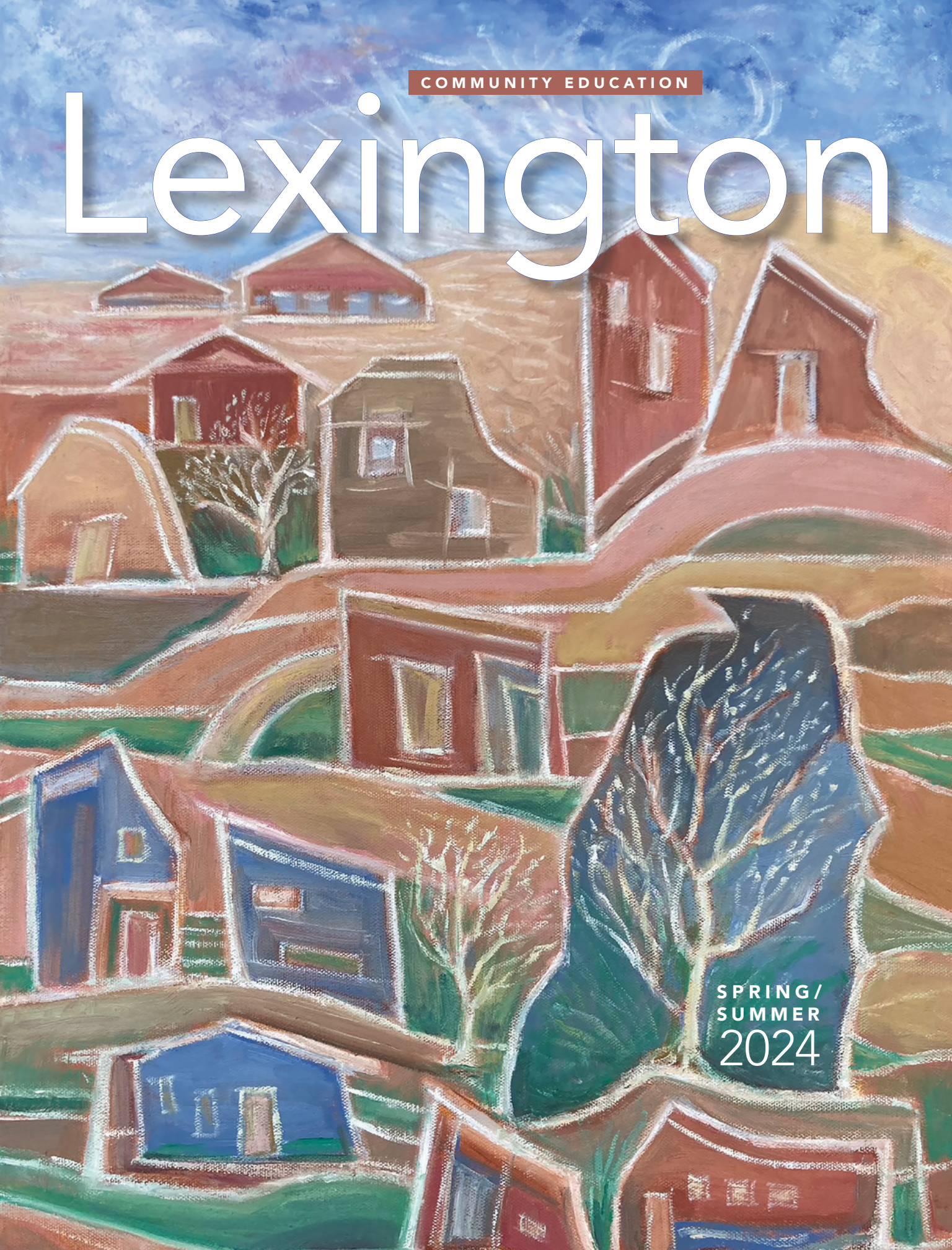


COMMUNITY EDUCATION

Lexington

SPRING/
SUMMER
2024





The Art Object

"Welcoming Community," 2024

Marcia Cooper, Newton MA

Oil on canvas, 24" x 18"

www.marciacooperart.com

My work aims to engage people to think about sustainable and diverse housing options, while prioritizing the protection of our precious natural resources.

— Marcia Cooper

Through word and work, my great mentor in the field of community education, Linda Larson-Schwartz, taught me that giving energy to building a "welcoming community" is both a baseline need, and a pinnacle goal. I honor her life and legacy with our spring cover art. Some say that life's most rewarding practice is to give ourselves completely in some positive capacity to the point of happily losing ourselves. Whatever one's philosophy, life comes equipped with daily opportunities to give and to receive. The journey comes equipped with its share of difficult losses as well, but then...even then...and without fail comes spring. Old things seem new, and new things arrive and appear transcendent and triumphant! We joyfully welcome the season of the new, and hope to see you in class.

—Craig Hall, Director



Linda Larson-Schwartz

LCE Online

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

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Lexington Public Schools

Superintendent of Schools:

Dr. Julie Hackett

LEXINGTON SCHOOL COMMITTEE

Chair: Sara Cuthbertson

Vice-Chair: Deepika Sawhney

Larry Freeman

Eileen Jay

Kathleen Lenihan

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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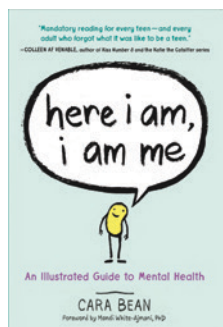
Catalog Design: Pehlke Design

Lexington Community Education presents

The Brain, the Mind, and Everything Else

WITH CARA BEAN

Saturday, June 1, 2024 • 3:00-4:30 pm • Lexington Depot,
13 Depot Square, Lexington, MA • \$10 per Student/Parent Pair
• **SCAR**



Join author-illustrator and former Lexington High School educator Cara Bean for this presentation about how an LHS seminar about mental health spawned a five-year creative journey in making a mental health graphic novel for youth. Her first book for adolescents, *Here I Am, I Am Me: An Illustrated Guide to Mental Health* is a full-color graphic novel-style adventure through the brain that demystifies and destigmatizes emotional and mental health for children

ages 12 and up. Without talking down to its readers, *Here I Am, I Am Me* doesn't pretend that teens are immune to mental health struggles and masterfully discusses difficult and crucial topics while equipping readers with mindfulness tips, specific resources, and empathetic affirmations. Readers will learn to destigmatize the conversation around mental health by reframing their thinking; learning how to use conscious language, and helping themselves and others through mental health dilemmas.



Cara Bean is a cartoonist and art educator living in Massachusetts with her husband and their dog, Raisin. She is the author of *Draw 500 Funny Faces and Features*. She provides interactive workshops on creativity with people of all ages and backgrounds in various public forums. Cara is passionate about drawing and believes that the simple act of doodling on paper can lead to the investigation of complex ideas. When she is not teaching, she makes comics that delve into poetic self introspection, playful storytelling and topics relevant to teens and teaching. Cara is currently working on comics projects that speak directly to kids and address mental health.

The Sound of Contemporary India

WITH KIRAN AHLUWALIA

Saturday, May 4, 2024 • 7:00-8:30 pm • Scottish Rite Museum, 33
Marrett Road, Lexington, MA • \$25 • **SSCI**



Two-time JUNO (Canadian Grammy) winner **Kiran Ahluwalia** is a modern exponent of the vocal styles of India and Pakistan. With roots in Sufi, Qawwali, and Punjabi Folk, she crafts her own contemporary songs that are equal parts reflective and groovy. Her organic mix of music draws from the rich tapestry of the Indian subcontinent, intertwining seamlessly with West African Blues and American Jazz.

Kiran's music is immediately cosmopolitan yet distinctively Indian and ultimately universal.



Her group is led by virtuoso guitarist **Rez Abbasi**, a name synonymous with excellence, he consistently ranks among the top-ten Guitarists in the *Downbeat* annual International Critics

Poll. Kiran and Rez are a real-life couple, one born in India, the other in Pakistan. Having grown up in the Diaspora they crossed ethnic and religious lines between their two warring motherlands to forge a profound connection in life and music. Lyrically, Kiran's songs explore the vast spectrum of human experience, addressing themes as broad as cultural intolerance in our largely immigrant society and as personal as the struggle to fully embrace female desire unburdened by shame. Over the course of seven albums, Kiran has garnered numerous awards including two JUNOs, a Canadian Folk Music Award and the UK's Songlines Award.

www.KiranMusic.com



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.

Celebrating Nature: An Introduction to Wildflowers

WITH BILL GETTE

Wednesday, May 8, 2024 • 7:00-8:30 pm • Zoom • \$15 • **SWLD**



Observing wildflowers is a joy. From early March through mid-October, one can find wildflowers with an amazing variety of blossom forms and colors, leaf shapes, and fruits. The spring ephemerals such as American Trout-lily, Bloodroot, and Sessile-leaved Bellwort break winter's spell with short-lived, but glorious blossoms. Wildflowers of nutrient-poor habitats such as Pitcher-plant and Round-leaved

Sundew construct traps to capture insects to supplement their diets. Goldenrods and Joe-Pye-weeds bring brilliant color to our late summer and fall landscapes. During this presentation, Bill Gette will explain and show images of the important plant and blossom parts (e.g., axil, sepal, nectar tub). He will show photographs illustrating important keys to identification (e.g., blossom shapes, leaf forms, leaf arrangements). With this background information, Bill will work through the identification process using *Wildflowers of New England* by Ted Elliman. Bill will conclude his talk by discussing the different strategies wildflowers have evolved to exploit their environments (e.g., parasitism, carnivorism, symbiotic relationships). Bill hopes that this introduction to wildflowers will inspire participants to take long walks in the woods, along country roads, or through fields looking for these gifts of nature.

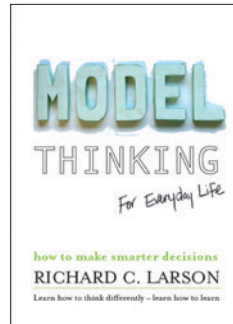


Bill Gette began leading area, domestic U.S., and international travel programs for Mass Audubon in 1986. Since then, he has traveled to all seven continents studying and photographing wildlife. He joined Mass Audubon full time in 1996 as the Founding Director of the Joppa Flats Education Center in Newburyport. At Joppa Flats, Bill developed the Birder's Certificate Program - a college level ornithology course; developed and taught the Certificate Program in Bird Ecology to train naturalist guides in Belize; and operated the Joppa Flats Bird Banding Station on the Parker River National Wildlife Refuge for over 20 years. Bill retired from Mass Audubon in 2016, but remains very active teaching workshops. He is the Past-President of the Friends of Parker River National Wildlife Refuge. Bill enjoys sharing his photographs and travel experiences through his PowerPoint presentations.

Model Thinking for Everyday Life

WITH RICHARD C. LARSON

Thursday, May 9 2014 • 7:00-8:30 pm • Lexington Depot, 13 Depot Square, Lexington MA • \$15 • **SMOD**



Every day, we're faced with decisions, both simple and complex. And all too often we seek "the answer" on Google, learning nothing from the process and locked in our own little information bubble. *Model Thinking for Everyday Life* bursts that bubble, asking us to undertake a major mind shift in our everyday thinking. The answer to many of our problems lies not in the answer itself, but in the process that leads us there. Model thinking develops our

critical thinking skills, using a framework of conceptual and mathematical concepts to help guide us to where we want to go—to full comprehension and better decisions. Richard Larson's accessible and innovative approach to model thinking sets you on the way to being a Class A model thinker.

- Active learning with pencil and paper (no computer!) requires readers to immerse themselves fully in puzzles and paradoxes drawn from science and the everyday.
- No heavy math – complex technical issues are addressed in a simple, entertaining way.
- See the world around you in terms of models, learning something new every day.

A core companion for all STEM students, from high school to post-graduate level and in research laboratories, *Model Thinking for Everyday Life* is also an absorbing and rewarding book for anyone with an inquiring mind.



Richard C. Larson's career has focused his operations research and systems expertise on a wide variety of problems, in both public and private sectors. He is author, co-author or editor of six books and author or co-author of over 175 scientific articles, primarily in the fields of urban service systems (esp. emergency response systems), disaster planning, pandemics, queueing, logistics, technology-enabled education, smart-energy houses and workforce planning. Currently Prof. Larson is principal investigator of the MIT BLOSSOMS Initiative. He continues to be actively engaged in research, especially on how Operations Research can provide insights in the monitoring and control of Covid-19 and on analyzing proposed major structural changes in the US education system.



