

COMMUNITY EDUCATION

Lexington



WINTER
2025



On Our Cover

"Lexington 250 Anniversary Cake"

Vanilla yellow cake, 8"

Meringue buttercream filling and frosting. Commissioned by Craig Hall, used with permission from Mirette Iskandar/Cake Niche. Cake Niche is a woman-owned and operated small business located in Lexington Center. The store offers a variety of custom cake designs for special occasions as well as a variety of ready-to-pick cakes, cupcakes and pastries.

www.cakeniche.com

Photograph © 2024, Lexington Community Education

Beyond an occasional experience of vivid Proustian-like sensory memory with flowers, food, or song, my most frequent and closest experiences to time-travel have usually taken place during, and due to course studies; particularly the study of history. I distinctly recall walking out of Foundations of Civilization in college and realizing that I was personally part of an unbroken lineage of people, places, and events that brought the world, with me in it, to that very vibrant and present moment. Traveling through Lexington, it is clear that the same kind of realization of past-present unification exists in neighborhoods, the Town Center, Battle Green, and in numerous historical houses across town.

With its significant history, and a vibrant modern citizenry, the Town of Lexington presents a stabilizing, inspiring and powerful landscape of connecting people and ideas, both past and present. In the pages that follow I trust that you will see that those same connections, intentions, and future-focused goals are what drives LCE's programming. In commemoration of the 250th semiquincentennial celebration of the Battles of Lexington and Concord, we happily present a calorie-free, sugar-free picture of sweetness, made especially to share with you by Cake Niche in celebration of Lexington's unique history and community. We wish you all the best in the New Year and hope to see you in class in 2025!

— 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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Eileen Jay

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About Lexington Community Education

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

Table of Contents

Around Town	6
Business, Career & Finance.....	8
Classes for Children	11
College Planning / Test Preparation	16
Cooking	17
Creative Arts	19
ELL/Languages.....	21
Exercise & Dance	25
Home, Hobbies & Travel	27
Humanities	28
LCE Presents.....	3
Mind & Body.....	31
Music Appreciation.....	33
Music/Theater Arts	34
Technology	36
Writing	37
Important Information	39
Instructor Biographies	Online

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

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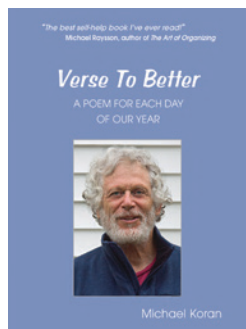
Lexington Community Education presents

Death is the Best Trip of All— That's Why it's Saved for Last

— Spoken by Abbie Hoffman, Activist turned Comedian

WITH MICHAEL KORAN

Saturday, January 11, 2025 • 7:00-8:30 pm • Follen Church
Society, 755 Massachusetts Ave., Lexington • \$15 • **SWOW**



This evening, longtime and beloved teacher Michael Koran will explore—despite increasing physical challenges from his inoperable and growing sinus cancer—how unrelenting love from family and friends helps make each day better than the last. He will discuss transformative moments in his current “life-through-death” journey that share how, for him, “death is the best trip of all.” He will also share how his marriage to his domestic partner

on the day before Thanksgiving 2024, has helped consummate his life. With famously good humor Michael has asked friends, an engaged couple, if it would be okay for him to be reborn as their child. The bride-to-be said, “I’ll know my child is Michael if the baby’s first word is “Wow!” This evening will consist of stories about Michael’s “birth through death” journey, his four best jokes, four songs he has written, and four mantras with mudras (a word with a physical gesture that inspires a spiritual state.) After sharing his experience, Michael will converse with LCE’s Director and participants about his journey and realization. For this event admission cost entitles participants to a book.



Michael Koran is a seeker, teacher, community television host, author, dancer and a great friend and supporter of the idea and practice of adult and community education. His generosity of intelligence, time, and joy has been inspirational to many over the years. As a greatly admired instructor at the Cambridge Center for Adult Education for over four decades, Michael has taught over 100 courses on literature, theater, psychology, poetry, mythology and religion. Lexington Community Education has had the honor to have Michael teaching over Zoom for the last four years. On this special in-person evening event, LCE honors Michael and his long and joyful teaching career. Michael’s books *Verse To Better: A Poem For Each Day Of Our Year*, and *Heel Soul: 366 Ways to Dance Through Our Days* will be available at the event.



