be done daily in only 8 to 12 minutes regardless of your age or fitness level. Power8 involves eight sequential exercises that can improve your posture, core strength, flexibility, and stamina. These exercises work on every major muscle group, and pack a big punch for a short amount of time. In this class you'll learn and practice the moves and any modifications for your individual needs. All the tools you'll need to continue the routine at home. Note: Have a mat ready and wear comfortable clothes. You can work out in socks or bare feet.

EPW8, 3 Wednesdays, 6:00-7:00 pm. Begins September 13, Lexington High School, Room 140, \$45.

Line Dance Mix

Instructor: 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, 5 Wednesdays, 6:30-7:30 pm. Begins September 20, Hancock Church, \$70.

Belly Dancing for Beginners

Instructor: 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.

EBD2, 6 Tuesdays, 11:00 am- 12:00 pm. Begins September 19, Hancock Church, \$85.

EBDB, 6 Wednesdays, 6:30-7:30 pm. Begins October 25, Hancock Church, \$85.



STAYING SAFE ONLINE
with Kristen Butler, p. 36

Zumba®: Ditch the Workout, Join the Party!

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, 13 Mondays, 7:00-8:00 pm. Begins September 11, Hancock Church, \$210/ Seniors \$190.



**FELDENKRAIS (PICTURED)
AWARENESS THROUGH
MOVEMENT**
with Ruth Knill, p. 8

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 Thursday, 6:00-7:30 pm. Meets November 2, Zoom, \$25.

Introduction to Acrylic Painting

Instructor: Donna Calleja

The painting style of any subject is what makes each artist and painting unique. Students will learn about a variety of painting styles while practicing techniques in acrylic painting. We will review color mixing, composition, under painting and paint application techniques. Students will work to develop a personal painting style to interpret in an original acrylic landscape or still life painting. The class will combine teacher demonstration with work time devoted to individual instruction. A list of required supplies can be found online in the class description.

ADAC, 7 Tuesdays, 10:00 am-12:00 pm. Begins September 26, LCE Classroom or Zoom, \$155/Seniors \$140.



Ami Stix puts the fun in fitness with Zumba, this page.

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.

ADAA, 7 Thursdays, 10:00 am-12:00 pm.
Begins September 28, LCE Classroom or Zoom, \$155/Seniors \$140.

NEW Drawing for Painters

Instructor: Donna Calleja

The ability to master basic drawing techniques provides a strong foundation for creating beautiful paintings. Students will learn how to observe proportion and one point perspective while creating line drawings that may inspire future paintings. The instructor will review how to draw with a pencil and a round brush. This class will combine teacher demonstration with hands on drawing practice. Drawing practice will focus on quick sketching to improve technique. No prior drawing or painting experience required.

ADFP, 2 Tuesdays, 10:00 am-12:00 pm.
Begins November 28, LCE Classroom or Zoom, \$45/Seniors \$35.

Painting Year-End Images in Chinese Brush Style

Instructor: Son-Mey Chiu

Fall has come! The end of the year is approaching! We are beginning to prepare for the celebrations of the holidays. Let us use the Chinese brush technique to render fall and winter images. We are going to paint fall farm produce such as corn, cucumber and/or Chinese cabbage, accompanied by insects such as the Dragonfly and the Grasshopper. We shall paint winter



A sample of the beautiful LCE adult student artwork on display this past summer at Cary Library!

images including the Bittersweet/the Holly, and the Poinsettia accompanied by birds in the Northeast such as the Cardinal and the Chickadee. We shall begin the lessons with a short practice of: Either: the basic strokes of Chinese calligraphy that form the basis of Chinese brush painting; Or: the basic ink strokes of a bamboo painting. During each lesson, students will first view the objects from power-point presentations or study the real products (e.g. corn). After a demonstration from the instructor, students will practice and complete their weekly painting with instructor guidance. Beginning and returning students are welcome. A list of required supplies can be found online in the class description.

ACBP, 4 Wednesdays, 1:00-3:00 pm.
Begins September 27, 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.

ACHR, 6 Wednesdays, 3:45-5:45 pm.
Begins September 20, 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.

ALMS, 6 Fridays, 3:30-5:30 pm. Begins September 22, Zoom, \$200.

Make a Fused Glass Bowl in One Evening

Instructor: Jodi Tippet

Make an 8 inch circular fused glass bowl! Start with 2, 8 inch circles of clear reed glass, which have channels in them. You will create a design with glass stringers (like glass angel hair) to go into the channels. You will do this with both circles, so that when you lay one on top of the other, you can create a checkerboard or other pattern. You will measure the glass stringers to fit into the length of the channels. The glass will be fired in a kiln three times. The second firing is to fuse the top and bottom pieces of glass together. The third firing is to slump the flat circle into a mold, making a bowl. The instructor will fuse the pieces in her own kiln. *The pieces will be ready for pick up after approximately 2 weeks. This class is for ages 16 and up and has a materials fee of \$75 payable to the teacher upon arrival.

AFGB, 1 Tuesday, 6:00-8:00 pm. Meets September 26, Lexington High School Room 210, \$80.

AF2GB, 1 Monday, 6:00-8:00 pm. Meets October 2, Lexington High School Room 210, \$80.

AF3GB, 1 Tuesday, 6:00-8:00 pm. Meets October 17, Lexington High School Room 210, \$80.

NEW Fused Glass Garden Plate or Bowl

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 fun, quick class, we will make an 8 inch square, into a plate, or an 8 inch circle, into a bowl. We will start with a dark, solid colored background piece of glass, 2 layers thick. On top of that, you will add pre-cut flowers, leaves, vines, and other small bits of colored glass, to create your garden. Your pieces will be heated in the kiln to a 'full fuse', so that the pieces you added will melt into the background piece, creating a flat surface. It will be put into the kiln a second time to slump it into either the plate or bowl shape. There is no glass cutting involved in this class. Therefore, students can be as young as 8 years, provided that they are accompanied by an



Modern Pipa (four string Chinese lute) master Min Xiao-Fen joins Jazz pianist extraordinaire Lewis Porter for a musical meeting of minds and traditions, page 6.

adult. Maximum of 5 students per session. Class is one hour long. *Your piece will be ready for pick up after approximately 2 weeks. This class is for ages 16 and up and has a materials fee of \$75 payable to the teacher upon arrival.