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

An Evening in Conversation with Bina Venkataraman

Monday, May 13, 2024 • 7:00-8:30 pm • Lexington Depot, 13 Depot Square • \$15 • **SBNA**



Bina Venkataraman is an American journalist, author, and science policy expert. She is currently *The Washington Post*'s first columnist of the future. From 2019 to 2022, she served as Editorial Page Editor of *The Boston Globe*, the youngest in its 150-year history, overseeing the news organization's opinion coverage and editorial board during two presidential impeachment trials, the 2020 election, the COVID-19 pandemic, the death of

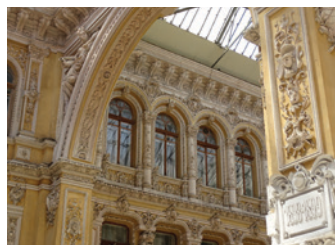
George Floyd, the Capitol insurrection, and Boston's historic 2021 mayoral election. During her tenure, the *Globe* had two Pulitzer finalists for editorial writing. She is the author of *The Optimist's Telescope: Thinking Ahead in a Reckless Age* (Riverhead, 2019), named a top business book by *The Financial Times* and a best book of the year by National Public Radio.

Bina formerly served in the Obama White House as Senior Advisor for Climate Change Innovation and shaped U.S. science and technology policy, including disease outbreak response, as the former Director of Global Policy Initiatives at the Broad Institute of Harvard and MIT and as a policy advisor to PCAST under President Obama. Since 2011, Bina has taught in the program on science, technology, and society at MIT; she also teaches at the Harvard Kennedy School. Bina is a frequent public speaker whose appearances have included the TED mainstage, NPR, Aspen Ideas, CNN, MSNBC, and university campuses around the world. She currently serves on the Advisory Board of Harvard's Shorenstein Center on the Media, Politics, and Public Policy and on the MIT Corporation's Visiting Committee on the Humanities. **This evening will be presented in conversation/ interview format with Lexington High School student, Vivek Mehta.**

The Pearl of the Black Sea: Architecture and Urban Planning of Odessa, Ukraine

WITH VALENTIN PILIAVSKY

Wednesday, May 29 & Jun 5, 2024 • 7:00-8:30 pm • Lexington Depot, 13 Depot Square, Lexington, MA • \$30 • **SPBS**



Long referred to as the "Pearl of the South," the Black Sea Ukrainian coast city of Odessa has a particular architectural style and aesthetic. Over two evenings, author, architect and expert cultural historian Valentin Pilyavskiy will explore in-depth the architecture and

urban planning of Odessa. Beginning with Khadjibey-Odessa in the context of the Northern Black Sea Region's history, we will explore the early years, ethnic communities and urban planning; the Age of Classicism: foreign and local architects, "exemplary" designs; Romanticism and Historicism of the mid-19th century; Architecture of Choice in 1870-1890s; the Industrial revolution and the city expansion at the beginning of the 20th century (Art Deco and Art Nouveau local interpretations); Odessa during the Great War, fall of the empire and following urban crisis; Search for the New Architecture (1920-1930s); WWII and reconstruction (1940-1950s); Expansion of the 1970s and early 1980s; the first decade of Ukrainian independence: privatization, corruption and construction boom; and a short summary and Odessa perspectives as seen from abroad.



By looking at the history of its development in the political, economic and cultural context of local, European and world history, we will better appreciate why Odessa's historic center is Unesco-listed, what has been damaged over the last two years of war, and what is in jeopardy of being lost. **Valentin Piliavsky** is the author of *Architects of Odessa and Buildings, Structures, Monuments of Odessa and their Architects*.

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



Around Town

NEW Teaching Your Own Community Education Class

Instructors: Karen Girondel and Craig Hall

Thinking of sharing your unique knowledge, interests and expertise with the community? Teaching a class can be rewarding on multiple levels if you know where to start and have a plan on how to get content across to a diverse adult student population. Community education is inclusive and accessible to the needs of a community, and although non-traditional and non-formal with grades and credits it is rich in rewards of sharing and connecting through ideas and life experiences. With a little bit of planning, you can teach a successful course with ease and enjoyment. We will discuss methods that work for in-person and virtual classes. Karen Girondel has been teaching for most of her adult life both as a Lexington High School teacher for over 30 years and with Lexington Community Education for over 10 years.

ATCE, 1 Thursday, 7:00-9:00 pm. Meets May 30, Lexington High School, Room 225, Free, but pre-registration is required.



FRENCH LANGUAGE AND CONVERSATION THROUGH FILM
with Karen Girondel, p. 24

Lex Music Connection

Instructor: LHS Club Student Club Leaders

Developed and led by Larine Ouyang, the Lex Music Connection is a Lexington High School student-led group of student musicians from the LHS orchestra, band and wind ensemble. The program rotates seasonal after school visits to elementary schools in Lexington and provides music appreciation classes that focus on Western Classical music with the intention to foster an appreciation and understanding of Classical music and instruments. During the program, high schoolers give lectures and demonstrate their individual instruments. Last year the program was offered at Hastings. This year it is offered for Harrington 3rd to 5th grade students on Thursday afternoons from 3:40-4:30 pm. **For more information and to have your Harrington student join, please visit: <https://sites.google.com/view/lexmusicconnection>**



Violinist Ambi Subramaniam, see below.



A Shadaj Baithak Event

*Supported by Mass Cultural Council
in collaboration Lexington Community Education*

In Memory of Ustad Alla Rakha

Saturday, Jun 8, 2024 • 6:00-9:00 pm •
Scottish Rite Museum, 33 Marrett Road,
Lexington, MA • \$30 • Information:
tickets@shadaj.org

Hailed as "the new king of Indian classical violin" by The Times of India and "India's Itzhak Perlman" by Ozy Magazine, **Ambi Subramaniam** was trained by his father and guru Dr. L. Subramaniam and has received awards and recognitions including the Ritz Icon of the Year Award, the Rotary Youth Award, and two Global Indian Music Awards.

Pravin Godkhindi is an eclectic classical flautist, performing Hindustani music on the bansuri. **Sowmiya Narayanan** is a disciple of mridangam maestro Trichy Sri Harikumar and Ghatam Sri Krishnaswami.

Amit Kavthekar is a disciple of Ustad Alla Rakha and is a leading tabla player in the US. Amit has toured extensively across the world to perform as a soloist and accompanist. Amit is a faculty of tabla at NESOM.

CARY LECTURE SERIES PRESENTS

Creating Equality of Opportunity in America: New Insights from Big Data WITH RAJ CHETTY

Saturday, April 20, 2024 • Cary Hall, 1605 Massachusetts Avenue, Lexington MA

Children's chances of earning more than their parents have fallen from 90% to 50% over the past half century in America. In his work with colleagues at Harvard, Professor Chetty asks how we can restore the American Dream of upward mobility for our children? He will discuss how and why children's chances of climbing the income ladder vary across neighborhoods, the persistence of racial disparities in economic mobility, and the role of social capital in promoting upward mobility. The talk will conclude by discussing how these research findings can be used to change policies in domains ranging from affordable housing to higher education to improve economic opportunities for all. **Raj Chetty** is the William A. Ackman Professor of Public Economics at Harvard University, Director of the nonprofit Opportunity Insights, recipient of the MacArthur "Genius" Fellowship, and one of the youngest tenured professors in Harvard history.

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!



INTRO TO LINKEDIN
with Kristen Butler, p. 32

Body & Mind

Voices on the Green

Voices on the Green, First Parish in Lexington's live storytelling and music series, presents its spring production on the theme, "Breaking the Rules," **on Friday April 12 at 7:00 PM** at First Parish in Lexington, 7 Harrington Road. If you are one of those people who believe rules are made to be broken, or have regrets about walking the straight and narrow—or if you acted to right a wrong (civil disobedience, speaking out for human rights, or more) – this show is for you! Buy tickets and find out more at <http://www.voicesonthegreen.org> ! First Parish has free parking and is handicapped accessible.



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, 6:00-7:00 pm. Meets May 29, Lexington High School, Room 224, \$5.



LEXMEDIA PRODUCTION CLASSES
this page

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

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.

Spring: MCPR, 1 Thursday, 6:00-9:00 pm. Meets April 25, Lexington High School, Room 164, \$109.

Spring: MC2PR, 1 Thursday, 6:00-9:00 pm. Meets June 13, LCE Classroom, \$109.

Summer: MCPR, 1 Thursday, 6:00-9:00 pm. Meets July 11, LCE Classroom, \$109.



Bill and Linda HAMaker teach Let's Laugh in the Spring!, this page.

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.

Spring: MSDW, 4 Wednesdays, 6:30-8:00 pm. Begins April 24, Lexington High School, Room 140, \$190.

M2SDW, 4 Wednesdays, 6:30-8:00 pm. Begins May 29, Lexington High School, Room 140, \$190.

Summer: MSDW, 4 Wednesdays, 12:30-2:00 pm. Begins June 26, Lexington High School, Room 140, \$190.

NEW Let's Laugh in the Spring! – 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, April 11, 7:00-8:30 pm, Lexington High School, Room 221, \$25.



Lexington High School Students from Lex Music Connection teach Elementary students about Western Classical Music, page 6.

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.

Spring: SLLMS, 4 Thursdays, 7:00-8:00 pm. Begins May 23, Lexington High School, Room 247, \$66/Seniors \$55.

Summer: SLLMS, 4 Tuesdays, 7:00-8:00 pm. Begins July 9, LCE Classroom, \$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 to relieve stress

and anxiety and encourage 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.

Spring: MRKI, 1 Thursday, 6:00-7:00 pm. Meets May 16, Lexington High School, Room 222, \$30.

Summer: MRKI, 1 Thursday, 6:00-7:00 pm. Meets July 18, LCE Classroom, \$30.

NEW The Fundamentals Qi Gong

Instructor: William Tang

Qi Gong has a very long history and has played a very important role in the development of traditional Chinese medicine, Chinese culture and religion. The Fundamentals of Qi Gong are derived from the fundamental physical and mental practices of meditation. They encompass gentle and deliberate movements along with training in mindfulness. By engaging in these foundational exercises, one can promote the flow of energy through the body's meridians and joints, while also enhancing the circulation of Qi and blood to prepare for subsequent meditation practice. Qi Gong not only promotes joint relaxation and enhances Qi and blood circulation, but also exhibits significant efficacy in the rehabilitation of various chronic ailments, including arthritis, hypertension, insomnia, chronic fatigue syndrome, anxiety disorders, certain chronic digestive system diseases, as well as numerous spine-related conditions.

MQGG, 8 Tuesdays, 6:30-7:30 pm. Begins April 23, Lexington High School, \$90/Seniors \$80.

NEW Breathing into Awareness, Health and Well-being – In-Person

Instructor: Lisa Jones

In this class we will discuss and sample mindful and yogic breathwork techniques, which can be beneficial in altering stress levels, energy, states of awareness, and heart/body systems regulation. Changing how we are breathing changes our experience and can change our lives as we undo unsupportive subconscious personal life patterns. Breathwork can have a variety of effects on physical and mental well-being. Breathwork has gained popularity recently and this is an opportunity to have your questions answered by an expert breathworker and be guided on breathing meditation. You'll leave with some breathing tools that could make a real difference in your life!

MBRE, 1 Saturday, 9:00-11:00 am. Meets April 20, Lexington High School, Room 220, \$35/Seniors \$30.



BEGINNERS TAI CHI & EIGHT PIECES OF BROCADE

with Lai Chan, p. 25

Remember First Names – Everyone's, Always – 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. We will do a deep dive into how the method, MemorizeBest, works for first names. It 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 is the most prominent and successful memory trainer in New England. At www.memorizebest.com, you can learn more about the training and the trainer.

MMEM, 1 Tuesday, 7:00-9:00 pm. Meets April 9, Lexington High School, Room 226, \$25/Seniors \$20.

Business and Career

NEW Rapid Recall – Memory Mastery for Business Success – In-Person

Instructor: Neil Kutzen

Gain the ultimate edge in your business with a super memory for: names, people facts, product or service information, lists and presentations, anything it will help you to know. You have two kinds of memories, your natural and your trained memory. Let's build your trained memory, whose two principles are: pictures are easier to remember than words, and silly pictures are easier to remember than serious ones. Learn to use both of these two principles and you will have a super memory. Neil Kutzen is the most prominent and successful memory trainer in New England. To learn more about him and the training, go to www.memorizebest.com.

