

COMMUNITY EDUCATION

Lexington

WINTER
2024



The Art Object

Emile Branchard, American, 1881–1938

Winter Night, 1930s

Oil on paperboard, 18.41 x 27.94 cm (7 1/4 x 11 in.)

Museum of Fine Arts, Boston Bequest of John T. Spaulding 48.522

Photograph © 2023 Museum of Fine Arts, Boston.

As any New Englander can attest, winter can be a wonderful teacher. No matter if one has lived here for a lifetime or has just arrived from somewhere warmer, it only takes a short step outside to appreciate and be grateful for the near instant intelligence of mind and body afforded by cold weather. Emile Branchard's *Winter Night* brilliantly and beautifully portrays the starkness of the season, with both house and horizon line offering different possibilities of physical heat and fulfillment of the heart.

In the world of community education the challenges of winter drive us toward an earnest appreciation of the friction and fire caused by consuming new ideas, the utilization of the fuel stored by the warmth of memory, and the hope found in bright eyes and warm smiles. Just like fuel for a furnace or wood in a fireplace, people gathering together in common pursuit of knowledge produce heat and light and remind us that especially in winter the warmth of companionship and good friends and ideas is not only a luxury, but a necessity. The Lexington Community Education Staff and I wish you all the best in the New Year and hope to see you in class in 2024!

—Craig Hall, *Director*

Notes of Gratitude

Congratulations to Cathie Carrol on her retirement from LPS and many thanks for her years of support and encouragement.

Many thanks to Jenny and Tom Smyth for the wonderful donation of an electric piano in honor of local jazz musician, educator, and mother, Margo Shea.

The educational energy and vitality of this catalog is dedicated to the memory of Rick Clerici.

It's a dream, only a dream. — Neil Young

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 Explorations which offers classes for creative and academic enrichment.

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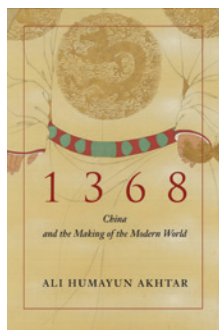
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Lexington Community Education presents

The Story of Porcelain: How Chinese Material Science Transformed European Popular Culture

WITH ALI HUMAYUN AKHTAR, PHD

Wednesday, January 10, 2024 • 7:00-8:30 pm. Lexington Depot,
13 Depot Square, Lexington, MA • \$15 • **SCMM**



Why did the British and Dutch mass produce culinary ceramics for export during the industrial revolution, and why did their ceramics traditions—most famously Delftware and Staffordshire Ware—resemble the blue and white “fine China” they imported from Hong Kong during the Age of Discovery and Enlightenment? This talk traces the story of porcelain from its origins as a closely guarded industry secret in Jingdezhen (China) to one of the most profitable

commodities produced and exported across the Dutch and British Empires.



Ali Humayun Akhtar is a Professor of Global History at AUI Morocco: Al Akhawayn University in Ifrane in the School of Humanities and Social Sciences and Hillary Clinton Center for Women's Empowerment. He is also an art and education consultant for the Worcester Museum of Art and the bestselling author of *1368: China and the Making of the Modern World* (Stanford, 1368). A native of Indianapolis, Dr. Akhtar has taught in the Midwest, New England, and around the world including at Bates College, Bard College, NYU, UW-Madison, and Ewha Women's University in Seoul.



GIVE THE GIFT OF LEARNING!

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

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

An All Star January Jazz Concert with the Elan Mehler Septet

FEATURING RON HORTON, LOREN STILLMAN,
ANDY ZIMMERMAN, BEN MONDER, TONY SCHERR &
RUDY ROYSTON

Thursday, January 18, 2024 • 7:30-9:00 pm • Scottish Rite
Museum, 33 Marrett Road, Lexington, MA • \$25 • **SMEH**



Lexington High alumni Elan Mehler returns to town with an all-star septet of master musicians! Since 2007, pianist **Elan Mehler** has released eleven albums as a leader, featuring musicians such as Bill Frisell, Dave Douglas, Becca Stevens, Francisco Mela and Tony Scherr. He's released records on Brownswood Recordings out of London, Challenge Records out of Amsterdam and Newvelle Records in NYC. In 2016, Elan founded Newvelle Records with partner Jean-Christophe Morisseau. He has since produced over 50 records featuring musicians from the pinnacle of the jazz world.



Since 1982, trumpeter **Ron Horton** has been an integral part of New York's flourishing jazz scene and he stands out both as an exemplary instrumentalist and as a highly progressive composer and arranger.



Saxophonist **Loren Stillman's** impressive portfolio includes collaborations with The Charlie Haden Liberation Music Orchestra, Paul Motian Trio 2000+2, Carla Bley, and John Abercrombie among others.



Saxophonist **Andy Zimmerman's** music blurs the lines between classical music and jazz, composition and improvisation. His debut album, *Half Light* (Newvelle Records) featuring Dave Douglas, Kevin Hays, and Matt Penman, has been met by a great deal of critical acclaim.



Guitarist **Ben Monder** has performed with Marc Johnson, Lee Konitz, Paul Motian, George Garzone and contributed guitar parts on David Bowie's last album, "Blackstar".



Bassist **Tony Scherr** has worked with Bill Frisell, Willie Nelson, Rickie Lee Jones, Ani DiFranco, Rufus Wainwright, Norah Jones, Madeleine Peyroux, Jesse Harris, Richard Julian, Sasha Dobson, Shawn Colvin, The Abrams Brothers, and Teddy Thompson to name a few.



Rudy Royston has performed with many of today's finest Jazz musicians including Bill Frisell, Les McCann, David Gilmore, Andy Milne, Shane Endsley, JD Allen, Don Byron, Stanley Cowell, Jonathan Kreisberg, Jenny Scheinmenn and Craig Handy, to name a few.

White Lotus: A Live Musical Performance with the film "The Goddess"

WITH MIN XIAO-FEN & FEATURING REZ ABBASI

Friday, February 2, 2024 • 7:00-8:30 pm • Scottish Rite Museum, 33 Marrett Road, Lexington, MA • \$20 • **SWHI**



Composer, vocalist and instrumentalist Min Xiao-Fen is one of the world's leading performers on the pipa, the stringed lute that has been an integral part of Eastern musical culture for millennia. Her latest album, *White Lotus*, engages with a relatively more recent art form, presenting a

reimagined soundtrack to director Wu Yonggang's 1934 silent film *The Goddess*. In duet with the innovative guitarist Rez Abbasi, Min infuses spirited life and soulful nuance to actress Ruan Lingyu's iconic but still-controversial film portrait. Min will employ an array of traditional Chinese instrumentation and her exquisite voice to live score an English language-subtitled screening of this screen gem, considered one of the best-known films of China's cinematic golden age.



Classically trained in her native China, **Min Xiao-Fen** 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. www.minbluepipa.com

Awarded the Guggenheim Fellowship in 2021 for composition, Voted #1 Rising-Star Guitarist in the 2013 DownBeat Critics Poll and subsequently placed in the top-ten guitarists alongside luminaries Bill Frisell and Pat Metheny, guitarist and composer



Rez Abbasi is one of the most original voices on the current scene. Born in Karachi, Pakistan, removed at the age of four to the vastness of Southern California, schooled at the University of Southern California and the Manhattan School of Music in jazz and classical music, along with a pilgrimage in India under the guidance of master percussionist, Ustad Alla Rakha, Rez Abbasi is a vivid synthesis of all the above stated influences and genres. www.reztone.com

How to Think Like a Woman: Four Women Philosophers

WITH REGAN PENALUNA

Thursday February 8, 2024 • 7:00-8:30 pm • Lexington Depot, 13 Depot Square, Lexington, MA • \$15 • **STLW**



As a young woman growing up in small-town Iowa, Regan Penaluna daydreamed about the big questions: *Who are we and what is this strange world we find ourselves in?* In college she fell in love with philosophy and chose to pursue it as an academician, the first step, she believed, to becoming a self-determined person living a life of the mind. What Penaluna didn't realize was that the Western philosophical canon taught in American universities, as well as the

culture surrounding it, would slowly grind her down through its misogyny, its harassment, its devaluation of women and their intellect. Where were the women philosophers? One day, in an obscure monograph, Penaluna came across Damaris Cudworth Masham's name. The daughter of philosopher Ralph Cudworth and a contemporary of John Locke, Masham wrote about knowledge and God, and the condition of women. Masham's work led Penaluna to other remarkable women philosophers of the era: Mary Astell, who moved to London at age twenty-one and made a living writing philosophy; Catharine Cockburn, a philosopher, novelist, and playwright; and the better-known Mary Wollstonecraft, who wrote extensively in defense of women's minds. Together, these women rekindled Penaluna's love of philosophy and awakened her feminist consciousness. Her book *How to Think Like a Woman*, blends memoir, biography, and criticism to tell the stories of these four women, weaving throughout an alternative history of philosophy as well as her own search for love and truth and is a moving meditation on what philosophy could look like if women were treated equally.



Regan Penaluna is a writer with a master's degree in journalism and a PhD in philosophy. Previously, she was an editor at Nautilus Magazine and Guernica, where she wrote and edited long-form stories and interviews. A feature she wrote was listed in the Atlantic as one of "100 Exceptional Works of Journalism." Her book *How to Think Like a Woman* is a Most Anticipated Book of the year at Lithub and The Millions and a New York Times Editors' Choice. She lives in Brooklyn.



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

Impossible Love: Or Why the Heart Must Go Wrong

WITH JAN BAUER

Friday, February 16, 2024 • 7:00-8:30 pm • Zoom • \$15 • **SIMP**



Love may make the world go round, but impossible love makes it tilt. Right or wrong, 'the heart wants what it wants' and an impossible love leads us into places we had no idea existed, places the ego would love to avoid and the psyche rejoices in visiting. Like Romeo and Juliet, Tristan and Iseult, and other legendary lovers, we find ourselves involved in something huge, a grande passion, an *amour fou*, a

tragic romance, with all the accompanying extremes of highs and lows, ecstasy and despair, paradise found, taboos broken and betrayals committed. In short, impossible loves are not nice and they are usually not appropriate. But they are not mundane either. So what is it that pulls us out of our everyday world, into that 'wrong love with the wrong person in the wrong place'? Is there any meaning to it all? We need to ask because unlike our lovers of legend, most of us have to go back to ordinary life, pick up the pieces and try to make some sense of our experience. Join us for an evening with Jan Bauer to explore and discuss these questions of love's mysterious chaotic mystery, all the while knowing we will never be able to unveil it all. It's a mystery. And another question... is it possible to live an impossible love not just in a romantic situation but with a place, an object, or another being?

Jan Bauer, author of *Impossible Love: Or Why the Heart Must Go Wrong* and *Women and Alcoholism*, is a Jungian analyst in private practice in Montreal. She holds degrees from Zürich, Boston, and Paris and has taught in Tunisia as well as the University of Montreal. She has served as chair of Admissions as well as Training Director for the Inter-Regional Society of Jungian Analysts. Bauer is currently President of the Association of Jungian Psychoanalysts of Quebec.