AFGP, 1 Monday, 6:00-7:00 pm. Meets October 30, Lexington High School Room 210, \$50.

AF2GP, 1 Tuesday, 6:00-7:00 pm. Meets November 7, Lexington High School Room 210, \$50.

An Introduction to Metalsmithing

Instructor: Karenn Maraj

Come and learn how to make beautiful jewelry with an introduction to metalsmithing techniques! You will be guided the first day on basic techniques; how to solder, file, hammer, and make bangle bracelets. The next two sessions will be spent using your new skills to make rings, earrings, and pendants. We will use stamps, set stones and learn wire wrapping, just to name a few examples of skills. Silver is available for a small additional fee. While this class is geared toward beginners, students with some previous experience will work on perfecting skills and learning new techniques. Class is limited to six students. Please bring your reading glasses if you wear them.

A2TM, 3 Tuesdays, 6:30-8:30 pm. Begins October 10, Karenn Maraj Jewelry Collection, 95 Trapelo Road, Belmont, \$150.

Photography: The Basics and Beyond

Instructor: Scott Metzger

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

APBB, 4 Mondays, 7:00-9:00 pm. Begins September 11, Lexington High School, Room 221, \$110/Seniors \$100.

NEW Portrait Photography

Instructor: Scott Metzger

Anyone can shoot a photo, but shooting a portrait is something altogether different. Portrait photography is the art of capturing not only the likeness, but also the spirit of an individual or a small group, by focusing primarily on facial expression. While there are many different styles of portraiture, the most common techniques focus on the eyes and face, while keeping other elements in soft focus. Other styles are contextual, which shoot the subject in a particular environment, such as the workplace, candid portraits, which capture the subject without their knowledge, or creative, in which the photograph is digitally manipulated for artistic effect. By the end of the class, students will feel more comfortable with their ability to make a stronger, more engaging portrait. Please bring your camera to class.

APBP, 4 Mondays, 7:00-9:00 pm. Begins October 23, Lexington High School, Room 221, \$110/Seniors \$100.

Ukrainian Pysanky Art Club

Instructor: Alona Popova

This workshop will provide an opportunity for you to learn the art of Pysanky from a native Ukrainian, receive an abundance of information about the history, symbols meaning, and, of course, create your own beautiful Pysanka in the traditional wax-resist method using real chicken egg, "kistka", beeswax, candle, and color dyes. Step by step, I will go with you through all the essential points of the pysanky making process sequence. At the end, you will be able to take home Pysanka created by you. There will be a different theme for each session. September Theme: Water on Pysanka (symbols of water): waves, infinity (meander), sky, and rain. October Theme: Berehynia (the protector). November Theme: Tree of Life, World Tree. A \$15 material fee is payable to the instructor per class.

ACUP, 1 Wednesday, 5:30 pm-8:30 pm. Meets September 6, LCE Classroom, \$30.

A2CUP, 1 Wednesday, 5:30 pm-8:30 pm. Meets October 4, LCE Classroom, \$30.

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

NEW Lemko Style Pysanky

Instructor: Alona Popova

In this workshop, participants will learn to create beautiful and unique drop-pull pysanky in the Lemko tradition. Using a simple pin-head and matches instead of "kistka", participants will place molten drops of wax onto the egg surface and pull them to create a variety of designs and configurations. A \$15 material fee is payable to the instructor upon arrival.

ALSP, 1 Tuesday, 5:30 pm-8:30 pm. Meets November 14, LCE Classroom, \$30.



THE MYSTERY OF MASTERY
with Adam Gopnik, p. 3

NEW Pysanky Ornament

Instructor: Alona Popova

In this workshop, you'll get the chance to create your very own Pysanka in the traditional wax-resist method. The theme for this class will be the symbol of the evergreen tree. Using a combination of beeswax, the "kistka" tool, and vibrant color dyes, you'll learn how to create designs on the real chicken egg. Plus, you'll have the option of turning your Pysanka into a festive Christmas ornament! I'll show you how to add a variety of hangers to your egg. A \$15 material fee is payable to the instructor upon arrival.

APCO, 1 Wednesday, 5:30 pm-8:30 pm. Meets December 6, LCE Classroom, \$30.



AN INTRODUCTION TO THE ART OF BONSAI
with Damien Barneschi, p. 31

NEW Christmas "Pavuk" Craft

Instructor: Alona Popova

At this workshop, you will learn to create a beautiful wheat straw decoration - a Christmas "Pavuk" (Spider). This authentic Ukrainian craft is not just a decoration, but a kind of model of the universe and attracts family happiness, according to folk beliefs. A \$15 material fee is payable to the instructor upon arrival.

ACPC, 1 Thursday, 5:30 pm-8:30 pm. Meets December 14, LCE Classroom, \$30.

Introduction to Felt Making

Instructor: Elizabeth Stubbs

This class provides an overview of felt making. Students can expect to learn how to work in two and three dimensions using both dry and wet techniques, through weekly projects presented in class. All materials will be supplied at a cost of \$60 per student to be paid directly to the instructor at the first class. Students will occasionally be asked to bring additional supplies from home, such as containers and towels.

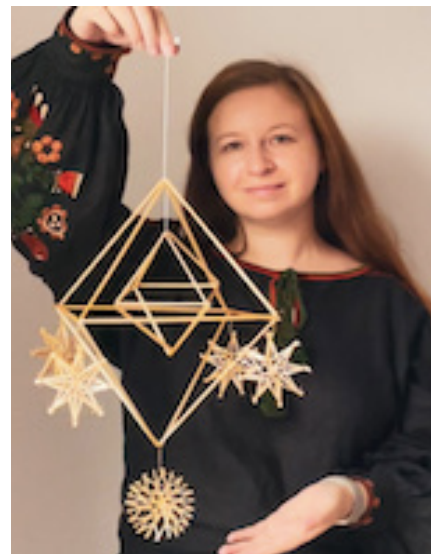
AFELT, 6 Mondays, 9:30 am-12:30 pm. Begins September 18, LCE Classroom, \$190/Seniors \$175.