MMRR, Thursday, 7:00-9:00 pm. Meets April 25, Lexington High School, Room 226, \$25/Seniors \$20.

JOURNAL WRITING FOR PERSONAL GROWTH *with Tracy Marks, p. 33*



Expert Breathwork teacher Lisa Jones leads a morning Saturday session, page 8.

Our Financial Courses are not intended to substitute for individual financial counseling or advice. Neither LCE or the Lexington Public Schools may give specific advice on personal investments.

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 April 16, Zoom, \$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 April 29, Lexington High School, Room 224, \$35.

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 April 23, 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. Meets May 7, Zoom, \$35.

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!

BWIL, 1 Tuesday, 7:00-9:00 pm. Meets May 14, Lexington High School, Room 229, \$35/Seniors \$30.

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 April 10, Zoom, \$35.

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 April 3, Zoom, \$35.

BLTP1, 1 Wednesday, 7:00-9:00 pm. Meets May 1, 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.

Spring: BCSS, 1 Wednesday, 6:00-8:00 pm. Meets April 10, Zoom, \$40.

BC25, 1 Wednesday, 6:00-8:00 pm. Meets May 22, Zoom, \$40.

BC35, 1 Tuesday, 6:00-8:00 pm. Meets June 18, Zoom, \$40.

Summer: BCSS, 1 Wednesday, 6:00-8:00 pm. Meets July 17, Zoom, \$40.

Seven Steps to a Successful Retirement – In-Person

Instructor: Chris Chen

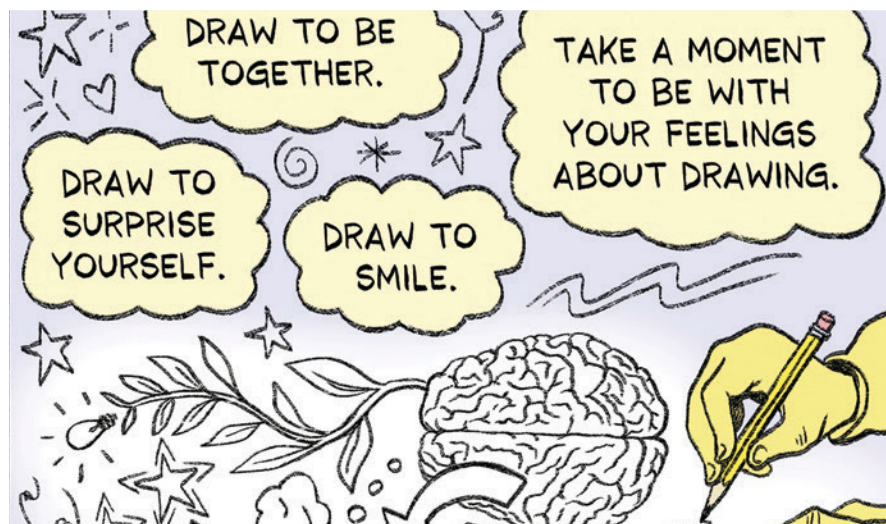
Retirement is an exciting new phase of life, but it can be a little daunting to prepare for it. This workshop will explore what you need to know to get ready for retirement. It will cover such topics as: retirement timing, social security, health care costs, transitioning your investments from accumulation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

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

NEW Beyond the Money: Finding Purpose and Pleasure in Retirement – In-Person

Instructor: Judith Kittredge and Alida Zweidler-McKay

For some the prospect of retirement is a welcome change, for others it can bring uncertainty and even anxiety. "The Golden Years" can be a time of exploration and re-invention, but success is found not just in figuring out Medicare and managing your money, but by finding joy and meaning in your daily life. Without those critical elements, the golden years can quickly become tarnished. Whether you're first thinking about retiring, have recently retired, or have been retired for some time, this class will help you find your way through the stages of this new,



Author and educator Cara Bean leads two sessions of Doodle Plus Tranquility for Grades 6-9, page 11.

Classes for Children

exciting, and sometimes challenging phase. From adjusting to a different daily routine, to finding vision and purpose, and discovering strategies for moving forward, we'll discuss the tools, structure, and support you'll need to make the most of your retirement years. The class will consist of one two-hour in-person seminar, and a one-hour follow-up session via Zoom.

BBTM, 1 Saturday, 9:00-11:00 am. Meets April 27, Lexington High School, Room 221, \$35.



SATURDAY MORNING COLLEGE BOOT CAMP

with Dr. Bruce Johnson, p. 15

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.

Spring: BDIV, 1 Wednesday, 7:00-8:30 pm. Meets May 15, Zoom, \$35.

BDI2, 1 Tuesday, 12:00-1:30 pm. Meets May 7, Zoom, \$35.

Summer: BDIV, 1 Wednesday, 7:00-8:30 pm. Meets August 7, Zoom, \$35.

BDI2, 1 Tuesday, 12:00-1:30 pm. Meets July 9, Zoom, \$35.



THE BRAIN, THE MIND, AND EVERYTHING ELSE

with Cara Bean, p. 3

Each summer LCE's Explorations program offers wonderful creative experiences that are anticipated and warmly remembered throughout the regular school year. Our Classes 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, 6:00-7:00 pm. Meets May 29, Lexington High School, Room 224, \$5.

An Introduction to the Art of Juggling – In-Person for Grades 6-9

Instructor: David Cherepov

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.

KJGG, 4 Mondays, 4:00-5:30 pm. Begins May 6, Lexington High School, \$49.

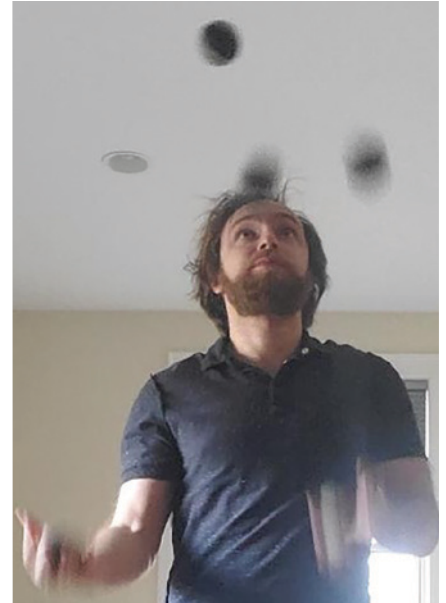
NEW Doodle Plus Tranquility (Grades 8-12) – In-Person

Instructor: Cara Bean

Do you want to have fun drawing in a relaxed environment? Does perfectionism sometimes get in your way? Join artist Cara Bean in this mindfulness doodling workshop. After beginning with a presentation about drawing types (all are embraced!), Cara guides participants through a series of calming, mindful drawing exercises. Let's discover what happens when we draw mindfully together!

KDOO, 1 Friday, 4:00-5:00 pm. Meets May 31, Lexington High School, Room 210, \$25.

KDO2, 1 Thursday, 4:00-5:00 pm. Meets June 13, Lexington High School, Room 210, \$25.



David Cherepov teaches *An Introduction to the Art of Juggling, Grades 6-9*, this page, and for adults, p. 29

Tackling Time Management for Teens – In-Person

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 April 27, Lexington High School, Room 184, \$35.

NEW SafeSitter (Grades 6-8) – In-Person

Instructor: Wicked Safety Training Instructors

SafeSitter is designed to prepare students to be safe when they're home alone, watching younger siblings, or babysitting. The instructor-led class is filled with fun games and role-playing exercises. Students will learn how to prevent unsafe situations and what to do when faced with dangers such as power failures or weather emergencies. They will learn tips that will help them stay in control of themselves and the children in their care. Students learn the ages and stages of child development, as well as practice diapering. Skills in first-aid and rescue will also be taught including choking rescue and CPR. Wicked Safety Training partners with the American Health and Safety Institute to include a First Aid and CPR certificate. Please bring lunch, snacks and water and wear comfortable clothing.

KBAB, 1 Wednesday, 10:00 am-4:00 pm. Meets April 17, Lexington High School, Room 148, \$145.

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 April 27, Zoom, \$50.

KET6, For Grades 6-9: 2 Saturdays, 10:00-11:00 am. Begins June 1, Zoom, \$50.



LCE is proud to partner with New Legacy Cultural Center for a series of exciting programs for children, pages 12 to 14.

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 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!

Please Note: if you are signing up for a Harrington class that starts at 1:15, you must also sign up for the Transition Block (KCTR) if your child will remain in the school for the time between dismissal and the start of class.

KCTR (Grades K-5 @ Harrington), 7 Fridays, 12:30-1:15 pm. Begins April 26, \$70.

KMA1 (Grade K-5 @ Bowman), 7 Mondays, 3:30-5:00 pm. Begins April 22, \$195.

KMA2 (Grade K-5 @ Bowman), Immersion Program, 8 Wednesdays, 3:30-5:00 pm. Begins April 24, \$220.

KMA3 (Grade K-5 @ Hastings), 8 Wednesdays, 3:30-5:00 pm. Begins April 24, \$220.

KMA4 (Grade K-1 @ Harrington), 7 Fridays, 1:15-2:45 pm. Begins April 26, \$195.

KMA5 (Grade 2-5 @ Harrington), 7 Fridays, 2:55-4:25 pm. Begins April 26, \$195.

STEAM FUN!

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 (Grade K-5 @ Harrington), 7 Fridays, 1:15-2:45 pm. Begins April 26, \$525

KST1 (Grade K-5 @ Harrington), 7 Fridays, 2:55-4:25 pm. Begins April 26, \$525




THINGS TO THINK ABOUT BEFORE GETTING A NEW PUPPY

with Christine Macdonald, p. 29

Unleash Your Inner Warrior Martial Art

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 (Grade 2-5 @ Harrington), 7 Fridays, 1:15-2:45 pm. Begins April 26, \$315.


KUI2 (Grade K-1 @ Harrington), 7 Fridays, 4:35-5:35 pm. Begins April 26, \$210.

ALL MUSICAL INSTRUMENTS WILL BE PROVIDED FOR USE IN THE CLASSROOM

Made possible by a grant from the Community Endowment of Lexington

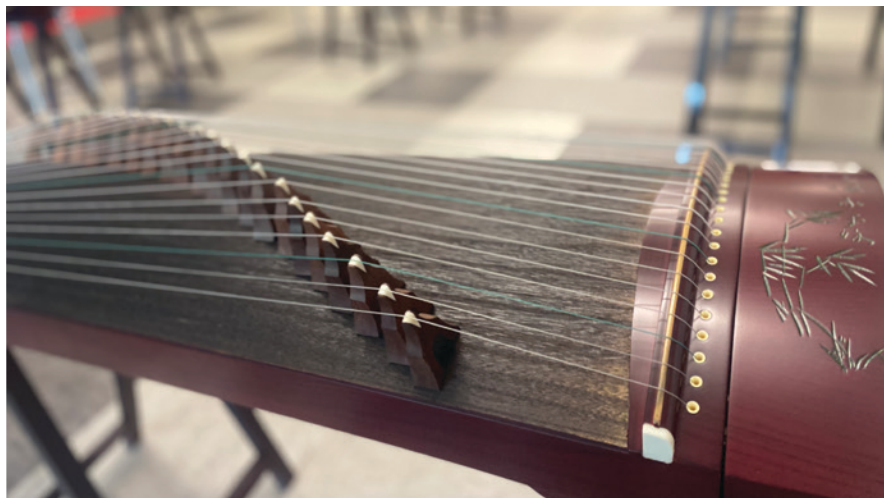
Guzheng (Chinese Zither)

Instructor: Yi Ding from New Legacy Cultural Center

 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.

KGUZ (Grades K-1 @ Harrington), 7 Fridays, 2:55-4:25 pm. Begins April 26, \$475.


KGU2 (Grades 2-5 @ Harrington), 7 Fridays, 4:35-5:35 pm. Begins April 26, \$315.



Guzheng (Chinese Zither) with New Legacy Center Teaching Staff, this page.

Erhu

Instructor: Zhantao Lin from New Legacy Cultural Center


 The Erhu, a traditional Chinese musical instrument, is widely regarded as the quintessential symbol of Chinese music. With a rich history spanning over a thousand years, it holds a significant place in China's cultural heritage. In the Tang Dynasty, it was referred to as "Xi Qin" by the ancient Chinese. The beauty of the Erhu lies in its unique ability to emulate the human voice, evoking profound emotional expressions. Initially, the Erhu was primarily used for performing folk music or accompanying operas. However, as time progressed, its versatility and enchanting qualities led to its integration as a solo instrument in bands and large ensembles. Dive into the world of Erhu, a mesmerizing two-stringed instrument, with our outstanding Erhu classes!