Beauty As A Basic Good

WITH MICHAEL SPICHER, PHD

Thursday, February 29, 2024 • 7:00-8:30 pm • Lexington Depot, 13 Depot Square, Lexington, MA • \$15 • **SBAB**



Beauty is often associated with expensiveness and elitism. However, beauty is necessary for human well-being. This talk will present some of the prominent ideas about beauty from the history of philosophy. Plato connected beauty with knowledge; Thomas Aquinas asserts three conditions of beauty (proportion, integrity, radiance); and Immanuel Kant reminds us that there is no formula

for guaranteeing the creation of beauty. Rather than limiting the discussion to theory alone, examples from business, science, and social issues (like climate change and prison reform) will demonstrate the practical significance of taking beauty seriously. Beauty is not something we add to our lives only after things are going well. The desire for beauty is a basic human drive.

Michael R. Spicher, PhD is a public philosopher and creator of Aesthetics Research Lab. He writes and speaks about aesthetics in professional and academic contexts. He is a regular contributor to *BeautyMatter*, a resource for the beauty industry. Michael lectures at both Boston Architectural College and Massachusetts College of Art and Design. He co-edited a forthcoming volume with Bloomsbury Visual Arts, *Digital Fashion: Theory, Practice, Implications*. And he is working on another book called *Is Your Business Beautiful?*

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

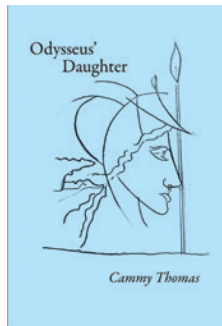


THE FIVEASH LEGACY LECTURE

Forward to the Past: Poets Respond to the Ancient World

CELEBRATING CAMMY THOMAS' NEW COLLECTION, *ODYSSEUS' DAUGHTER* & FEATURING JENNIFER CLARVOE AND GEORGE KALOGERIS

Saturday, March 23, 2024 • 7:00-8:30 pm • Lexington Depot, 13 Depot Square • \$15 • **SODD**



Three poets whose work engages with the ancient world will participate. Jennifer Clarvoe, whose book, *Invisible Tender*, received the Poets Out Loud Prize, will read poems responding to Ovid. George Kalogeris, whose most recent book, *Winthropos*, received the Sheila Margaret Motton Prize from the New England Poetry Center, will read poems responding to the ancient and modern Greek worlds. And Cammy Thomas, whose most recent book received Poetry

Honors from the Mass Book Awards, will be giving the first reading from her new book, *Odysseus' Daughter*, which responds to the *Odyssey*, a book she taught for many years.



Cammy Thomas' latest book, *Tremors*, received Poetry Honors from the 2022 Massachusetts Book Awards. Her first book, *Cathedral of Wish*, received the Norma Farber First Book Award from the Poetry Society of America. A fellowship from the Ragdale Foundation helped her complete her second, *Inscriptions*. All are published by Four Way Books. Poems have recently appeared in *Lily Poetry Review*, *On the Seawall*, *Pangyrus*, *Sixth Finch*, *Solstice*, and elsewhere. [Her poem, *Far Past War*, was the text for a choral work by her sister, composer Augusta Read Thomas, which premiered with the Cathedral Choral Society in 2022.] She taught *The Odyssey* for many years with pleasure. She lives in Bolton, Massachusetts and can be found at www.cammythomas.com.



George Kalogeris's most recent book of poems is *Winthropos*, (Louisiana State University, 2021). He is also the author of *Guide to Greece* (LSU), a book of paired poems in translation, *Dialogos*, and poems based on the notebooks of Albert Camus, *Camus: Carnets*. His poems and translations have been anthologized in *Joining Music with Reason*, chosen by Christopher Ricks (Waywiser, 2010). He is the winner of the James Dickey Poetry Prize, the Stephen J. Meringoff Award, and the Sheila Margaret Motton Prize.



Jennifer Clarvoe's first book, *Invisible Tender* (Fordham, 2000), won the Poets Out Loud Prize and the Kate Tufts Discovery Award. In 2002-2003, a Rome Prize in Literature afforded her a year at the American Academy in Rome to work on writing her second book, *Counter-Amores* (University of Chicago, 2011). She has received fellowships from the Sewanee Writers Conference and the James Merrill House. Recently retired from Kenyon College, where she taught creative writing and literature for almost thirty years, she lives in Somerville, Massachusetts. She is working on a third collection of poems, *PIANO PIANO*, focused on damage, loss, and restoration.

King Lear: A Two-Person Performance

WITH STEPHEN COLLINS & POORNIMA KIRBY

Thursday, March 21, 2024 • 7:00-8:30 pm • Lexington Depot, 13 Depot Square • \$15 • **SLER**



What do you call a king who gives up his kingdom? A fool? Or a father ready to pass on the burdens of power? Join actors Stephen Collins and Poornima Kirby for this haunting, darkly funny adaptation of Shakespeare's timeless classic. This production

draws directly from Shakespeare's text, with Stephen Collins as the mercurial King Lear, and Poornima Kirby as his devoted, clear-eye fool, who narrates the action, and flows fluidly between Lear's daughters, friends, enemies. This artistic adaptation honors the beautiful essence of the play, while bringing fresh life and a playful twist to its timeless questions of mortality, loyalty, and the parent-child bond.



Stephen Collins is an accomplished actor and literature professor, with over 20 years experience performing solo theatre pieces and literature lectures across New England. Originally from Cambridge, Ma, Stephen studied English at UMass Boston and pursued a career in sales, before returning to what he truly loves; performing and teaching. His solo shows include presentations on the life and writings of Herman Melville, Walt Whitman, William Shakespeare, Robert Frost, the theater of the 40s and 50s, Irish Poets and more. His work with actress Poornima Kirby through New Muse Productions has reconnected him to the joy of collaborative theater. <http://unlaunchedvoices.com/>



Poornima Kirby is a classically trained actress, writer and director, based in Boston, Ma, specializing in classical and poetic texts, as well as co-created theater. She studied drama at Vassar College, and trained in acting and Shakespeare performance at Shakespeare & Co. and London Academy of Music and Dramatic Arts. She has performed regionally at the A.R.T., Actors Shakespeare Project, Wellfleet Harbor Actors Theater, and Bay Colony Shakespeare. She has also appeared in several independent films, commercials, industrials and voice-overs, and has worked as a teaching artist in the Boston Public Schools, Tufts Medical Center and Berklee College of Music. She is Artistic Director for Theatre of Eternal Values – America (a branch of an Italy-based international company) where she has written, directed and performed in several original productions. With New Muse, she has scripted or adapted three productions in which she also performs—sometimes playing 18 characters in a single one-hour performance. She is passionate about New Muse's mission to bring original live theatre directly to audiences where they live, work and play! www.PoornimaKirby.com.

Around Town

NEW Documenting Public Meetings with the *Lexington Observer*

Instructor: Lauren Feeney

How are your tax dollars being spent? What is our town doing to cut carbon emissions? What's going on in our schools? These are all issues discussed in public meetings. In Lexington alone, there are dozens of public meetings every month, where decisions are made that impact you, your family and your community. In this class, you will learn how to document public meetings, including how to find schedules, agendas and advance materials for local meetings, how to interpret the jargon and abbreviations, how to take good notes, fact check, and write reports. We'll also discuss legal issues, journalistic ethics, and how to deal with our own personal biases and opinions in our reporting. The *Lexington Observer* covers the most important meetings and decisions, but we need your help! At the end of the course, you will be prepared to volunteer to document public meetings for the *Lexington Observer*.

ODLO, 1 Monday, 6:30-8:30 pm. Meets January 22, Lexington High School, \$10.



OFF THE BEATEN PATH HIKES
with Gregory Leschishin, p. 29



Bread Obsession Bakery teaches Fundamentals of Sourdough, page 17.

CARY LECTURE SERIES PRESENTS

A Life Through Music: Jeff Leonard and Friends

Saturday, March 9, 2024 • 8:00 pm

Cary Hall, 1605 Massachusetts Avenue, Lexington MA



For decades, researchers have touted the benefits of studying music throughout a person's lifespan to improve memory, executive function, language acquisition, and brain plasticity. But what about joy, passion, creativity, and connections to others? This session will showcase the fascinating stories and experiences of several alumni of the Lexington Public Schools. Whether music has become their vocation—or an important avocation—they will share how studying and performing music has deeply enriched and shaped their lives. We encourage middle and high school students and their parents to attend as they consider the next steps in their journeys. From 1983 to 2017, Jeffrey Leonard served as director of the LHS bands, jazz program, and Performing Arts Coordinator. He is currently an Associate Professor at the Berklee College of Music, Adjunct Professor at Boston University, and co-director of the Youth Jazz Orchestra at the New England Conservatory Preparatory Division.

Cary Lectures are free to all. Tickets are not required and lectures are normally able to accommodate all who wish to attend. In the very rare case where there may not be sufficient seats, preference will be given to Lexington residents. Cary Hall is located between the Town Hall and the Police Station; parking is available behind the hall, on the street, and in the town center. Come early for the best seat!



Shadaj Open Mic Sessions

While Shadaj (www.shadaj.org) is well known for filling large Lexington concert halls and featuring the world's best Indian Classical musicians, these local open mic sessions are informal live music gatherings performed by local talent from the ICM tradition. Performers for these sessions include local amateur musicians and advanced students of Indian Classical music. Occasionally there may be a lecture-demonstration on an interesting subject in music as part of this series. Anyone passionate about music of any style can participate. Enjoy some music, tea, snacks, and socialize. **Upcoming session dates include: 12/3, 1/21, 2/25, and 3/24/24. For more information please reach out to admin@shadaj.org**



Voices on the Green

Voices on the Green is a live music and storytelling series at First Parish in Lexington. VOG will present its upcoming winter performance on the theme, "Friends and Rivals" on February 9, 2024. The spring performance, "Breaking the Rules," will take the stage on May 17, 2024. Voices on the Green's storytellers will focus on the intersections and connections of relationships and inter-connections made that lead to long lasting friendships or sometimes, challenging interactions and even rivalry. Live music will accompany the event; tickets will go on sale in early January. **For more information visit <https://voicesonthegreen.org>.**

Body & Mind



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.

Home Alone – In-Person

Instructors: Officers of the Lexington Police and Fire Department

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

K009, 1 Wednesday, 6:30-7:30 pm. Meets March 6, Lexington High School, Room 224, \$5.

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 – In-Person

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 Thursday, 6:00-9:00 pm. Meets February 1, Lexington High School, Room 164, \$109.

MC2PR, 1 Wednesday, 6:00-9:00 pm. Meets February 7, Lexington High School, Room 164, \$109.

Self-Defense & Awareness Training for Women – In-Person

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 February 28, Lexington High School, Room 140, \$185.



EMPOWERED DIVORCE
with Joan Mankoff, p. 12

Understanding Your Dreams – Virtual

Instructor: Tracy Marks

The meaning of your dreams resides not in a dream dictionary but in your own personal associations. In this session, you'll receive guidance to help you recall your dreams. You'll learn techniques for understanding them, and will receive dreamwork worksheets from the instructor's book, *Your Secret Self*. Fully experiencing and decoding your dreams can help you awaken your creativity, own your "shadow," and act in greater harmony with your true self.