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.**

Learning, Leaning, Loving: Increasing Support & Ending Stigma Around Mental Health

WITH JJ LONG

Saturday, January 25, 2025 • 3:00-4:30 pm • Lexington High
School, 251 Waltham Street, Lexington • \$15 • **\$1N5**



One in every five Americans lives with some form of a clinically diagnosable mental health challenge. With symptoms ranging in level and frequency from mildly disruptive to debilitating: from daily and consistent, to yearly or rarely occurring reminders, mental health challenges affect all of us (including families, friends and loved ones) in direct and indirect ways. While causes, symptoms and treatments

may vary, life with mental health challenges commonly requires consistency in routine, positivity in practice, understanding a variety of treatment options, and support from health professionals, friends and family. This evening we will hear from visual artist and mental health awareness advocate JJ Long about his experience living with Bipolar. From first signs to situational episodes JJ will share his experience and thoughts about how to support loved ones, how to advocate for yourself (and others), and ways to end the mental illness stigma by embracing love, practicing kindness, and increasing helpful support for all.

In 2013 artist and entrepreneur, **JJ Long** was diagnosed Bipolar 1 after having a string of manic episodes and delusions and was admitted into a psychiatric ward where he was put on mood stabilizers and antipsychotics to stop the mania. After being discharged from the hospital, he remained on medication for over seven years and began his healing journey with the help of psychologists, psychiatrists, PCP, coaches, and supportive family and friends. On Dec. 31, 2021 JJ was finally able to successfully taper off of medications and was medicine free for two and a half years with no manic episodes. During the summer of 2024 however, he endured another unexpected manic episode and was placed back in the psychiatric ward for three weeks. With many lessons learned, JJ continues to move forward in his artistic and entrepreneurial career as he works to expand mental health awareness and advocacy with optimism born from experience. Find out more about JJ Long and his art at www.jjartworks.com.

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.

Using Statistics to Find New 3-Dimensional Spaces, A Journey in Pure Mathematics

WITH MELANIE MATCHETT WOOD

Tuesday, February 4, 2025 • 7:00-8:30 pm • Lexington High School, 251 Waltham Street • \$15 • **SMMW**



PHOTO BY KEVIN GRADY

This talk will explain to a general audience how mathematicians imagine and study 3 dimensional spaces different from the familiar space we live in. We will hear about a discovery of the existence of new 3-dimensional spaces by Sawin and Wood that came about by applying ideas from probability and statistics. Without any mathematical background required, we will get a glimpse into cutting edge mathematics.

Melanie Matchett Wood is the William Caspar Graustein Professor of Mathematics at Harvard University. Her work spans number theory, algebraic geometry, algebraic topology, and probability. At age sixteen, Melanie became the first female American to make the United States International Math Olympiad Team. She won two silver medals at the IMO, in 1998 and 1999. In college at Duke University, she was the first American woman Putnam Fellow. Melanie completed her PhD at Princeton University, and was then a Szego Assistant Professor at Stanford University, a Vilas Distinguished Achievement Professor at the University of Wisconsin-Madison, and a Chancellor's Professor of Mathematics at the University of California, Berkeley. In 2021, Wood received the National Science Foundation's Alan T. Waterman Award, the nation's highest honor for early-career scientists and engineers, and in 2022 Wood received a MacArthur Fellowship.

Django Jazz! A Celebration of the Genius of Django Reinhardt

WITH THE HENRY ACKER QUARTET

Saturday, February 22, 2025 • 7:00-8:30 pm • Follen Church Society, 755 Massachusetts Ave • \$20 • **SDJA**



Considered one of the greatest musicians of all time, Belgian-French guitarist Django Reinhardt forever transformed the way the instrument was played and heard. In 1934, along with violinist Stéphane Grappelli, Reinhardt formed the Paris-based *Quintette du Hot Club de France*. With unmatched technique, melodic sensibility, and rhythmic swing, the group was among the first that featured the

jazz guitar as a lead instrument.



Henry Acker is a young powerhouse jazz guitarist who performs both in the style of Django Reinhardt as well as in the traditional jazz style. A child prodigy who began playing at age 8 and performing professionally at age 9, his talent and abilities have developed into nothing short of astonishing. Henry has already shared the stage with jazz greats Bucky Pizzarelli, Frank Vignola, Julian Lage, Bireli Lagrene and Vic Juris as well as Gypsy Jazz legends Samson Schmitt, Mozes Rosenberg, Adrien Moignard and Joscho Stephan. He is the winner of the 2017 Djangofest NorthWest Saga Award and a five time winner of the Downbeat Magazine Student Award for jazz guitar soloist. Based in Boston, MA, he also dazzles audiences at Jazz Festivals across the United States and Europe. He has taught at Frank Vignola's guitar camp and at the distinguished Django in June Camp in Northampton, MA. Henry's career is in full swing and red hot. In addition to Henry Acker the quartet consists of Jason Anick, Violin Bruno Peterson, Rhythm Guitar and Greg Loughman, Double Bass.