KERH (Grade 2-5 @ Harrington), 7 Fridays, 1:15-2:45 pm. Begins April 26, \$475.

KER2 (Grade K-1 @ Harrington), 7 Fridays, 2:55-4:25 pm. Begins April 26, \$475.

Chinese Drum

Instructor: Dr. Chi-Sun Chan from New Legacy Cultural Center

 In this class, you will learn the basics of drumming, how to play different rhythms, and how to coordinate your hands and mind. You will learn the ancient art of Chinese drumming. Dr. Chan welcomes anyone interested in


exploring the rhythmic pulse of Chinese drumming to join him on this exciting journey.

KDRM (Grade 2-5 @ Harrington), 7 Fridays, 1:15-2:45 pm. Begins April 26, \$475.

KDR2 (Grade K-1 @ Harrington), 7 Fridays, 2:55-4:25 pm. Begins April 26, \$475.

Honey Bee Digital Art

Instructor: Ana Melida Olivo from New Legacy Cultural Center

 Embark on a digital adventure with Honey Bee, exploring the limitless possibilities of creativity! Taught by animator, illustrator and RISD graduate, students will delve into the realm of digital art using the Procreate app and be introduced to basic art techniques. Level 1 students (Kindergarten - Grade 1) will learn how to draw, paint, and craft—all from the mess-free comfort of their iPads. Students will learn the basics of Procreate, following a step-by-step method that allows projects to take shape from beginning to end. Level 2 students (Grade 2-5) will learn the basics of Procreate, unleashing imagination and developing essential artistic skills. Through engaging projects, we will dive into mark-making, color theory, and shape theory with step-by-step instructions on how to create masterpieces on iPads.


KCH2 (Grade 2-5 @ Harrington), 7 Fridays, 1:15-2:45 pm. Begins April 26, \$315.

KCHC (Grade K-1 @ Harrington), 7 Fridays, 2:55-4:25 pm. Begins April 26, \$315.

College Planning & Test Preparation

Afternoon Class Combo

Instructor: New Legacy Cultural Center Teaching Staff

 Explore the perfect blend of learning and creativity with our Friday Afternoon Combo at Harrington Elementary School. This dynamic course integrates Mandarin language skills, martial arts discipline, digital art creativity, and the exciting Fusion Club.

Highlights:

1. Mandarin Marvels: Engaging language lessons and cultural exploration.
2. Martial Arts Mastery: Learn discipline, respect, and fundamental techniques.
3. Chinese Musical Instrument: Discover traditional sounds and cultural richness.
4. Digital Art Adventures: Explore graphic design and digital illustration.
5. Fusion Club Extravaganza:
 - Go Game Strategy Sessions
 - Chinese Book Reading
 - Arts and Crafts Galore

Join us for an inspiring Friday afternoon filled with education and excitement.

KAP1 (Grade K-5 @ Harrington), 7 Fridays, 1:15-5:35 pm. Begins April 26, \$699.



East Meets West Club: Go, Chinese Book reading, and Arts and Crafts Fusion

 Since our program started last fall, we have received tremendous support from our Lexington middle and high school Mandarin teachers and students. This spring Go game, Chinese calligraphy, reading and discussing Chinese Books, along with arts & crafts activities will be brought into our Fusion Cultural Club. It will be a fun and interactive classroom environment, witnessing older peers engage in activities that kids can aspire to do in the future will serve as a fantastic source of encouragement and enriching experience.

KEMW (Grade K-5 @ Harrington), 7 Fridays, 4:35-5:35 pm. Begins April 26, \$105.

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

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. Optional Text for class: *The Official Digital SAT Study Guide*, published by the College Board.

Spring: PSAM, 6 Mondays, 6:00-8:00 pm. Begins March 18, Lexington High School, Room 230, \$200.

Summer: PSAM, 5 days, 9:00-11:30 am. Begins June 24, Meets 6/25, 6/26, 6/27, and 6/28 Lexington High School, Room 230, \$200.

Reading & Writing SAT Prep – In-Person

Instructor: Rachel Lloyd

Develop inferential reading skills, vocabulary, info-graphic interpretation as well as skills in grammar, usage, word choice, sentence structure, and passage organization. Also learn valuable test-taking wisdom and testing strategies. Instruction will include practice, review, and analysis of tests. To each class, please bring *The Official Digital SAT Study Guide* and a College Board ID and password.

Spring: PESA, 6 Fridays, 3:30-5:30 pm. Begins April 26, Lexington High School, Room 230, \$200.

P2SA, 6 Wednesdays, 3:30-5:30 pm. Begins April 24, Lexington High School, Room 230, \$200.

Summer: PESA, 5 Days, 9:30 am-12:30 pm. Begins July 15, Meets 7/16, 7/17, 7/18, 7/19 Lexington High School, Room 230, \$200.

P2SA, 5 Days, 9:30 am-12:30 pm. Begins August 5, Meets 8/6, 8/7, 8/8, 8/9 Lexington High School, Room 230, \$200.

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.

Spring: PACL, 1 Thursday, 6:30-8:00 pm. Meets June 20, LCE Classroom, \$35.

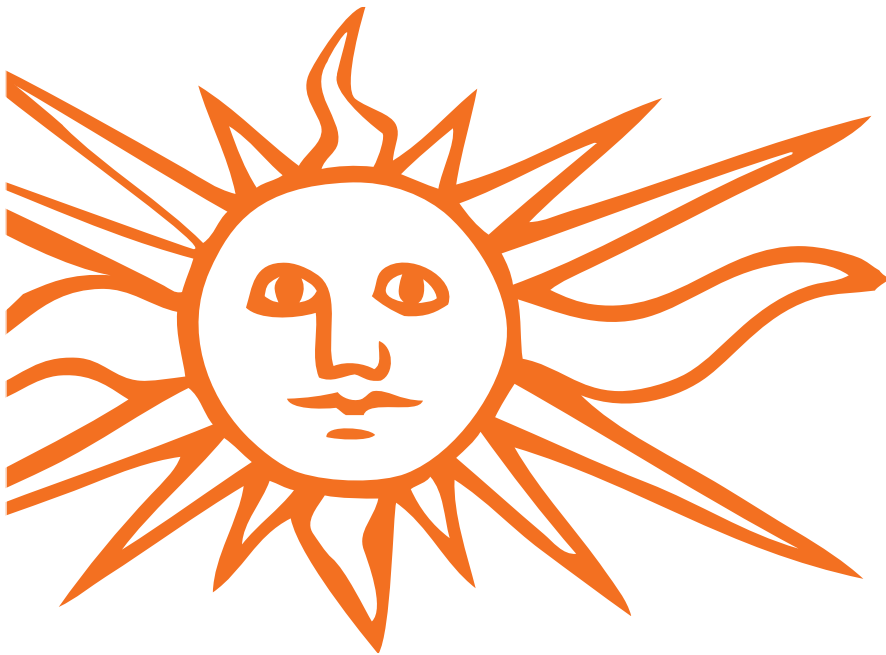
Summer: PACL, 1 Thursday, 7:00-8:30 pm. Meets July 11, Zoom, \$35.

Summer: P2ACL, 1 Saturday, 10:00-11:30 am. Meets July 13, Zoom, \$35.

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

Instructor: Dr. Bruce Johnson from BKJ College Application Consulting

Feeling the crunch regarding your college application essays? We can help you create winning college application essays! Depending on individual need, we can focus on the personal essay or supplementals. Summer is a great time to get things done and relieve some of that stress before high school starts up again in September! With years of experience successfully supporting college applicants, we've developed a method that yields outstanding essays. Short bursts of brainstorming, freewriting and individual feedback will immediately get you started.



Six weeks of summer learning and fun is on the way with *Lexplorations—LCE's Summer Children's Program for Creative & Academic Enrichment!* Visit our website for more information.

With a routine of in-class writing sessions and a bit of writing homework, coupled with timely feedback as students make revisions, we offer individualized guidance and support in crafting an essay that memorably introduces you. Admissions officers read hundreds of essays and we want to be sure that yours will stand out. Work with us and in little more than a week you will have (almost) painlessly produced an essay that presents both your authentic personality and solid writing skills. Join a small group of students for four 2-hour midday sessions (10:30 to 12:30) and then follow that up with two more individualized rounds of written feedback on drafts and two private online coaching sessions (20 minutes per session). Allowing days off between group sessions works well for students, giving you more time to write independently between sessions and lessening the stress for all involved.

Summer: PEST, 4 days, 10:30 am-12:30 pm. Begins Thursday July 18, meets 7/19, 7/22, 7/25, and two scheduled private sessions, Zoom, \$525.

Summer: PEST, 4 days, 10:30 am-12:30 pm. Begins Thursday August 8, meets 8/9, 8/12, 8/15, and two scheduled private sessions, Zoom, \$525.

NEW Saturday Morning College Application Boot Camp

Instructor: Dr. Bruce Johnson from BKJ College Application Consulting

Move ahead toward completing the Common App with the support of experienced college application coaches! We'll dive into strategizing and completing crucial sections of the Common App such as activities, honors, and additional information. Depending on individual student needs, we can also spend time working on the personal essay and supplemental essays, as well as strategizing to build constructive relationships with the colleges that you are most interested in. You'll start with a private 20-30 minute consultation before group sessions begin, then join small group sessions on four consecutive Saturday mornings, and then have access to coaches for three more 30-minute follow-up sessions in September.

PCAP, 4 Saturdays, 10:00 am - 12:00 noon. Begins August 10 and meets 8/17, 8/24, & 8/31, Zoom, \$420.



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.



DOODLE PLUS TRANQUILITY
with Cara Bean, p. 11

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 April 24, Lexington High School, Room 221, \$25.

Cooking

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 April 28, Bread Obsession Bakery, 433 Marrett Road, Lexington, \$150.

Beginning Pastry: Brioche – 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 May 5, Bread Obsession Bakery, 433 Marrett Road, Lexington, \$150.



SHAKESPEARE'S HENRY IV, PART 1
with Cammy Thomas, p. 27



Mamata Banerjee and Pratibha Shah share delicious and nutritious culinary wisdom, page 17.

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. A \$35 food fee is payable to the instructor at the first class. Portions of class may be filmed for LexMedia.

Spring: NSLV, 4 Tuesdays, 5:30-7:30 pm. Meets 4/2, 4/9, 4/23 and 4/30, LexMedia Studio Kitchen, \$185/Seniors \$170.

Summer: NSLV, 4 Tuesdays, 5:30-7:30 pm. Begins August 6, LexMedia Studio Kitchen, \$185/Seniors \$170.

NEW Korean Language through Healthy and Flavorful Cuisines – In-Person

Instructor: Youngshin Park

This linguistic culinary adventure will provide an excellent opportunity to explore both traditional and modern cuisine of Korea. While you learn the most healthy and flavorful Korean cooking recipes for dishes including the nutritious and delicious Miyeok Guk soup, savory and sweet Japchae noodles and vegetables, and Sujeonggwa cinnamon

punch, you will have the opportunity to learn useful vocabulary and expressions as well. Whether you are a chef or a beginner at both Korean language and cooking, this class will offer a delightful blend of learning, creativity, and camaraderie!

NKLF, 6 Thursdays, 10:00-11:30 am. Begins April 25, LexMedia Studio Kitchen, \$198/Seniors \$183.

NEW Chinese Steamed Bao – Virtual

Instructor: Ploy Khunisorn

Steamed buns (Bao) are a popular street food in many countries in East and Southeast Asia especially in China. They are easy to eat and provide complete nutrients in one bite. In this online interactive class, we'll make cha shu chicken bao with pickled vegetables and cabbage bao. We'll also make the dough from scratch.

NCSB, 6 Thursdays, 6:00 - 8:00 pm. Begins April 26, Zoom, \$45.

NEW Hand-Pulled Noodles from Scratch – Virtual

Instructor: Ploy Khunisorn

Hand-pulled noodles are so much fun and they are much easier to make than you would think. In this online interactive class, you will learn 2 different techniques to pull noodles. We will make 2 types of hand-pulled noodles: Biang Biang and Lamian noodles. We'll turn Biang Biang noodles into a noodle salad with chili sauce. We'll turn Lamian noodles into miso noodle soup.