NEW A Continuation of Felt Making

Instructor: Elizabeth Stubbs

This class is for experienced felt makers, working mostly in wet-felting techniques. We will explore texture and color in two and three dimensions, as we work on challenging weekly projects. Students will be expected to supply their own materials and will be given a list upon registration. It is likely that some work at home between classes will be necessary in order to complete some of the projects.

ACMF, 8 Mondays, 1:30 pm-4:30 pm. Begins September 18, LCE Classroom, \$245/Seniors \$225.



Alona Popova teaches Ukrainian Pysanky, this page.

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 All Quiet on the Western Front: A Must-Read Classic

Instructor: Tracy Marks

Whether or not you are drawn to war novels, you'll be moved by Erich Maria Remarque's exceptional writing in this personal account of a German soldier's experience during World War I. Although we'll spend most of our time discussing this award-winning classic, we will also view clips from film versions and compare them to the book. Finally, we will read excerpts (provided) from the relevant sequel, *The Road Back*, about a veteran's mental and emotional struggles returning to Germany after losing the war. Note: Read chapters 1-3 of the Wheen translation (free online) before the first class.

WQWF, 5 Wednesdays, 12:30-2:30 pm. Begins November 8, Zoom, \$130/Seniors \$120.

NEW Ursula Le Guin: Master of Science Fiction and Fantasy

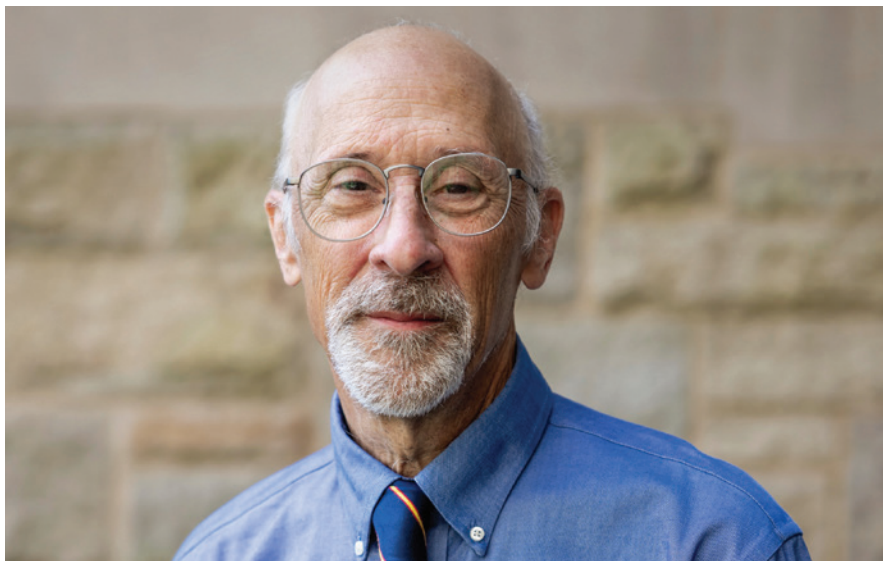
Instructor: Tracy Marks

Do not underestimate the truth-telling potential of imaginative literature.

— Ursula Le Guin

Ursula Le Guin's memorable science fiction and fantasy novels have appealed to the hearts and minds of millions of readers worldwide for over 50 years, and won dozens of awards. In this class, we will read and discuss two of her greatest novels. In *The Left Hand of Darkness*, her main character Genly Ai struggles with his prejudice against an androgynous alien. Le Guin was decades ahead of her time in her exploration of gender issues in this groundbreaking novel. In the beautifully written *A Wizard of Earthsea*, young wizard Ged is chased by a beast whom he needs to recognize as his own shadow. We'll begin with the *Earthsea* book. Please obtain a copy before the first class.

HULG, 7 Wednesdays, 6:45-8:45 pm. Begins September 20, Zoom, \$180/Seniors \$165.



Professor and Poe scholar visits to discuss *The Raven in the Frog Pond: Edgar Allan Poe and the City of Boston*, page 3.

NEW Shakespeare's The Taming of the Shrew

Instructor: Cammy Thomas

"I see a woman may be made a fool / If she had not a spirit to resist." So says fiery Katherina, refusing to be tamed by her suitor, Petruchio, who tries to subdue her to his will. Women are supposed to obey, aren't they? Katherina and Petruchio duel in the best rom-com tradition throughout the play. Some find Petruchio's tactics violent and unfunny, while others believe it's all Shakespeare's satirical send-up of men's swaggering and women's seeming compliance. Come and decide for yourself. We may dip into some modern adaptations, including the Cole Porter musical, *Kiss Me Kate*, and the movie, *Ten Things I Hate About You*. The first session is informational—no homework that night—and then we will read and discuss one act per session until finished.

HTOS, 6 Thursdays, 7:30-9:00 pm. Begins September 28, Zoom, \$110/Seniors \$100.

NEW Frankenstein: Far More than a Horror Story!

Instructor: Tracy Marks

Although many people consider *Frankenstein* by Mary Shelley to be a horror story, it is far more -- addressing such relevant issues as the responsibility of the scientist /creator/inventor for the consequences of creation and discovery; the problems resulting from technological progress far surpassing human moral and emotional development; and discrimination against the atypical. In this course, we will discuss both the novel

and its ethical implications. Please read the first four chapters by the first class. Recommended: *Frankenstein: The 1818 Text* (Penguin) or any annotated edition.

HFRAN, 5 Fridays, 12:30-2:30 pm. Begins October 6, Zoom, \$130/Seniors \$120.

