

COMMUNITY EDUCATION

Lexington



AUTUMN
2024



The Art Object

"Something Is Being Done," 2024

Meredith Bergmann

Bronze, 12' x 16' x 4"

Granite plaza 28' diameter

Commissioned by LexSeeHer

lexseeher.com

Photograph © Benjamin Cheung

Cover photograph © Craig Hall

It is a great honor to once again feature the vision, craft and artistry of sculptor Meredith Bergmann on our autumn 2024 cover. Her "Something is Being Done" monument is a work of genius on many levels. And while the vision was gathered and brought to form through the heart, mind and hands of the artist, it made its way first through the brilliant women of the LexSeeHer organization. LexSeeHer recognized the need and remembered the names, actions and stories of *twenty-four bold Lexington women who, when faced with injustice or seemingly insurmountable obstacles, determined that "Something Must Be Done."* Powerful in its size, scope and material and in its brilliant, gentle blend in harmony with its natural surroundings, the monument informs, honors and inspires, bridging time from Abigail Harrington to Janet Haas.

In addition to honoring the women represented, "Something Is Being Done" asks us to consider what must be done in our own lives to continue to make things better. In many ways the process of community education follows a trajectory similar to sculpture. First by recognizing a desire or need, and then by choosing a direction that seems fitting to meet it, we as students do the challenging, healthy and ultimately rewarding work of dedicating time to study. Sculpting the stuff of the mind, trusting the process, and intentionally scripting and narrating the story of our own lives, we shape the masterwork of self in relation to the world around us.

May the educational offerings in the following pages provide plenty of raw material for discovery and exploration of self in community.

— Craig Hall, Director

LCE Online

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

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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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Special thanks to Jessica McGarvie for her outstanding energy, dedication, and hard work during Summer Explorations, 2024!

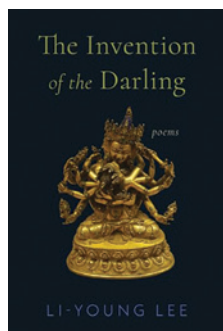
Catalog Design: Pehlke Design

Lexington Community Education presents

The Invention of the Darling: An Evening of Poetry

WITH LI-YOUNG LEE

Monday, October 28, 2024 • 7:00-8:30 pm • Lexington Depot,
13 Depot Square, Lexington • \$15 • **SLYL**



Through the observation and translation of often unassuming and silent moments, the poetry of Li-Young Lee gives clear voice to the solemn and extraordinary beauty found within humanity. By employing hauntingly lyrical skill and astute poetic awareness, Lee allows silence, sound, form, and spirit to emerge brilliantly onto the page. His poetry reveals a dialogue between the eternal and the temporal, and accentuates the joys and sorrows of family, home, loss,

exile, and love. Born in 1957 of Chinese parents in Jakarta, Indonesia, Lee learned early about loss and exile. His great grandfather was China's first republican President; and his father, a deeply religious Christian, was physician to Communist leader Mao Tse-Tung. After the establishment of the People's Republic of China in 1949, Lee's parents escaped to Indonesia. In 1959, his father, after spending a year as a political prisoner in President Sukarno's jails, fled Indonesia with his family to escape anti-Chinese sentiment. After a five-year trek through Hong Kong, Macau, and Japan, they settled in the United States in 1964.



Li-Young Lee is the author of six critically acclaimed books of poetry, most recently *The Invention of the Darling* (W. W. Norton, 2024), *The Undressing* (W.W Norton, 2018), *Behind My Eyes* (W.W. Norton, 2008), and a chapbook *The Word From His Song* (BOA Editions, 2016). His earlier collections are *Book of My Nights* (BOA Editions, 2001); *Rose* (BOA, 1986), winner of the Delmore Schwartz Memorial Award from New York University; *The City in Which I Love You* (BOA, 1991), the 1990 Lamont Poetry Selection; and a memoir entitled *The Winged Seed: A Remembrance* (Simon and Schuster, 1995), which received an American Book Award from the Before Columbus Foundation and was reissued by BOA Editions in 2012. His translation of the *Dao De Jing* is forthcoming in October 2024.

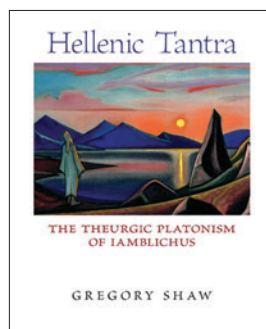
The views of our presenters and instructors do not necessarily represent the views of Lexington Community Education, the Lexington Public Schools and/or its employees.

THE FIVEASH LEGACY LECTURE

Hellenic Tantra: The Hidden Wisdom of Platonism

WITH GREGORY SHAW

Thursday, October 10, 2024 • 7:00-8:30 pm • Lexington Depot,
13 Depot Square, Lexington • \$15 • **SFHS**



In his latest book *Hellenic Tantra*, Gregory Shaw argues that scholarship on later Platonism has been misled by a dualist worldview. The theurgic Platonists in the school of Iamblichus (4th century CE) did not ascend out of their bodies to be united with the gods—as is the common belief—but allowed the gods to descend into their bodies. By comparing embodied deification in theurgy to Tantric traditions of

embodied deification, Gregory Shaw allows us to understand the power and charisma of the last Platonic teachers. *Hellenic Tantra* reveals a living Platonism that has been hidden from us.



Gregory Shaw is Professor of Religious Studies at Stonehill College, Massachusetts. He is the author of *Theurgy and the Soul: The Neoplatonism of Iamblichus* and several articles on the later Neoplatonists.



The Fiveash Legacy Lecture is intended to honor and keep vital the memory and teaching legacy of Dr. Michael Fiveash, a long time and much loved Lexington High School teacher. Dr. Fiveash taught Latin, Mythology and Classics for decades at LHS, and encouraged students in the love of literature and language; inspiring them to seek substance and depth by internalizing meaning found in the myths and wisdom storehouses of Classical literature. There are now two Lexington scholarships established in Michael's name. The first is for students intending to study the Classics at the college level, and the second is for LHS teachers who inspire the hearts and minds of students in similar ways.



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.**

Making Meaning and Memories: The Creation of the Lexington Women's Monument

FEATURING ARTIST MEREDITH BERGMANN WITH
PANELISTS INCLUDING CELESTE FREEMAN, VICE
PRESIDENT OF COMMUNITY OUTREACH, AND JESSIE
STEIGERWALD, LEXSEEHER PRESIDENT AND AUTHOR OF
THE BOOK "SOMETHING IS BEING DONE"

Tuesday, October 15, 2024 • 7:00-8:30 pm • Lexington Depot,
13 Depot Square, Lexington, MA • \$15 • **SMMM**



This special panel event features sculptor Meredith Bergmann, designer of the newly unveiled Lexington Women's Monument. The work is called "Something Is Being Done" and this panel will include both descendants of women commemorated in the monument, as well as members of the LexSeeHer Research Team. The monument recognizes more than twenty women and girls. Learn

more about both the creation of the monument, and the way community members have engaged with the work since the unveiling.



Meredith Bergmann with Martha Wood and Celeste Freeman.

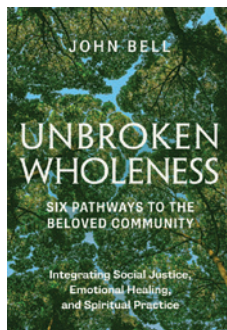
For over 40 years, **Meredith Bergmann** has been making sculpture that deals with complex themes in an accessible, beautiful, and provocative way. Working within the tradition of narrative sculpture, she draws on her love of history of art, literature, and mythology to make the past speak to the

present. Blending the sensuality and power of representational sculpture with her own subtle sense of mischief, her work evokes multilayered responses. She works on both public and private monuments, exploring issues of history, social justice, race, human rights, different abilities, and the power of music and poetry. Her work has been shown in more than two dozen exhibitions and appears in over a dozen institutional collections. Her public commissions include the Boston Women's Memorial on Commonwealth Avenue in the Back Bay, the Women's Rights Pioneers Monument in New York City's Central Park, the FDR Hope Memorial in Roosevelt Island, and The Lexington Women's Monument.

Unbroken Wholeness: Six Pathways to the Beloved Community

INTEGRATING SOCIAL JUSTICE, EMOTIONAL HEALING,
AND SPIRITUAL PRACTICE WITH JOHN BELL

Tuesday, September 24, 2024 • 7:00-8:30 pm • Follen Church
Society, 755 Massachusetts Ave, Lexington • \$15 • **SBELL**



Unbroken Wholeness brings an integrated lens of social justice, trauma healing, and spiritual practice to the work we do in the world and the pressing concerns of our times. Collectively, these writings help us access a view of the world as unbroken, even in the face of obvious suffering and disharmony. With searching questions and easy-to-follow practices, *Unbroken Wholeness* offers a way for activists to apply mindfulness and insight to bring about healing for

seemingly intractable social divisions. "Skillfully handling our emotional pain about the world while cultivating a joyful and kind heart helps us navigate the troubled waters of our life," says John Bell. Continuing the peace work of his teacher, the Vietnamese social activist and Zen master Thich Nhat Hanh, John Bell brings forward the importance of cultivating a practical yet visionary, ennobling view of humankind when engaging in the "mud" of daily difficulties that gives rise to the lotus of an enlightened, compassionate heart.



John Bell an educator, activist, writer, and a Buddhist Dharma Teacher based in the Boston area. He came to social justice work through the civil rights and peace movements of the 1960s. He has 40 years of experience in the youth field as a teacher, counselor, community organizer, leadership trainer, and director. He is a founding staff member of three youth leadership organizations: Youth Action Program (in 1978) in East Harlem; Children of War (in 1984), an international youth leadership organization working with youth from 15 different war zones; and YouthBuild USA (in 1988), where he served as Vice President for Leadership Development and Training until 2015. He helped grow YouthBuild into an international nonprofit with 350 programs in 15 countries that works with young people who have dropped out of school and provides them with further education, leadership skills, and vocational training building tangible community assets like affordable housing. He has expertise in youth leadership development, peer counseling and healing, and diversity, and has done training and consulting work for the Peace Corps in Africa and South America. Bell is also an ordained Buddhist Dharma Teacher in the Plum Village tradition of Thich Nhat Hanh. In this role, he has taught meditation, offered retreats, served on the boards of the North American Dharma Teachers Association; ARISE, the racial justice initiative; Earth Holder Community, the earth justice initiative; and most recently, the Beloved Community Circles, a mindfulness-based action network.



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

Into the Ether: Life, Death and the Illusion of Choice

THE EXTRAORDINARY LIFE AND DEATH OF KATE BANKS: REFLECTIONS FROM A GRIEVING, GRATEFUL SISTER WITH AMY BANKS, MD

Saturday, October 19, 2024 • 7:00-8:30 pm • Follen Church Society, 755 Massachusetts Ave, Lexington • \$15 • **SITE**



Kate Banks, renowned children's book author, "chose" to end her life by voluntary assisted death on February 24, 2024. She died peacefully within minutes ending a two-year odyssey with stage 4 neuroendocrine cancer. Before her death, she asked her sister Amy to share this extraordinary experience and to help people talk about death, not just the grief of losing a loved one but about the inevitability

we all share in leaving our physical bodies. She believed, at her core, that death was an extension of life, a transition that all living beings experience. During Kate's battle with cancer, she began writing poetry seriously. As she described her creative process, she was literally channeling universal energies and wisdom onto the page. In stunning detail and profound prose she wrote of pivotal moments in her own life that shaped her earthly mind and body. She hoped to be around till its publication date, however, when it was clear her time in this body was coming to an end, she asked her sister, Amy, to usher the poetry and her wisdom into the world.



Join **Amy Banks MD**, a Lexington psychiatrist, author, teacher and fellow soul searcher in an exploration—through stories, images and Kate's posthumously published book of poetry, *Into the Ether*—of the life, death and wisdom of Kate Banks, a prolific children's book author, energy healer, wife, mother, sister, daughter, aunt... and poet.

The Lion Women of Tehran

WITH MARJAN KAMALI

Monday, October 21, 2024 • 7:00-8:30 pm • Lexington Depot, 13 Depot Square, Lexington • \$15 • **SLWT**



From the nationally bestselling author of the "powerful, heartbreaking" (Shelf Awareness) *The Stationery Shop*, a heartfelt, epic new novel of friendship, betrayal, and redemption set against three transformative decades in Tehran, Iran. Written with Marjan Kamali's signature "evocative, devastating, and hauntingly beautiful" (Whitney Scherer, author of *The Age of Light*) prose, *The Lion Women of Tehran* is a sweeping exploration of how profoundly we are shaped by those

we meet when we are young, and the way love and courage transforms our lives.



Marjan Kamali, born in Turkey to Iranian parents, spent her childhood in Kenya, Germany, Turkey, Iran, and the United States. She holds degrees from UC Berkeley, Columbia University, and New York University. She is the 2022 recipient of the National

Endowment for the Arts Creative Writing Award. She is the author of *The Lion Women of Tehran*, *The Stationery Shop*, and *Together Tea*.

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



Japanese Gardens in France

WITH AIDA YUEN WONG

Wednesday, November 6, 2024 • 7:00-8:30 pm • Lexington High School • \$15 • **SJIF**



This talk delves into the philosophical and cultural components of three Japanese-style gardens in France: Monet's garden in Giverny, Le Parc Oriental in Maulévrier (the largest Japanese garden in Europe), and the Japanese garden at the Albert Kahn Museum in Boulogne-Billancourt near Paris. Constructed during the height of Japonisme, between the late nineteenth and early twentieth

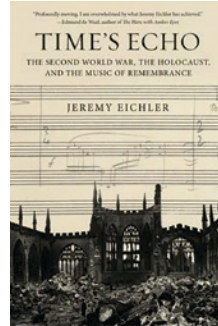
centuries, these gardens draw on the "stroll gardens with ponds" tradition in Japanese landscaping. These tranquil sanctuaries not only reflect the stylistic principles of Japanese garden design but also underscore the profound cross-cultural exchanges that influenced their creation. The lecture will explore how these gardens serve as a testament to the enduring appeal and adaptability of Japanese garden aesthetics, their role in fostering a deeper appreciation for nature, and their contribution to the cultural landscape of France.