NHPN, 1 Sunday, 11:00 am - 1:00 pm. Meets May 19, Zoom, \$45.



METALSMITHING BANGLES
with Karenna Maraj, p. 19

NEW Thai Street Food: Larb, Red Curry, Iced Tea – Virtual

Instructor: Ploy Khunisorn

Thai cuisine is full of aromatic ingredients, cooking styles, and dish decorations. In this online interactive class, we'll make 3 popular and delicious Thai dishes from scratch including Thai chicken salad (Larb Gai), Thai red curry with chicken, and Thai iced tea.

NTHI, 1 Wednesday, 6:00 - 8:00 pm. Meets June 5, Zoom, \$45.

NEW Traditional Wisdom, Cooking & Spices – In-Person

Instructors: Pratibha Shah and Mamata Banerjee

Ayurveda is a holistic traditional mind-body wisdom school of India. Our sessions will be taught by an Ayurveda consultant and a traditional cooking enthusiast. We will start with an introductory class covering important topics around food, nutrition, and well-being. This will be followed by demonstration-style interactive sessions with food served at the end of the class. The teachers will be using whole and fresh ingredients to show healthy yet easy and quick recipes and how to add beneficial spices such as turmeric, ginger, black pepper, and more.

NAYU, 5 Thursdays, 6:00-7:30 pm. Begins April 25, LexMedia Studio Kitchen, \$185/ Seniors \$170.

Basic Dumplings from Scratch – In-Person

Instructor: Ploy Khunisorn

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

NDUM, 1 Saturday, 11:00 am - 1:00 pm. Meets August 3, Zoom, \$45.



**POEMS THAT INSPIRE:
MARY OLIVER**
with Tracy Marks, p. 27

Thai Street Food: Vermicelli Salad, Coconut Soup, Pad Thai – In-Person

Instructor: Ploy Khunisorn

Thai cuisine is full of aromatic ingredients, cooking styles, and dish decorations. In this online interactive class, we'll make 3 popular and delicious Thai dishes from scratch including Thai vermicelli salad, Thai coconut soup, and pad Thai with chicken.

NTAI, 1 Thursday, 6:00 - 8:00 pm. Meets August 22, Zoom, \$45.

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 — and may decrease the chronic inflammation or "inflammaging" that gradually plagues us all. Samples will be provided.

MPFN, 1 Thursday, 7:00-9:00 pm. Meets April 25, Lexington High School, Room 235, \$25.

NEW Southern Indian Fare – In-Person

Instructor: Shruti Mehta

The Southern Region of India is known to the world for its coastal beauty, IT industries, and classical Indian music and dance. The food of South India, however, though quite popular in India, remains a secret to the world. Unlike the cuisine of the North, South Indian cuisine is distinguished by a greater emphasis on rice as the staple grain, the liberal use of coconut and curry leaves and particularly coconut oil. South Indian cooking is even more vegetarian-friendly than North Indian cooking and incorporates fewer spices and simpler ingredients. Come, explore this cuisine and learn to make a very popular dish called Uttapam (rice and lentil crepes made with cream of wheat, cumin and yogurt), accompanied by a filling of onion and potato bhaji (stew), spiced with ginger and chilies and seasoned with mustard seeds and urad dal. We will also make Semiya pulao where rice is substituted with vermicelli noodles cooked with vegetables and spices.

NSIF, 1 Monday, 6:30-8:30 pm. Meets April 8, LexMedia Studio Kitchen, \$45.

NEW Chai and Chaat: Indian Tea and Snacks – In-Person

Instructor: Shruti Mehta

Drinking chai or tea at various hours of day and night is a centuries old tradition in India. Indian Chai is a combination of black tea, milk, spices and sweetener, boiled together and served with savory, tangy, popular snacks. You can find Chai-wallahs (tea vendors) on every street corner, train stations, movie theaters and of course hotly debated conference rooms. Many important decisions are made over several cups of masala chai (spiced tea). Chai is often accompanied with finger-licking, pungent chaat dishes. It is never a full blown meal but is a tempting, much desired half meal that will leave you satisfied and craving for more. In this class we will prepare the masala chai. We will also make mixed vegetable pakoras (fried fritters), along with the sweet and sour dipping sauce of dates and tamarind. We will also make Aloo chaat (a medley of potatoes, onions, chickpeas with spices).

NCAC, 1 Wednesday, 6:30-8:30 pm. Meets May 22, 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 Wednesday, 7:00-8:30 pm. Meets May 29, Lexington High School, Room 143, \$35.

Creative Arts

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 Monday, 1:00-2:30 pm. Meets April 8, Zoom, \$25.



Le Sacre, France (detail) by Sarah Cupp, a student in Oil Pastels with Alma Bella Solis.

NEW Studio Painting Class – Virtual

Instructor: Linda Balek

Instruction will be given in this online class for your art regarding composition, color theory, color mixing, and more. The class will be set up so that the students' work will be viewable to the instructor so that individualized guidance can be given. Please choose the artist medium you wish to use and a photo of the subject(s) you would like to paint before the start of the class, and have your camera position readily fixed on your canvas.

ASPC, 3 Tuesdays, 10:00 am-12:00 pm. Begins April 9, Zoom, \$100.

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.

Spring: ADAC, 7 Tuesdays, 10:00 am-12:00 pm. Begins April 23, LCE Classroom or Zoom, \$155/Seniors \$140.

Summer: ADAC, 7 Tuesdays, 10:00 am-12:00 pm. Begins July 9, 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.

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

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

The Peony and the Rose with the Chinese Brush – In-Person

Instructor: Son-Mey Chiu

This spring we are going to concentrate painting the two popular flowers of

the season: the Peony and the Rose. Students will learn how to paint with the spontaneous method (意筆) and the outline method (工筆) of Chinese Painting. With this class, we shall present the paintings in various ways. Apart from painting on the traditional rice paper, students can learn how to paint on fabric such as a silk fan, or a scarf. They can also experiment painting on wood. Students will learn how to paint a spring bird and a butterfly to add more life to the paintings.

APAR, 4 Wednesdays, 1:00-3:00 pm. Begins April 24, LCE Classroom, \$125/ Seniors \$110.

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.

Spring: ACPA, 6 Mondays, 3:30-5:30 pm. Begins April 22, Zoom, \$200.

Summer: ACPA, 6 Mondays, 3:30-5:30 pm. Begins July 8, Zoom, \$200.

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.

Spring: ASPP, 6 Fridays, 3:30-5:30 pm. Begins April 26, Zoom, \$200.

Summer: ASPP, 6 Fridays, 3:30-5:30 pm. Begins July 12, 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.

Spring: ACHR, 6 Wednesdays, 3:30-5:30 pm. Begins April 24, Zoom, \$200.

Summer: ACHR, 6 Wednesdays, 3:30-5:30 pm. Begins July 10, Zoom, \$200.

NEW Metalsmithing Bangles – In-Person

Instructor: Karenn Maraj

Come learn to make beautiful bangles with an introduction to metalsmithing techniques! You will be guided step by step on how to solder, file, hammer & polish in copper, nickel or brass. Use stamps and hammers to create charms. Beginners are welcome; students with some previous experience will work on perfecting skills and learning new techniques. Most materials are included. Max 5. Please bring your reading glasses.

AMSB, 1 Monday, 6:30-8:30 pm. Meets April 8, Karenn Maraj Jewelry Collection, 95 Trapelo Road, Belmont, \$60.

NEW Metalsmithing Cabochon Stone Pendant – In-Person

Instructor: Karenn Maraj

Join us to make a beautiful pendant in this 2 week project driven curriculum. You will be guided to create a design that is pierced with a jeweler's saw, textured with hammers and embellished with a cabochon. Perfect your saw skills and set a stone in a bezel setting. Please bring a cabochon or 2 to class. Max 5. This class is for students who have taken any of the intro silversmithing classes. Please bring your reading glasses.

AMSC, 2 Thursdays, 6:30-8:30 pm. Begins May 2, Karenn Maraj Jewelry Collection, 95 Trapelo Road, Belmont, \$110.



Poet and educator Kenny Likis teaches Walt Whitman's masterwork in (Re-)Discovering Leaves of Grass, page 26.

NEW Metalsmithing Wire Wrapping – In-Person

Instructor: Karenn Maraj

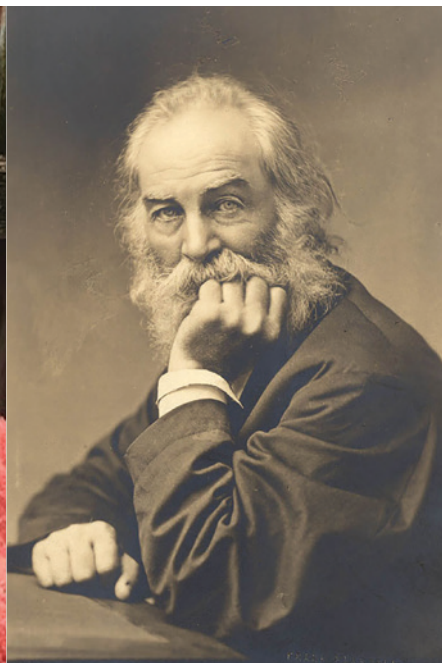
Wire working is an excellent way to create beautiful jewelry. You will learn to combine wire and beads to create a collection of jewelry pieces including a pendant, ring or earrings. Bring your own special beads or find some here. Beginners are welcome. Max 5. Please bring your reading glasses.

AMSW, 1 Thursday, 6:30-8:30 pm. Meets May 30, Karenn Maraj Jewelry Collection, 95 Trapelo Road, Belmont, \$60.

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 April 29, Lexington High School, Room 221, \$110/Seniors \$100.

NEW Pysanky Art Club April: The Krapanky – Polka Dot Egg – In-Person

Instructor: Alona Popova

Join us for "Pysanky Art Club April: The Krapanky - Polka Dot Egg" workshop, where you'll be introduced to the traditional wax-resist method of coloring eggs, as we explore various tools and techniques to adorn eggs with wax dots. Participants will create stunning polka dot designs using real chicken eggs, various tools, beeswax, candles, and vibrant color dyes. Perfect for children as young as 5 years old, kids are encouraged to join accompanied by adults. A materials fee of \$15 is payable to the instructor in class. At the end, you will be able to take home one or two eggs decorated by you.

ACUP, 1 Thursday, 5:30 pm-8:30 pm. Meets April 4, LCE Classroom, \$30.

NEW Pysanky Art Club May: Tie Dye Pysanky Egg – In-Person

Instructor: Alona Popova

Join us for the “Pysanky Art Club May: TIE DYE pysanky egg” workshop, where you’ll be introduced to the wax-resist method of decorating pysanky eggs, as well as explore various colors and their combination for the dyeing process. Using real chicken eggs, “kistka” tools, beeswax, candles, and vibrant color dyes, participants will create stunning tie-dye designs. Kids are encouraged to join, accompanied by adults. A materials fee of \$15 is payable to the instructor in class. At the end, you will be able to take home one or two eggs decorated by you.

A2CUP, 1 Tuesday, 5:30 pm-8:30 pm.
Meets May 21, LCE Classroom, \$30.

NEW Pysanky Art Club June: Summer Natural Dyes vs Aniline Dyes – In-Person

Instructor: Alona Popova

Join us for the “Pysanky Art Club June: Summer Natural Dyes vs Aniline dyes” pysanky workshop, where you’ll discover the wax-resist method while exploring the differences between natural and aniline dyes. Materials will be provided, including real chicken eggs, “kistka” tools, beeswax, candles, and an array of vibrant dyes. Kids are warmly welcomed to participate, accompanied by adults. A materials fee of \$15 is required and payable to the instructor during class. By the end of the workshop, you’ll proudly take home one or two beautifully decorated eggs crafted by your own hands.

A3CUP, 1 Wednesday, 5:30 pm-8:30 pm.
Meets June 26, LCE Classroom, \$30.



WOMEN'S FRIENDSHIPS
with Tracy Marks, p. 26

Pysanky Art Club July: Lemko Style Pysanky – In-Person

Instructor: Alona Popova

Join us for the “Pysanky Art Club July: Lemko Style Pysanky” workshop, where you’ll discover the drop-pull and wax-resist method in decorating pysanky eggs. Using a simple pin-head and matches instead of “kistka”, participants will

place molten drops of wax onto the egg surface and pull them to create a variety of designs and patterns. Kids are warmly welcomed to participate, accompanied by adults. A materials fee of \$15 is required and payable to the instructor during class. By the end of the workshop, you’ll proudly take home one or two beautifully decorated eggs crafted by your own hands.