MUYD, 2 Thursdays, 6:45-8:45 pm. Begins January 25, Zoom, \$65/Seniors \$55.

Nonviolent (Compassionate) Communication - Virtual

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.

MPSS, 5 Thursdays, 7:00-9:00 pm. Begins January 11, Zoom, \$125/Seniors \$110.



Virginia Payne teaches Tai Chi & Push-Hands, page 23.

NEW InterPlay: Creative Mind-Body Movement – In-Person

Instructor: C.C. King, MA

As applied in many settings and professions, Interplay is an integrative, creative way to unlock the wisdom of the body through a system of prompts and movement. Based on a series of incremental “forms” or guidelines, the inherent intelligence of the listening/ responding body-mind is enabled to lead and inspire creativity and resilience through improvised movement, breath, sound and language. Blending theatrical expressive elements and simple dance forms, the benefits of InterPlay can include stress reduction, strengthening communication skills, collaborative expressive engagement, and building comfort, trust and community.

MITP, 1 Monday, 7:00-9:00 pm. Meets January 29, Lexington High School, Room 140, \$35/Seniors \$30.



INTRODUCTION TO JUGGLING
with David Chernick, p. 29

NEW Let's Laugh in the New Year! – In-Person

Instructors: Linda and Bill HAmaker

Bring more laughter into your life and the life of others. Laughter Yoga combines guided laughter exercises with breathing exercises to bring more oxygen to the body's cells. This oxygen boost gives enhanced vitality, energy, a feeling of real well-being, and helps to build up the immune system. It can help with anxiety, pain and depression. Any age and any level of physical ability can do these simple, playful exercises. You do not even need a sense of humor! There are no fancy poses and no special clothing is needed. You can sit or stand. A pretend laugh even has all the same health benefits as a real one, but turns into a real laugh when practiced in a group. Laughing strengthens the immune system, unwinds the negative effects of stress, lowers blood pressure, lifts your spirits, improves mental alertness and much more.

MLAF, 1 Thursday, January 18, 7:00-8:30 pm, Lexington High School, \$20.



C.C. King leads a creative InterPlay workshop, page 9.

Stress Less: Learn to Meditate – In-Person

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.

SLIMS, 4 Tuesdays, 7:00-8:00 pm. Begins February 27, Lexington High School, Room 247, \$66/Seniors \$55.

Reiki for Self Care – In-Person

Instructor: Carol Neal

Reiki (pronounced ray-key) means “Universal Life Energy”. It is a comforting and compassionate touch therapy that originated in Japan and is now practiced world-wide, including in hospitals and hospices. Reiki is suitable for everyone and has only positive side effects. In this class participants will learn, and practice, Reiki hand placements and how to best use Reiki to calm the mind, thereby relieving stress and anxiety and

encouraging the body's healing ability. We will practice a relaxing breathing technique to start and then you will learn how to use Reiki on yourself and incorporate it into your daily life. This will be done while seated. During the practice you will use guided calming imagery to deepen the relaxation. You will leave class feeling lighter and more rested than when we began.

MRKI, 1 Thursday, 6:00-7:00 pm. Meets March 7, Lexington High School, Room 222, \$30.

NEW Memory Mastery: The Art of Remembering Names – In-Person

Instructor: Neil Kutzen

This training will greatly improve your ability to remember names, in social and business situations, where it is important for building relationships and making a positive impression. The method, MemorizeBest, is based on two principles: 1) pictures are easier to remember than words; 2) silly pictures are easier to remember than serious ones. Be prepared to use both principles. This method can also be adapted for remembering anything, for example: facts, numbers, speeches, songs, lists, data, languages, anything with words or numbers. Neil Kutzen has been the most prominent and successful memory trainer in New England for the last 12 years. At www.memorizebest.com, you can learn more about the training and the trainer.

MMEM, 1 Wednesday, 7:00-9:00 pm. Meets January 10, Lexington High School, Room 240, \$25.

M2EM, 1 Tuesday, 7:00-9:00 pm. Meets February 6, Lexington High School, Room 240, \$25.

Business and Career

NEW Becoming Better at Communicating - Virtual

Instructor: Jeremy Richman

In this 4-night class, you will learn about how to shape your speaking (and writing) so that the other person will grasp what is in your mind, and how to draw another person's communication toward you so that you can truly hear them. Jeremy Richman has been highly trained in communication and has developed this course from his own observations and experiences. All the material taught here is proprietary.

MBBC, 4 Thursdays, 6:30 pm - 8:30 pm
Begins January 18, Zoom, \$90.

NEW Change Your Life with Flavonoids – In-Person

Instructor: John Chamberlain

Fabulous Flavonoids! Phenomenal Polyphenols! In the press, we are mostly encouraged to eat colorful fruits and vegetables, but many flavonoids and polyphenols not associated with pigments can be overlooked. This is the real news, though: researchers are having a field day exploring time-honored, natural treatments in scientifically designed studies. True, they may not be pharmaceutical-grade studies, but their methods, results, and conclusions are compelling nonetheless. Get to know the key ones better and the studies that affirm their bioactive benefits -- especially in maintaining the brain's neural plasticity and the cardiovascular system's function. Flavonoids may be part of the antidote to the Standard American Diet -- which is, after all, rather SAD -- and may decrease the chronic inflammation or "inflammaging" that gradually plagues us all. Samples will be provided.

MPFN, 1 Wednesday, 7:00-9:00 pm.
Meets March 13, Lexington High School, Room 235, \$25.



Linda and Bill HAmaker teach Let's Laugh in the New Year!, page 9.

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 A Career in Real Estate – Virtual

Instructor: Jeremy Richman

Learn from an experienced real estate agent about what is involved in practicing this career, including: getting your real estate license, how brokerages differ and considerations when choosing where to work, teams, and working with clients. Jeremy Richman has been in the real estate market for over 20 years, with combined experience as a Realtor®, developer, mortgage consultant, and foreclosure counselor. Jeremy grew up in Lexington, LHS class of '76, and holds an Sc.B. from Brown University '83.

BCRE, 1 Tuesday, 7:00-9:00 pm. Meets February 6, Zoom, \$25.

Selling on Ebay and Amazon – Virtual

Instructor: Tracy Marks

Learn to sell effectively on eBay, the world's largest online auction site. Your instructor, a former eBay Powerseller, will teach you about how to create and submit listings on Ebay, including researching past listings to help you determine your prices. You will learn how to include photos, determine shipping, and build your reputation as a reliable seller. Classes consist of lecture, demonstration, and discussion. For the third class, you'll prepare a listing and receive constructive feedback. Selling through Amazon Marketplace will also be covered.

CBAY, 3 Thursdays, 6:45-8:45 pm. Begins March 14, Zoom, \$85/Seniors \$75.

Do it Yourself or Financial Advisor? – Virtual

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 Tuesday, 7:00-9:00 pm. Meets February 6, Zoom, \$35.



Beth Lisogorsky teaches The Business of Being: Taylor Swift, page 29.

How to Build a Portfolio to Last a Lifetime – Virtual

Instructor: Glenn Frank

This workshop is for experienced investors. We will follow my 5 Step Investment Process which is comprehensive from a tax, planning and emotional perspective. We combine academic theory with practical solutions. Spreadsheet tools are provided to construct and track portfolios. We will candidly discuss ETFs, mutual funds, annuities, paying off your mortgage, worldwide stock valuations, private investments, correlations, ESG, 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. Learn how to combat – FORO Fear Of Running Out.

BDAI, 1 Tuesday, 7:00-9:00 pm. Meets January 30, Zoom, \$35.

Planning for What's Next – How to Balance Time, Money and Happiness – Virtual

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 February 13, Zoom, \$35.



PHOTO BY KATHRIN COSTELLO

Sumeit Aggarwal teaches Women and Investing 101 and Women and Investing 201, this page.

Women and Investing 201 – Virtual

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.

BW12, 2 Tuesdays, 12:00-1:30 pm. Begins February 27, Zoom, \$60.

NEW Demystifying Investing for Income in Today's Market – In-Person

Instructor: Sumeit and Sanjay Aggarwal

With all the chatter around rising interest rates, it's not all bad news when it comes

to generating income from saving and investing. Rise in interest rates can mean more money in your pocket as banks will increase the amount of interest they pay. As investors, we want to see our investment returns sooner rather than later and seek out assets that provide regular payout. In this workshop, we will discuss ways to generate steady income while investing in bank Certificate of Deposits, Money Market Accounts, Government Bonds, Treasury Bonds and Dividend Stocks.

BD11, 2 Thursdays, 7:00-8:30 pm. Begins March 7, Lexington High School, Room 222, \$60.

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

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!

BW11, 1 Wednesday, 7:00-9:00 pm. Meets March 6, Lexington High School, Room 229, \$35/Seniors \$30.



Rebecca O'Brien teaches Wills, Trusts and Estate Planning, this page.

Women and Investing 101 – Virtual

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 January 30, Zoom, \$60.

Understanding Medicare – Virtual

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 January 17, Zoom, \$35.

BMED1, 1 Tuesday, 7:00-9:00 pm. Meets February 13, Zoom, \$35.

BMED2, 1 Wednesday, 7:00-9:00 pm. Meets March 20, Zoom, \$35.



MASTERING GMAIL

with Tracy Marks, p. 33

The Latest Long-Term Care Asset Protection Strategies – Virtual

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

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

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

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

Social Security Planning for Couples – Virtual

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 January 24, Zoom, \$40.

Seven Steps to a Successful Retirement – In-Person

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 January 22, Lexington High School, Room 224, \$35.

Four Tax Traps in Retirement – In-Person

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 March 4, Lexington High School, Room 224, \$35.

New Retirement Planning Opportunities – In-Person

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 February 12, Lexington High School, Room 224, \$35.



Chris Chen teaches Four Tax Traps in Retirement, this page.

Empowered Divorce: Taking the Best Path for You and Your Family – Virtual

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, 7:00-8:30 pm. Meets February 7, Zoom, \$35.

BDI2, 1 Tuesday, 12:00-1:30 pm. Meets February 13, Zoom, \$35.



Charles Crayton teaches Self-Defense & Awareness Training for Women, page 8.

Courses for Children

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

Home Alone – In-Person

Instructors: Officers of the Lexington Police and Fire Department

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

K009, 1 Wednesday, 6:30-7:30 pm. Meets March 6, Lexington High School, Room 224, \$5.



ADULT, INFANT AND CHILD CPR WITH AED

with Kierstin Pane, p. 8

NEW Babysitter Training with the American Red Cross – In-Person

Instructor: Red Cross Teaching Staff

This course will train students, ages 11-15, in babysitting responsibilities: characteristics of children; supervising and playing with children; basic care such as feeding and diapering; emergency response; and first aid. Learn to recognize and provide basic care for cardiac emergencies in children and infants until advanced medical personnel arrive. Upon successful completion of this course, you will receive an American Red Cross Babysitter's Course completion certificate, an Infant and Child CPR certificate valid for one year, and a first aid certificate valid for three years. Included in tuition: two participant's booklets, CD, babysitters backpack, and certificates. Bring a healthy snack and drink for the break.

KBAB, 1 Saturday, 9:30 am-5:00 pm. Meets February 10, Lexington High School, \$145.