Aida Yuen Wong is Nathan Cummings and Robert B. and Beatrice C. Mayer Professor in Fine Arts and East Asian Studies as well as the Head of the Division of the Creative Arts at Brandeis University, Waltham MA. Among Prof. Wong's research interests are Japanese gardens, East Asian calligraphy, Chinese fashion history, and Franco-Asian connections in modern art.

Time's Echo: The Second World War, the Holocaust, and the Music of Remembrance

WITH JEREMY EICHLER

Monday, December 16, 2024 • 7:00-8:30 pm • Follen Church Society, 755 Massachusetts Ave, Lexington • \$15 • **SECH**



When it comes to how societies remember increasingly distant dreams and catastrophes, we often think of history books, archives, documentaries, or memorials carved from stone. But in *Time's Echo*, the award-winning critic and cultural historian Jeremy Eichler makes a passionate and revelatory case for the power of music as culture's memory, an art form uniquely capable of carrying forward meaning from the past. With a critic's ear, a scholar's erudition, and a novelist's eye

for detail, Eichler shows how four towering composers—Richard Strauss, Arnold Schoenberg, Dmitri Shostakovich, and Benjamin Britten—lived through the era of the Second World War and the Holocaust and later transformed their experiences into deeply moving, transcendent works of music, scores that echo lost time. Summoning the supporting testimony of writers, poets, philosophers, musicians, and everyday citizens, Eichler reveals how the essence of an entire epoch has been inscribed in these sounds and stories. Along the way, he visits key locations central to the music's creation, from the ruins of Coventry Cathedral to the site of the Babi Yar ravine in Kyiv. As the living memory of the Second World War fades, *Time's Echo* proposes new ways of *listening* to history, and learning to hear between its notes the resonances of what another era has written, heard, dreamed, hoped, and mourned. A lyrical narrative full of insight and compassion, this book deepens how we think about the legacies of war, the presence of the past, and the renewed promise of art for our lives today.



PHOTO BY TOM KATES

An award-winning critic and cultural historian, **Jeremy Eichler** currently serves as the chief classical music critic of *The Boston Globe*. He is the recipient of an ASCAP Deems Taylor Award for writing published in *The New Yorker*, a fellowship at Harvard University's Radcliffe Institute for Advanced Study, and a Public Scholars grant from the National Endowment for the Humanities. Formerly a critic for *The New York Times* and a contributor to many other national publications, he holds a Ph.D. in modern European history from Columbia University. For more information, please visit timesecho.com.

Bluegrass Music Through the Years

WITH THE SPLINTERS

Saturday, November 2, 2024 • 7:30-9:30 pm • Follen Church Society, 755 Massachusetts Ave, Lexington • \$15 • **SPLI**



The program surveys bluegrass music from its roots in early country and fiddle/banjo music to more progressive acoustic music with the same instrumentation. The Splinters cover old time fiddle tunes and The Carter Family to Bill Monroe, Flatt and Scruggs, The Stanley Brothers, and

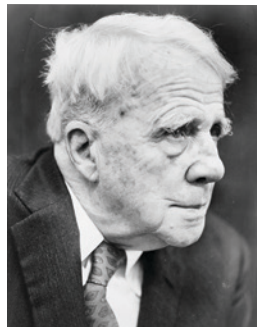
other traditional bands, landing in more progressive groups such as David Grisman, Bela Fleck, and modern 'old time' like John Hartford and Andrew Marlin. Participants will learn about these different styles of music and what makes them unique, but part of the same fabric. We will also discuss the role of each instrument in the group and how that creates the whole sound you experience. There will be plenty of music involved.

The Splinters, a bluegrass and old-time string band from Massachusetts, deliver a relentless groove to accompany their tight 3-part harmonies. Tom Pritchard (fiddle) brings the heat to his fiddle playing. J Johnson (mandolin) adds a jazzy flair to his breaks. Chris Reckling (guitar, banjo) picks solid rhythm and punchy leads on top of Garrett Wallace's grooving bass fiddle. A Splinters set veers from straight ahead bluegrass to traditional fiddle tunes and back, with the occasional detour into a modern song. They released their first album as a quartet, "Grey Owl". Their second album, "In the Pale Moonlight", was released in August, 2023. Both are available on all major streaming platforms and on Bandcamp.

An Evening of Poems by Robert Frost

WITH STEPHEN COLLINS

Tuesday, September 17, 2024 • 7:00-8:30 pm • Lexington Depot, 13 Depot Square, Lexington • \$20 • **SFRO**



Join us for a unique, interactive performance that begins with a short biographical introduction into the poet's life. Robert Frost is greatly misunderstood. Certain people, some academics, and politicians included have tried to pigeonhole him, however, Frost is far more complicated than the surface indicates. This is, after all, a man who voted for Eugene Debs, one of the best known Socialists of the United

States, but was vehemently opposed to Franklin Roosevelt and "The New Deal". It is this man that is seen in his poems that are often dialectic between chaos and order. As part of the evening "A Tuft of Flowers," "Mending Wall," "Birches," "After Apple Picking," "Acquainted with the Night," and "Desert Places" will be discussed. Stephen is hoping that people will come having read these poems, willing to discuss them. The performance closes with a dramatic reading of Frost's masterful use of blank verse in the hauntingly memorable, "The Death of the Hired Man."



Stephen Collins grew up in Cambridge and received a BA in Literature from UMass Boston. After twenty plus years in a sales career, he is back doing what he truly loves—performing and teaching. Recently he has been teaching seminars on Whitman, Hardy, Shakespeare, Frost, and Contemporary Poetry at various locations.

Around Town

Beats for Bobbie: Fundraiser for the Robert J. Rivera Scholarship Fund

In 2022 Lexington Community Education lost an incredible instructor, featured musician, and longtime friend of the program in the person of Robert Rivera. As a musician Robert was equally gifted in his ability to perform and teach on cello and bass guitar. The care and connection he made with his listeners and students to and through music was second to none. From arranging recitals, to talking about music as a metaphor for life, to taking pride in his students as they achieved milestones in music and other pursuits, Robert cared for students in a way that was genuine and will be forever remembered, honored, and missed. In an effort to secure a LHS scholarship fund in Robert's name, we invite you to a special tribute concert honoring Robert and his life, music, and teaching. The tribute will feature poetry and music performed by friends and former students, and promises to be as uplifting as it is reflective. Donations are welcome and will be accepted at the event and proceeds will go toward the Robert Rivera scholarship to raise money for a permanent scholarship for music or STEM careers for any Lexington school student. While there is no charge for this tribute event, online fee-free pre-registration is helpful and appreciated.

AB4B, Saturday, 7:00-8:30 pm. Meets October 26, Follen Church Society, \$20.

*A Shadaj Baithak event
supported by Mass Cultural Council*

Young Maestros of Hindustani Classical Music

Saturday, Oct. 5 2024, 5 pm – 9 pm
Pilgrim Congregational Church

55 Coolidge Ave., Lexington, MA 02421
Abhishek Borkar (Sarod), Manas Kumar (Violin), S Akash (Flute), Yashwant Vaishnav (Tabla), Amit Kavthekar (Tabla)

Concert: First Half: Manas Kumar (Violin), S Akash (Flute), Amit Kavthekar (Tabla)
Second Half: Abhishek Borkar (Sarod), Yashwant Vaishnav (Tabla)

Tickets: \$30. For more info or to book tickets visit: <https://shadaj.org/>

NEW Teaching Your Own Community Education Class

Instructor: Karen Gironde 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 Gironde 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, 7:00-8:30 pm. Meets October 24, Lexington High School, Room 235, *Free, but pre-registration is required.*



**ART IN THE OPEN: PUBLIC ART
FROM BRONZES TO BILLBOARDS**
with Paul Angiolillo, p. 21

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. This autumn it is offered for Bowman 3rd to 5th grade students on Thursday afternoons from 3:40-4:30 pm. **For more information and to have your Bowman student join, please visit: <https://sites.google.com/view/lexmusicconnection>**



Robert Rivera Scholarship Concert, this page.

Voices on the Green Presents "Better Together!"

November 22, 2024 • 7:00 pm

Voices on the Green, a live storytelling and music series now in its seventh season, is partnering with the Lexington 250 Celebrations Committee to present the first of four shows this fall. The program is supported by a grant from the Community Endowment for Lexington and will take place at First Parish in Lexington (7 Harrington Road) at 7 PM. The theme, in keeping with the spirit of Lexington in 1775 and its values as a community in the present day, is "Better Together." Even prior to the flashpoint of April 19, 1775, the subjugated colonists had already realized that they were "better together." In today's Lexington, and throughout its history, friendships, marriages, sports teams, choruses, fraternal organizations, houses of worship, twelve-step programs, cultural affinity groups, and government all share the same commonality—they bring people together with the hope that more can be achieved together than alone. Do you have a story to tell on this theme? Reach out to us at voicesonthegreen@fplex.org by September 15th. And mark your calendars NOW for the big event on November 22nd as we celebrate all the ways in which we are "Better Together"! Buy tickets and find out more at <http://www.voicesonthegreen.org>! First Parish has free parking and is handicapped accessible.



CARY LECTURE SERIES PRESENTS

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!

The Five Things Indians Say: Native Americans in the American Past, Present, and Future: Philip Deloria

October 5, 2024, 8:00 pm

American Indian people make up around 2% of the American population, and traditionally, Native American history has received little historical attention. But American engagement with Native histories has also been cyclical. After the Standing Rock resistance, and with increased attention to injustices past and present (including in popular culture) we may be at a high point in the cycle. Recent scholars have suggested as much! In this talk, Phil Deloria will suggest ways we might better understand Native American history as a critical part of American history, engage some of the Native critiques of that history, and reassert the importance of Indigenous history on its own terms.

Philip Deloria is a citizen of the Standing Rock Sioux Tribe of North and South Dakota and Leverett Saltonstall Professor of History at Harvard University. Among his many accomplishments are two books, *Playing Indian* and *Indians in Unexpected Places*.

What Children Teach Us About Altruism: Felix Warneken

November 16, 2024, at 8:00 pm

In his research on the origins of social cognition, psychology professor Dr. Felix Warneken dispels the myth that children are born selfish and must be taught empathy. With his team at the University of Michigan, he investigates the origins of cooperation and morality. He will share fascinating—and irresistible—video and photographs from his laboratory experiments, showing that children as young as 18 months old engage in altruistic behaviors such as helping others to solve problems and share resources. With implications for parents and educators, he identifies many of the factors that influence cooperative tendencies throughout childhood.

Dr. Felix Warneken has received numerous awards and fellowships for his groundbreaking research, including from the National Science Foundation, the American Psychological Association, and the Radcliffe Center for Advanced Study. His experiments have also been featured in television documentaries on PBS Nova, CBC, and Netflix.



Veteran teacher extraordinaire Karen Girondel and LCE Director Craig Hall invite you to explore *Teaching Your Own Community Education Class*, facing page.

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, 5:30-6:30 pm. Meets September 25, Lexington High School, Room 224, \$5.

MEDIA PRODUCTION CLASSES AT LEXMEDIA

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

Field Production/Orientation: This hands-on class gives members a solid understanding of how to operate our Sony PXW-X70 camcorders, tripods, and microphones. The class covers basic aesthetics and framing, as well as technical skills of field production with a focus on lighting and audio. At the completion of this class members are qualified to sign out portable gear and start producing programming immediately.

Sept 10, Oct 1, Nov 12, Dec 3

Intro to Editing Premiere Pro CC or Divinci Resolve: This class offers a complete overview of the editing process in both Adobe Premier Pro or Divinci Resolve. Members learn how to set up a project, import media, edit in the timeline, and export finished work.

Sept 17, Oct 8, Nov 19, Dec 10



BIOINFORMATICS & MOLECULAR BIOLOGY FOR H.S. STUDENTS
with Bhanu Harrison, p. 15



ROMANCE FILM CLUB
with Beth Lisogorsky, p. 29

Body & Mind

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

Stress Less: Learn to Meditate – In-Person

Instructor: Richard Geller

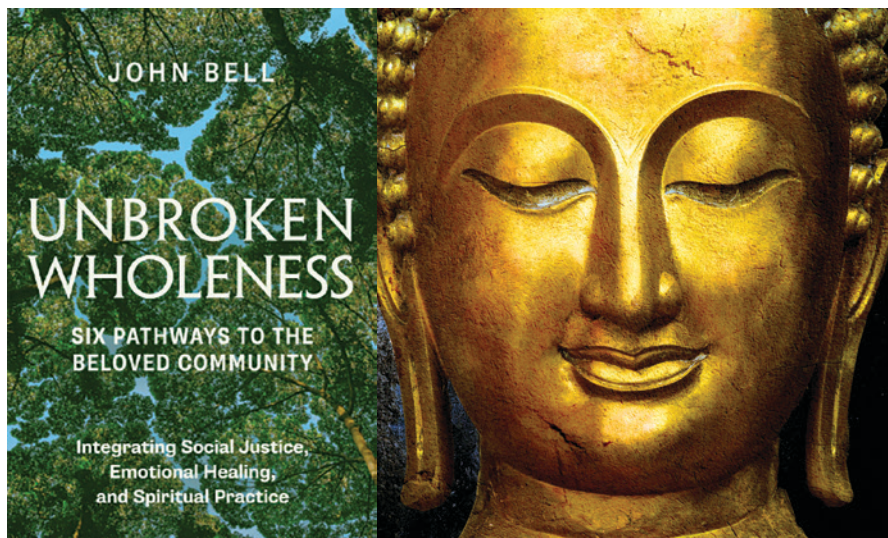
Meditation is one of the best ways to reduce stress and improve your health, as evidenced by many recent scientific studies. Participants will learn: how meditation works, numerous different meditation techniques, and strategies for integrating meditation into your daily work and life. Upon completing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

SLIMS, 4 Tuesdays, 7:00-8:00 pm. Begins November 12, Lexington High School, Room 241, \$70/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.