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



KOREAN LANGUAGE THROUGH CUISINES
with Youngshin Park, p. 16

NEW Pysanky Art Club August: Tree of Life – Ukrainian Egg Decorating – In-Person

Instructor: Alona Popova

Join the “Pysanky Art Club August: Tree of Life - Ukrainian Egg Decorating Workshop” for a unique learning experience with a folk Ukrainian artist. Explore the symbolic “Tree of Life” motif on Pysanky eggs while creating your masterpiece using traditional wax-resist methods. All materials provided. Children are welcome with adults, making it a perfect family activity. A \$15 materials fee is required, payable to the instructor during class. Take home your beautifully decorated eggs at the end.

A5CUP, 1 Wednesday, 5:30 pm-8:30 pm.
Meets August 21, LCE Classroom, \$30.

Introduction to Felt Making – In-Person

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 (needled) and wet techniques, through weekly projects presented in class. This class is appropriate for beginners or those with some previous felt making experience. All materials will be supplied at a cost of \$60 per student, to be paid directly to the instructor at the first class. Students will occasionally be asked to bring additional supplies from home, such as containers and towels.

AIFM, 6 Mondays, 1:00 pm-4:00 pm.
Begins April 22, LCE Classroom, \$190/
Seniors \$175.

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

Communicating in English – 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 April 24, LCE Classroom, \$170/
Seniors \$155.



Rick Calleja teaches Communicating in English – In-Person, this page.

Evening English – Level 2 – In-Person

Instructor: Rosemary Previte

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

LE2E, 8 Thursdays, 6:00 - 8:00 pm. Begins April 11, Lexington High School, Room 224, \$180/Seniors \$165.

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 April 22, Lexington High School, Room 229, \$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 April 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 April 24, Lexington High School, Room 220, \$155/Seniors \$140.



**BREATHING INTO AWARENESS,
HEALTH & WELL-BEING**
with Lisa Jones, p. 8



Alona Popova leads classes on Pysanky Art and Egg decoration, facing page.

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.

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

Summer: LITS, 9 Tuesdays, 6:30-8:00 pm. Begins July 9, 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 April 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 April 4, Lexington High School, Room 220, \$185/Seniors \$170.

Beginning Italian – Virtual

Instructor: Barry Bridgell

This program is designed to give beginning students a practical command of the Italian language. Upon completion of the course, you will be able to discuss everyday activities and describe situations using the present tense. You can also expect to be able to read and write elementary texts such as a simple letter. Topics include pronunciation, adjectives, expressions of date and quantity, indefinite and definite articles, and first conjugation -are verbs (Prego chapters Preliminary-2). The course is largely conducted in Italian. You will need to purchase the Prego textbook (editions 6, 7 or 8).

LBIT, 8 Tuesdays, 6:15-7:30 pm. Begins April 23, Zoom, \$199.

Intermediate Italian II – Virtual

Instructor: Barry Bridgell

This course is for students who have completed *Intermediate Italian I* or others who have a solid foundation in the language, including reflexive verbs, indirect and direct object pronouns, expressions of time and duration, and simple and articulated prepositions. Upon completion of this level, students should be able to discuss topics including health, travel, holidays and business using the present and past tenses. This level continues to emphasize the improvement of oral comprehension and creative expression. Topics introduced will include reflexive verbs, imperfect tense versus passato prossimo, tonal pronouns, comparatives and superlatives, and simple future tense (Prego chapters 7-8). You will need to purchase the Prego textbook (editions 6, 7 or 8).

LIIT, 6 Mondays, 6:00-7:15 pm. Begins April 29, Zoom, \$150.



Michael Spicher, PhD explores *Beauty As A Basic Good*, page 28.

Italian Caffè Level I – Virtual

Instructor: Barry Bridgell

This program conducted largely 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 and futuro semplice (Prego textbook, chapters 5-13).

LICO, 8 Wednesdays, 5:00-6:00 pm. Begins April 24, Zoom, \$160.



LET'S LAUGH IN THE SPRING
with Linda and Bill Hamaker, p. 7

Italian Caffè Level III – Virtual

Instructor: Barry Bridgell

This program, conducted largely 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, condizionale presente, present and imperfect subjunctive (Prego textbook chapters 6-17).

LDCO, 5 Thursdays, 6:30-7:45 pm. Begins April 25, Zoom, \$125.

Italian Book Caffè Level II – Virtual

Instructor: Barry Bridgell

This program is designed for students who are already proficient in the skills taught in all previous levels and who want to increase their conversational and reading abilities. Conducted entirely in Italian, this course provides students with an opportunity to markedly improve their speaking and listening skills. In this section, we will read 'Sarai mio' by Sonia Ognibene (available in paperback or on Kindle). Lessons will entail book discussion and advanced grammar topics.

LIBC, 5 Mondays, 5:00-6:00 pm. Begins April 22, Zoom, \$99.

Beginner French I – 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.

Spring: LBFR, 8 Mondays, 4:30-6:30 pm. Begins April 29, Zoom, \$200.

Summer: LBFR, 8 Mondays, 4:30-6:30 pm. Begins July 8, Zoom, \$200.



**CHAI AND CHAAT:
INDIAN TEA AND SNACKS**
with Shruti Mehta, p. 17

Beginner French II – 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.

Spring: LDBF, 8 Fridays, 9:30-11:30 am. Begins May 3, Zoom, \$200.

Summer: LDBF, 8 Fridays, 9:30-11:30 am. Begins July 12, Zoom, \$200.

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 more are presented. Students learn how to communicate with simple sentences in applicable situations. Spontaneous exercises are used to reinforce knowledge and detect areas for review. Please purchase the college-level textbook online or from a bookstore prior to the first class: *Contacts, Valette/Valette*, 8th Edition.

Spring: LBF32, 8 Tuesdays, 7:00-9:00 pm. Begins April 30, Zoom, \$200.

LBF35, 8 Thursdays, 7:00-9:00 pm. Begins May 2, Zoom, \$200.

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

LBF35, 8 Thursdays, 7:00-9:00 pm. Begins July 11, Zoom, \$200.

Intermediate French I – Virtual

Instructor: Maurice Bombrun

Intermediate I French is for students who have studied the basic concepts of pronunciation, grammar and vocabulary, future, conditional and subjunctive tenses. The course reviews the foundations and expands the language patterns and grammatical structures. Verb tenses are reviewed and more are added. Vocabulary is enhanced further through simple conversation, readings, and exercises. Students learn how to communicate with simple sentences in applicable situations. Spontaneous exercises are used to reinforce knowledge and detect areas for review. Please purchase the textbook online or from a bookstore prior to the first class: *Grammaire progressive du français A2 B1*, CLE International, ISBN 978 209 038103 0.

Spring: LBFI, 8 Tuesdays, 11:00 am-1:00 pm. Begins April 30, Zoom, \$200.

Summer: LBFI, 8 Tuesdays, 11:00 am-1:00 pm. Begins July 9, Zoom, \$200.

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. Verb tenses are reviewed and more are presented. Students learn how to communicate with simple sentences in applicable situations. Spontaneous exercises are used to reinforce knowledge and detect areas for review. The textbook *Grammaire progressive du français B1 B2*, CLE International, ISBN 978-2090381979, should be purchased online prior to the first class.

Spring: LDIF, 8 Thursdays, 1:00-3:00 pm. Begins May 2, Zoom, \$200.

Summer: LDIF, 8 Thursdays, 1:00-3:00 pm. Begins July 11, Zoom, \$200.

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.

Spring: LLFC, 8 Wednesdays, 7:00-9:00 pm. Begins May 1, Zoom, \$200

LFCW, 8 Thursdays, 9:30-11:30 am. Begins May 2, Zoom, \$200.

Summer, LLFC 8 Wednesdays, 7:00-9:00 pm. Begins July 10, Zoom, \$200

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



THAI STREET FOOD

with Ploy Khunisorn, p. 16

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.

Spring: LFPL, 8 Thursdays, 3:30-5:30 pm. Begins May 2, Zoom, \$200.

Summer: LFPL, 8 Thursdays, 3:30-5:30 pm. Begins July 11, Zoom, \$200.



BEGINNING PASTRY: BRIOCHE

with Varda Haimo, p. 16

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.

Spring: LFCA, 8 Tuesdays, 9:00-11:00 am. Begins April 30, Zoom, \$200.

Summer: LFCA, 8 Tuesdays, 9:00-11:00 am. Begins July 9, Zoom, \$200.

Exercise and Dance

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 April 9, Zoom, \$150/Seniors \$135.

LHCC, 7 Wednesdays, 7:00-9:00 pm.
Begins April 10, Zoom, \$150/Seniors \$135.



PYSANKY ART CLUB
with Alona Popova, p. 19-20

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 April 10, 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 April 11, Zoom, \$170/Seniors \$155.



POWER 8: STRENGTH TRAINING FOR YOUR HEALTH
with John Deming, p. 26

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

NEW Advanced Tai Chi & Push-hands II – In-Person

Instructor: Virginia Payne

This class is a continuation of the "Advanced Tai Chi & Push-Hands" class, and the students will learn Tai Chi double-hand Push-Hands, while reviewing the single-hand 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.

ETCH, 10 Thursdays, 5:30-6:45 pm. Begins April 11, Lexington High School, Room 140, \$210/Seniors \$195.

NEW Tai Chi III & Eight Pieces of Brocade – 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 "Tai Chi III" class. Students will continue to learn the 2nd Section of the form, while reviewing what we had learned in the "Tai Chi II" class. The 108-move Tai Chi form will be further refined 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.

ETCB, 10 Tuesdays, 5:00-6:00 pm. Begins April 9, Lexington High School, Room 140, \$210/Seniors \$195.



Amy Stix teaches Zumba® – In-Person, p. 26.

NEW Beginners Tai Chi & Eight Pieces of Brocade – In-Person

Instructor: Lai Chan

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

EVTI, 10 Tuesdays, 6:00-7:00 pm. Begins April 9, Lexington High School, Room 140, \$210/Seniors \$195.



RAPID RECALL
with Neil Kutzen, p. 9

Gentle Yoga and Yoga for Osteoporosis – In-Person

Instructor: Mary Wixted

This gentle yoga class is designed to introduce students to the ways that yoga can help maintain bone health. Students will be taught the 12-minute daily yoga sequence which was studied by Dr. Loren Fishman and shown to build bone density, as reported in The New York Times. Dr. Fishman was a student of the yoga master BKS Iyengar and his work is partly based on his teachings. As a nationally certified Iyengar yoga teacher, Mary is qualified to teach the alignment principles which keep students safe and maximize the benefits of the poses. This class would also be an excellent choice for those looking for a gentle yoga class.

EOST, 10 Tuesdays, 11:00 am-12:30 pm. Begins April 9, Hybrid: Hancock Church or Zoom, \$175.

Iyengar Yoga – In-Person

Instructor: Mary Wixted

Been curious about why so many people are taking yoga in the United States? Come enjoy a yoga class taught in the Iyengar method of yoga. The Iyengar method is to yoga what classical ballet is to dance. It is a progressive offering of the yoga postures designed to provide a safe and an ever-deepening practice which opens and strengthens the body while drawing the mind into a meditative state. Props will be used to make the postures accessible. Please note: there is no class on September 21.

EYEN, 10 Tuesdays, 9:15-10:45 am. Begins April 9, Hybrid: Hancock Church or Zoom, \$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.

Spring: EYF2, 10 Fridays, 10:00-11:15 am. Begins April 12, Hancock Church, \$200/ Seniors \$185. (No Class 6/7)

Summer: EYF2, 3 Fridays, 10:00-11:15 am. Begins July 12, Hancock Church, \$60/ Seniors \$50.

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, without compromising on the wellness they deliver. The format changes from one week to another, allowing for variation and multiplicity in poses. The yoga you take home will allow customization to suit your mood and needs. Dress comfortably and bring your own mat.

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

EHYO, 8 Wednesdays, 6:30-7:30 pm. Begins April 10, Zoom, \$135/Seniors \$120.

Summer: E2HYO, 8 Mondays, 6:30-7:30 pm. Begins July 8, Zoom, \$135/Seniors \$120.