LARP (Live Action Role Playing) Adventure Program offers two classes for Middle School students, page 13 & 15.

NEW Intro to Raspberry Pi Pico and Python Programming (Grades 8-12) – In-Person

Instructor: Matthew Paulson

This course will introduce students to the Raspberry Pi universe, with hands-on learning using the Pi Pico and Python programming. Students will learn about the device, construct simple electronic circuits and control them with the Python programming language. At the end of course students will be able to take home everything they used in the course for continued experimentation and learning. There will also be a \$15 materials fee payable to the teacher at the first class.

CIRP, 6 Wednesdays, 3:45-5:15 pm. Begins January 24, Lexington High School, Room 166, \$90.



PYSANKY ART CLUB

with Alona Popova, p. 26

NEW LARP Adventure's LARP Games (Grades 6-8) – In-Person

Instructor: LARP Adventure Program

LARP Adventure Program is a combination of theater, martial arts, and costume/prop/stage design. We combine these arts with critical thinking, creative problem solving, and community leadership skills. Our Live Action Role Play (LARP) games class is an introduction to LARPing and is perfect for everyone from beginners to casual players. Each week students are led through tournaments and mock combat challenges using padded foam props. Prior experience is not required, nor are costumes or characters, so it's easy to jump right in and give LARPing a try!

KLAP, 9 Thursdays, 2:50-3:50 pm. Begins January 18, Clarke Middle School, \$240.

A large, stylized orange sun with a human-like face is the background of the entire page. The sun's face is on the left, with large eyes, a nose, and a smiling mouth. The sun's rays are represented by thick, wavy orange lines that sweep across the right side of the page.

LEXPLORATIONS SUMMER 2024

Children's Summer Program
For Academic and Creative
Enrichment

Our Explorations program for children is a self-sustaining part of the Lexington Public Schools and offers wonderful experiences each summer in a no-stress environment. This popular program for academic and creative enrichment will meet for six weeks this year. We hope your family will join us!

The Explorations catalog will be available to view in early February. Registration will open shortly after. Some of our programs fill up very quickly, so if a particular program is of special interest to you or your child we recommend that you register as soon as possible to prevent disappointment. Kidsborough at Explorations will once again be providing an after school program for children in grades K-5.

Please note that Explorations registration is online only and registrations can not be processed over the phone, by fax, email, or in-person.

<https://lexingtoncommunityed.org/lexplorations/>

NEW LARP Adventure's Heroes Academy® (Grades 6-8) – In-Person

Instructor: LARP Adventure Program

LARP Adventure Program is a combination of theater, martial arts, and costume/prop/stage design. We combine these arts with critical thinking, creative problem solving, and community leadership skills. Throughout the week, students will learn how to play but also how to design and run games for their peers. Our instructors will work with students to do hands-on creative activities and play LARP Games to practice what they've learned. Topics that may be covered include character creation, DIY projects, martial arts, and more.

KVLP, 4 Days, 9:00 am-12:00 pm. Meets February 20-23, Clarke Middle School, \$295.

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

Instructor: Ann Elizabeth Burnett, Founder and President of Elizabeth Etiquette

A thorough introduction to good etiquette and proper manners for elementary / middle school students. In this two-session class Elizabeth Etiquette will begin by introducing the proper way to manage introductions and greetings, appropriate hygiene and grooming, deportment, posture and sitting correctly. In the second session there will be a focus on table etiquette including setting the table, sitting politely, napkin etiquette, manners at the table and how to hold cutlery correctly. All skills will be demonstrated by Elizabeth and there will be time for questions and answers. Students will leave class with exercises to practice at home and to keep for future reference. Students learn proper manners and communication skills with a strong focus on respect and the value of others. Supply List: Please have a pen or pencil and paper for each class and for the second class please also have: a Dinner knife; a Dinner fork; a Soup spoon; a Dessert Fork; a Dessert Spoon; a Dinner plate; a Soup bowl; a Water Glass; and a Table Napkin.

KET2, For Grades 2-5: 2 Saturdays, 10:00-11:00 am. Begins January 13, Zoom, \$50.


KET6, For Grades 6-9: 2 Saturdays, 10:00-11:00 am. Begins February 10, Zoom, \$50.



LCE is proud to partner with New Legacy Cultural Center for a series of exciting programs for children, pages 14 & 15.

Beginner 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, with an 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), 12 Mondays, 3:30-5:00 pm. Begins January 8, \$300.

KMA2 (Grade K-5 @ Bowman), Immersion Program, 14 Wednesdays, 3:30-5:00 pm. Begins January 3, \$350.


KMA3 (Grade K-5 @ Hastings), 14 Wednesdays, 3:30-5:00 pm. Begins January 3, \$350.

KMA4 (Grade K-1 @ Harrington), 13 Fridays, 1:00-3:00 pm. Begins January 5, \$520.

KMA5 (Grade 2-3 @ Harrington), 13 Fridays, 3:00-5:00 pm. Begins January 5, \$520.

STEAM FUN! – Grades K-5

Instructor: New Legacy Cultural Center Teaching Staff

 STEAM FUN! is a science innovation program for children aged 6 and above. We will 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 begins with an intriguing science magical show, followed by experiments and group activities to reveal the science behind the magic. Students then 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 January 5, Harrington Elementary, \$975.

KST1, 13 Fridays, 3:00-4:30 pm. Begins January 5, Harrington Elementary, \$975.

Unleash Your Inner Warrior Martial Arts – Grades K-5

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. 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!

KUIW, 13 Fridays, 3:00-4:00 pm. Begins January 5, Harrington Elementary, \$390.

College Planning & Test Preparation

Guzheng (Chinese Zither)

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. 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.

Please contact us at lce@lexingtonma.org to join a waiting list.



FOUR POETS/FOUR BOOKS
with Kenny Likis, p. 27

NEW Tackling Time Management for Teens

Instructor: Maria Kieslich

School, job, music practice, friends, sports and family! All you want to do can be overwhelming even if you are the most organized teen. And it's not fun figuring it all out. This course will introduce you to a bunch of tools that can make that easier. First, we'll discover what is really important to YOU, and how to cope with the other stuff. We'll explore how you can use the way you learn to be more effective in time management. Then we will get to the nuts and bolts and talk about calendars. Finally you'll learn how to deal with procrastinating. You'll leave with a plan for your next week and templates you can use going forward. Please bring your list of things you need to do in the next week and how you currently track your time.

KTMT, 1 Saturday, 10:00 - 11:30 am. Meets February 24, Lexington High School, Room 184, \$35.

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



PRIVATE MUSIC LESSONS
for Every Age and Level, p. 31

Math SAT Prep – In-Person

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 January 22, Lexington High School, Room 230, \$200.

Reading SAT Prep – In-Person

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 January 24, Lexington High School, Room 230, \$200.

Writing and Language/Essay SAT Prep – In-Person

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 January 26, Lexington High School, Room 230, \$200.

NEW Planning Ahead for College Applications – Virtual and In-Person

Instructor: Dr. Bruce Johnson from BKJ College Application Consulting

Think ahead, take action now and be better prepared for the college application process. 9th, 10th & 11th grade students and families will learn valuable information and hear useful tips to guide you. We'll delve into the Common Application and help you plan to make the most of your high school years. There is time for your questions and enrolled families will also receive a 15-minute private follow-up consultation.

PACA, 1 Thursday, 7:00-8:30 pm. Begins January 18, Lexington High School, Room 221, \$35.

P2CA, 1 Wednesday, 7:00-8:30 pm. Begins January 24, Zoom, \$35.



College Planning and Test Preparation, this page.

Cooking

Private SAT or ACT Tutoring – Virtual

Instructor: David Bell

David Bell, an experienced SAT and ACT tutor can provide one-on-one tutoring for either of the two major college admissions tests, the ACT or the SAT. He can tutor on all components of the ACT - English, Math, Reading, and Science, and the optional Writing test or any one section where the student may wish extra support. He can tutor on both the Verbal and Math sections of the SAT, or the one section where the student might need extra support. Registration is through Lexington Community Education and tutoring sessions will be scheduled with David. The cost is \$85 per hour of tutoring. Schedule to be determined by instructor and student.

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

You Can Afford College If... – In-Person

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 March 20, Lexington High School, Room 221, \$25.



PLANNING FOR WHAT'S NEXT
with Glenn Frank, p. 11

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

Bread Obsession Baking: Fundamentals of Sourdough Baking – In-Person

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 March 24, Bread Obsession Bakery, 433 Marrett Road, Lexington, \$150.



BEGINNING KOREAN
with Inho Kwon, p. 19

NEW Beginning Pastry: Brioche for Valentine's Day! – In-Person

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

Bread Obsession, an artisan bread and pastry bakery in Lexington will teach the fundamentals of brioche-based pastry. Students will learn about dough preparation, cutting, weighing, shaping and filling pastries with chocolate, cherry, apricot and other fillings. We will teach students several pastry shapes such as kouign-amann, mini-babka and filled buns. All pastries will be baked during the class and students will take them home. We will provide a tour of our baking facility and an introduction to artisan baking. This class is for people who love to bake and want to expand their baking skills and knowledge. No experience necessary!

NBPB, 1 Sunday, 2:00-4:00 pm. Meets February 11, Bread Obsession Bakery, 433 Marrett Road, Lexington, \$150.



Ploy Khunisorn of Ploy's Kitchen teaches Vietnamese Street Food, this page.

NEW Exploring Spanish Language through Venezuelan Cuisine – In-Person

Instructor: Emilia Montero

This class aims to provide an immersive experience in the culture of Venezuela and other Latin American countries. Students will have the opportunity to learn Venezuelan recipes while also practicing the Spanish language and expanding their vocabulary in kitchen terms and ingredients specific to the world of cooking. Recipes will include arepas, empanadas, shredded beef, and Venezuelan chicken with rice.

NSLV, 4 Tuesdays, 5:30-7:30 pm. Begins January 23, LexMedia Studio Kitchen, \$185/Seniors \$170.

NEW Vietnamese Street Food – Virtual

Instructor: Ploy Khunisorn

Embrace the light and delicate flavors of Vietnamese cuisine known for fresh herbs, vegetables, and dipping sauce. In this online interactive cooking class, we'll make Vietnamese fresh rolls with dipping sauce and Vietnamese noodle soup (pho) with chicken.

NVST, 1 Saturday, 6:00 - 8:00 pm. Meets January 27, Zoom, \$45.

NEW Korean Street Food: Chicken Bulgogi Bibimbap – Virtual

Instructor: Ploy Khunisorn

Homestyle Korean cooking is full of vegetables. You can also adjust the heat level at home. In this online interactive class, we will make popular delicious chicken *bulgogi bibimbap*, a rice bowl with chicken *bulgogi*, seasoned spinach, cucumber salad, kimchi, egg, and delicious sauce.

NKSF, 1 Saturday, 5:30 - 7:00 pm. Meets March 2, Zoom, \$45.