LCE celebrates and welcomes meditation teacher John Bell to speak on his new book, *Unbroken Wholeness*, page 4.

MRKI, 1 Thursday, 6:00-7:00 pm. Meets October 10, Lexington High School, Room 226, \$30.

NEW Self-Health Massage: Acupoints, Meridians, Muscles, Joints, & More – In-Person

Instructor: William Tang

Self-care massage is a healthcare method that aims to promote blood circulation, activate the body's energy, enhance immunity, and so on, by massaging acupoints, meridians, muscles, joints, and other parts of the body. In this course, you will learn some basic knowledge of traditional Chinese medicine, meridians, acupoints, reflexology, and self-massage. You will also learn a set of self-care massages.

MSHM, 3 Tuesdays, 6:30-7:30 pm. Begins November 12, Lexington High School, Room 225, \$50/Seniors \$40.

NEW Journey Within: Breathwork and Meditation for A Well Rounded Life – In-Person

Instructors: Vinita Deodhar and Uma Viswanath

Clinical research done by the National Institute of Health shows that meditation has been linked to larger amounts of gray matter in the hippocampus and frontal areas of the brain, leading to improved focus, happiness, and emotional stability. Meditation also reduces the level of cortisol (stress hormone) leading to reduction in stress and anxiety. According to the Center for Disease Control, 1 in 5 US adults is facing mental health issues. To maintain mental as well as physical

health, breathwork and meditation can play a key role. Several other studies done at Yale and Harvard universities as well as James Nestor's New York Times bestseller "Breath" highlight other benefits of breathwork and meditation including improved focus and cognition, improved social connection, quality of sleep and a reduction in stress. Class sessions will include yoga stretches, calming breathwork, guided meditation and time for Q&A. No prior yoga or meditation background or preparation necessary!

MB&B, 8 Tuesdays, 7:00-8:00 pm, Begins September 24, Hancock Church, \$130/ Seniors \$120.

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 level, 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 Tuesday, 6:30-8:30 pm. Meets October 8, Lexington High School. Room 220, \$35/Seniors \$30.

NEW What You Need to Know: Caring For Loved Ones – Virtual

Instructor: Amy Marchesano, LMHC

Are you a caregiver? Are you new to caregiving, and find yourself now responsible for a loved one or relative? Are you part of the sandwich generation, managing work, children and now an aging parent? Join Amy Marchesano, LMHC for a virtual caregiving class as she guides us through the basics of caregiving, including general knowledge for caregivers, resources, and community support. Learn how to create your own care plan and what important elements and documents you should consider. Amy Marchesano is a licensed mental health counselor with a private practice supporting caregivers and families. She is a clinician presently at Mass General Brigham and has trained at Massachusetts General Hospital as a Caregiver Support Specialist in the MGH Frontotemporal Disorders Clinic for several years. Amy is also an Organizational Psychology doctoral candidate at William James College.

MWNK, 1 Thursday, 7:00-9:00 pm. Meets October 17, Zoom, \$25.

Adult, Infant & Child CPR with AED – In-Person

Instructor: Kierstin Pane

This American Heart Association Heartsaver First Aid CPR AED course trains participants to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner. Participants should expect to learn about adult and child CPR and AED use, infant CPR, first aid basics including choking, medical emergencies, injury emergencies, environmental emergencies, preventing illness and injury, and opioid-associated life-threatening emergencies. This intensive three-hour course is for anyone 16 and up with little or no medical training. At the end of the course, participants will be emailed a course completion card, valid for two years.

MCPR, 1 Thursday, 6:00-9:00 pm. Meets October 10, Lexington High School, Room 164, \$109.

MC2PR, 1 Thursday, 6:00-9:00 pm. Meets November 14, Lexington High School, Room 164, \$109.

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

Instructor: Charles Crayton

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

MSDW, 4 Wednesdays, 6:30-8:00 pm. Begins September 25, Lexington High School, Room 140, \$185.



YOGA AND TAI CHI OFFERINGS
p. 27-28

NEW Feelings: Acknowledging, Accepting, Expressing – Virtual

Instructor: Tracy Marks

Do you struggle to be in touch with your feelings and/or to express them? Are you afraid of being vulnerable, or exploding in anger, inviting criticism or alienating another person? Join an experienced counselor and self-help author to learn about acknowledging, accepting, and processing your feelings, as well as exploring viable ways to express them when dealing with conflict. This is not a therapy group, but it will allow personal sharing in a safe, supportive atmosphere from the comfort of your own home.

MFAA, 2 Wednesdays, 6:45-8:45 pm. Begins November 13, Zoom, \$60/Seniors \$50.



Author Danielle Monroe leads Tell Your Story – Creative Writing for Teens (Ages 13-17), page 15.

Decompress Your Stress with Laughter – 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.

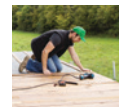
MLAF, 1 Thursday, 7:00-8:00 pm. Meets October 10, Lexington High School, Room 221, \$25.

Remember More, Sell More – In-Person

Instructor: Neil Kutzen

A great memory is a huge asset in sales: prospect and client names, also their spouse, children, dog; people in your network and community; facts about these people; product info; processes and steps; new technology; short and long presentations; your TED talk; competitor data; industry info; and much more. This session will introduce you to the ancient and best method ever created for remembering anything. You will employ its two principles: pictures are easier to remember than words; silly pictures are easier to remember than serious ones. Neil Kutzen has been the most prominent and successful memory trainer in New England for the last decade. Find more information at www.memorizebest.com.

MRMS, 1 Tuesday, 7:00-9:00 pm. Meets September 10, Lexington High School, Room 226, \$25/Seniors \$20.



RESIDENTIAL ADDITION 101
with Nancy Dickinson, p 31

Business and Career

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

NEW Mastering the Art of the Interview

Instructor: Gayathri Ramanujam

In today's competitive job market, mastering the art of the interview is essential. This course is designed to give you the knowledge and confidence to excel in any interview scenario. We will combine theory and practical exercises, including mock interviews, to help you understand various interview types and handle tough questions with ease. Ideal for new job seekers, career changers, and professionals looking to advance, this course will transform your interview experience from daunting to empowering.

BAOI, 4 Tuesdays, 6:30-8:30 pm, Begins October 1, Lexington High School, Room 229, \$95/Seniors \$85.

A Career in Real Estate – Virtual

Instructor: Jeremy Richman

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

BCRE, 1 Thursday, 7:00-9:00 pm. Meets October 3, Zoom, \$30/Seniors \$25.

The Process of Buying A Home – Virtual

Instructor: Jeremy Richman

Get the latest information about buying a home, so you can feel confident and in control from start to finish about the largest purchase you may ever make. Learn how to determine your "real ideal" home; how to qualify a home; the difference between tax assessment, bank appraisal, and Zillow valuations; the process of making offers and negotiating to "yes" for less; what to look for in home inspections; the best ways

to protect your deposits; how to choose an attorney, home inspector and mortgage lender; the ins and outs of buying short-sales and bank-owned properties; and how to choose, hire, and work with a real estate agent to represent you as your "buyer's agent." Included are worksheets, sample forms, and the 40-page handbook, "The Homebuyer's Companion," written by the instructor.

BHOM, 1 Thursday, 6:30-9:00 pm. Meets October 10, Zoom, \$30/Seniors \$25.

The Process of Selling a Home – Virtual

Instructor: Jeremy Richman

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

BSHO, 1 Thursday, 6:30-9:00 pm. Meets October 17, Zoom, \$30/Seniors \$25.

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 October 15, Zoom, \$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 October 22, 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 Wednesday, 7:00-9:00 pm. Meets September 25, Lexington High School, Room 143, \$35/Seniors \$25.



Bill and Linda Hamaker teach Decompress Your Stress with Laughter, p. 11.

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 September 18, Zoom, \$35.

BMED2, 1 Wednesday, 7:00-9:00 pm. Meets October 23, Zoom, \$35.

BMED1, 1 Wednesday, 7:00-9:00 pm. Meets November 13, 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 underfunded government Medicaid system with limited choices. Recent legislative changes have created many questions surrounding planning techniques: How can I protect my home? What is the penalty for giving assets away? Are my assets protected if I put them in a trust? When is long-term care insurance worthwhile to consider? What if my loved one is already in a nursing home, can they still protect their assets? All of these questions and more will be clearly answered in this very important class.

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

BLTP1, 1 Wednesday, 7:00-9:00 pm. Meets November 20, Zoom, \$35.

Social Security Planning for Couples – Virtual

Instructor: Matt Carron

The Social Security decisions spouses make when they are in their 60s will



Sumeit Aggarwal teaches Investing with AI for Women 101, below and Investing with AI 201, page 14.

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

BCSS, 1 Wednesday, 6:00-8:00 pm. Meets September 18, Zoom, \$40.

BC2S, 1 Wednesday, 6:00-8:00 pm. Meets October 23, Zoom, \$40.

BC3S, 1 Wednesday, 6:00-8:00 pm. Meets November 20, Zoom, \$40.

How to Recreate Your Paycheck in Retirement – In-Person/Virtual

Instructor: Sammy Azzouz

Retirement can be exciting for many reasons. Losing your paycheck isn't one of them. For some, this single change causes enough stress and anxiety to derail this exciting chapter in your life. While retirement is, by definition, the end of full-time work and the pay that comes with it, it doesn't have to be the end of a steady stream of available funds. During this session, Sammy Azzouz, CEO of Heritage Financial, author of the 5-star rated book *Beyond the Basics: Maximizing, Allocating, and Protecting Your Capital*, and one of Investopedia's Top 100 Financial Advisors discusses: How to approach investing before retirement

to make sure you'll have income during retirement, the preventable mistakes that can derail your retirement paycheck, when investing for income makes the most sense, and tax planning strategies that will maximize your future retirement paycheck

BHRC, 1 Wednesday, 6:00-8:00 pm. Meets September 18, Lexington High School, Room 229, \$40.

BZRC, 1 Tuesday, 6:00-8:00 pm. Meets October 15, Zoom, \$40.

Investing with AI for Women 101

Instructor: Sumeit Aggarwal

ChatGPT is the new buzzword. But did you know that you can use it to learn investing? This workshop is designed for women who want to play a more active role in their investment strategy using AI for making investing decisions. We will discuss strategies and prompts that can help you refine your investing goals. Using ChatGPT/AI, we will explore the fundamentals of investing, demystifying financial markets and empowering you to make informed decisions. Whether you're a beginner or just looking to refresh your knowledge, in this 2-part workshop, we will go over basics of Investing, discuss step-by-step approach to investing, and cover different types of investments and retirement plans. You will also learn how AI can help to gain confidence in your research, evaluate alternatives, and design a portfolio. No prior knowledge of investing is required. Beginners are especially encouraged to attend.

B1AI, 2 Thursdays, 12:00-1:30 pm. Begins September 26, Zoom, \$60.



Virginia Payne teaches Tai Chi, page 27.

Investing with AI for Women 201

Instructor: Sumeit Aggarwal

Many investors are seeing the transformational benefits of AI and related innovations to investing with greater accuracy, speed, and confidence. If you've been waiting to take action, now is the time to lean on AI. This workshop is designed for women who want to take their investing skills to the next level and want to learn how to use latest AI tools to assist in the process. If you want to better understand investment risks and rewards, have dabbled into investing in the past, or if you are simply looking for a refresher, this is the class for you. In this 2-part workshop, we will discuss how best to incorporate AI in your investment research and advanced investing topics, including asset allocation, diversification strategies, understanding fees and rate of return, monitoring your investments, interactive online tools for stock research, and building an effective watchlist. Come join us as we walk through building portfolios for different time horizons and risk tolerance. Beginner level knowledge of investing is required. Beginners are encouraged to attend our "Investing using AI for Women - 101" class as a prerequisite.

B2AI, 2 Tuesdays, 12:00-1:30 pm. Begins November 12, Zoom, \$60.

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 September 23, Lexington High School, Room 224, \$35.

Tax Planning for the 4 Stages of Retirement

Instructor: Chris Chen

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

BTAX, 1 Monday, 7:00-8:30 pm. Meets October 28, Lexington High School, Room 224, \$35.



EMPOWERED DIVORCE
with Joan Mankoff, this page

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, but for others it can bring uncertainty and even anxiety. "The Golden Years" are a time of exploration

and re-invention, and success is found not just in figuring out Medicare and managing your money, but also by finding joy and meaning in your daily life. Without those critical elements, the golden years can quickly become tarnished. Whether you are just starting to think about retiring, have recently retired, or have already been retired for some time, this class will help you find your way through the stages of this new, exciting, and sometimes challenging phase. From adjusting to a different daily routine, 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.

BBTM, 1 Saturday, 9:00-11:00 am. Meets October 5, Lexington High School, Room 220, \$35.



HEALTH SELF-MASSAGE
with William Tang, p. 10

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

Instructor: Joan Mankoff

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

BDIV, 1 Tuesday, 12:00-1:30 pm. Meets October 8, Zoom, \$35.