EHYO, 8 Wednesdays, 6:30-7:30 pm. Begins July 10, Zoom, \$135/Seniors \$120.



Amruta Puntambekar teaches BollyX for Women, page 26.

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.

Spring: ECHR, 8 Saturdays, 10:00-11:00 am. Begins April 13, Zoom, \$135/Seniors \$120.

Summer: ECHR, 8 Saturdays, 10:00-11:00 am. Begins July 13, Zoom, \$135/Seniors \$120.

NEW BollyX for Women – In-Person

Instructor: Amruta Puntambekar

From ancient dance forms to modern film screens the dance moves and traditions of India create opportunities for fitness, expression and fun. This spring you are invited to dance and “jam with your new BollyX fam” as we learn moves and enjoy bhangra beats and bollywood songs. Each class will cover - warm up, fun dance workouts and stretching. No prior bollywood style dancing experience required. Just wear your workout/running shoes and comfortable dance/exercise attire.

EBOL, 8 Tuesdays, 6:00-7:00 pm, Begins April 23, Bowman Elementary, \$140/Seniors \$130.

Power 8: Strength Training for Your Health – In-Person

Instructor: John Deming

Welcome to Power8: A full-body strength workout that can be done daily in only 8 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 April 24, Lexington High School, Room 140, \$45.

Line Dance Mix – In-Person

Instructor: Carolisa of Moonlight Dj’s

Move, Groove, and be ready to have FUN with friends! Warm up with some of the best pop and dance classics, set to simple routines and using easy moves to get loose on the dancefloor. Although we won’t have a mirror ball, we’ll review all the “party” line dances you’ll need so you can jump in at the next wedding or party! Plus we’ll learn an Irish dance, a Greek dance, a barn dance, some country and more. Wear sneakers without too much tread; bring water! Beginners Welcome!

ELDM, 5 Wednesdays, 6:30-7:30 pm. Begins May 1, Hancock Church, \$75.

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, 11 Mondays, 7:00-8:00 pm. Begins April 15, Hancock Church, \$190/Seniors \$175.

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 (Re-)Discovering Leaves of Grass – Virtual

Instructor: Kenny Likis

In his preface to *Leaves of Grass*, Walt Whitman tells us to “read these poems in the open air every season of every year” and our “very flesh shall be a great poem and have the richest fluency.” Many of us have likely missed a few seasons and a few years, but here’s a chance to catch up and discover/rediscovers the balm Whitman promised. The final edition of *Leaves of Grass* contains 383 poems. But we are going to read the first edition, which contains just twelve untitled poems, beginning with what later became known as “Song of Myself.” We will devote two classes to “Song of Myself” and one class to selections from the remaining eleven poems, starting with what became known as “I Sing the Body Electric.” We will explore the poems by reading them aloud together and sharing our insights. Our goal will be to come to our own understandings of why Emerson declared the original *Leaves of Grass* to be “the most extraordinary piece of wit & wisdom that America has yet contributed.”

HLOF, 3 Sessions, 10:30 am-12:30 pm. Begins May 14, meets 5/16, 5/21, Zoom, \$95/Seniors \$80.

NEW Women’s Friendships – Virtual

Instructor: Tracy Marks

For women, friendships are usually very important and become increasingly important later in life. In this supportive mini-course, we’ll learn about, share and discuss issues that women tend to experience with each other. Possible topics include: forming deeper connections, vulnerability, lack of reciprocity, nurturance, differing expectations, handling rejection, unresolved anger, and loss. We’ll also consider the issues that can result when friendships become our primary relationships.

HWFF, 2 Mondays, 6:45-8:45 pm. Begins June 10, Zoom, \$60/Seniors \$50.

**NEW Shakespeare's Henry IV
Part 1 – Virtual**

Instructor: Cammy Thomas

As the play opens, Henry IV faces civil war across the kingdom he seized from Richard II. He gets no help from his disgraceful son, Prince Hal, who spends all his time carousing in taverns with the fat old bawdy knight, Falstaff. Here's what Falstaff says about honor: "Can Honour set to a leg? No. Or an arm? No. Or take away the grief of a wound? No. Honour hath no skill in surgery then? No. What is Honour? A word. What is that word 'honour'? Air." If honor is air, how build a society? How will Prince Hal navigate between these two powerful father figures? We'll consider and discuss the play's questions, looking at some film clips along the way. No background in Shakespeare is needed.

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

NEW The Poetry of Edna St. Vincent Millay – Virtual

Instructor: Tracy Marks

Edna St. Vincent Millay, one of the most popular poets of the early 20th century, is known for her romantic lyrical poetry—as well as her numerous love affairs! But apart from her focus on love, longing and loss, Millay celebrated nature. As a political activist, she also wrote poems of social consciousness, often protesting injustice. In two evenings, we'll be reading and discussing more than a dozen of her poems, which will be provided to students in pdf format.

HPES, 2 Thursdays, 6:45-8:45 pm. Begins April 11, Zoom, \$60/Seniors \$50.

NEW Poems of the Sixties, Seventies and Eighties – Virtual

Instructor: Tracy Marks

The 1960s, 70s and 80s were a particularly rich time for poetry, especially locally, due to hundreds of readings heard by noteworthy poets. In this mini-course, we'll read and discuss poems by seven exceptional poets from these decades, some who continued to publish into the 21st century. Collections of poems by Atwood, Baraka (Jones), Bly, Ferlinghetti, Levertov, Piercy and Rich will be provided.

HPOS, 2 Tuesdays, 6:45-8:45 pm. Begins June 4, Zoom, \$60/Seniors \$50.



Lenny Prado, PhD, teaches Did Moses Really Say...? An Introduction to the Pentateuch, this page.

**NEW Pride and Prejudice:
Character and Conflict – Virtual**

Instructor: Tracy Marks

Did you know that *Pride and Prejudice* is regarded as one of the top ten greatest books of all time? Not only a comedy and romance, Jane Austen's most famous novel is a multi-layered character study, revealing how her hero and heroine struggle and overcome their inner obstacles to love. This course will begin with an introduction to the English Regency period. Our focus, however, will be reading and discussing *Pride and Prejudice*, as well as viewing brief clips from several film adaptations. We will pay special attention to character development, especially how the main characters gain self-awareness as a result of conflict. Please read the first 15 (short!) chapters before the first class. Recommended: *The Annotated Pride and Prejudice* by Austen and Shapard.

HPAP, 5 Fridays, 12:30-2:30 pm. Begins July 12, Zoom, \$140/Seniors \$125.

**NEW The God of Small Things:
A 20th Century Masterpiece – Virtual**

Instructor: Tracy Marks

The *God of Small Things* by activist Arundhati Roy is a Booker Prize-winning classic, notable for its sensuous, lyrical prose. It is also a brilliant exploration of the impact of caste issues and a child's death on a southern India family. Background details provided in class, discussion, and audio recordings will help readers appreciate the depth and beauty of this haunting novel, which Roy meant to be read as if one were peeling the layers of an onion. Please read the first 75 pages by the first class.

HGOS, 4 Thursdays, 6:45-8:45 pm. Begins August 8, Zoom, \$120/Seniors \$105.

**NEW Poems That Inspire:
Mary Oliver – Virtual**

Instructor: Tracy Marks

Mary Oliver, Pulitzer Prize winner and beloved poet of nature, is one of the most popular and inspirational poets of the past forty years. Combining keen observation of nature with a romantic sense of wonder, she lyrically expressed the wisdom she gained through her daily walks in woods and wetlands. Together, on zoom, we'll read and reflect on about fifteen of her poems, which will be sent to students in pdf format.

HPMO, 2 Thursdays, 6:45-8:45 pm. Begins July 11, Zoom, \$60/Seniors \$50.

**NEW Did Moses Really Say...?
An Introduction to the
Pentateuch – In-Person**

Instructor: Lenny Prado, PhD

The Pentateuch, also known as the Torah, consists of the first five books of the Hebrew Bible/Old Testament: Genesis, Exodus, Leviticus, Numbers, and Deuteronomy. Together, these books recount the early history of the Israelite people, spanning the creation of the world and humanity to the death of Moses prior to the Israelites entering the land of Canaan. In this introductory course, we will explore these five books, surveying their different literary genres and themes, their diverse theological perspectives, and questions surrounding their authorship. By taking a historical approach to these books, we will discuss questions such as: "Who wrote these books?", "Are these stories unique or do we find similar stories outside of the Pentateuch?", "Is there evidence that the exodus from Egypt happened?", "Are there contradictions in these books?" Whether you're a lifelong Bible reader or embarking on your first journey through the Bible, this course will provide a stimulating exploration of the Pentateuch's timeless narratives, profound theological insights, and enduring relevance to contemporary life.

HM&S, 8 Wednesdays, 6:30-8:00 pm. Begins April 10, Lexington High School, \$120/Seniors \$110.



LEARN TO MEDITATE
with Richard Geller, p. 8

Home, Hobbies and Travel

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.

NEW Weather-Wise – In-Person

Instructor: Frank SanFillippo

Are you interested in how the weather works, and what drives our crazy, but always interesting New England "wait a minute" weather? Come enjoy this fun, no stress weather course! Lots of easy, fun hands-on activities, informative videos, a guest speaker by a meteorologist, and a meet-up/field trip to the Blue Hill Observatory, the oldest, continuously operating weather observatory in the country! Course is appropriate for those ages 9 to adult.

FWEW, 8 Tuesdays, 6:30-8:30 pm. Begins April 30, Lexington High School, Room 235, \$170/Seniors \$155.

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 April 25, Zoom, \$40.



**SELF-DEFENSE & AWARENESS
TRAINING FOR WOMEN**
with Charles Crayton, p. 7



Frank Procopio teaches On the Road Again: New England Golf Guide & Travel – In-Person, p. 29.

Transforming 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 creative 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 transform ourselves and our world. We will read and discuss *The World's Religions* by Huston Smith and *The World's Wisdom* by Phillip Novak.

MWSS, 5 Mondays, 7:00-9:00 pm. Begins April 1, Zoom, \$125/Seniors \$110.

NEW Reading Like a Writer: Short Prose – Virtual

Instructor: Barbara Thimm

In this course, we will practice reading through the eyes of a writer. By reading short prose texts such as prose poems, flash fiction and micro-essays, we will ask what techniques writers use to craft a literary text into a "living utterance with immediacy and texture" (Nancy Walker).

A series of guided reflections will help us enrich our reading habits and become more aware of the layers of literary prose. Aspiring and experienced writers are welcome—as are passionate readers and curious minds!

HRWP, 3 Tuesdays, 6:30-8:30 pm. Begins April 30, Zoom, \$95/Seniors \$80.

Beauty As A Basic Good – Virtual

Instructor: Michael Spicher, PhD.

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.

SBAB, 1 Thursday, 7:00-8:30 pm. Meets April 4, Zoom, \$15.

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 May 14, Lexington High School, Room 148, \$65.

Off the Beaten Path Hikes: Foss Farm in Carlisle – In-Person

Instructor: Gregory Leschishin

Foss Farm is a 57-acre parcel purchased in 1971 for conservation and recreation purposes. Mr. Foss farmed the land growing asparagus and other crops. The house that Mr. Foss owned on Bedford Road was built in 1739 by one of Robert Blood's grandsons, Simon Blood. Today, parts of Foss Farm continue to be used for agriculture. There are community gardens and a local farmer grows feed for his dairy cows. There are several hiking trails that we will do, including one that closely follows the Concord River.

OBFF, 1 Sunday, 11:30 am-2:00 pm. Meets May 5, \$39.



CELEBRATING NATURE: AN INTRODUCTION TO WILDFLOWERS
with Bill Gette, p. 4

Off the Beaten Path Hikes: Camp Acton – In-Person

Instructor: Gregory Leschishin

Camp Acton Conservation Land is one of three contiguous conservation lands totaling over 400 acres that form Acton's largest protected natural area. The Boy Scouts had an active camp for years... before membership declined as did

interest in this area. It is now home to several trails that will feature various New England vegetation as well as a variety of birds and mammals. We will traverse several trails that will also criss-cross a rugged brook.

OBCA, 1 Sunday, 11:30 am-2:00 pm. Meets June 9, \$39.