NEW Classic Indian Cooking: Tried and Tested – In-Person

Instructor: Shruti Mehta

In a traditional Indian kitchen, there are some never-fail recipes that are handed down from generation to generation. They incorporate all the basic spices and old world techniques but are deceptively simple to prepare. In this class some of the traditional recipes from the North, South and West will be explored. We will learn to make *Rava Sheera* (sweetened semolina dessert with milk, cardamom and nuts), a popular offering to a very popular god Krishna, Potato and Tomato Curry (affordable for the poor but so tasty that the rich have it at their table frequently), and *Pongal* (a south Indian

rice, laced with ghee and spices offered to gods preceding a fresh harvest), Come explore the traditional recipes of a classic cuisine. There is a \$20 materials fee paid to the instructor at the class.

NCIC, 1 Wednesday, 6:30-8:30 pm. Meets March 27, LexMedia Studio Kitchen, \$45.

Tasting Teas from All Over – In-Person

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 aromas and flavors, stimulating qualities, and healthful benefits. We'll sample at least eight fine teas from China, India, Ceylon (Sri Lanka), and other regions. The tea plant has connected the world for centuries, through trade routes, cultures, arts and crafts, and politics, beginning in China and spreading to Japan, India, Europe, and the Americas. Like wine, there are hundreds of kinds of tea, depending on the climate, soil, and methods of harvesting, drying, and curing it. We'll also discuss summer-time tea drinks. Sweet and savory snacks will complement the tastings. Bring a favorite teacup or two and learn how to brew a perfect cup of tea.

NTEA, 1 Tuesday, 7:00-8:30 pm. Meets February 27, Lexington High School, Room 143, \$35.

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

NEW Beginning English

Instructor: Marianna Villasanti

The goal of this class is to help people with little to no English language experience get started understanding and speaking English. Along with the basics of grammar, vocabulary and pronunciation, we will focus on talking to other people in the neighborhood, at work, at school, at restaurants and at the doctor's office.

LBEE, 8 Mondays, 10:00 am - 12:00 pm. Begins January 22, LCE Classroom, \$170/ Seniors \$155.



Artist and educator Linda Balek teaches Color Theory, page 24.

Communicating in English – In-Person

Instructor: Ric Calleja

If you already know some 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, 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 January 24, LCE Classroom, \$170/ Seniors \$155.



MEMORY MASTERY
with Neil Kutzen, p. 9



Brioche for Valentine's Day at Bread Obsession, page 17.

NEW Evening English – Advanced Beginner/Intermediate Part 2 – In-Person

Instructor: Rosemary Previte

This class will be a continuation of Evening English (Part 1). It is for students who have studied basic English and who want to continue to improve their grammar, vocabulary, pronunciation, and conversation skills. Grammar topics will include present continuous tense, as well as other verb tenses (past, future, etc.); irregular verbs such as to do, to have, to go; adverbs, subject and object pronouns, and other parts of speech. We will also work on improving reading, writing, and conversation skills. We will use a textbook and worksheets, and we will practice pronunciation, listening, and conversation skills in each class. You will improve your understanding of American English, as well as your speaking, reading, and writing skills. (Purchasing the textbook is optional.)

LE2E, 10 Thursdays, 6:00 - 8:00 pm. Begins January 25, Lexington High School, Room 224, \$210/Seniors \$190.

NEW Beginning Korean – In-Person

Instructor: Inho Kwon

Let's surf the K-wave! This course is designed to introduce the Korean alphabet, "Hangul", for students without any or very little knowledge of the Korean language. The 8 weeks will focus on reading and writing "Hangul" along with learning pronunciation rules and basic conversational expressions. Also we will go over the basics of Korean language sentence structure as well as Korean numbering system. Upon the completion of this course, students will be able to read the Korean alphabet and many foundational words.

LKOR, 8 Tuesdays, 6:30-8:00 pm. Begins January 23, Lexington High School, Room 235, \$145/Seniors \$130.



Bill and Linda HAmaker teach Let's Laugh In the New Year, 9.



Professor/author Ali Humayun Akhtar explores How Chinese Porcelain Transformed European Popular Culture, page 3.

NEW Korean Language through K-Drama

Instructor: Youngshin Park

Are you a fan of K- Drama and or K-pop? The interplay and influence of South Korean culture and taste continues to increasingly captivate and inspire arts and artists from culinary to haute couture, to pop music and dance choreography. Increasingly some of the best series dramas on streaming services like Netflix originate in Korea. In this class, and through the use of film and classroom learning you will discover useful vocabulary, phrases, expressions and explore the unique culture of Korea while analyzing scenes from popular K- Dramas. This integrated, interactive and fun learning approach will provide language basics and beginning knowledge of a culture of expanding creative visibility and acclaim.

LKRD, 8 Mondays, 6:30-8:00 pm. Begins January 22, Lexington High School, \$145/ Seniors \$130.

NEW Beginning Mandarin – In-Person

Instructor: Hongxiang Wang

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

LMAN, 8 Mondays, 6:30-8:00 pm. Begins January 22, Lexington High School, Room 235, \$145/Seniors \$130.

Beginning Spanish – In-Person

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 January 22, Lexington High School, Room 220, \$155/Seniors \$140.

Continuing Spanish – In-Person

Instructor: Angelica Fajardo

If you have some knowledge of Spanish (or have taken our Beginning Spanish class), this class is for you. In the Continuing level course, we assume all basic concepts of pronunciation, grammar, and vocabulary have been studied and acquired. We introduce new vocabulary, grammar rules, verbs, and expressions through exercises to expand your oral and written knowledge and improve your ability to understand and communicate in Spanish.

LCSL, 7 Wednesdays, 5:00-6:30 pm. Begins January 24, Lexington High School, Room 220, \$155/Seniors \$140.

Intermediate Spanish – Virtual

Instructor: Sherry Eggers

We invite you to join us if you have some background in Spanish and wish to increase your skill levels in speaking, listening comprehension, reading and writing. We will focus on all four skills while reviewing these verb tenses: present, past, future, conditional, present perfect, and present progressive as well as how to form familiar and formal commands. We will introduce present subjunctive and past progressive tenses.

LITS, 9 Tuesdays, 6:30-8:00 pm. Begins January 23, Zoom, \$165/Seniors \$150.

La Hora del Café, Conversación Abierta en Español – In-Person

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 January 26, LCE Classroom, \$170/ Seniors \$155.

Spanish Language through Film – In-Person

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 time will be helpful as classroom time will be limited and spent in discussion and language learning.

LSPF, 8 Thursdays, 6:00 pm-8:00 pm. Begins January 25, Lexington High School, Room 220, \$185/Seniors \$170.



LEVERAGING YOUR DNA TESTS
with Dr. Leah Abraham, p. 29

Intermediate Italian I – Virtual

Instructor: Barry Bridgelal

Advance your Italian language skills in this intermediate level program. Upon completion, you should be able to discuss topics such as moods, travel, holidays and business, using the present and past tenses. This class will emphasize improvements of oral comprehension and creative expression through the use of teaching resources, including reading selections. Indirect and direct object pronouns, expressions of time and duration, simple and articulated prepositions will be covered. You will need to purchase the Prego textbook (editions 6, 7 or 8).

LIIT, 7 Mondays, 6:00 - 7:15 pm. Begins February 26, Zoom, \$175.



Youngshin Park teaches Korean Language through K-Drama, page 19.

Italian Caffè I – Virtual

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.

LDco, 6 Wednesdays, 5:00 - 6:00 pm. Begins February 28, Zoom, \$120.

Italian Book Caffè II – Virtual

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 early winter sessions, we will read "La Bella Addormentata si è Svegliata: in Tempi di Coronavirus" by Stefania Groppi. In the late winter session, we will be reading "Le Piccole Virtù" by Natalia Ginzburg (available in paperback or on Kindle). Lessons will entail book discussion and advanced grammar topics.

LIBC, 4 Mondays, 5:00 - 6:00 pm. Begins January 22, Zoom, \$79.

LI2B, 4 Tuesdays, 6:15 - 7:30 pm. Begins January 23, Zoom, \$99.

LI3B, 5 Tuesdays, 6:30 - 7:30 pm. Begins March 5, Zoom, \$99.



EXPLORING SPANISH THROUGH VENEZUELAN CUISINE
with Emilia Montero, p. 17

Beginner French – Virtual

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, 10 Mondays, 4:30-6:30 pm. Begins January 8, Zoom, \$250.



AMERICAN HISTORY
with Michael Koumjian, p. 26

Beginner French I – Virtual

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, 10 Fridays, 9:30-11:30 am. Begins January 12, Zoom, \$250.

Beginner II/ Intermediate French – Virtual

Instructor: Maurice Bombrun

Intermediate French is for students who have studied all basic concepts of pronunciation, grammar and vocabulary. The course quickly reviews the foundation to build upon and expand the language patterns and grammatical structures. Vocabulary is enhanced further through simple dialogues and conversation, readings, writings, exercises and translations. Verbs tenses are reviewed and more are presented. Students learn how to communicate with simple sentences in applicable situations. Spontaneous exercises are used to reinforce knowledge and detect areas for review. Please purchase the college-level textbook online or from a bookstore prior to the first class: *Contacts, Valette/Valette*, 8th Edition.

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

LBF35, 10 Thursdays, 7:00-9:00 pm. Begins January 11, Zoom, \$250.

Intermediate French I – Virtual

Instructor: Maurice Bombrun

Intermediate I French is for students who have studied the basic concepts of



Poet and translator Barbara Thimm teaches *In Translation: Baudelaire's Spleen de Paris*, page 27.

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, 10 Tuesdays, 11:00 am-1:00 pm. Begins January 9, Zoom, \$250.

Intermediate French II – Virtual

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, 10 Thursdays, 1:00-3:00 pm. Begins January 11, Zoom, \$250.



French Conversational Workshop – Virtual

Instructor: Maurice Bombrun

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

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

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

French Conversation Through Literature – Virtual

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, 10 Thursdays, 3:30-5:30 pm. Begins January 11, Zoom, \$250.

French Conversation Through Travel – Virtual

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, 10 Tuesdays, 9:00-11:00 am. Begins January 9, Zoom, \$250.

French Language & Conversation Through Film – Virtual

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.

LFIL, 7 Tuesdays, 10:00 am-12:00 pm. Begins January 23, Zoom, \$150/Seniors \$135.

LHCC, 7 Wednesdays, 7:00-9:00 pm. Begins January 24, Zoom, \$150/Seniors \$135.

Beginning German: For New and Continuing Students – Virtual

Instructor: Karen Carstens

This course is for anyone interested in a general introduction to German, which is more similar to English than many anglophones may at first realize. Sure, the grammar is different and can seem challenging, at first. But this course will convince you how much fun it can be to gain a basic grasp of the German language, starting with forms of greeting and commonly used phrases, and moving on towards everyday activities like shopping, dining or traveling. Entertaining and informative video and audio clips will complement handouts and homework assignments to help you engage with classmates and practice your German together. A few reading and writing exercises will provide a basic outline of German grammar and sentence structure. This course thereby aims to give you a solid foundation in a language spoken in several European countries and by some 130 million native speakers worldwide.

LBGE, 6 Wednesdays, 5:00-6:30 pm. Begins January 24, Zoom, \$140/Seniors \$130.

German Conversation – Virtual

Instructor: Karen 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, 8 Thursdays, 10:00 am-12:00 pm. Begins January 25, Zoom, \$170/Seniors \$155.