NEW In Translation: Jorge Luis Borges' Borges and I

Instructor: Barbara Thimm

Jorge Luis Borges (1899-1986) was an Argentine writer, philosopher, and translator. His essays and translations remain important works, but the stories in his two volumes created his legacy and changed the direction of Latin American writing. Borges' short text *Borges and I* ("Borges Y Yo") was first published in 1960. Its narrator begins by stating that it's "Borges, the other one, that things happen to" and goes on to distinguish between the other famous Borges and himself, who is, in some way, also Borges. The story is whimsical and somewhat enigmatic. It has been translated many times. In this class, we will compare two English translations of this text and appreciate translators' choices and their effects on the reader of the translation. We will also discuss the possible implications of the story for how we can think about writing and authorship. Participants will consider a series of specific translation practices and explore the connections between authorship and identity. Prior familiarity with Jorge Luis Borges and his works is recommended but optional.

HJLB, 1 Tuesday, 7:00-8:30 pm. Meets September 19, Zoom, \$25.

NEW Poe and Baudelaire

Instructor: Barbara Thimm

Charles Baudelaire discovered Edgar Allan Poe's short stories in 1848. Soon, he became fascinated not only with the stories, many of which he translated into French, but also with the writer himself, whom he came to recognize as a soulmate and alter ego. As a result of Baudelaire's translations and critical writing, Edgar Allan Poe's work became widely disseminated and appreciated in France. In this class, we will investigate Baudelaire's fascination with Edgar Allan Poe's short stories by reading and discussing excerpts from Baudelaire's translations and letters.

HP&B, 1 Tuesday, 7:00-8:30 pm. Meets December 12, Zoom, \$25.



WRITING SUPPORT GROUP AND WORKSHOP

with Chandreyee Lahiri, p. 37

NEW In Translation: Charles Baudelaire's Spleen de Paris

Instructor: Barbara Thimm

Begun in 1855 but only published as a collection in 1869, Charles Baudelaire's *Spleen de Paris* contains fifty prose poems. Like the poems in its more famous sibling, *Les Fleurs du Mal*, the vignettes in *Spleen* are attentive to the coexistence of beauty and grotesqueness of modern life. However, in the prose poems, Baudelaire employs a radically different poetic strategy, reaching, as he explains in a letter to his editor, for "a poetic, musical prose without rhythm or rhyme, flexible enough to adapt to the lyrical movements of the soul, to the undulations of reverie, to the jolts of consciousness." The resulting texts contain evocative scenes of urban life, dramatic encounters, and carefully crafted images. In this class, we will look at three poems from *Spleen de Paris*, both in the original and in translation, to identify and appreciate both the lyrical/poetic elements of the texts and the specific gains afforded by its prose elements. Knowledge of French is optional.

HSDP, 1 Wednesday, 7:00-8:30 pm. Meets October 18, Zoom, \$25.

NEW The Ecstatic Poetic Joy of Jalāl al-Dīn Muḥammad Rūmī

Instructor: Michael Koran

While long revered around the world as a great mystical poet of Islam, the 13th century Persian poet Jalāl al-Dīn Muḥammad Rūmī has fairly recently also been known to be the best selling poet in America. This recent American awareness and popularity is in large part the result of versions, translations and interpretations by poets Robert Bly and Coleman Barks. Each week we'll read five chapters of the collection of poems from *The Essential Rumi* translations by Coleman Barks. Students will pick the poems they would like to read out loud and explore with all of us. We will aim to understand the poems and do exercises that help us experience Rumi's ecstatic joy that permeates our nights and days.

HRUM, 5 Thursdays 7:00-8:30 pm. Begins September 28, Zoom, \$105/Seniors \$90.

NEW Poems That Inspire: The Best of Contemporary Poetry

Instructor: Tracy Marks

Have you found many contemporary poems to be obscure or insubstantial? Do you want to discover recent poetry which is accessible, well-written and inspiring? Each of these poetry sessions will be devoted to reading and discussing approximately ten poems by four or five memorable poets who bridge the 20th-21st centuries. Sign up for one or more, or all five. Classes are online via zoom.

Mondays, 6:45-8:45 pm. See Dates Below, Zoom, \$20/Seniors \$15 per session

HP1T September 18: POET LAUREATES: Louise Glück, Billy Collins, Rita Dove, Joy Harjo

HP2T October 2: CONTEMPORARY WOMEN POETS: Dorianne Laux, A.E. Stallings, Naomi Shihab Nye, Margaret Atwood

HP3T October 16: CONTEMPORARY MALE POETS: Stephen Dunn, Mark Doty, Yusef Komunyakaa, Dana Gioia

HP4T October 23: POETS OF NATURE AND ENVIRONMENT (ECO-POETS): Mary Oliver, W.S. Merwin, Wendell Berry, Arthur Sze, N. Scott Momaday

HP5T October 30: INTERNATIONAL POETS: Forough Farrokhzad (Iran), Mahmoud Darwish (Palestine), Eavan Boland (Ireland), Tomas Tranströmer (Sweden)



Poet and translator Barbara Thimm discusses Poe and Baudelaire, this page.

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. Ronald Pies is the author of *The Three-Petalled Rose: How the Synthesis of Judaism, Buddhism, and Stoicism Can Create a Healthy, Fulfilled and Flourishing Life*.

HHSC, 1 Thursday, 7:30-8:30 pm. Meets November 9, Zoom, \$25.

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 September 29, Zoom, \$125/Seniors \$110.

Home, Hobbies and Travel

Be it visiting a local farm for fresh fall produce, learning how to repair a bicycle, or searching for a new property to call your own, our Home, Hobbies & Travel classes will keep you "in the know" and ready to go.

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 October 12, 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 October 19, Zoom, \$30/Seniors \$25.

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



Film/TV analyst and writer Beth Lisogorsky teaches *Self-Publishing and Substack Tips and Tricks* (page 38) and *The Works of Greta Gerwig* (below).

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 Sunday, 3:00-4:30 pm. Meets October 22, Zoom, \$25.