BDI2, 1 Tuesday, 7:00-8:30 pm. Meets October 22, Zoom, \$35.

BD3I, 1 Wednesday, 7:00-8:30 pm. Meets November 6, Zoom, \$35.

Courses for Children

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

Home Alone – In-Person

Instructors: Officers of the Lexington Police and Fire Department

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

K009, 1 Wednesday, 5:30-6:30 pm. Meets September 25, Lexington High School, Room 224, \$5.

NEW Bioinformatics & Molecular Biology for High School Students – Virtual

Instructor: Bhanu Harrison, Ph.D

In today's highly competitive world, students need more than just high SAT scores and GPAs to help guarantee admission to more competitive schools. One way students can stand out is by engaging in creative science projects that demonstrate ability to perform research and present findings. Not only do science extracurriculars make the college application more impressive, they also help develop valuable skills and knowledge that can be useful in future academic and professional endeavors. Over the course of six sessions, students will engage in an instructor led online bioinformatics and molecular biology project; learn about pathogens that play a role in major diseases affecting our food system; discover molecular biology tools that help with sequencing of genomes of various pathogens; download sequences from scientific databases; perform sequence alignments, and more. The course will consist of 30-min group sessions with 15-20 min of self-paced work online. Dr. Bhanu Harrison has an extensive background in Plant Pathology with a

PhD from Washington State University, studying grapevine diseases. She currently holds a Head of Development position working on citrus (orange, grapefruit, lemon) plant diseases. **The pre-requisites for the course are as follows:** A basic understanding of molecular biology terms—Nucleic acids such as DNA & RNA, replication, transcription, and translation; Or the completion of one semester of 11th grade Biology or AP Biology.

KBIO, 6 Saturdays, 10:00-11:00 am. Begins October 19, Zoom, \$330.

An Introduction to the Art of Juggling – In-Person for Grades 5-7

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 Tuesdays, 4:00-5:30 pm. Begins October 1, Lexington High School, Room 166, \$50.

NEW Tell Your Story—Creative Writing for Teens (Ages 13-17) - In-Person

Instructor: Danielle Monroe

Is your teenager the next Toni Morrison, Brandon Sanderson or ND Stevenson? This class will give teens the tools to craft their stories, share their ideas and cheer each other on! Whether it's creative nonfiction, lyric poetry, literary fiction, romance, sci-fi, graphic novel, music lyrics or a genre no one has thought of yet, young writers will learn how to express themselves creatively and write with an audience in mind. Structured with directed writing prompts, craft exploration and discussion, each writer will craft their own stories in a welcoming and supportive environment (no writer will ever be forced to share their work). Everyone has a story to tell. Let's find yours!

KTYS, 6 Saturdays 10:00-11:30 am, Begins October 5 (no class 10/12), Lexington High School, Room 222, \$95.

NEW Improvisational Comedy for Grades 9-12

Instructor: Minyung Suh

Instructor: Shiyanbade Animashaun

Learn, practice, experience and demonstrate the tenets and forms of improv comedy, with a founding member of The Nova Comedy Collective. Via ImprovBoston, Catalyst Comedy, the Women in Comedy Festival, culminating in a student showcase. This is a beginner/intermediate level class for those with low or no improv or acting background, to explore improv in a welcoming space.

KIMC, 10 Mondays, 4:00-5:30 pm. Begins September 23, Lexington High School, Room 240, \$195.

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 September 21, Zoom, \$50.

KET6, For Grades 6-9: 2 Saturdays, 10:00-11:00 am. Begins October 19, Zoom, \$50.

NEW After School Chamber Group - In-Person

Instructor: Minyung Suh

The reward that comes from playing beautiful music with others is unique. If you enjoy playing with others in an orchestra and would like to play in a smaller group, or if you love to play in quartets, trios (string and piano) and the like, this is your chance to enter the fun and sometimes challenging world of chamber music. Covering music from the Baroque to the present, this course offers full-group and small-group rehearsals and coaching, as well as mini-lessons in music theory and history. String players are the core of the course. Please indicate your instrument on your registration. Students and amateur musicians of all ages are welcome. Generally, students should be ready to work in a small ensemble setting when they have completed Suzuki book 4 or the equivalent. Students will be matched to a group based on the three parameters of approximate age, technical proficiency, and social compatibility. As all three are important for an optimal chamber experience, a suitable group may not be available immediately.

KCHA, 7 Thursdays, 4:00-5:30 pm. Begins September 26, Lexington High School, Room 240, \$125.



New Legacy Cultural Center/
Lexington Community Education
Partnership Classes for
Elementary Students.

Mandarin Beginner

Instructor: New Legacy Cultural Center Teaching Staff



Welcome to Mandarin Beginner Class! This class is designed for students who are curious about Chinese language, culture, legends, history, food and more, but do not have the language environment at home. Our fun and engaging curriculum introduces

the basics of Mandarin in an interactive and supportive environment. This class focuses more on listening, speaking and the application of the language. By the end of the class, students will be able to communicate in simple Mandarin, and ready to move on to Elementary Level 1. *Please note: If you are signing up for a Harrington class that starts at 1:15pm, you must also sign up for the Transition Block (KTCR) if your child will remain in the school between dismissal and the start of class, unless they are signed up for Kidsborough.*

KBMA (Grades K-5 @ Bowman), 15 Tuesdays, 3:30-5:30 pm. Begins September 3, \$545.

KBM2 (Grades K-5 @ Harrington), 14 Fridays, 1:15-2:45 pm. Begins August 30, \$389.

KTCR (Grades K-5 @ Harrington), 14 Fridays, 12:30-1:15 pm. Begins August 30, \$230.

Mandarin Elementary (Level 1)

Instructor: New Legacy Cultural Center Teaching Staff



Welcome to Mandarin Elementary Level 1 class. This class is designed for elementary school students who have a little prior knowledge of Mandarin and are ready to continue their language learning journey. Designed to build on the basics, this course reinforces foundational skills and introduces new vocabulary and simple sentence structures through interactive activities, games, songs and shows. This beginner course aims to create a solid foundation in Mandarin, fostering a love for language learning and building confidence in young students. By the end of the class, students will have a basic understanding of Mandarin and be ready to move on to more advanced levels. The teacher will mainly speak Mandarin in class. There will be homework after each class. *Please note: If you are signing up for a Harrington class that starts at 1:15pm, you must also sign up for the Transition Block (KTCR) if your child will remain in the school between dismissal and the start of class, unless they are signed up for Kidsborough.*

KMA1 (Grades K-1 @ Bowman), 15 Wednesdays, 3:30-5:30 pm. Begins September 4, \$545.

KMA2 (Grades K-2 @ Hastings), 15 Tuesdays, 3:30-5:30 pm. Begins September 3, \$545.

KMA3 (Grades K-5 @ Estabrook), 15 Thursdays, 3:30-5:30 pm. Begins August 29, \$545.

KMA4 (Grades K-2 @ Harrington), 14 Fridays, 1:15-2:45 pm. Begins August 30, \$389.

KMA5 (Grades 3-5 @ Harrington), 14 Fridays, 2:55-4:25 pm. Begins August 30, \$389.

KTCR (Grades K-5 @ Harrington), 14 Fridays, 12:30-1:15 pm. Begins August 30, \$230.

Mandarin Intermediate (Level 2)

Instructor: New Legacy Cultural Center Teaching Staff



Welcome to Mandarin level 2 class! This class is designed for students who have completed the beginner level and are ready to take the next step in their Mandarin language journey. In this course, students will expand their vocabulary, learn more complex sentence structure, and improve their conversational skills in all listening, speaking, reading and writing aspects. Students will explore more Chinese culture through stories, songs, and cultural activities. By the end of the class, students will have a stronger foundation in the language and be better prepared for more advanced studies. Please join us for an exciting journey into the world of Mandarin! *Please note: If you are signing up for a Harrington class that starts at 1:15pm, you must also sign up for the Transition Block (KTCR) if your child will remain in the school between dismissal and the start of class, unless they are signed up for Kidsborough.*

KML1 (Grades 1-5 @ Bowman), 13 Mondays, 3:30-5:30 pm. Begins September 9, \$475.

KML2 (Grades 1-5 @ Hastings), 13 Wednesdays, 3:30-5:30 pm. Begins September 4, \$545

KML3 (Grades K-2 @ Harrington), 14 Fridays, 1:15-2:45 pm. Begins August 30, \$389.

KML4 (Grades 3-5 @ Harrington), 14 Fridays, 2:55-4:25 pm. Begins August 30, \$389.

KTCR (Grades K-5 @ Harrington), 14 Fridays, 12:30-1:15 pm. Begins August 30, \$230.

Mandarin Immersion Program

Instructor: New Legacy Cultural Center Teaching Staff


 Welcome to the Mandarin Immersion program! This class is designed for students of any level. It offers a fully immersive environment to learn and practice Mandarin naturally and effectively. Through engaging activities and interactive lessons, such as group homework help, games, books reading, stories telling, songs and dramas etc. students will develop their language skills in a fun and supportive setting.

KMIN (Grades K-5 @ Bowman), 15 Thursdays, 3:30-5:30pm. Begins August 29, \$545.

KMI2 (Grades K-5 @ Hastings), 13 Mondays, 3:30-5:30pm. Begins September 9, \$475.

Fusion Club

Instructor: New Legacy Cultural Center Teaching Staff

 In this hour-long class, students will be exploring different themes each week, including Go game, Chinese Yoyo, Chinese brush Painting, Chinese Calligraphy, Arts and Crafts, Chinese story sharing and reading, Chinese dramas etc.

KEMW (Grades K-5 @ Harrington), 14 Fridays, 4:35-5:35 pm. Begins August 30, \$265.




BEGINNING MANDARIN FOR ADULTS

with Hongxiang Wang, p. 23

Martial Arts: Release Your Inner Warrior

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 highly skilled and experienced instructor will provide you with top-notch training, focusing on technique, discipline and self-defense.

KUIW (Grades 3-5 @ Harrington), 14 Fridays, 1:15-2:45 pm. Begins August 30, \$650.

KUI2 (Grades K-2 @ Harrington), 14 Fridays, 2:55-4:25 pm. Begins August 30, \$540.

STEAM FUN!

Instructor: New Legacy Cultural Center Teaching Staff

 STEAM FUN is a science innovation program for children aged 6 and above. We focus on science innovation and real-world application. We encourage students to create and innovate with common household materials, such as cardboard, wooden blocks, and recycled materials to create science toys, making kids feel that science is fun and relevant in their everyday life! Each hands-on class is 90 minutes long and begins with an intriguing science magic show, followed by fun experiments and group games to reveal the science behind the magic. Students then have 50 minutes of hands-on time to apply what they learn in class to create innovative science projects such as air-powered balloon cars, animal circus balance toys, electromagnet-powered animations, cup-made dancing robots, and fast-growing micro green gardens. These innovation projects extend the school's K-6 science curriculum and provide kids with real opportunities to create. The course is taught in English, with key science vocabulary provided in both English and Chinese for reference. At the end of each class, students are provided a "Design Story" sheet to review key points they learned in class, enhancing kids' capabilities of show and tell in the long term. Upon completion, each student will have an impressive portfolio showcasing their year-round science projects. This portfolio not only highlights your kid's creativity and real problem-solving skills but also helps your kid stand out when applying for schools or participating in science fairs. Our aim is to help your kid grow as a creative thinker, competent doer, and confident speaker! Please note: the prerequisite for Level 2 is completion of the Level 1 class.

KSTM (Level 2 @ Harrington), 14 Fridays, 1:15-2:45 pm. Begins August 30, \$1070.

KST1 (Level 1 @ Harrington), 14 Fridays, 2:55-4:25 pm. Begins August 30, \$1070.

ALL MUSICAL INSTRUMENTS WILL BE PROVIDED FOR USE IN THE CLASSROOM


Made possible by a grant from the Community Endowment of Lexington



LCE is proud to collaborate with NLCC once again this fall!

Guzheng (Chinese Zither)


Instructor: New Legacy Cultural Center Teaching Staff

 Guzheng, also known as the Chinese zither, is a traditional plucked instrument that holds a significant place in Chinese music culture. 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.

For more info and class time, please contact the LCE office.

Erhu

Instructor: New Legacy Cultural Center Teaching Staff

 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. Dive into the world of Erhu, a mesmerizing two-stringed instrument, with our outstanding Erhu classes!

For more info and class time, please contact the LCE office.

Chinese Drum

Instructor: New Legacy Cultural Center Teaching Staff

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.

For more info and class time, please contact the LCE office.

College Planning & Test Preparation

Driver Education – Registration for Driver Education programs is Online

Instructor: CS Driving School

A complete driver's education program (classroom and behind-the-wheel lessons) is available through LCE. Students must be at least 15.9 years old to begin the program. Please see the LCE website at www.lexingtoncommunityed.org for details and dates. To register for upcoming Lexington Community Education Driver Education classes:

Go to: <http://csdriving.com/locations.html>

- Select "Lexington High School"
- Click "Enroll"
- Complete the registration process
- Submit your payment



College Planning and Test Preparation, pp 18-19.

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. Please bring a laptop or tablet to the first class, and let us know beforehand if you need to borrow one.

PSAM, 6 Mondays, 6:00-8:00 pm. Begins September 9, 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.

PESA, 6 Mondays, 3:30-5:30 pm. Begins September 9, Lexington High School, Room 229, \$200.

P2SA, 6 Wednesdays, 3:30-5:30 pm. Begins September 18, Lexington High School, Room 229, \$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 make the most of the high school years. We'll delve into the Common Application and address all your questions. Enrolled families will also receive a private 15-minute follow-up consultation.