Musician Min Xiao-Fen returns to perform a live musical soundtrack to the 1934 silent film, *The Goddess*, page 4.

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.

Advanced Tai Chi & Push-hands - In-Person

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.

EATC, 9 Thursdays, 5:30-6:45 pm. Begins January 25, Lexington High School, Room 140, \$190/Seniors 175.

Joyful Yoga – In-Person

Instructor: Linda Del Monte

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

EYF2, 10 Fridays, 10:00-11:15 am. Begins January 12, Hancock Church, \$200/Seniors \$185.

Hatha Yoga – In-Person / Virtual

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,



Ami Stix puts the fun in fitness with Zumba, p. 24.

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 January 22, Diamond Middle School, \$135/Seniors \$120.

EHYO, 8 Wednesdays, 6:30-7:30 pm. Begins January 24, Zoom, \$135/Seniors, \$120.

Chair Yoga – Virtual

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 January 27, Zoom, \$135/Seniors \$120.

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 January 24, Lexington High School, Room 140, \$45.



John Deming teaches Power 8 Strength Training, above.

Fine Arts, Fabric & Graphic Arts

Belly Dancing for Beginners – In-Person

Instructor: Carolisa of Moonlight Dj's

Make it a night with friends to try this beautiful and joyful dance! Energizing yet relaxing; we will cover all the basics in this beginner series including the beautiful Veil dance; plus we'll learn a few Greek wedding and festival dances! Increase flexibility and work all muscles as you move to a fantastic mix of world music. Feel great and dance away stress in this FUN & friendly class! Women of all ages and fitness levels are welcome (18 +) Wear comfortable stretchy clothing and thick socks or ballet- type slippers that "slide". Veils may be borrowed.

EBDB, 6 Wednesdays, 6:30-7:30 pm. Begins January 31, Hancock Church, \$105



INTERPLAY: CREATIVE MIND-BODY MOVEMENT
with C.C. King, p. 9

Zumba® – In-Person

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, 12 Mondays, 7:00-8:00 pm. Begins January 8, Hancock Church, \$200/Seniors \$185.



BEGINNING PASTRY
with Varda Haimo, p. 17

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 – Virtual

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, 10:00-11:30 am. Meets January 25, Zoom, \$25.

Introduction to Acrylic Painting – In-Person / Virtual

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 January 23, LCE Classroom or Zoom, \$155/Seniors \$140.

Beyond the Basics In Acrylic Painting – In-Person / Virtual

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 January 18, LCE Classroom or Zoom, \$155/Seniors \$140.



Karenna Maraj teaches An Introduction to Metalsmithing, page 25.

Drawing for Painters – In-Person / Virtual

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 Thursdays, 10:00 am-12:00 pm. Begins March 21, LCE Classroom or Zoom, \$45/Seniors \$40.



THE BUSINESS OF BEING TAYLOR SWIFT

with Beth Lisogorsky, p. 29

Winter Images in the Chinese Brush Style – Virtual

Instructor: Son-Mey Chiu

We will start our course with painting of the Bamboo. Afterwards, we shall learn the brush methods for the Plum, a late winter and early spring blooming plant; and the Narcissus and the Amaryllis, flowers from forced bulbs. We shall paint birds that appear in winter time, such as the Cardinal and/or the Crane, possibly against a snowy landscape.

ACBP, 4 Wednesdays, 1:00-3:00 pm. Begins January 31, Zoom, \$125/Seniors \$110.

NEW Charcoal Painting for Adults – Virtual

Instructor: Alma Bella Solis

You will produce your own composition using charcoal pencils, and charcoal sticks in rendering your chosen art subject ranging from Still Life to Portraits, Human Figures. You will be doing the drawing methods of outline, contour, shading, blending, final detailing, and connectedness in finishing the art piece in perspective, and proportion.

ACPA, 6 Mondays, 3:30-5:30 pm. Begins January 29, Zoom, \$200.



An example of the art of instructor Alma Bella Solis, see below.

NEW Soft Pastel Painting for Adults – Virtual

Instructor: Alma Bella Solis

Using the dry soft pastel medium, you will produce your own composition interpreting your chosen art subject ranging from Still Life to Portraits, Human Figures. Observing proportion, you will be using charcoal pencil for outline, contour that is the foundation of the artwork. The next step, which is the application of colors, you will learn choosing the appropriate soft pastels to use in blending, shading, final detailing, and connectedness that will render your artwork in perspective and proportion. Most preferred art subjects by students have been from photographs and High Renaissance art.

ASPP, 6 Fridays, 3:30-5:30 pm. Begins February 2, Zoom, \$200.

Oil Pastel Art Studio for Adults – Virtual

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, 3:30-5:30 pm. Begins January 31, Zoom, \$200.

An Introduction to Metalsmithing – In-Person

Instructor: Karenna 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 January 23, Karenna Maraj Jewelry Collection, 95 Trapelo Road, Belmont, \$150.

Photography: The Basics and Beyond – In-Person

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 January 22, Lexington High School, Room 221, \$110/Seniors \$100.



CHANGE YOUR LIFE WITH FLAVONOIDS

with John Chamberlain, p. 10



Actors and educators Stephen Collins and Poornima Kirby present *A Two-Person Performance of King Lear*, page 6.

Pysanky Art Club – Ukrainian Easter Egg Decorating Workshop – In-Person

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. No experience is necessary. Emptied and cleaned chicken eggs and an assortment of dyes will be provided. A \$15 materials fee is payable to the instructor in class. Kids are welcome if accompanied by an adult.

ACUP, 1 Tuesday, 5:30 pm-8:30 pm. Meets January 30, LCE Classroom, \$30.

A3CUP, 1 Tuesday, 5:30 pm-8:30 pm. Meets March 19, LCE Classroom, \$30.

NEW Pysanky Art Club – Hanging Easter Eggs Workshop – In-Person

Instructor: Alona Popova

In this workshop, you’ll get the chance to create your very own Pysanka in the traditional wax-resist method. Using a combination of beeswax, the “kistka” tool, and vibrant color dyes, you’ll learn how to create designs on a real chicken egg. Plus, you’ll have the option of turning your Pysanka into a hanging decor for your house. I’ll show you how to add a variety of hangers to your egg. No experience is necessary. Emptied and cleaned chicken eggs and an assortment of dyes will be provided. A \$15 materials fee is payable to the instructor in class. Kids are welcome if accompanied by an adult.

A2CUP, 1 Thursday, 5:30 pm-8:30 pm. Meets February 29, LCE Classroom, \$30.

NEW Felt Making – Virtual

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. This class is appropriate for beginners or those with some previous felt making experience. A materials list will be supplied upon registration.

AF2M, 6 Mondays, 9:30 am-12:30 pm. Begins January 22, Zoom, \$190/Seniors \$175.



VIETNAMESE STREET FOOD

with Ploy Khunisorn, p. 17

NEW Exploring Wet-Felt Making – Virtual

Instructor: Elizabeth Stubbs

This class is for felt makers with experience in wet—felting techniques. We will explore texture and color in two and three dimensions, as we work on challenging weekly projects. Experimentation is encouraged and all work will be shared and discussed in order to learn from each other. Students will be expected to supply their own materials and will be given a list upon registration. 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 January 22, Zoom, \$245/Seniors \$225.



KOREAN LANGUAGE THROUGH K-DRAMAS

with Youngshin Park, p. 19

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 American History I – In-Person

Instructor: Michael Koumjian

This course will present American History from the colonies of the British Empire through the American Civil War and Reconstruction to 1877, with emphasis on Global implications within the framework of the established World Empires. We will first analyze the causes of the American Revolution and the challenges a new United States of America faced after defeating the British at Yorktown 1781 and signing of the Treaty of Paris in 1783. We will discuss the true causes of the War of 1812, and how victory shaped American interests to continue Westward through Manifest Destiny and the Monroe Doctrine. We will study the imminent and greatest challenge of the new nation and discuss the root causes and major events of the American Civil War. We will then conclude with reconstruction and the economic and political challenges that faced a battered and war-torn nation as it moved towards new challenges of the twentieth century. This course is part I of II. The recommended text, *A Short History of the United States: From the Arrival of Native American Tribes to the Obama Presidency* by Robert V. Remini can be purchased at most online bookstores or ordered from your local bookstore.

HMER, 8 Wednesdays, 6:30-8:00 pm. Begins January 24, Lexington High School, Room 226, \$150/Seniors \$135.

NEW WW2 Historical Works of Fiction on Netflix – In-Person

Instructor: Beth Lisogorsky

“WWII is something contemporary readers already know a lot about. If our schools are doing their jobs, they know about the invasion of Normandy, the Hitler Youth, the Holocaust, and at least a few of the horrors of the Eastern Front.” - Anthony Doerr, Author of the Pulitzer Prize winning novel *All the Light We Cannot See* (2014). In this course, we will discuss key themes and characters of two selected works, *All The Light We Cannot See* (2023) and *Transatlantic* (2022) and relate them to broader storytelling concepts, personal reflection, and wartime context.



Author Regan Penaluna teaches *How to Think Like a Woman: Four Women Philosophers*, p. 4.

Transatlantic is written and produced by Anna Winger, a Massachusetts native. Both programs are available on Netflix.

H2WW, 4 Tuesdays, 7:00-8:30 pm. Begins February 27, Lexington High School, Room 224, \$105/Seniors \$95.

NEW Exploring Greek and Roman Mythology – Virtual

Instructor: Tracy Marks

Do you want to learn about Greek and Roman myths, and discover those which shed light on human nature and personally speak to you? Together we will explore famous and not-so-famous myths as retold by the Roman poet Ovid in a lyrical and evocative translation of his classic, *Metamorphoses*. Online meetings will include mini-lecture, discussion, reading, myth-inspired art and poetry, and video clips. Be prepared to read about 50 pages per week. By the first class, students should purchase an edition of *Metamorphoses* translated by Mandelbaum, Lombardo, or Humphries.

HEGR, 6 Fridays, 12:30-2:30 pm. Begins January 26, Zoom, \$160/Seniors \$145.

NEW Wisdom From Spiritual Traditions – Virtual

Instructor: Michael Koran

Dr. Patch Adams (teacher of hospital clowns) said, "The most revolutionary acts one can commit in our world are to be happy and commit random acts of kindness... [with] joy!" In this course, we'll discover how embracing what's happening right now may reveal fun, deep, and divine energies that move us to live happy, kind,

and joy-full lives. We'll explore how the wise ways in spiritual traditions (from Judaism, Christianity, Islam, Buddhism, Hinduism, Taoism, and Shamanism) can vitalize us to fruitfully love. We will read and discuss *The World's Religions* by Huston Smith and *The World's Wisdom* by Phillip Novak.

MWSS, 7 Thursdays, 7:00-9:00 pm. Begins February 15, Zoom, \$125/Seniors \$110.

NEW Women of Science Fiction and Fantasy: Award-Winning Stories – Virtual

Instructor: Tracy Marks

Women writers of science fiction and fantasy have won 80% of the prestigious Nebula awards for short stories in the 21st century. In this class, we'll read and discuss twenty stories by female winners of the Nebula and Hugo awards. We'll explore works by the famous (e.g. Le Guin, McCaffrey, Butler, Willis, Cherryh, Jemisin) as well as the not-so-famous but immensely talented. Be prepared to read about fifty pages per week of thought-provoking short stories and novelettes, all provided in pdf form.