NEW The Works of Greta Gerwig, Including Her latest Success "Barbie"

Instructor: Beth Lisogorsky

With the critical and popular success of Summer blockbuster, "Barbie," director Greta Gerwig has become a household name and brought a 63-year-old doll icon and brand back into relevance. We will study this film in addition to Gerwig's earlier film, which put her on the map, "Lady Bird" and earned her 5 Academy Award nominations.

HWOG, 4 Tuesdays, 7:00-8:00 pm. Begins September 19, Lexington High School, Room 226, \$65/Seniors \$55.

"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 Thursday, 6:00-8:00 pm. Meets October 19, Zoom, \$40.

Auto Repair for Everyone

Instructor: Bruce Gerry

Get a general overview of major systems of an automobile from an experienced mechanic and instructor who can make all things automotive both fun and clear. With this information you'll be better able to diagnose problems, perform basic maintenance, and deal competently and knowledgeably with mechanics. We will cover basic maintenance and troubleshooting ignition, charging, cooling, fluids, electrical, brakes and exhaust systems. We'll also discuss common problems encountered with any vehicle. This is a lecture/demonstration class loaded with information.

FCAR, 3 Wednesdays, 6:00-8:00 pm. Begins October 11, LHS, Room 148, \$65.



Bruce Gerry (aka Dr. Tune Up) teaches Auto Repair for Everyone, this page.



Jim Cadenhead of Battle Road Bikes teaches the basics of Maintenance and Repair, this page.

NEW Bicycle Maintenance & Repair: ABCD Tune-Up Clinic

Instructor: Jim Cadenhead of Battle Road Bikes

Fix up your bike to get it road ready and figure out how to know if it needs more advanced repairs. Learn all about your bike's ABCDs—Air, Brakes, Chain, and Drive—and how to properly prepare your bike before each ride. We'll work on specific bike repairs in this hands-on, small group clinic, and get your bike prepped to go out on the road. The experts from Battle Road Bikes will show you tricks that they've learned over 30 years of professionally repairing bikes, and you'll leave feeling a little more prepared for each of your rides. Please bring your bike to use as a teaching aid.

FBMR, 1 Thursday, 6:30-8:30 pm. Meets September 21, LCE Classroom, \$29.

NEW Bicycle Maintenance & Repair: Fix-A-Flat

Instructor: Jim Cadenhead of Battle Road Bikes

Get all the skills you need to keep your bike rolling in the event of an untimely puncture. Learn how to release and reset brakes, remove wheels and tires, and how to properly inflate tubes. The experts from Battle Road Bikes will show you tricks that they've learned over 30 years of professionally repairing bikes, and you'll

leave feeling a little more prepared for each of your rides. Please bring in your bike wheel to use as a teaching aid. Each student will receive tire levers and a patch kit to take home

FBRF, 1 Thursday, 6:30-8:00 pm. Meets October 12, LCE Classroom, \$35.

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 Wednesday, 6:30-8:30 pm. Meets October 11, Lexington High School, \$85.



A LISTENER'S HISTORY OF THE JAZZ GUITAR
with Ken Willinger, p. 33

The Real Farm to Table Brunch

Instructor: Codman Farms Staff

For the most local brunch possible, you'll get to harvest your own eggs and veggies and then cook it in our kitchen! This class is a combination of farm walk, harvest, cooking session, and brunch. In the first hour, we'll take a 20 minute walk to our laying hen pasture for freshly laid eggs, and then return to the farm via our no-till market garden for seasonal vegetables, and herbs. Once you have your ingredients, you'll head to our commercial kitchen to cook your own brunch to enjoy outside in chic picnic style. Coffee, tea, freshly baked bread, & local fruit and cheeses will be provided as well! Class includes all materials needed. Comfortable walking shoes are encouraged.

FTMO, 1 Saturday, 9:30-11:30 am. Meets September 16, Codman Farms, 58 Codman Rd, Lincoln, MA \$55.

FT2MO, 1 Saturday, 9:30-11:30 am. Meets October 14, Codman Farms, 58 Codman Rd, Lincoln, MA, \$55.

On the Road Again: New England Golf Guide & Travel

Instructor: Frank Procopio

The game of golf has the 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. 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 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. Tuition covers the cost of two participants.

SGLF, 1 Thursday, 6:30-8:00 pm. Meets October 12, Lexington High School, Room 126, \$15.



Codman Farms Staff teaches The Real Farm to Table Brunch, this page.

NEW Exploring Your Ancestry

Instructor: Dr. Leah Abraham

Discovering the "who" and "where" of what came before us can be fascinating and satisfying. In this class we'll use free familysearch.com and (trial or paid) ancestry.com accounts to advance your DNA, family tree, and genealogy research. Sessions will focus on census and vital records sources, Newspaper sources, DNA cousins, DNA match grouping, and a "requests" session. Each session will have slides with prepared examples that we'll work through in the first hour, then we'll actively practice researching the theme for the night as well as working on research goals the students in the class want to pursue.

FEYA, 5 Tuesdays, 7:00-9:00 pm. Begins September 26, Zoom, \$139.

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 September 19, Zoom, \$20.

FT3T2, 1 Tuesday, 6:30-7:30 pm. Meets November 14, Zoom, \$20.



CUTTING THE CORD: HOW TO GET RID OF CABLE

with Kristen Butler, p. 36

Music Appreciation

NEW A Listener's History of the Jazz Guitar

Instructor: Ken Willinger

From "keeping time" in big bands and jazz combos, to the unaccompanied recordings of George Van Eps and Joe Pass, to the modern stylings of players like Vic Juris, Pat Martino, Sheryl Bailey and Dave Stryker, the evolution of the guitar in the Jazz genre has been rapid and remarkable. Join us as we take a look (and listen) back at where it began and how it has evolved and discover the joy of jazz guitar through its unique history.

HGIT, 3 Thursdays, 6:30-8:00 pm. Begins September 28, LexMedia Studios, 1001 Main Campus Drive, Lexington, \$65/ Seniors \$55.