PAFL, 1 Tuesday, 7:00-8:30 pm. Begins September 10, Lexington High School, Room 229, \$35.

P2ACL, 1 Wednesday, 7:00-8:30 pm. Begins October 9, 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 applications? Admissions officers read hundreds of essays and we want to be sure that yours will stand out. We will help you create winning college application essays that catch a reader's attention while presenting both your authentic personality and solid writing skills. Depending on individual need, we can

focus on the personal essay or college-specific supplemental essays. With years of experience successfully supporting college applicants, we've developed a method that yields outstanding essays. Short bursts of brainstorming, freewriting and individual feedback will immediately get you started. With a routine of in-class writing sessions and a bit of writing homework, coupled with timely feedback as students make revisions, we offer individualized guidance and support in crafting an essay that memorably introduces you. Join a small group of students for four 2-hour sessions and then follow that up with two more individualized rounds of written feedback on drafts and two private online coaching sessions (20 minutes per session). Allowing days off between group sessions works well for students, giving you more time to write independently between sessions and lessening the stress for all involved.

PEST, 4 days, 5:00-7:00 pm. Begins Thursday September 12 and meets 9/13, 9/16, 9/23, and two scheduled private sessions, Zoom, \$525.

Saturday Morning College Application Boot Camp

Instructor: Dr. Bruce Johnson from BKJ College Application Consulting

Move ahead on completing the Common App with the support of experienced college application coaches! We'll dive into strategizing and completing all parts of the Common App including the crucial sections of Activities, Honors, and university-specific requirements. 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 three consecutive Saturday mornings, and then have access to coaches for three more rounds of feedback and private follow-up sessions.

PCAP, 3 Saturdays, 10:00 am - 12:00 noon. Begins October 19 and meets 10/26, & 11/2, Zoom, \$420.

Cooking

Private SAT or ACT Tutoring – Virtual

Instructor: David Bell

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

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

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

Instructor: Donald Anderson

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

PMFA, 1 Wednesday, 6:30-9:00 pm. Meets September 18, Lexington High School, Room 224, \$25.

P2FA, 1 Wednesday, 6:30-9:00 pm. Meets November 13, Lexington High School, Room 224, \$25.

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

NEW Bagels & More

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

Learn how to mix, divide, and shape bagels and bagel holes! There will be various options for topping the bagels and bagel holes. Students will proof and bake the bagels for you to take home. The methods you'll learn can be used at home to make your very own bagels. In addition, there will be a tour of our commercial artisan bread bakery and briefing on sourdough bread baking.

NBGL, 1 Sunday, 2:00-4:00 pm. Meets October 27, Bread Obsession Bakery, 433 Marrett Road, Lexington, \$150.



**WHAT YOU NEED TO KNOW:
CARING FOR LOVED ONES**
with Amy Marchesano, p. 11

NEW Baguette Making

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

Bread Obsession, an artisan bread and pastry bakery in Lexington will teach Introduction to Baguette Baking. Our focus will be on learning how to shape these long skinny loaves by hand, and then scoring and baking them in our steam-injected deck ovens. Each student will have the opportunity to shape multiple loaves in order to gain experience with challenging shaping techniques. Students can take home the results of their work and any leftover will go to the FoodLink. We will also 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 skills and knowledge with this super-popular type of bread. Since baguettes are among the most difficult to shape, it is suggested for people who already have some bread baking experience.

NBGT, 1 Sunday, 2:00-4:00 pm. Meets October 20, Bread Obsession Bakery, 433 Marrett Road, Lexington, \$150.



Shruti Mehta teaches Exotic Foods of India, p. 20

Bread Obsession Baking Fundamentals of Sourdough Baking

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

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

NBOB, 1 Sunday, 2:00-4:00 pm. Meets November 17, Bread Obsession Bakery, 433 Marrett Road, Lexington, \$150.

Beginning Pastry: Brioche

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 November 3, Bread Obsession Bakery, 433 Marrett Road, Lexington, \$150.



Learn how to make Bread, Bagels, Baguettes, and Brioche with *Bread Obsession*, page 19.

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 by 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.

NSLV, 4 Tuesdays, 5:30-7:30 pm. Begins September 24, LexMedia Studio Kitchen, \$185/Seniors \$170.

NEW Japanese Izakaya Small Dishes – Virtual

Instructor: Ploy Khunisorn

Izakaya is an after-work sake-house tradition that serves delicious small plates with sake. In this fun interactive online class, you will learn how to make exquisite Japanese chicken skewers with homemade teriyaki sauce, miso-glazed cod, agedashi tofu, and spinach with sesame dressing. You can enjoy the small dishes with a glass of sake at home.

NJIS, 1 Thursday, 6:00 - 8:00 pm. Meets September 26, Zoom, \$45.

NEW Dim Sum for Beginners – Virtual

Instructor: Ploy Khunisorn

Dim Sum is a popular style of Cantonese cuisines that include small dishes that

highlight different flavor profiles and cooking techniques. In this online interactive class, we will make cha shu chicken pastry, braised chicken with mushrooms, and vegetables with ginger garlic sauce.

NDIM, 1 Tuesday, 6:00 - 8:00 pm. Meets October 1, Zoom, \$45.

NEW Apple Pie from Scratch – Virtual

Instructor: Ploy Khunisorn

Fall into the season with a homemade pie! In this fun interactive online class, you'll learn a technique for making a pie crust from scratch and we'll use 100% butter. We'll also prepare apple pie filling from scratch as well. We'll then assemble a beautiful double-crust apple pie. While the apple pie is baking, we'll use the leftover crust to make hand pies. While the hand pies are baking, we will talk about how to store and keep the pie for Thanksgiving.

NAPS, 1 Saturday, 4:00 - 6:00 pm. Meets November 16, Zoom, \$45

NEW Mexican Tamales – Virtual

Instructor: Ploy Khunisorn

Nothing can beat homemade tamales. They are delicious and fun to make. Particularly during the holiday season, friends and family gather to assemble tamales. It is a magical moment where we create memories of tamales experiences. We will be making chicken mole tamales and vegan black bean chipotle tamales. We'll also make Mexican Manchamanteles mole from scratch.

NMTA, 1 Saturday, 4:00 - 6:00 pm. Meets December 7, Zoom, \$45

NEW Exotic Foods of India – In-Person

Instructor: Shruti Mehta

Food of India spans from very simple to very stylized, rich and exotic, pleasing the palate of the poor and the elite simultaneously. The British were so enamored by the richness and variety of Indian cuisine that they have claimed some of the dishes as part of their national cuisine. Let's recreate some of the time-tested, exotic recipes. We will learn to make Vegetable Tikka Masala (Paneer tikkas or cubes in a rich, spiced gravy with nuts, carrots and green pepper), Shreekhand (a dessert made with thickened yogurt, saffron, cardamom and almond-pistachio medley), and Green pulao (basmati rice cooked with cauliflower, potatoes, and peas with a cilantro chutney base). Come and explore this exotic cuisine with Shruti Mehta. A \$20 ingredient fee is payable to the instructor at the time of the class.

NEFI, 1 Tuesday, 6:30-8:30 pm. Meets September 10, LexMedia Studio Kitchen, \$45.

NEW Festival Food of India – In-Person

Instructor: Shruti Mehta

Mid-October is the start of the festival season in India. It starts with Navratri (nine days of music and dancing in praise of various gods and goddesses) and culminates into Diwali, a festival of lights. It is the start of Hindu New Year and signifies the triumph of good over evil, thus a cause for great celebration. The festival season ends with Christmas and the New Year is welcomed with great panache. No celebration is complete without special foods. There are dishes that are prepared especially for these festive times. There is a lot of rolling and deep-frying and women work as a team to prepare the foods, shine the silver, and put out their best linen. This class will attempt to re-create the festival foods from various regions of India. We will make Payasam (thin Vermicelli cooked with milk, nuts and cardamom into a pudding like consistency), samosa (spiced potatoes and peas filled in a pastry shell and deep-fried), served with date chutney (sweet and sour dipping sauce), Chhole (a highly spiced chickpea curry, stewed with

Creative Arts

onion, tomato, garlic and ginger), Carrot rice laced with ghee and a hint of brown sugar, and Poori (deep fried puffy bread of whole wheat flour). A \$20 ingredient fee is payable to the instructor at the time of the class.

NFFI, 1 Wednesday, 6:30-9:00 pm. Meets October 9, LexMedia Studio Kitchen, \$50.

Traditional Wisdom, Cooking & Spices – In-Person

Instructors: Pratibha Shah and Mamata Banerjee

Ayurveda is a holistic traditional mindbody 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 Wednesdays, 6:30-7:30 pm. Begins October 16, LexMedia Studio Kitchen, \$80/Seniors \$65.

Tasting Teas from All Over – In-Person

Instructor: Paul Angiolillo

Tea is the most popular drink in the world (after water)—and its popularity keeps growing as more and more people discover its rich aromas and flavors, stimulating qualities, and healthful benefits. Indeed, tea has influenced cultures throughout the world: trade, customs, politics, technology, and arts and crafts beginning in China and into Japan, India, the Middle East, Europe, and the Americas. Like wine, there are hundreds of varieties of the tea plant (*Camellia sinensis*), all with different tastes depending on climate, soil, and methods of curing and processing. We'll sample at least seven fine loose-leaf teas, from China, India, Sri Lanka (Ceylon), and other producers. Sweet and savory snacks will complement the tastings. Bring one or two of your favorite tea cups or mugs.

NTEA, 1 Thursday, 7:00-8:30 pm. Meets November 21, Lexington High School, Room 143, \$35.

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 Tuesday, 1:00-2:30 pm. Meets November 19, Zoom, \$25.

Art in the Open: Public Art From Bronzes to Billboards – In-Person

Instructor: Paul Angiolillo

Public art has been making a lot of headlines lately: controversial statues being removed and new ones going up to celebrate under-recognized people and events; "land" art appearing in natural landscapes; environmental art in urban plazas; irreverent and whimsical "pop" art, new art forms such as light projections, and much more. Whatever your personal tastes, public art certainly plays an important role in our culture—as it always has. We'll take a look at the wide variety of public art works and discuss their purposes, what makes them succeed (or not), and what might be coming.

AIOP, 1 Wednesday, 6:30-8:00 pm. Meets October 16, Lexington High School, Room 227, \$25.

Introduction to Acrylic Painting – In-Person / Virtual

Instructor: Donna Calleja

The painting style of any subject is what makes each artist and painting unique. Students will learn about a variety of painting styles while practicing techniques in acrylic painting. We will review color mixing, composition, under painting and paint application techniques. Students will

work to develop a personal painting style to interpret in an original acrylic landscape or still life painting. The class will combine teacher demonstration with work time devoted to individual instruction. A list of required supplies can be found online in the class description.

ADAC, 7 Tuesdays, 10:00 am-12:00 pm. Begins September 24, LCE Classroom or Zoom, \$155/Seniors \$140.

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

Instructor: Donna Calleja

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

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

Basic Images of Chinese Brush Painting – In Person

Instructor: Son-Mey Chiu

We shall begin the class with a short practice of Chinese calligraphy which forms the basis of Chinese brush painting. We shall explore brush methods for the Four Gentlemen: the Plum 梅, the Orchid 蘭, the Bamboo 竹, and the Chrysanthemum 菊, which represent the four different Confucian virtues. Students are expected to study these plants through power-point presentations, to watch demonstrations by the teacher, to experiment brush techniques, and to do homework for completing a painting of each plant each week. The studio lessons will be enhanced by discussions on Chinese painting theory and philosophy.

APAR, 4 Wednesdays, 1:00-3:00 pm. Begins September 25, LCE Classroom, \$125/Seniors \$110.



Alona Popova teaches Pysanky Art Club, this page.

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 and Human Figures. You will be doing the drawing methods of outline, contour, shading, blending, final detailing, and connectedness in finishing the art piece in perspective, and proportion.

ACPA, 6 Wednesdays, 3:30-5:30 pm. Begins September 25, Zoom, \$200.

Soft & Oil 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 and 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. Art subjects by students have ranged from photographs and High Renaissance art.

ASPP, 6 Fridays, 3:30-5:30 pm. Begins September 27, Zoom, \$200.

Oil Pastel Painting for Children, Grades 2 - 6 – Virtual

Instructor: Alma Bella Solis

Using oil pastels, you will produce your own composition in interpreting subjects ranging from still life to human figures on your canvas pad. Painting methods used in this course are outlining using the drawing pencil, contour, and then the creative strokes and blending using various oil pastels sticks to achieve perspective, proportion, contrast, depth and dimension of the subjects chosen. Thicker canvas will be used due to oil pastels being waxy and thick: pigments are mixed with non-drying oil.

AKOP, 8 Mondays, 4:15-6:15 pm. Begins September 9, Zoom, \$250.

Pavuk Craft – Wheat Straw Decoration – In-Person

Instructor: Alona Popova

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

AWSD, 1 Tuesday, 5:30 pm-8:30 pm. Meets November 26, LCE Classroom, \$30.

Snowflake Craft – Wheat Straw Decoration – In-Person

Instructor: Alona Popova

This workshop offers a festive and creative experience for all. You will learn how to create beautiful wheat straw snowflake decorations, perfect for Christmas trees, window ornaments, Christmas cards, or gifts. A materials fee of \$15 is payable to the instructor in class. A materials fee of \$15 is payable to the instructor in class.

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

Pysanky Art Club – In-Person

Instructor: Alona Popova

Join us for the "Pysanky Art Club: 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.

ACUP, 1 Thursday, 5:30 pm-8:30 pm. Meets September 26, LCE Classroom, \$30.

A2CUP, 1 Tuesday, 5:30 pm-8:30 pm. Meets October 22, LCE Classroom, \$30.