HWSF, 5 Wednesdays, 6:45-8:45 pm. Begins February 7, Zoom, \$140/Seniors \$125.

NEW Four Poets / Four Books Hybrid: In-Person / Virtual

Instructor: Kenny Likis

One of the best ways to enjoy contemporary poetry is one book at a time. We will explore one book by each of four great poets: *Frank: Sonnets* (2022

Pulitzer Prize winner), by Diane Seuss; *When I Grow Up I Want to be a List of Further Possibilities* (long-listed for the 2017 National Book Award); *Citizen: An American Lyric* (winner of the 2015 National Book Critics Circle award and the NAACP Image Award), by Claudia Rankine; and *How to Be Perfect* (for all of us who have wondered how that's done), by Ron Padgett, whom the Poetry Society of America in 2018 awarded the Frost Medal for lifetime achievement. A packet of poems will be provided for each class, but you may prefer to find a copy of each book for yourself. Our class time will focus on reading poems aloud, sharing what they say to us and about the poet, and considering each poet's particular achievement.

HPPF, 4 Thursdays, 1:00-2:30 pm. Begins January 25, Hybrid: Zoom or LCE Classroom, \$100/Seniors \$85.

In Translation: Charles Baudelaire's Spleen de Paris – Virtual

Instructor: Barbara Thimm

Begun in 1855 but only published as a collection in 1869, Charles Baudelaire's *Spleen de Paris* is a collection of fifty prose poems. Like the poems in its more famous sibling, *Les Fleurs du Mal*, the vignettes in *Spleen* encapsulate both the beauty and monstrosity of modern life. Baudelaire reaches 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." Profoundly influenced by Baudelaire's admiration for Edgar Allan Poe's stories, the poems in this book portray aspects of urban life, celebrating its novelty and strangeness. They have also left a lasting legacy for English-language writers of the twentieth century. In this class, we will look at the book as a whole before considering two poems, both in the original and in translation. Knowledge of French is optional for participation or enjoyment.

HSDP, 1 Tuesday, 6:30-8:30 pm. Meets March 5, Zoom, \$30.



ITALIAN CAFFE

with Barry Bridgelal, p. 20

Home, Hobbies and Travel

NEW Reading Like a Writer: Short Prose – Virtual

Instructor: Barbara Thimm

Reading like a writer means looking at the choices the writer of a text has made and considering the effect these choices have on us. In this class, we will read selections of short prose texts – prose poems, flash fiction, micro-essays, and the like – and investigate how they work, be it dramatically, lyrically, or intellectually, always with an eye to what we can take away for our writing practice. Over the course of four meetings, we will explore diverse aspects of modern literature by bringing our attention to selected prose poems from the last century. These readings will serve as inspiration for your creative work. This class will be broken up into four sections; Narrative Prose Poems, Thing-Poems, Ideas and Patterns. Our final class will be an opportunity to share your work with your peers.

HRLW, 4 Tuesdays, 6:30-8:30 pm. Meets January 23, Zoom, \$120/Seniors \$105.



Bruce Gerry (a.k.a. Dr. Tune-Up teaches Auto Repair for Everyone, below.

The Works of Greta Gerwig, Including Her latest Success "Barbie" – In-Person

Instructor: Beth Lisogorsky

With the critical and popular success of the 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, *Lady Bird*, which put her on the map and earned her five Academy Award nominations.

HWOG, 4 Mondays, 1:00-2:30 pm. Begins January 29, LCE Classroom, \$105/Seniors \$95.

Be it visiting a local farm for fresh 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 Buying A Home – Virtual

Instructor: Jeremy Richman

Get the latest information about buying a home, so you can feel confident and in control from start to finish about the largest purchase you may ever make. Learn how to determine your "real ideal" home; how to qualify a home; the difference between tax assessment, bank appraisal, and Zillow valuations; the process of making offers and negotiating to "yes" for less; what to look for in home inspections; the best ways to protect your deposits; how to choose an attorney, home inspector and mortgage lender; the ins and outs of 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, sample forms, and the 40-page handbook, "The Homebuyer's Companion," written by the instructor.

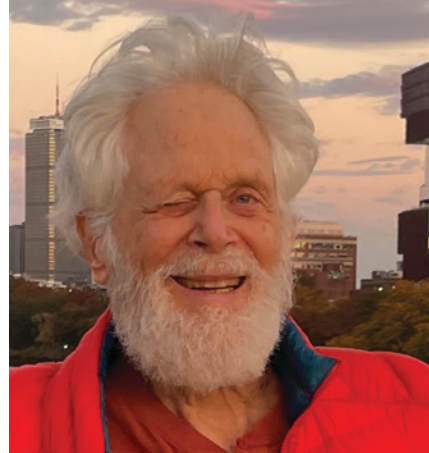
BHOM, 1 Thursday, 6:30-9:00 pm. Meets March 7, Zoom, \$30/Seniors \$26.

The Process of Selling a Home – Virtual

Instructor: Jeremy Richman

Thinking of selling your home? What should you consider when deciding what price to list your home for? Learn about different valuation methods and effective strategies for pricing. This course also explores the pros and cons of selling the house on your own vs hiring a real estate agent. Regardless of which path you choose, you'll want to understand what buyers are looking for, what grabs their interest, and what doesn't! In addition, you'll get great tips on how to optimize your home's presentation, and valuable information about the local real estate market.

BSHO, 1 Thursday, 6:30-9:00 pm. Meets March 14, Zoom, \$30/Seniors \$26.



Michael Koran teaches Wisdom From Spiritual Traditions, page 27.

Residential Addition 101 – Virtual

Instructor: Nancy Dickinson

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

FRES, 1 Thursday, 6:00-8:00 pm. Meets February 8, Zoom, \$40.

Auto Repair for Everyone – In-Person

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 Tuesdays, 6:00-8:00 pm. Begins March 12, Lexington High School, Room 148, \$65.

NEW Off the Beaten Path Hikes: The Jericho Town Forest in Weston

Instructor: Gregory Leschishin

A former farmland with vintage old roads crisscrossing through aged farmland, various forest trees can be found here. The walk begins and ends at a former college now the Campion Center! Meeting points will be sent upon registration.

FJTF, 1 Sunday, 11:30 am-2:00 pm. Meets February 25, \$39.

NEW Off the Beaten Path Hikes: Mattison Farm in Concord

Instructor: Gregory Leschishin

Since the settlement of Concord in 1635, the 300 acres that became Mattison Farm consisted of as many as five separate farms that used the land for tillage, pasture, and woodlots. About 1870, an Irish immigrant farmer, John O'Keefe, assembled the separate lots into a successful dairy farming operation. On O'Keefe's death in 1916 the land and business was sold to Fred Jones who developed Old Acres Dairy, a self-sustaining dairy farm that included every step of the business from growing silage, raising heifers, milking cows, pasteurizing and bottling milk, to delivering it. The Town of Concord purchased the Mattison Farm in 1997. We will traverse the farmland as well as the nearby Concord River basin.

FMFC, 1 Sunday, 11:30 am-2:00 pm. Meets March 17, \$39.

NEW Leveraging your DNA Test(s) to Locate or Confirm Ancestors – Virtual

Instructor: Dr. Leah Abraham

For folks who have one (or more) DNA tests and want to use their matches to find birth parents or verify ancestors, this class will get you started. Matches will be sorted by share groups, cM's, and segments to find common ancestors. Tree building from matches to common ancestors and back from those common ancestors to you (and unknown birth parents or known ancestors you want to verify) will be demonstrated and practiced. DNA tests and matches on ancestry.com and or 23andMe.com, with free uploads for more matches to ftdna.com, myheritage.com, and gedmatch.com



Modern Jazz guitar master Ben Monder returns to LCE to perform this winter, page 3.

will be reviewed. Leave with a plan to get to your answers.

FNDA, 5 Tuesdays, 7:00-9:00 pm. Begins February 27, Zoom, \$139.

Things to Think About Before Getting a New Puppy – Virtual

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 Christine McDonald, a local dog trainer, Canine Good Citizen Evaluator, and Therapy Dog Evaluator. You will have an opportunity to submit questions the instructor can address during the workshop.

FTNP, 1 Tuesday, 6:30-7:30 pm. Meets January 16, Zoom, \$20.

NEW An Introduction to the Art of Juggling – In-Person

Instructor: David Chernick

Have you ever wanted to learn to juggle but felt that you're not coordinated enough? Do you want to build confidence through learning a new skill? Do you want to have something you can use to try to impress people at parties? If you answered "yes" to any of these questions, this class is for you! Learn to juggle starting from the basics, and progress to more advanced skills at your own pace.

FJGG, 4 Wednesdays, 6:30-8:30 pm. Begins January 24, Bowman School Gym, \$45.

NEW The Business of Being: Taylor Swift – Virtual

Instructor: Beth Lisogorsky

We will discuss singer, songwriter and mega pop culture superstar Taylor Swift and her Eras tour and how it helped her evolve into the billionaire she is today. From childhood country singer to savvy entrepreneur, Swift has leveraged her business acumen to build a recording empire and inspired generations of girls and women through her lyrics. *Films: Miss Americana, Taylor Swift: The Eras Tour Concert Film.*

HBTS, 2 Tuesdays, 7:00-8:30 pm. Begins February 6, Zoom, \$75/Seniors \$65.



**HOW TO THINK LIKE A WOMAN:
FOUR WOMEN PHILOSOPHERS**
with Regan Petaluna, p. 4

NEW Charles Mingus: Temperamental Genius of Jazz

Instructor: Lewis Porter, Ph.D.

Charles Mingus (1922-1979) is universally recognized as one of the foremost composers in jazz, as well as one of its finest bassists. As is usual with Dr. Porter's classes, this will be no ordinary overview. You'll see rare film appearances, listen to forgotten radio interviews, and enjoy unknown musical recordings. We will learn about the accuracy of his controversial autobiography. Whether or not you are already familiar with this musician, you will leave this class with a sense of him as an artist, and as a person. Lewis Porter 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. He's a longtime jazz professor with a PhD in musicology, now retired from Rutgers but frequently guest teaching in person and on Zoom. As a pianist, he has appeared on 37 albums with Terri Lyne Carrington, John Patitucci, Tia Fuller, Dave Liebman, and many others.

FMIN, 1 Thursday, 7:00-9:00 pm. Meets February 15, Zoom, \$25.



Jazz historian, author and musician Lewis Porter, PhD teaches Charles Mingus: Temperamental Genius of Jazz, page 29.

NEW Lets Go to a Musical – Virtual

Instructor: Brian M. O'Connell

This course will be a retrospective look at the important Broadway musicals from the 1920's up to 1980. For many of us, musicals, through their songs, characters and plot lines have crept into our hearts, minds and memories. We will look at some of the major musicals, discuss composers and lyricists, delve into some historical background, and listen to all types of tunes - from show-stopping ensemble pieces to tender ballads to comedic numbers that leave us grinning, tapping our toes, and maybe singing along.