NEW From Bawu to the Blues: The Origin and Use of the Pentatonic Scale in World Music

Instructor: Lewis Porter

From ancient world music traditions and instruments of Africa, China and India (and beyond) to the variety of genres of modern music that grew out of the American Delta Blues, the five intervallic tones of the various Pentatonic scales can be perpetually found throughout history as profoundly expressive and particular to the soil they are sounded from. Join music historian and musician Dr. Lewis Porter for a listening tour of some of the various genres and moods expressed by the Pentatonic scales of the world. This presentation will include recordings as well as Dr. Porter "live" at the piano!

HFBB, 1 Thursday, 7:00-8:30 pm. Meets September 21, Zoom, \$25.

NEW A Song Within the Song: The Jazz Solo in Rock & Roll

Instructor: Lewis Porter, Ph.D.

That musical genres blend and bond together vibrationally and historically is a given (Blues gave birth to Jazz and Rock, etc.), but when an intentional fusion takes place between world-class musicians of different genres, the mixture can be magical and create a multidimensional "song within the song." The occasional addition of a saxophone, trumpet or keyboard solo has been featured in some of the most well known Rock hits by bands and artists looking for an alternative to



Jazz guitarist Ken Willinger leads A Listener's History of the Jazz Guitar, this page.

traditional blues-based rock guitar solos. In this session we will explore Jazz solos on pop hits, and how the solo becomes more than just a "part of the song" in most people's minds. We will learn about the backstory and listen to Sonny Rollins with the Rolling Stones, Michael Brecker with Paul Simon, David Sanborn with David Bowie, Wayne Shorter with Steely Dan and Joni Mitchell, Phil Woods with Billy Joel, and more. Join us for a fun and fascinating exploration of a different type of Jazz/Rock fusion.

HINS, 1 Thursday, 7:00-8:30 pm. Meets November 16, Zoom, \$25.

NEW Great Songs of the 60's and 70's, And What Made Them Great

Instructor: Brian M. O'Connell

This series presents an overview of a number of significant songs that were written during the 1960's and 1970's. Most of the songs (but not all) will feature tunes that were noteworthy because they were composed by the performers themselves and had an impact on the generation that came of age during this transitional period. This music was markedly different from what came before and changed the music scene forever. We will listen and discuss songs that run the gamut of emotion: uplifting, questioning, sad, mystical, or just plain fun to dance to! From Elvis, Sam Cooke, Neil Sedaka, the Four Seasons; through the 'British

Invasion' and the rise of Motown; to the end of the 70's decade with Billy Joel, the Bee Gees, the Eagles, and even our own Dorchester-bred Donna Summers; we'll hit the great tunes of the times.

HSIX, 6 Wednesdays, 7:00-8:30 pm. Begins September 13, Zoom, \$110/Senior \$100.

NEW Opera from the Americas: The Metropolitan Opera's Fall HD Presentations

Instructor: David Collins

The Metropolitan Opera's Fall HD season presents two American Operas, Jake Heggie's *Dead Man Walking*, Anthony Davis' *X: The Life and Times of Malcolm X* and Mexican composer Daniel Catán's *Florencia en el Amazonas*. All new to the Met stage, the issues these operas deal with, in order, are: capital punishment, racism and love on the Amazon river. Also, using the Met as a springboard, we will explore at least one American opera each semester - beginning this Fall with Carlisle Floyd's best known opera *Susannah*. It is a retelling of the biblical story "Susannah and the Elders" but updated to Tennessee during the early 1950's. Join us for new operatic adventures this Fall. Audio and video will be used.

HVTO, 4 Tuesdays, 6:30-9:15 pm. Begins September 26, and meets 10/17, 11/7 and 12/5, Zoom, \$125/Seniors \$110.

Private Music Instrument Lessons for Every Age and Level,

LCE provides excellent, convenient, and reasonably priced individual music lessons with highly qualified professional musician teachers for all interested students and adults. The following instruments are available for individual study: Baritone Horn (Euphonium), Bass, Bassoon, Cello, Clarinet, Electric and Acoustic Guitar, Erhu*, Flute, French Horn, Guitar, Guzheng*, 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. 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. Saturday morning lessons and end of season recital opportunities are available. **New This Fall: In collaboration with (and with thanks to) New Legacy Cultural Center we are proud to offer lessons on newly added Guzheng and Erhu instruments.*

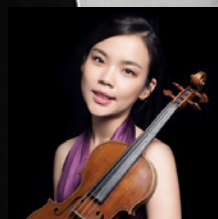
For info about LCE Music teaching staff, please visit:
<https://lexingtoncommunityed.org/music-instrument-lessons/>



Hunter Farley
Tuba



Annina Hsieh, Voice,
Beginning Piano



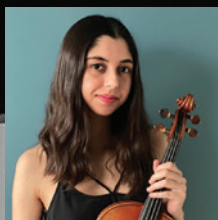
Leqing Wang
Violin



Brenda Bishop,
Voice



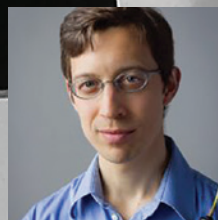
Immei Wong
Violin



Simone Cartales
Violin, Viola



Bill Kirkley
Clarinet



Ben Fox
Oboe



Brian Kane
Saxophone



Ellen Donohue-Saltman
French Horn



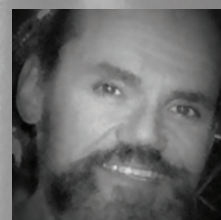
Greg Gettel
Trumpet



James Lattini
Percussion/Drum Set



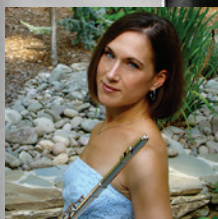
Rui Xu
Double Bass



Robert Butler
Guitar



Jerry Vejmolá
Sax, Clarinet



Jessica Lizak
Flute



Libor Dudas,
Piano



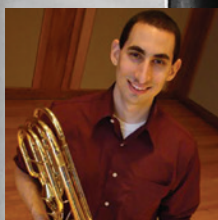
John Claybourne
Drums



Nancy Radnofsky
Clarinet



Julia Chung
Piano



Phil Hyman
Trombone/
Euphonium



Pauline Jung
Flute



Chris Belluscio
Trumpet



David Whetstone
Sitar

LCE is proud to create space and provide the instruction, opportunity and encouragement necessary to be heard, seen and celebrated in the musical and theatre arts.