Pysanky Ornament – In-Person

Instructor: Alona Popova

This workshop will provide an opportunity for you to learn the art of Pysanky from a native Ukrainian, receive an abundance of information about the history, symbols meaning, and, of course, create your own beautiful Pysanka in the traditional wax-resist method using real chicken egg, "kistka", beeswax, candle, and color dyes. A materials fee of \$15 is payable to the instructor in class.

A3CUP, 1 Wednesday, 5:30 pm-8:30 pm. Meets November 20, LCE Classroom, \$30.

A4CUP, 1 Thursday, 5:30 pm-8:30 pm. December 19, LCE Classroom, \$30.



BASIC BLUES: GUITAR JAM

with R.L. Hagerty, p. 35

Further Explorations in Wet-Felting

Instructor: Elizabeth Stubbs

In this class we will explore various experimental wet-felting techniques using a variety of fibers and resists. Challenging weekly projects will require some work at home between classes. This class is suitable for those with some 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.

AFF, 5 Mondays, 1:00 pm-4:00 pm. Begins September 9, LCE Classroom, \$160/Seniors \$145.

ELL/Languages

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

Communicating in English – 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 September 25, LCE Classroom, \$180/Seniors \$165.

Evening English – Level 2 – In-Person

Instructor: Rosemary Previte

Advance your English communication ability and build your confidence! This course is designed to build on the skills learned in ESL Level 1. It 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. With this class, you will continue to 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 September 12, Lexington High School, Room 224, \$180/Seniors \$165.

NEW Learning English Through Reading – In-Person

Instructor: Cecilia Franzel

Reading a story together is a great way to improve your English skills. You will expand your vocabulary, get a better grasp of grammar and syntax, and have interesting discussions while getting to know the characters and plot. The book is *Home of The Brave*, by Katherine

Applegate. You will get to know Ken who comes from Africa, and ends up in the state of Minnesota. At the heart of the book is the idea of adapting to a new culture while holding on to your own identity. It is sure to give you thoughts and ideas to discuss, and share with the group. The course is for students with intermediate English skills.

LETR, 8 Wednesdays, 6:00 - 7:15 pm. Begins September 25, Lexington High School, Room 226, \$155/Seniors \$140.



RUMI: SUFI POETRY OF THE HEART

with Tracy Marks, p. 30

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 September 9, Lexington High School, Room 225, \$155/Seniors \$140.

NEW Japanese for Travelers (and Would-Be Travelers) – In-Person

Instructor: Amy Franks

This course is geared toward people who plan (or would like) to visit Japan in the near future, but have little to no experience with the language and culture. Each week, we will discuss one topic (greetings, dining, transportation, lodging, sightseeing, shopping, and illness/emergencies), focusing on the most essential words and phrases to help foster smooth communication and positive interactions with Japanese speakers. Other course topics include practical travel tips (purchasing a Japan Rail pass, getting around with luggage, lodging

options, helpful apps, seasonal events, etc.), useful resources for continued Japanese language study, important Japanese etiquette, and the phonetic writing systems, *hiragana* and *katakana*.

LJFT, 8 Wednesdays, 7:00-8:30 pm. Begins September 18, Lexington High School, Room 230, \$155/Seniors \$140.

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 September 9, Lexington High School, Room 220, \$155/Seniors \$140.



Musician and Educator Max Rydqvist teaches Introduction to Music Theory, page 33.

Historias y Conversaciones en Español – In-Person

Instructor: Angelica Fajardo

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

LHCE, 7 Wednesdays, 5:00 - 6:30 pm. Begins September 11, Lexington High School, Room 220, \$155/Seniors \$140.

NEW Intermediate Spanish – Virtual

Instructor: Sherry Eggers

All facets of learning a language are included in how we approach fluency in Spanish. The variety includes pronunciation, speaking, listening comprehension practice, reading comprehension, vocabulary building, grammar explanations, and writing skills. Come join us online to increase your Spanish skills through enjoyable and varied lessons.

LMSC, 9 Tuesdays, 6:30-8:00 pm. Begins September 3, Zoom, \$175/Seniors \$160.

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 September 27, LCE Classroom, \$180/Seniors \$165.

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



Award-winning author Marjan Kamali returns to LCE to discuss her new book, *The Lion Women of Tehran*, page 5.

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 September 12, Lexington High School, Room 220, \$180/Seniors \$165.

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 Wednesdays, 11:00 am-12:15 pm. Begins September 25, Zoom, \$199.

L2BI, 8 Thursdays, 6:15-7:30 pm. Begins September 19, Zoom, \$199.

Italian Caffé Level I: Tutto è soggettivo: present subjunctive – Virtual

Instructor: Barry Bridgell

This program is designed for students who are already proficient in the skills taught in beginners and in intermediate levels. We will be leaving present and futuro semplice with the present subjunctive. Conducted largely in Italian, this course provides students with an opportunity to markedly improve their speaking and listening skills. (Prego chapter 16). You will need to purchase the Prego textbook (editions 6, 7 or 8).

LICT, 8 Wednesdays, 5:00-6:00 pm. Begins September 25, Zoom, \$160.

Italian Caffé Level I: Tutto è relativo: All About Relative Pronouns – Virtual

Instructor: Barry Bridgell

This program is designed for students who are already proficient in the skills taught in beginners, have completed all Intermediate classes, and who want to increase their conversational and comprehension skills. Conducted largely in Italian, this course provides students with an opportunity to markedly improve their speaking and listening skills. (Prego chapter 14). You will need to purchase the Prego textbook (editions 6, 7 or 8).

LICR, 8 Thursdays, 5:00-6:00 pm. Begins September 19, Zoom, \$160.

Conversational Italian – Virtual

Instructor: Barry Bridgelal

This program is designed for students who are already proficient in the skills taught in previous levels and who want to increase their conversational abilities. Conducted entirely in Italian, this course provides students with an opportunity to markedly improve their speaking and listening skills. News readings designed to provide practical opportunities for vocabulary and skill development are selected to match student interests. Grammatical topics are addressed as needed.

LCIT, 8 Thursdays, 11:00 am-12:00 pm. Begins September 19, Zoom, \$160.

Italian Book Caffé: Intermediate – Virtual

Instructor: Barry Bridgelal

This program is designed for students who are already proficient in the skills taught in all previous levels and who want to increase their conversational and reading abilities. Conducted entirely in Italian, this course provides students with an opportunity to markedly improve their speaking and listening skills. In the Intermediate session, we will read “Non Puoi Essere Tu” by Sonia Ognibene. Lessons will entail book discussion and advanced grammar topics.

LIIB, 4 Mondays, 6:15-7:30 pm. Begins November 4, Zoom, \$100.

Italian Book Caffé: Advanced – Virtual

Instructor: Barry Bridgelal

This program is designed for students who are already proficient in the skills taught in all previous levels and who want to increase their conversational and reading abilities. Conducted entirely in Italian, this course provides students with an opportunity to markedly improve their speaking and listening skills. In the Advanced session, we will read “Lettera a un Bambino Mai Nato” by Orianna Fallacci. Lessons will entail book discussion and advanced grammar topics.

LIBA, 8 Thursdays, 3:30-4:30 pm. Begins September 19, Zoom, \$160.

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.

LBF1, 12 Mondays, 4:30-6:30 pm. Begins September 9, Zoom, \$300.

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.

LBF2, 12 Fridays, 9:30-11:30 am. Begins September 13, Zoom, \$300.

Beginner II/ Intermediate French – Virtual

Instructor: Maurice Bombrun

Intermediate French is for students who have studied all basic concepts of pronunciation, grammar and vocabulary. The course quickly reviews the foundation to build upon and expand the language patterns and grammatical structures. Vocabulary is enhanced further through

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

LBF32, 12 Tuesdays, 7:00-9:00 pm. Begins September 10, Zoom, \$300.

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



Musician and educator Minyung Suh leads Instrumental Camerata for Adults (p. 35) and for Youth (p. 16).

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. Verbs tenses are reviewed and more are added. Vocabulary is enhanced further through simple conversation, readings, and exercises. Students learn how to communicate with simple sentences in applicable situations. Spontaneous exercises are used to reinforce knowledge and detect areas for review. Please purchase the textbook online or from a bookstore prior to the first class: *Grammaire progressive du français A2 B1*, CLE International, ISBN 978 209 038103 0.

LBF1, 12 Tuesdays, 11:00 am-1:00 pm. Begins September 10, Zoom, \$300.



EXPLORING SPANISH LANGUAGE THROUGH VENEZUELAN CUISINE
with Emilia Montero, p. 20

Intermediate French II – Virtual

Instructor: Maurice Bombrun

Intermediate French II is for students who have studied all basic concepts of pronunciation, grammar and vocabulary and have completed A1/A2 levels. The course quickly reviews the foundation to build upon and expand language patterns, grammatical structures, and comprehension. Vocabulary is enhanced further through simple dialogues and conversation, readings, writings, exercises and translations. Verbs tenses are reviewed and more are presented. Students learn how to communicate with simple sentences in applicable situations. Spontaneous exercises are used to reinforce knowledge and detect areas for review. The textbook *Grammaire progressive du français B1 B2*, CLE International, ISBN 978-2090381979, should be purchased online prior to the first class. **LDIF**, 12 Thursdays, 1:00-3:00 pm. Begins September 12, Zoom, \$300.



PLANNING YOUR EUROPEAN VACATION

with Wim Nijenberg, p. 32

French Conversational Workshop – Virtual

Instructor: Maurice Bombrun

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

LLFC, 12 Wednesdays, 7:00-9:00 pm. Begins September 11, Zoom, \$300

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



EXPLORING THE DEAD SEA SCROLLS

with Lennin Prado, Ph.D., p. 30



Philosopher/author Michael Spicher, Ph.D. discusses The Importance of Aesthetics for Sustainability Goals, page 29.

French Conversation Through Literature – Virtual

Instructor: Maurice Bombrun

This class assumes working knowledge of French, reading and speaking. Students, who provide input into the curriculum, learn about the history of the French language since 842 and literature through the centuries. They get exposed to a few classical authors from the 17th and 18th centuries. Then we focus on 19th century authors in the areas of romanticism, realism and naturalism. We examine the main 20th century trends of surrealism, existentialism, absurdism, and “Nouveau Roman”. We finally look at emerging 21st century trends and main authors, including the 2022 Nobel Prize Annie Ernaux. Students read and discuss texts to maintain and improve their comprehension and conversation skills while learning from novels, poems and plays. No textbook required.

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

French Conversation Through Travel – Virtual

Instructor: Maurice Bombrun

This class assumes working knowledge of French, reading and speaking. Students, who are interested in travel and provide input into the curriculum, may talk about their past and recent trips to France. They also learn about traveling across the regions of France. They learn or review vocabulary, expressions and phrases used when traveling in France by air, train, bus, taxi, etc. through dialogues and role-play situations. They discover the things to see and the things to do while visiting the regions of France: monuments, museums,

cathedrals, food/restaurants, local treasures, national parks, etc. through current articles and documents. No textbook required.

LFCA, 12 Tuesdays, 9:00-11:00 am. Begins September 10, Zoom, \$300.

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 September 10, Zoom, \$150/ Seniors \$135.

LHCC, 7 Wednesdays, 7:00-9:00 pm. Begins September 11, Zoom, \$150/ Seniors \$135.

Beginning German: For New and Continuing Students – Virtual

Instructor: Karen Carstens

This course is for anyone interested in a general introduction to German, which is more similar to English than many anglophones may at first realize. Sure, the grammar is different and can seem challenging, at first. But this course will convince you how much fun it can be to gain a basic grasp of the German language, starting with forms of greeting and commonly used phrases, and moving on towards everyday activities like shopping, dining or traveling. Entertaining and informative video and audio clips will complement handouts and homework

Exercise & Dance

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 September 11, 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 September 12, Zoom, \$170/Seniors \$155.

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 III – In-Person

Instructor: Virginia Payne

This class is a continuation of the "Advanced Tai Chi & Push-Hands II" class, and the students will learn the rest of the Tai Chi "double-hand Push-Hands" and then move on to the "moving 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.

ETPC, 11 Thursdays, 5:15-6:45 pm. Begins September 19, Lexington High School, Room 140, \$240/Seniors \$225.



BREATHING INTO AWARENESS
with Lisa Jones, p. 10

NEW Tai Chi IV & 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 new moves in the 2nd Section of the Tai Chi form, while reviewing what we had learned in the "Tai Chi II" and "Tai Chi III" class. Both the first and second sections of the 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.

ETIV, 12 Tuesdays, 5:00-6:00 pm. Begins September 17, Lexington High School, Room 140, \$240/Seniors \$225.



Virginia Payne teaches Advanced Tai Chi & Push-hands III, this page.

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

Instructor: Lai Chan

Practicing Tai Chi regularly helps reduce stress, improve balance and coordination, strengthen immune systems, and develop body awareness and confidence. This class is for students who have already learned the First Section of the Tai Chi long form in the "Beginners' Tai Chi" class. Students will start learning new moves in the Second Section of the long form while continuing to practice and improve the First Section along with deep breathing exercises in each class. The Eight Pieces of Brocade Qigong will 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.

ETC2, 12 Tuesdays, 6:00-7:00 pm. Begins September 17, Lexington High School, Room 140, \$240/Seniors \$225.

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, 13 Tuesdays, 11:00 am-12:30 pm. Begins September 10, Hybrid: Hancock Church or Zoom, \$215.

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, 13 Tuesdays, 9:15-10:45 am. Begins September 10, Hybrid: Hancock Church or Zoom, \$230/Seniors \$215.

Joyful Yoga – In-Person

Instructor: Linda Del Monte

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

EYF2, 10 Fridays, 10:00-11:15 am. Begins September 13, Hancock Church, \$200/ Seniors \$185.