HLGM, 6 Wednesdays, 7:00-8:30 pm. Begins January 24, Zoom, \$110/Senior \$100.

NEW The MET Opera Winter Presentations and an American Opera – Virtual

Instructor: David Collins

This season we will prepare for three Metropolitan Opera HD presentations in local theaters, "Carmen", "La Forza del destino", and "Roméo et Juliette". The class will also explore André Previn's 1998 opera "A Streetcar Named Desire". We begin with Bizet's popular opera, "Carmen". The demanding lead role is capable of many interpretations and we shall compare different singers including Leontyne Price, Rise Stevens, Grace Bumbry and Elina Garanča. We next turn to the American verismo opera, "A Streetcar Named Desire". Based on Tennessee Williams's play, André Previn has used music to bring out the various emotional worlds of the characters.

Leading our cast will be the American soprano Renée Fleming. Verdi's dark and fateful opera, "La Forza del Destino" ("The Force of Destiny") follows next. Premiered in Russia, Verdi enlarges the dramatic sweep in this opera with melodramatic episodes mixed with some comic relief. Great arias abound especially for the soprano, tenor, baritone and mezzo. We conclude with Charles Gounod's "Roméo et Juliette". Adapted from Shakespeare's play, this opera focuses on the lovers with an unprecedented number of four soprano/tenor duets. Gounod's music abounds with French sensuousness and orchestral color.

HVTO, 4 Tuesdays, 6:30-9:15 pm. Begins January 23, and meets 2/13, 3/5 and 3/19, Zoom, \$125/Seniors \$110.

Why Was That A Hit? Pop Music: 1950s-1980s – Virtual

Instructor: Gregory Leschishin

This class discusses and illustrates how pop music of the 1950s through the 1980s became hits. The charts were determined by airplay and sales calculated by methods over which only a few people had control. Hundreds of songs were released by many independent record labels seeking the opportunity to snag a hit. Some were natural hits; others were by accident or luck or both! Cash Box Magazine was one of the prominent music publications that Dick Clark, Solid Gold and Rick Dees' Weekly Top 40 used to count down the hits. Relive and rediscover your 45 collection with this fun class! Class content is different each term.

HHOW, 7 Tuesdays, 6:30-8:00 pm. Begins January 23, Zoom, \$100.

Music Performance/ Theatre Arts

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.

Instrumental Camerata for Adults – In-Person

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. January 25, Lexington High School, Room 148, \$200/Seniors \$180.

NEW Basic Blues: Guitar Jam

Instructor: Bryan Barnes

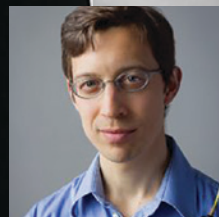
Throughout American music history the Blues and the guitar go hand-in-hand. The five notes of the pentatonic scale can go a long way in moving listeners without needing too much knowledge in advanced music theory. As the name suggests, the form of the music relies on feel over technical facility. In this open jam session we will have fun exploring the foundational aspects of the Blues guitar with side ventures into the genres of Rock and Jazz. Any style of working guitar is welcome. If bringing an electric guitar please also come equipped with a portable amplifier. All players with a basic level of guitar playing familiarity are welcome to join.

MBBG, 4 Thursdays, 6:30-8:30 pm. Begins February 29, Lexington High School, \$85/Seniors \$65.

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. Optional student recital opportunities are offered twice per year. * 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/>



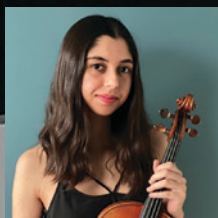
Ben Fox
Oboe



Brenda Bishop,
Voice



Annina Hsieh, Voice,
Beginning Piano



Simone Cartales
Violin, Viola



Chris Belluscio
Trumpet



Hunter Farley
Tuba



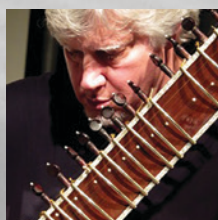
Brian Kane
Saxophone



Ellen Donohue-Saltman
French Horn



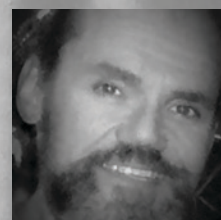
Greg Gettel
Trumpet



David Whetstone
Sitar



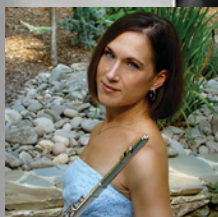
Rui Xu
Double Bass



Robert Butler
Guitar



Jerry Vejmla
Sax, Clarinet



Jessica Lizak
Flute



Libor Dudas,
Piano



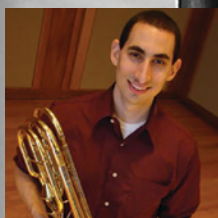
John Claybourne
Drums



Nancy Radnofsky
Clarinet



Julia Chung
Piano



Phil Hyman
Trombone/
Euphonium



Pauline Jung
Flute

Technology



Basic Blues: Guitar Jam, page 32.



GIVE THE GIFT OF LEARNING!

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

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

Smartphone & Tablet 101 – In-Person

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 January 24, Lexington High School, Room 221, \$45

Exploring Apps: Both Practical and Fun – In-Person

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 January 31, Lexington High School, Room 221, \$45

Cutting the Cord: How to Get Rid of Cable – Hybrid: In-Person or Virtual

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!

CCTC, 1 Wednesday, 6:00-9:00 pm. Meets February 7, Hybrid: Zoom or Lexington High School, Room 221, \$45



Lauren Feeney teaches Documenting Public Meetings with the Lexington Observer, page 7.

Staying Safe Online – Hybrid: In-Person or Virtual

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 February 14, Hybrid: Zoom or Lexington High School, Room 221, \$45



Richard Geller teaches Stress Less: Learn to Meditate, page 9.

Managing Your Photos – Hybrid: In-Person or Virtual

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 February 28, Hybrid: Zoom or Lexington High School, Room 221, \$45.

Introduction to LinkedIn – Hybrid: In-Person or Virtual

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 March 6, Hybrid: Zoom or Lexington High School, Room 221, \$45.

Writing

Computer Consulting "A la 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.

NEW Mastering Gmail – Virtual

Instructor: Tracy Marks

Do you want to effectively manage your Gmail account and make sending and organizing email much easier? In this class, you'll learn how to organize your email by label (Gmail's folders or mailboxes), send attachments, customize settings, and set up contacts for individuals and groups. Finally, you'll discover how to make filters to automatically sort messages and get rid of spam. We'll meet on Zoom with the instructor demonstrating procedures, then providing guided practice time. Please have your Gmail account created before the first session.

CMGM, 2 Wednesdays, 6:45-8:45 pm. Begins March 20, Zoom, \$45/Seniors \$40.



Chandreyee Lahiri teaches Flash Fiction for the Doubtful Writer, this page.

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

NEW The Joy of Journaling – In-Person

Instructor: Jason M. Rubin

Tired of typing with your thumbs? Interested in creative expression but don't know where to start? It's time to get your innermost thoughts, most inspired ideas, and strongest opinions off your chest and into a journal. Whether you are new to journaling or are looking to take your practice to the next level, this workshop is for you! Local author Jason M. Rubin will guide you in getting started with this low-tech yet highly therapeutic and rewarding form of personal communication. Jason creates a safe space to learn, to write, and—if you are willing—to share. All ages welcome.

WJOJ, 1 Tuesday, 7:00-8:30 pm. Meets February 6, Lexington High School, Room 220, \$30

Flash Fiction for the Doubtful Writer – Virtual

Instructor: Chandreyee Lahiri

Flash fiction is a short story that is typically just a few hundred words long but with a distinct beginning, middle and end. The most famous example—dubiously attributed to Hemmingway—reads 'For sale: baby shoes. Never used.' In each class of this session, the instructor will share a prompt (a sentence, word or picture) then start a 20 minute timer. The whole class will write their respective stories impulsively, from sheer instinct. At the end of the period, attendees will have the option of sharing their work with the group and receiving feedback from the instructor. This method has been tested by the instructor over many years in flash fiction groups. The time pressure and low stakes (no Nobel worthy literature is expected) tends to free people from self-doubt and endless edit-loops and even offers catharsis. Past writers have found release and insights into their own minds as they inadvertently explored hidden thoughts and feelings through fictitious characters and settings. The instructor will provide writing tips and guidelines and in every class discuss

one key aspect of writing such as setting, description, voice etc.

WFFD, 6 Mondays, 7:00-8:30 pm. Begins January 29, Zoom, \$120/Seniors \$105.

NEW Improve Your Writing – Virtual

Instructor: Tracy Marks

Have you ever been told that your writing is too wordy, or that you incorrectly use commas and semicolons? That you write in run-on sentences or misplace your modifiers? In this online course, you will learn how to dramatically improve your word choice, sentence structure and punctuation. You will also receive a packet of useful tips with examples to help you to continue to perfect your writing.

WIPW, 3 Thursdays, 6:45-8:45 pm. Begins February 8, Zoom, \$80/Seniors \$70.

Memoir Writing – Virtual

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. Limited to 8 students.

WMEM, 7 Wednesdays, 4:00-6:00 pm. Begins January 3, Zoom, \$200/Seniors \$175.



READING LIKE A WRITER
with Barbara Thimm, p. 28

Poetry Writing Workshop – Virtual

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. Limited to 8 students.

WPWW, 7 Wednesdays, 6:30-8:30 pm. Begins January 31, Zoom, \$200/Seniors \$175.

Japanese Aesthetics in English-language Haiku – Virtual

Instructor: Brad Bennett

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

JAIIH, 6 Tuesdays, 6:30-8:00 pm. Begins January 23, Zoom, \$130.

NEW Documenting Public Meetings with the Lexington Observer

Instructor: Lauren Feeney

How are your tax dollars being spent? What is our town doing to cut carbon emissions? What's going on in our schools? These are all issues discussed in public meetings. In Lexington alone, there are dozens of public meetings every month. In this class, you will learn how to document public meetings, including how to find schedules, agendas and advance materials for local meetings, how to interpret the jargon and abbreviations, how to take good notes, fact check, and write reports. We'll also discuss legal issues, journalistic ethics, and how to deal with our own personal biases and opinions in our reporting. The Lexington Observer covers the most important meetings and decisions, but we need your help! At the end of the course, you will be prepared to volunteer to document public meetings for the Lexington Observer.

ODLO, 1 Monday, 6:30-8:30 pm. Meets January 22, Lexington High School, \$10.

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.

COVID-19

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

Instructor Bios

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

How to Register

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

Registration Confirmations

After registering online, you will receive an email confirmation. If you register for a virtual class, you will receive a class/event login the day before.

Discounts and Scholarships

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

No-School Dates

There will be no classes on January 15, February 19-23, or March 29. 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.

Cancellation and Refund Policy

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

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

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

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

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

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


Directions to the LCE Office

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

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

Contact Info

Lexington Community Education
146 Maple Street
Lexington, Massachusetts 02420
Phone: 781.862.8043
Email: LCE@lexingtonma.org

 www.facebook.com/lexingtoncommunityed
X: @lexcommunityed



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