NEW The Joy of Singing, Level 1: Technique and Singing Together

Instructor: Annina Hsieh

Do you love to sing? This group singing class is designed for beginner level students to explore their singing voices and find joy in expressing themselves through song. We will learn basic vocal exercises and warm ups to give you a solid singing foundation. Then, we will apply basic vocal technique to enhance the performance of our favorite songs. Students and the instructor will work together to select class repertoire (musical theater, folk, jazz, pop, classical etc.) Songs of all genres and singers of all ages are welcome!

MS11, 8 Wednesdays, 6:00-7:30 pm.
Begins September 27, Lexington High School, Room 140, \$125/Seniors \$115.

NEW The Joy of Singing, Level 2: Solos & Personalized Instruction

Instructor: Annina Hsieh

In this group singing class we will explore using our singing voices and find joy in expressing ourselves through song. We will learn basic vocal exercises and warm ups to give you a solid singing foundation. Then, we will apply basic vocal technique to enhance the performance of our favorite songs. Students and the instructor will work together to select class repertoire (musical theater, folk, jazz, pop, classical etc.). As an intermediate level class, there will be opportunities in each class to get personalized instruction, and practice singing solos in front of the group. The course will conclude with student performance.

MS12, 8 Wednesdays, 7:30-9:00 pm.
Begins September 27, Lexington High School, Room 140, \$125/Seniors \$115.



**THE RAVEN IN THE FROG POND:
POE & THE CITY OF BOSTON**

with Paul Lewis, p. 3



Musician and educator Annina Hsieh teaches group and private vocal lessons, this page and page 34.

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, 7:30-9:00 pm. Begins September 14, Lexington High School, \$200/Seniors \$180.

NEW Method, Meisner, & Strasberg: A Sampler of Three Acting Techniques in Theory & Practice

Instructor: TBA

How many ways are there to smile, and how many motivations might reside behind that expression...and how many more interpretations? While the answers to these questions are impossible to fully know, master actors and theorists have given serious thought to the possibilities for centuries. This term we will look at three of the greatest modern teachers of the art of acting and focus on techniques unique to each. In each session we will briefly discuss the thought and importance of one of the founders of modern techniques (Konstantin Stanislavski, Lee Strasberg, and Sanford Meisner) and then sample and practice some of the fundamental elements of their vision and approach. This class is open to actors and non-actors alike.

MMMS, 3 Thursdays, 6:30-8:30 pm.
Begins October 26, Lexington High School, \$65/Seniors \$55.

Technology

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

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 September 21, Zoom, \$100.

NEW Smartphone & Tablet 101

Instructor: Kristen Butler

Come learn how to get the most out of your handheld device. We will cover organizing and installing apps, and keeping your device backed up so you don't lose your contacts or photos. Keeping your device updated.

CS&T, 1 Wednesday, 6:00-9:00 pm. Meets September 20, Lexington High School, \$45

NEW Exploring Apps: Both Practical and Fun

Instructor: Kristen Butler

Do you have a favorite app that you use? Come to this open session where we will discuss fabulous apps that help make life easier.

CAPP, 1 Wednesday, 6:00-9:00 pm. Meets September 27, Lexington High School, \$45

NEW Cutting the Cord: How to Get Rid of Cable

Instructor: Kristen Butler

Are you tired of paying a cable TV bill on top of all of your streaming services? Or maybe you just don't watch that much television. Take the opportunity to rid yourself of your cable TV and save some money as well!



New England Golf Guide review writer Frank Procopio teaches On the Road Again: New England Golf Guide & Travel, page 32.

CCTC, 1 Wednesday, 6:00-9:00 pm. Meets October 4, Hybrid: Zoom or Lexington High School, \$45

NEW Staying Safe Online

Instructor: Kristen Butler

We will cover how to keep your passwords organized, how to determine if an email is safe, and getting rid of spam and protecting your computer data from prying eyes and preventing disasters.

CSSO, 1 Wednesday, 6:00-9:00 pm. Meets October 18, 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 October 25, 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 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 November 1, Hybrid: Zoom or 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.

Writing

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

NEW Getting Started Writing/Getting Writing Started

Instructor: Jason M. Rubin

You want to write (a novel, a short story, a memoir, a play, whatever). You think you're a good enough writer to do this. But you don't know how to get started. Or maybe you've started a manuscript before but hit a wall and had doubts. You're ready to start again—but you don't know how to build the momentum needed to finish. This workshop is for you.

WGSW, 1 Thursday, 7:00-9:00 pm. Meets October 12, Lexington High School, Room 220, \$30.

NEW Writing Support Group and Workshop

Instructor: Chandreyee Lahiri

This writing group will be a space to do guided writing as well as to polish pieces you have already written. Each class will include a warm-up where the instructor will share tips on writing then conduct a short session of timed, prompt-based writing (in fiction or memoir, not poetry). Bring short pieces you have written to get feedback from the instructor and critique from others. Get suggestions and editing advice. Build a community of supportive creative minds that share the common goal of developing their unique writer/story teller's voice and style. No previous experience necessary: just a desire to improve, grow and stay on the creative path. Class is limited to 10 students.

WSGW, 6 Mondays, 7:00-8:30 pm. Begins September 18, Zoom, \$120/Seniors \$105.

Journal Writing for Personal Growth

Instructor: Tracy Marks

Through journal writing about your personal experiences, you can gain insight about yourself, and catalyze both inner and outer change. In this class on Zoom, guided by an experienced transformational counselor and author, you will engage in a variety of inspiring writing exercises which you can shape into any form you choose and optionally

share in a supportive environment. Weekly themes will be chosen by students from such possibilities as: revisiting peak experiences, asking the right questions, confronting personal challenges, envisioning the future, writing unsent letters, and clarifying life lessons learned.