Hatha Yoga – In-Person / Virtual

Instructor: Asha Ramesh

Stretch and strengthen without competition or performance anxiety in this basic hatha yoga class. Class will include standing, sitting, and supine poses, with a focus on the breath. Postures are basic, without compromising on the wellness they deliver. The format changes from one week to another, allowing for variation and multiplicity in poses. The yoga you take home will allow customization to suit your mood and needs. Dress comfortably and bring your own mat.

E2HYO, 8 Mondays, 6:30-7:30 pm. Begins September 9, Diamond Middle School, \$135/Seniors \$120.

EHYO, 8 Wednesdays, 6:30-7:30 pm. Begins September 11, Zoom, \$135/ Seniors \$120.



Amy Stix teaches Zumba®, facing page.

Chair Yoga – Virtual

Instructor: Asha Ramesh

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

ECHR, 8 Saturdays, 10:00-11:00 am. Begins September 14, Zoom, \$135/ Seniors \$120.

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 October 23, 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 dance floor. 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 October 16, Hancock Church, \$75.

Humanities

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. 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 September 17, Bowman, \$140/Seniors \$130.



Linda Del Monte teaches Joyful Yoga, facing page.

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, 13 Mondays, 7:00-8:00 pm. Begins September 9, Hancock Church, \$225/Seniors \$210.

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 Romance Film Club – In-Person

Instructor: Beth Lisogorsky

“People who watch romantic television and movies report higher relationship commitment and satisfaction rates.” according to *Psychology Today*. In this class, we will lean into this outcome by discussing moving romantic dramas across different genres. Suggested films include the 2023 Academy Award nominee for “Best Picture,” *Past Lives*, the critically acclaimed romantic dramedy by Paul Thomas Anderson, *Punch-Drunk Love*, an Old Hollywood classic starring Audrey Hepburn and Gregory Peck, *Roman Holiday*, and a newer international indie film from Norway, *The Worst Person in the World* about a young woman’s journey to self-fulfillment (love and career-wise). Note: All of our films will be sourced via Kanopy, a free lending service affiliated with your library membership.

HRFC, 4 Wednesdays, 7:00-8:00 pm. Begins October 2, Hybrid: Lexington High School, Room 222 or Zoom, \$95/Seniors \$80

NEW The Importance of Aesthetics for Sustainability Goals – In-Person

Instructor: Michael Spicher, Ph.D

Support for sustainability efforts continues to grow in many ways, though more work can be done. And one facet that is often not discussed is the role that aesthetics plays in achieving these goals. In this talk, we’ll examine why making products and spaces with a consideration of beauty often leads to longevity. For example, building wind or solar farms has been thwarted because people perceive them as ugly. To convince more people to adopt sustainability practices, aesthetics has been shown to be more effective than data or information alone. While we’ll bring in some aspects of theory, we will also look at practical examples of how aesthetics can be applied toward sustainability.

HAES, 1 Thursday, 7:00-8:30 pm. Meets October 10, Lexington High School, Room 232, \$25.



HELLENIC TANTRA: THE HIDDEN WISDOM OF PLATONISM

with Gregory Shaw, p. 9



Dr. Amy Banks celebrates the life, work, and posthumous collection of poetry from her sister, Kate Banks, page 5.

NEW **The Sleeping Beauty Problem – In-Person**

Instructor: Mike Gefers

In April of 2000 the philosophy journal, *Analysis*, published the article, *Self-locating Belief and the Sleeping Beauty Problem*. The paper's author, Adam Elga, presented a riddle involving a math lab experiment, a fair coin toss and the consciousness of Sleeping Beauty. And in the quarter century since, Elga's provocation inspired a torrent of opinion, over one hundred peer-reviewed articles either supporting his claims and argument or refuting them. Join us for a discussion of a mind-bending journey through an unresolved riddle that toys with the meaning of consciousness and cognition, time and dreams, and spills into ideas from world religion, nuclear physics and 5000 years of mathematical thought. The evening will be filled with optical illusions and simple riddles that speak to many issues generated by this paradoxical puzzle. Googling or Youtubing, "The Sleeping Beauty Problem" will generate many sites to find out what the riddle is about and to explore what other people think about its answer. Particularly worthwhile to peruse before the discussion is Elga's short paper from *Analysis*: <https://www.princeton.edu/~adame/papers/sleeping/sleeping.pdf>

HSBP, 1 Tuesday, 7:00-8:30 pm. Meets October 22, Lexington High School, Room 242, \$25.

NEW **Unveiling Ancient Mysteries: Exploring the Dead Sea Scrolls – In-Person**

Instructor: Lenin Prado, Ph.D

The Dead Sea Scrolls are regarded as one of the most important archaeological finds of the 20th century. Join us for a 4-week introduction to the Dead Sea Scrolls, where we'll delve into the captivating history, discovery, and significant impact of these ancient texts on our understanding of Jewish history and early Christianity. This course provides an engaging overview of the historical, religious, and cultural importance of the scrolls, which date from the third century BCE to the first century CE. You will learn about their discovery near the Dead Sea, the diverse range of texts they encompass—including biblical manuscripts, sectarian writings,

and apocryphal works—and the theories regarding the identity of the community behind these works.

HDSS, 4 Wednesdays, 6:30-8:00 pm. Begins October 2, Lexington High School, Room 148, \$95/Seniors \$80.

Read Like a Writer – Virtual

Instructor: Barbara Thimm

In this course, we will practice reading through the eyes of a writer. We will read selected passages from modernist fiction and investigate 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 Thursdays, 6:30-8:30 pm. Meets October 10, Zoom, \$95/Seniors \$80.

NEW **Three Poets/Three Books – Virtual**

Instructor: Kenny Likis

Contemporary poetry offers an astonishing range of poets and poetics. We will sample that richness by exploring three books: *American Sonnets for My Past and Future Assassin*, by Terrance Hayes (seventy sonnets that expand our appreciation for what can happen in fourteen lines); *The Best of It: New and Selected Poems*, by Kay Ryan (whose signature skinny, gnomic verse can bring to mind Emily Dickinson); and *The Government Lake*, by James Tate (the final book of wild prose poems by a master of that genre who died in 2015). We will focus on reading poems aloud, sharing what they say to us and about the poet, and consider each poet's strategies and achievement. Our four meetings will allow room for you to choose poems for our discussion. If you are a fan of contemporary poetry and these poets, or you just want to discover new poetry, come join us.

HTTB, 4 Tuesdays, 10:30 am-12:00 pm. Begins October 8, Zoom, \$95/Seniors \$80.



READ LIKE A WRITER
with Barbara Thimm, this page

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 Fridays, 12:30-2:30 pm. Begins September 13, Zoom, \$60/Seniors \$50.

NEW **Laugh Aloud Poems: Humorous Poetry – Virtual**

Instructor: Tracy Marks

As darkness descends earlier each day, you may crave several evenings of laughter to uplift your mood. So how about some laugh-aloud group experiences reading and hearing truly humorous and witty poetry? Together we'll read several dozen playful poems by Ogden Nash, Shel Silverstein and others, including the most famous poet of all, Anonymous. Join us for a fun-filled online evening guaranteed to keep you smiling.

HLAP, 2 Wednesdays, 6:45-8:45 pm. Begins December 4, Zoom, \$60/Seniors \$50.

NEW **Rumi: Sufi Poetry of the Heart - Virtual**

Instructor: Tracy Marks

"Friend, there's a window that opens from heart to heart," the 13th century Sufi poet and sage wrote. "Love is the language and the universe is the book." Together, we'll read dozens of passages from Rumi's bestselling, inspirational poetry and share the ways in which the beauty and wisdom of his words moves us. We'll also learn about Rumi's life, his beloved Shams, and the Sufi path. Finally, we'll watch video clips of translator Coleman Barks' musical recitations. A collection of Rumi's writings will be provided.

HRMI, 2 Wednesdays, 6:45-8:45 pm. Begins September 18, Zoom, \$60/Seniors \$50.



Actor and educator Stephen Collins presents *An Evening of Poems by Robert Frost*, page 38.

NEW Shakespeare's Macbeth! – Virtual

Instructor: Cammy Thomas

“By the pricking of my thumbs,/ Something wicked this way comes!” says one of three witches, expecting Macbeth to appear. He will, and they’ll incite him to murder and beyond, in a tale of ambition coupled with violence, love, madness, and some of the most beautiful and memorable language in Shakespeare’s plays. It might be Lady Macbeth, sleepwalking, unable to wash the blood from her hands: “Out, damned spot, out, I say!” Or Macbeth, facing the emptiness of life, “a tale/ Told by an idiot, full of sound and fury,/ Signifying nothing.” And why the witches? Perhaps because James I, the reigning monarch, believed in them! We’ll read and discuss the play in its historical context, watching film clips, and reading aloud as we go. No experience necessary. No homework the first session, and then one act a week until done. I’ll be using a print version of the Folger edition (ISBN 9781451694727), which is also available free online, but any good edition of the play should be fine.

HSMB, 6 Thursdays, 12:00-1:30 pm. Begins October 10, Zoom, \$110/Seniors \$100.

NEW Tolstoy: The Death of Ivan Ilyich and Other Stories – Virtual

Instructor: Tracy Marks

Would you like to read two Russian masterpieces about men transformed by their confrontation with mortality? In

this course, we’ll read and discuss two of Tolstoy’s most famous novellas, *The Death of Ivan Ilyich* and *Master and Man*, and the issues they raise about the meaning of life. We’ll also read a few Tolstoy short stories including *Family Happiness*, about a married couple struggling with insurmountable differences. Although early translations are online, we’ll be using *The Death of Ivan Ilyich and Other Stories*, superbly translated by Pevear and Volokhonsky. Please buy or borrow it before the first class.

HLTS, 4 Thursdays, 6:45-8:45 pm. Begins November 14, Zoom, \$110/Seniors \$95.

NEW Jane Austen’s Sense and Sensibility – Virtual

Instructor: Tracy Marks

Sense and Sensibility, one of Austen’s most beloved novels, is not only about two young women overcoming obstacles in love. It’s also about the struggle to come to terms with romance vs. realism, head vs. heart, restraint vs. expression and appearance vs. reality. Taking both a psychological and historical perspective, we’ll read, enjoy and discuss this 19th century classic, and watch several video clips from film versions of the book. Please borrow or purchase David Shapard’s *Annotated Sense and Sensibility* and read the first nine (brief) chapters before the first class.

HJAS, 4 Fridays, 12:30-2:30 pm. Begins November 1, Zoom, \$110/Seniors \$95.

NEW Mrs Dalloway by Virginia Woolf – In-Person/Virtual

Instructor: Barbara Thimm

In this course, we will explore Virginia Woolf’s novel “Mrs Dalloway” as we approach its centennial in 2025. We will closely read selected passages from the novel to better understand and appreciate how Woolf uses ‘free indirect style’ to construct a complex narrative that still reads as new and interesting today. For those interested, we will also examine how Michael Cunningham’s novel “The Hours” and its film adaptation reflect and reinterpret Woolf’s writing, offering a modern perspective on her enduring influence.

HMSD, 3 Tuesdays, 6:30-8:30 pm. Meets October 8, Hybrid: Lexington High School, Room 224 or Zoom, \$95/Seniors \$80.

Home, Hobbies & 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.

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. Students under 18 must be accompanied by an adult.

FWEW, 8 Thursdays, 6:00-8:00 pm, Begins September 19, Lexington High School, Room 222, \$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 September 26, Zoom, \$40.



WEATHER-WISE
with Frank SanFillippo, this page



Mike Gefers considers and explains *The Sleeping Beauty Problem*, page 30.

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 November 19, Lexington High School, Room 148, \$80.

NEW Planning Your European Vacation – In-Person

Instructor: Wim Nijenberg

Travel to Europe has finally opened again. Making a smart plan that includes choosing the best cancellation and refund policies, and learning how to keep up to date on restrictions, is more important than ever. Wim will share his expertise, gained through creating travel experiences in Europe for over 35 years, to help you choose the best products and services - air, hotel, ground transportation, and sightseeing, whether you are traveling individually or with a tour or cruise. Learn the importance of reading the fine print, understanding payment schedules and how to obtain many discounts and opportunities in Europe. Even if you've already made your plans, this information-packed evening can still be beneficial.

FEUR, 1 Thursday, 7:00-9:00 pm. Meets October 10, Lexington High School, Room 229, \$30.

Off the Beaten Path Hikes: The Chamberlin Woods in Concord

Instructor: Gregory Leschishin

The Chamberlin Woods consists of 59 tranquil acres of land, mostly wooded, on the east side of Lowell Road. Trails here connect to the larger Estabrook Woods through the property of Middlesex School and private landowners. These woods were the generous gift of the Newbury children who grew up across Lowell Road. The donation of the land to CLCT was completed in 1999. We'll cross several small brooks and walk along the edge of several vernal ponds.

FBPC, 1 Sunday, 11:30 am-2:00 pm. Meets October 27, \$39.

Off the Beaten Path Hikes: Huckins Farm in Bedford

Instructor: Gregory Leschishin

Along with a former missile silo site and presently a Harvard Animal Studies Farm, the Huckins Farm stretches along the Concord River into quiet horse farms and tranquil homes. We'll traverse the area along the river as well as walk close to ancient forests from the turn of the last century.

FBPH, 1 Sunday, 11:30 am-2:00 pm. Meets November 24, \$39.

An Introduction to Birdwatching – Virtual

Instructor: William 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 his PowerPoint presentation, Bill will describe 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 Tuesday, 7:00 pm-8:15 pm. Meets October 8, Zoom, \$25.