NEW Introduction to Birdwatching – Virtual

Instructor: Bill Gette

Since 1986, Bill Gette, Founding Director of Mass Audubon's Joppa Flats Education Center in Newburyport, has been introducing people to the exciting world of birds through his *Introduction to Birdwatching* workshops. During this presentation, you will learn why birding is so popular; review basic information every new birder should know to get started; outline a method for working through the identification process most effectively; explain why a sense of place and time is so important; and outline the many aids to bird identification, both physical and behavioral. This richly illustrated presentation is appropriate for both beginning and intermediate birders and anyone interested in experiencing the beauty and diversity of wildlife in our area. There will be time for questions during and after the presentation.

FIBW, 1 Thursday 7:00-8:15 pm. Meets May 30, Zoom, \$15.

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 April 30, Zoom, \$20.

An Introduction to the Art of Juggling – In-Person for Adults

Instructor: David Cherepov

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, 6:30-8:00 pm. Begins May 8, Bowman School Gym, \$49.



CHINESE BRUSH: THE PEONY AND THE ROSE
with Son-Mey Chiu, p. 18

On the Road Again: New England Golf Guide & Travel – In-Person

Instructor: Frank Procopio

The game of golf has the unique ability to both excite and relax players and fans simultaneously, offering inspiration, exercise of body and mind, and a healthy dose of escape from the stressors of everyday life. Since 1989, the New England Golf Guide® has been the region's leading source of golf course information, ratings, and coupons, presenting the definitive guide to New England golf. Avid golfer and writer Frank Procopio has visited and reviewed nearly all of New England's 610 courses for the guide. This evening he will talk about the best routes and roads leading to resorts, restaurants, and locations ranging from quaint to cosmopolitan, as well as the most well-reviewed golf courses of New England. Additionally he will answer questions related to the game of golf and the courses. Whether you are a novice or a seasoned pro, this talk will better equip you to plan your next great golf getaway. Tuition covers the cost of two participants.

SGLF, 1 Thursday, 6:30-8:00 pm. Meets May 2, Lexington High School, Room 230, \$15.



POETRY WRITING WORKSHOP
with Tom Daley, p. 34

Music Appreciation

NEW The Poetry of Popular Song – Virtual

Instructor: Brian M. O'Connell

This is a four-part series that looks at the relationship between lyrics and melodies in four areas of American popular music: musical theater, classic standard tunes, folk music, and modern era tunes. One of the fascinating aspects of many popular songs (from many genres) is the use of poetry and poetic devices to enhance the musical effect. One key reason is that rhyming words help us to remember the text/story. Another is the pleasing effect that poetry has upon our collective 'ears' – we admire the wit and craft of a gifted lyricist. The purpose of this presentation is to delve a bit more deeply into the poetry itself and as we listen to the tunes that we know and love we will find a fresh appreciation for them. Part I: Musical Theater. We will discuss and listen to a wide range of tunes from various time periods. Part II: The Great American Songbook. These are the "standard" tunes that we all remember and that have been performed for generations by hundreds of musicians. Part III: Folk Tunes Old and New. This presentation will look at traditional tunes (Spirituals, sea chanties and work songs) and then follow the explosion of "new folk tunes," Part IV: The Modern Era. As American music kept evolving in the later part of the 1900's from its roots in folk, blues, gospel, and doo-wop, there emerged a younger generation of singer/songwriters that fall under the umbrella of what is called rock music.

HPSL, 4 Wednesdays, 7:00-8:30 pm.
Begins April 24, Zoom, \$85/Senior \$75.

NEW A Puccini Duo and A Menotti Drama - Virtual

Instructor: David Collins

The spring opera class will celebrate 2 Puccini works: the world famous 'Madama Butterfly' and his lesser known lyric comedy "La Rondine" both featured on HD in theaters and the Italian-American composer Gian Carlo Menotti's musical drama "The Consul". We begin with Puccini's "La Rondine", which was written after "Madame Butterfly" and "The Girl of the Golden West". Starring in this sentimental story of early love and its parting of ways will be Angela Gheorghiu



Ken Willinger teaches A Listener's Guide to the Jazz Guitar – In-Person, this page.

and Robert Alagna. Though less well known as an opera, "La Rondine" contains the famous soprano aria "Che il bel sogno di Doretta" ("Doretta's Dream"). We continue with Puccini's well known Japanese Tragedy "Madama Butterfly" with a score full of melody. We will compare Frédéric Mitterrand's filmed production starring Ying Huang and Richard Troxell with Anthony Minghella's MET production starring Patricia Racette and Marcello Giordani. Our final opera is Gian Carlo Menotti's Drama Critics' Circle Award and Pulitzer Prize winning musical drama "The Consul". The opera tells the timely story of the danger when bureaucracy becomes the face of dictatorship. This opera opened at the Shubert Theater in Philadelphia and starred Patricia Neway, who will also sing the role in our DVD.

HVTO, 3 Tuesdays, 6:30-9:15 pm. Begins April 9, Meets 5/7 and 6/4, Zoom, \$100/ Seniors \$85.



Don't miss The Sound of Contemporary India with Kiran Ahluwalia, master guitarist Rez Abbasi, and an incredible international band, page 3.

NEW Four Weeks on The Fab Four: Harmony, Melody & Rhythm of the Beatles

Instructor: Hunter Holmes

Beyond the mop tops and pop phenomenon of Beatlemania, and the shifting cultural milieu of the 1960s, the music of the Fab Four is structurally brilliant, beautiful, and sure to stand the test of time in the way of a Bach or Basie. How and why does the music of the Beatles stand apart...both breaking the mold of what came before and forever re-arranging the way pop hooks and harmony are considered and composed? Led by a multi-instrumentalist (guitar, piano, bass guitar, drums, voice), educator and professional musician we will examine and learn the why and how behind a variety of enduring Beatles songs. Bring an acoustic instrument (or an instrument with a practice size amp) as we learn some of the foundational theory, harmony, melody and rhythms of the Fab Four. While a basic working/playing knowledge of your instrument is recommended, this class is also open to non-musicians and Beatles fans who are interested in the song structure and lyrical motifs of the lads from Liverpool.

MBA, 4 Tuesdays, 7:00-8:30 pm. Begins May 7, Lexington High School, Room 235, \$110/Seniors \$95.



WEATHER-WISE

with Frank SanFillippo, p. 28

A Listener's Guide to the Jazz Guitar – In-Person

Instructor: Ken Willinger

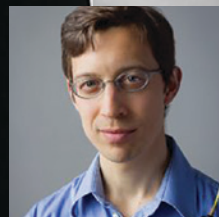
From "keeping time" in big bands and jazz combos, to the unaccompanied recordings of George Van Eps and Joe Pass, to the modern stylings of players like Vic Juris, Pat Martino, Sheryl Bailey and Dave Stryker, the evolution of the guitar in the Jazz genre has been rapid and remarkable. Join us as we take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

HGIT, 1 Wednesday, 7:00-9:00 pm. Meets May 2, LexMedia, 1001 Main Campus Dr., Lexington, \$25.

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/>



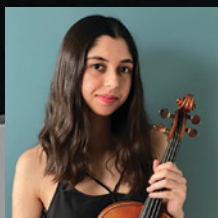
Ben Fox
Oboe



Brenda Bishop,
Voice



Annina Hsieh, Voice,
Beginning Piano



Simone Cartales
Violin, Viola



Chris Belluscio
Trumpet



Hunter Farley
Tuba



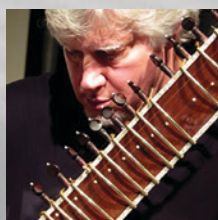
Brian Kane
Saxophone



Ellen Donohue-Saltman
French Horn



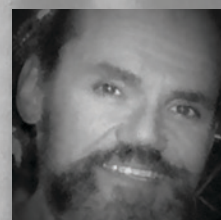
Greg Gettel
Trumpet



David Whetstone
Sitar



Rui Xu
Double Bass



Robert Butler
Guitar



Jerry Vejmolá
Sax, Clarinet



Jessica Lizak
Flute



Libor Dudas,
Piano



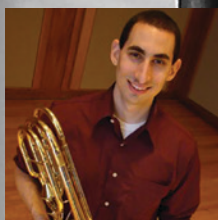
Jim Lattini
Drumset/Percussion



Nancy Radnofsky
Clarinet



Julia Chung
Piano



Phil Hyman
Trombone/
Euphonium



Pauline Jung
Flute

Technology

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 April 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 May 1, 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 May 8, Hybrid: Zoom or Lexington High School, Room 221, \$45

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 May 15, Hybrid: Zoom or Lexington High School, Room 221, \$45



Hongxiang Wang teaches Beginning Mandarin for adults, page 21.

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 May 22, 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 May 29, Hybrid: Zoom or Lexington High School, Room 221, \$45.

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.



STAYING SAFE ONLINE
with Kristen Butler, this page

Writing

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

Journal Writing for Personal Growth – Virtual

Instructor: Tracy Marks

Through journal writing about your personal experiences, you can gain insight about yourself, and catalyze both inner and outer change. In this class on Zoom, guided by an experienced transformational counselor and author, you will engage in a variety of inspiring writing exercises which you can shape into any form you choose and optionally share in a supportive environment. Weekly themes will be chosen by students from such possibilities as: revisiting peak experiences, asking the right questions, confronting personal challenges, envisioning the future, writing unsent letters, and clarifying life lessons learned.

WJPG, 4 Thursdays, 6:45-8:45 pm. Begins May 2, Zoom, \$110/Seniors \$95.

NEW You Can Write Poetry! – Virtual

Instructor: Tracy Marks

Whether or not you've ever written poetry, you are likely to discover a talent you didn't know you have as you write in three unique forms of only 2-3 lines each. The Afghan landay, Korean sijo and American lune, based upon counting syllables, may appeal to you at least as much as the syllabic 5-7-5 haiku. In one evening, you'll learn about these three forms, read examples, write half a dozen poems, and optionally share them with our classmates.

WYCW, 1 Thursday, 6:45-8:45 pm. Meets August 1, Zoom, \$25/Seniors \$20.



Bill Gette leads *Celebrating Nature: An Introduction to Wildflowers* (page 4) and *Birdwatching* (page 29).



Chandreyee Lahiri leads *Flash Fiction for the Doubtful Writer*, below.

NEW Words! Words! Words! – Virtual

Instructor: Tracy Marks

Wouldn't you like to improve your writing by learning to choose more concrete, precise words and avoid clichés? To write more vividly, and from the five senses? To discover and eliminate the unnecessary words that may detract from clear, straightforward writing? Come and join us for an evening of wordcraft tips that will invigorate your writing.

WMWW, 1 Wednesday, 6:45-8:45 pm. Meets August 14, Zoom, \$25/Seniors \$20.

NEW The Art of Sentence Construction – Virtual

Instructor: Tracy Marks

Contrary to "the Hemingway myth", writing short sentences is not necessarily better than writing long sentences. But do you know the art of clear and impactful long sentence construction? The rhythmic effectiveness of varying sentence length? Do you need to learn how to avoid dangling modifiers, misplaced pronouns, passive voice and run-on sentences? In one evening, we'll cover all these topics, which will help you to significantly improve your writing.

WASC, 1 Wednesday, 6:45-8:45 pm. Meets August 21, Zoom, \$25/Seniors \$20.



MODEL THINKING FOR EVERYDAY LIFE

with Richard C. Larson, p. 4

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 Hemingway—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 April 8, Zoom, \$120/Seniors \$105.

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 April 3, Zoom, \$200/Seniors \$185.

Daytime 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 6 students.

W2MEM, 7 Fridays, 12:30-2:00 pm. Begins April 26, Zoom, \$195/Seniors \$180.

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 May 1, Zoom, \$200/Seniors \$185.



William Tang teaches The Fundamentals of Qi Gong, page 8.



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.**



**TEACHING YOUR OWN
COMMUNITY EDUCATION CLASS**
with Karen Gironde & Craig Hall, p. 6

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

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

Discounts and Scholarships

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

No-School Dates

There will be no classes April 15 - 19, May 27, or June 19. 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.

Directions to the LCE Office

Lexington Community Education is located at the LPS Central Office at 146 Maple Street. Vehicle Access is via 328 Lowell Street. As you enter the driveway, continue past the Harrington Elementary School building. The LPS 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.

Directions to Lexington High School

Lexington High School is located near the corner of Waltham Street and Worthen Road. Enter through the main entrance via the parking lot on Worthen Road.

Directions to LexMedia Studios

LexMedia is located at 1001 Main Campus Drive. Please visit their website for detailed directions.

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



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