WJPG, 5 Mondays, 6:45-8:45 pm. Begins November 6, Zoom, \$130/Seniors \$120.

Memoir Writing

Instructor: Tom Daley

Memory is not an instrument for exploring the past but its theatre.

—Walter Benjamin

Whether you intend to share your written remembrances with family and friends or a broader audience, you will find this a collegial and supportive workshop in which optional weekly exercises will help you to transform the rich material of your life into unique works of art, including memoir pieces, personal essays and even the beginning of a book-length memoir. All work will be written outside of the workshop and brought for a critique by other participants and the instructor, during which time techniques for better writing will be explored. Be prepared to share something you have written of a memoir nature—a journal entry, a paragraph describing a relationship, a letter recounting some memorable incident in your life—to the first meeting of the workshop. The piece should be 750 words or less.

WMEM, 8 Wednesdays, 4:00-6:00 pm. Begins October 18, Zoom, \$220/Seniors \$185. Please note: Class will not meet on 11/22. Limited to 8 students.

W2MEM, 7 Fridays, 12:30-2:00 pm. Begins October 13, Zoom, \$195/Seniors \$170. Please note: Class will not meet on 11/10 and 11/24. Limited to 6 students.

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. Please note: Class will not meet on 9/20. Limited to 8 students.

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



Writer and teacher Jason M. Rubin helps you Get Writing Started, this page.

An Introductory Haiku Workshop

Instructor: Brad Bennett

Celebrate the extraordinary in the ordinary with the most popular poetry form in the world! Haiku connects us more deeply to the natural world and can provide solace in difficult times. In this three-part online class, we will learn about the key elements of haiku including concision, a seasonal setting, and the juxtaposition of concrete experiences. Using writing prompts, we will also try our hand at writing some haiku poems. Everyone is welcome to this fun and supportive workshop, beginners and folks who have written haiku before.

HHAI, 3 Tuesdays, 6:30-8:00 pm. Begins October 17, Zoom, \$65.

An Intermediate Haiku Workshop

Instructor: Brad Bennett

The haiku is a small, but powerful poem! The way of haiku is about staying open, observing closely, and recording little moments in our day. Writing haiku can help us find our gratitude. This supportive writing workshop is designed for folks who have taken haiku classes or have written haiku previously. In this six-part online writing class, we will wade further into the haiku pond. We will learn more about the key elements of haiku. We will also try our hand at writing haiku inspired by class prompts, and ones that are designed to enjoy haiku moments outside of classes.

HINH, 6 Tuesdays, 6:30-8:00 pm. Begins November 7, Zoom, \$130.



IRISH POET PÁDRAIG Ó TUAMA VISITS LCE!

Finding the "You" in Poetry, p. 4

NEW Self-Publishing and Substack Tips and Tricks

Instructor: Beth Lisogorsky

Join us and funnel your passion into writing online and while learning pragmatic tips for how to get started and thrive. In these two sessions, writers will learn pragmatics for how to take an idea and interest and work it into a functional plan for how to publish online and routes for them to accomplish this. You will learn the questions and considerations for publishing and promoting their work online. You will also receive instructions for how to write on Substack, create your own website (options) and by the end of the class, have a better understanding of tools you need to know to create your own content and publish it online.

WSPS, 2 Tuesdays, 7:00-8:00 pm. Begins October 17, Lexington High School, Room 226, \$35/Seniors \$25.

NEW Creative Writing and Artificial Intelligence

Instructor: Barbara Thimm

In this three-session course, we will explore using artificial intelligence (AI) tools at different stages of our writing process. We will gain experience working with various AI applications through experiments, guided reflections, and selected readings. This course aims to empower participants to reflect on their writing process, navigate the creative possibilities offered by AI and develop their understanding of what AI can and cannot do. No prior experience with AI or programming is required; the course is designed to be accessible to writers of all levels. A reader will be provided before class. Class will not meet during the week of Thanksgiving.

WCWA, 3 Tuesday, 6:00-7:30 pm. Begins November 7, Zoom, \$70.

Self Supporting = Supported by You. *Thank You!*

Not only is Lexington Community Education a self-supporting program of the Lexington Public Schools, it is also a community of lifelong learners who look forward to getting involved with smart topics mixed with both familiar faces and new friends. While the best way to support this LCE learning community is by attending a class or event, we thank you for considering some of the additional ways listed below.

Take a class. Our classes are at the core of our educational mission, and at the core of our self-supporting revenue stream. By registering for an LCE class, you are not only helping the program as a whole, you are also helping our paid teaching staff. Classes run based on enrollment and teachers are not able to be paid for classes that are canceled due to low enrollment.

Teach a class. We are always looking for great teachers with great ideas. Keep reading for more details.

Register early. If you see a class or event that you would like to attend, register right away. Your early registration helps our teachers prepare to provide the best educational experience possible.

If you are Eligible. If you are eligible for the discounted senior rate for those 65+ considering paying the full tuition at checkout.

Email Us. Tell us what you like, and tell us what you would like to see offered! We love to hear from you, and we love to hear how we can meet your educational needs and the needs of our community.

Like and Follow Us. Getting the word out about our program is half the battle. If no one knows about our great offerings, no one will come. A "like" or "follow" is potentially as helpful as a monetary donation. You can find us on Facebook, Twitter, and Instagram.

Purchase a Gift Certificate. The Gift of Learning is a great choice, no matter the season. Contact us and we will process your order and get the certificate to you right away.

Bring A Friend. Register together with friends and family for classes and events. Our online Zoom classes offer a chance for sharing and experiencing community and education with friends far and wide. Distance is no deterrent now, and so learning something together with those who are as far away as California or Canada (or just about anywhere in the world) is now easily done, and fun to do together.





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 within 24 hours of the start of the class/program. Unless otherwise noted, the same link will be used for classes that meet for multiple sessions.

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. If the class indicates Zoom, a Zoom link will be sent 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.

INSTRUCTOR BIOS

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

No-School Dates

There will be no classes September 16, 25; October 9; November 11, 22-24. 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.


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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Twitter: @lexcommunityedLexington



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