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 October 22, 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 Thursdays, 6:30-8:00 pm. Begins October 10, Lexington High School, Room 166, \$50.

Music Appreciation

NEW Introduction to Music Theory: The Elements of Music – In-Person

Instructor: Max Rydqvist

Do you hold a penchant for listening to or playing music but are clueless as to its construction? Perhaps you already are somewhat familiar with reading music but endeavor to broaden your grasp of fundamental music theory? Do you wish to explore how the principal elements of music fuse together to shape the larger musical structures we know as compositional artworks? If you answered yes to any of the above then this course is designed for you. We will commence by learning the basic ingredients of music notation including pitch, rhythm, meter, scales, and intervals. We will then examine some of the ways that these elements combine to form tonal melody and harmony such as through the utilization of triads, seventh chords, key signatures, and some standard voice leading and contrapuntal procedures. Finally, we will also briefly delve into a few pieces of actual music spanning various eras and regions within the Classical tradition in order to directly observe methodologies applied by composers and musicians that infuse the musical building blocks outlined above into the greater forms, styles, and genres that they craft. Some elementary ear training and rhythmic drills involving sight reading and dictation will be incorporated using basic ingredients such as scales and arpeggios, simple and compound meters.

MIMT, 6 Tuesdays, 6:30-8:00 pm. Begins September 17, Lexington High School, Room 222, \$120/Seniors \$105.

NEW The Principal “Forms” of Tonal Classical Music– In-Person

Instructor: Max Rydqvist

Have you ever pondered the structural qualities that distinguish the various types of classical music from one another? Do you hold a desire to learn how the fundamental elements of music fuse together to shape the greater sonic configurations we recognize as compositional artworks? We will begin by reviewing the components of standard chords, basic chord progressions and phrase structures in tonal music. Following a transient venture into a few of the most seminal forms invented during

the Medieval and Renaissance eras we will survey some of the primary vocal and instrumental forms found in the common-practice era of tonal music, an era spanning the Baroque period of the seventeenth century through the late Romantic of the early twentieth. Some of the material to uncover will include the Baroque fugue, Classic and Romantic period binary and ternary forms, sonata form, rondo form, variation forms, the *da capo* aria, *cantabile* and *cabaletta*, and art song forms. Moreover, we will direct our attention to the application of these eclectic structures within some of the most enduring genres of classical music such as the opera, the symphony, the concerto, the sonata, the suite, and the march. While we will only grace the overarching surface of the intricate musical material at hand the course presumes the ability to read music as well as a rudimentary knowledge of music theory.

MFRM, 5 Tuesdays, 6:30-8:00 pm. Begins October 29, and meets 11/12, 11/19, 11/26 & 12/3. Lexington High School, Room 222, \$105/Seniors \$90.

NEW An Operatic Potpourri – A Folk Tale, A Fantasy, A Melodrama and A Domestic Tale – Virtual

Instructor: David Collins

Opera has many varied sources for its stories, among which are Folk Tales, Fairy Tales, Melodramatic Plays and Novels. Each operatic story in our class derives from one of these sources. And each comes from a different country. We begin with Jacques Offenbach’s French opera “Les contes d’Hoffmann”—(The Tales of Hoffmann) which will be presented in movie theaters by the Metropolitan opera in HD on October 5. This story’s lead character is based on a real person—E. T. A Hoffmann - himself a writer and composer. From simple ballad-like songs to florid coloratura vocalizing, Offenbach spins four tragic love tales. “Sadko”, an opera in seven scenes, is an exaggerated folk tale written by the Russian composer Nikolay Rimsky-Korsakov. With romantic and impressionist music, the composer



AN OPERATIC POTPOURRI
with David Collins, this page

tells the tale of a minstrel’s wild adventures. Rimsky-Korsakov’s sparkling orchestration brings excitement and color to this opera. Following this, we turn to the MET’s second HD presentation on November 23 - Puccini’s “Tosca”. Its fame is based on its memorable arias. We will highlight some of these arias with musical notation. This lets us see what the composer asks of the singers. Mark Adamo’s adaptation of Louisa May Alcott’s “Little Women” is our last opera this season. Adamo’s music deepens the emotional crisis of accepting change as we mature. Of course the focus is on Jo, yet the other sisters are still woven into this musical tale. This American opera has been very successful with many performances in the U. S as well as internationally.

HVTO, 4 Tuesdays, 6:30-9:15 pm. Begins October 1, and meets 10/15, 11/12 and 11/26, Zoom, \$125/Seniors \$110.



Author and cultural historian Jeremy Eichler presents *Time’s Echo: The Second World War*, page 7.

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

Instructor: Gregory Leschishin

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

HHOW, 7 Wednesdays, 6:30-8:00 pm. Begins October 9, Zoom, \$100.

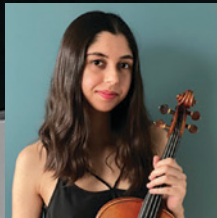
Private Music Instrument Lessons for Every Age and Level

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: Fill out the Registration Information on our website under Music Lessons. 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.*

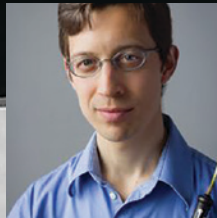
For info about LCE Music teaching staff, please visit: <https://lexingtoncommunityed.org/music-instrument-lessons/>



Annina Hsieh, Voice,
Beginning Piano



Simone Cartales
Violin, Viola



Ben Fox
Oboe



Brenda Bishop,
Voice



Brian Kane
Saxophone



Ellen Donohue-Saltman
French Horn



Greg Gettel
Trumpet



Max Rydqvist
Voice, Piano



Rui Xu
Double Bass



Minyung Suh
Cello



Jerry Vejmla
Sax, Clarinet



Jessica Lizak
Flute



Libor Dudas,
Piano



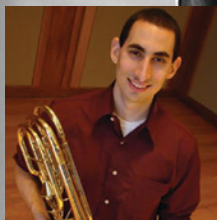
Jim Lattini
Drumset/Percussion



Nancy Radnofsky
Clarinet



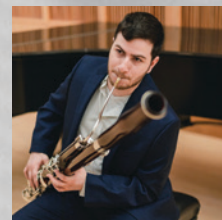
Julia Chung
Piano



Phil Hyman
Trombone/
Euphonium



Pauline Jung
Flute



Shant Arakelian
Bassoon



Hunter Holmes
Guitar/Bass Guitar

Music Performance/ Theatre Arts

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 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 the guitar in jazz has evolved.

HGIT, 1 Monday, 7:00-9:00 pm. Meets October 28, LexMedia, 1001 Main Campus Dr., Lexington, \$25.

NEW History Through Rock: 1950s through 1980s – In-Person

Instructor: Terrie Vincent

Rock and roll music emerged in the early 1950s along with a distinct teen culture. For the most part, what was happening in the world was reflected in the music, but sometimes the music was a catalyst for change that impacted events in America and beyond. In this class, we'll examine the events of the 1950s through the 1980s through the music we listened to and the pictures we can't forget. Feel free to sing and dance!

HHTR, 4 Thursdays, 6:30-8:00 pm. Begins September 26, Lexington High School, Room 233, \$95/Seniors \$80.

Four Weeks on The Fab Four

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 an educator and professional musician we will examine and learn the why and how behind a variety of enduring Beatles songs. This class is open to non-musicians and Beatles fans who are interested in the song structure and lyrical motifs and musical genius of the lads from Liverpool.

MBEA, 4 Tuesdays, 6:30-8:00 pm. Begins October 1, Lexington High School, Room 232, \$110/Seniors \$95.

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

Instrumental Camerata

Instructor: Minyung Suh

This class is designed for adults with a wide range of skills who are interested in playing chamber music together. We will explore different pieces from the classical repertoire, and address both the technical and musical components of ensemble playing. Whether you are a beginner or someone who has taken an extended break from playing but would like to resume (and need a motivational program to help!), this is sure to be a rewarding experience. The class is open to violinists, violists, cellists, bassists, oboists, flutists, and bassoonists who are comfortable with basic note-reading, and are playing at a “late beginner” level or higher. Please contact the instructor with any questions or concerns regarding playing ability. Depending on the interest of the group, the last class can end with a performance for family and friends.

MSTE, 8 Thursdays, 6:30-8:30 pm. Begins September 26, Lexington High School, Room 148, \$200/Seniors \$180.



Terrie Vincent teaches History Through Rock: 1950s through 1980s, this page.

NEW Improvisational Comedy

Instructor: Shiyabade Animashaun

Learn, practice, experience and demonstrate the tenets and forms of improv comedy, with a founding member of The Nova Comedy Collective. Via ImprovBoston, Catalyst Comedy, the Women in Comedy Festival, culminating in a final session showcase. This is a beginner/intermediate level class for those with low or no improv or acting background, to explore improv in a welcoming space.

HIMC, 10 Mondays, 5:30-7:00 pm. Begins September 23, Lexington High School, Room 240, \$195.



Robert Hegarty teaches Basic Blues: Guitar Jam, this page.

Basic Blues: Guitar Jam

Instructor: R.L. Hegarty

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

HBBG, 4 Thursdays, 6:30-8:00 pm. Begins September 19, Lexington High School, Room 235, \$95/Seniors \$75.

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 September 18, 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 September 25, 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 October 9, 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 October 16, Hybrid: Zoom or Lexington High School, Room 221, \$45



Actor and educator Shiyabade Animashaun leads Improvisational Comedy for adults (page 35) and for high schoolers (page 15).

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 October 23, 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 November 6, Hybrid: Zoom or Lexington High School, Room 221, \$45.

NEW Mastering Gmail - Virtual

Instructor: Tracy Marks

Do you want to effectively manage your Gmail account and make sending and organizing email much easier? In this class,

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

CMGM, 2 Tuesdays, 6:45-8:45 pm. Begins October 22, Zoom, \$60/Seniors \$50.

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.

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.

Opening Lines: How to Hook Your Readers – Virtual

Instructor: Tracy Marks

Don't captivating original opening lines and paragraphs attract you so that you want to keep reading? Whether you write fiction, poetry or nonfiction, you'll want to hook your readers from the start, capturing their interest. In this online class, not only will you read exceptional opening lines and paragraphs, but you'll also stretch your imagination brainstorming openings that you can use in your writing. As an added bonus, we'll also consider attention-grabbing titles.

WOLH, 1 Monday, 6:45-8:45 pm. Meets November 18, Zoom, \$30/Seniors \$20.

Wordcraft: Improve Your Writing – Virtual

Instructor: Tracy Marks

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

WWOR, 4 Wednesdays, 6:45-8:45 pm. Begins October 16, Zoom, \$110/Seniors \$95.



Tom Daley teaches Memoir Writing, this page.

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 Tuesdays, 6:45-8:45 pm. Begins November 12, Zoom, \$110/Seniors \$95.

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, 8 Wednesdays, 4:00-6:00 pm. Begins October 23, Zoom, \$225/Seniors \$210.



JOURNAL WRITING FOR PERSONAL GROWTH

with Tracy Marks, this page

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 8 students.

W2MEM, 7 Fridays, 12:30-2:00 pm. Begins October 25, Zoom, \$195/Seniors \$180.



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.**

Poetics and Poetry

NEW An Evening of Poems by Robert Frost

Instructor: Stephen Collins

Join us for a unique, interactive performance that begins with a short biographical introduction into the poet's life. Robert Frost is greatly misunderstood. Certain people, some academics, and politicians included have tried to pigeonhole him, however, Frost is far more complicated than the surface indicates. This is, after all, a man who voted for Eugene Debs, one of the best known Socialists of the United States, but was vehemently opposed to Franklin Roosevelt and "The New Deal". It is this man that is seen in his poems that are often dialectic between chaos and order. As part of the evening "A Tuft of Flowers," "Mending Wall," "Birches," "After Apple Picking," "Acquainted with the Night," and "Desert Places" will be discussed. Stephen is hoping that people will come having read these poems, willing to discuss them. The performance closes with a dramatic reading of Frost's masterful use of blank verse in the hauntingly memorable, "The Death of the Hired Man."

Stephen Collins grew up in Cambridge and received a BA in Literature from UMass Boston. After twenty plus years in a sales career, he is back doing what he truly loves—performing and teaching. Recently he has been teaching seminars on Whitman, Hardy, Shakespeare, Frost, and Contemporary Poetry at various locations.

SFRO, 1 Tuesday, 7:00-8:30 pm. Meets September 17, Lexington Depot, 13 Depot Square, \$20.

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, 8 Wednesdays, 6:30-8:30 pm. Begins October 2, Zoom, \$225/Seniors \$210.

An Introductory Haiku Workshop – Virtual

Instructor: Brad Bennett

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

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

An Intermediate Haiku Workshop – Virtual

Instructor: Brad Bennett

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

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

*For more poetry classes,
please see these offerings:*

**An Evening Reading
with Li-Young Lee**, p. 3

**Into the Ether:
Celebrating the Life and
Poetry of Kate Banks**, p. 5

**Three Poets and
Three Books**, p. 30

**Poems That Inspire:
Mary Oliver**, p. 30

**Laugh Aloud Poems:
Humorous Poetry**, p. 30

**Rumi: Sufi Poetry
of the Heart**, p. 30

Shakespeare's MacBeth!, p. 31

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.

Instructor Bios

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

How to Register

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

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

Discounts and Scholarships

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

No School Dates

There will be no classes September 2, October 3, October 14, November 1, November 5, November 11, and November 28-29. When Lexington Public Schools are closed due to weather, the LCE office is also closed. Remote Zoom classes will remain in session during school snow days. You may call LCE at 781.862.8043 for a recorded announcement.

Cancellation and Refund Policy

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

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

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

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

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

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

Directions to the LCE Office

Lexington Community Education 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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