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

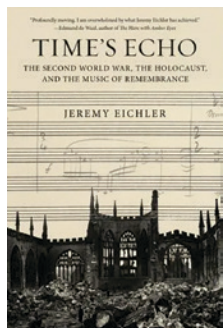


LCE is proud to partner with
Maxima Book Center in Lexington.
www.maximacenter.com

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.

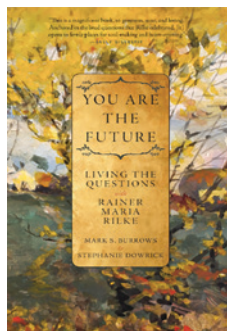


An award-winning critic and cultural historian, **Jeremy Eichler** currently serves as the chief classical music critic of *The Boston Globe*. He is the recipient of an ASCAP Deems Taylor Award for writing published in *The New Yorker*, a fellowship at Harvard University's Radcliffe Institute for Advanced 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.

Everything Matters: Living the Questions with Rainer Maria Rilke

WITH MARK S. BURROWS

Sunday, March 2, 2025 • 3:00-4:30 pm • Follen Church Society, 755 Massachusetts Ave • \$15 • **SLTQ**



2025 marks the 150th anniversary of Rilke's birth (1875–1926). Already a bestselling poet and writer during his lifetime, his influence has grown steadily over the century since his death. Many readers will remember the revelation of discovering his *Letters to a Young Poet* in which he famously advised us not to seek answers but rather to “live the questions.” His poems—from his early *Book of Hours* (1905) to his last two collections, *The Sonnets to Orpheus* and

The Duino Elegies (1923)—do just this: they invite us to live into what he described as “the Open.” To embrace the intimate gifts of the “here-and-now.” To cherish the small mysteries that are always close to hand. And to discover how we belong to what he came to call “the Whole.” Join us to explore a selection of Rilke's poems and writings with the award-winning translator, poet, and Rilke scholar Mark S. Burrows, professor emeritus of the University of Applied Sciences in Bochum, Germany. He will gladly sign copies of his new books: *Sonnets to Orpheus: A New Translation* and *You Are the Future: Living the Questions with Rainer Maria Rilke*, both published in 2024.



Mark S. Burrows is a poet, scholar, and teacher who has spent much of his life translating and interpreting Rilke's poetry. His recent publications include an award-winning collection of poems inspired by the German mystic, *Meister Eckhart's Book of Darkness and Light* (2023) and the first collection (in a bilingual German/English edition) of poems by the celebrated German-Jewish poet Hilde Domin, *The Wandering Radiance: Selected Poems of Hilde Domin* (2023). Alongside his prize-winning translation of one of Rilke's early works, *Prayers of a Young Poet* (later included as the opening section in *The Book of Hours*) is his new translation of Rilke's *Sonnets to Orpheus* (2024). In October, 2024, he published a book (co-authored with Stephanie Dowrick) shaped by Rilke's wisdom, *You Are the Future: Living Your Deepest Questions with Rainer Maria Rilke*. He lives and writes in Camden, ME. www.soul-in-sight.org

Around Town



250 Anniversary Celebration

The Lex250 Commission was established by the Lexington Select Board to coordinate activities that celebrate the 250th anniversary of the Battle of Lexington – the first battle of the American Revolution – and other events related to the founding of our country. Events and activities will take place over the course of 2025 and an updated list of happenings can be found at Lex250.org

VOICES ON THE GREEN PRESENTS

On Our Own:

Stories of Independence

April 4, 2025, 7:00 pm

First Parish in Lexington

7 Harrington Road, Lexington

In partnership with the Lex250 Celebrations Committee, Voices on the Green, Lexington's live storytelling and music performance series now in its seventh season, presents "On Our Own: Stories of Independence. Whether leaving our childhood home for the first time or escaping an oppressive government (or relationship), being on your own creates many challenges as well as opportunities. Six storytellers will relate true, personal stories with live musical performances. The evening is hosted by poet and spoken word artist Regie O'Hare Gibson. This production is supported through a generous grant from the Community Endowment of Lexington. Admission is free, but donations will be gratefully accepted. Do you have a story to tell us on this theme? Reach out to us now (deadline February 25) at voicesonthegreen@fplex.org. Find out more about Voices on the Green and relive past shows at <http://www.voicesonthegreen.org>.



Mandarin Glow

Year-end PARTY

All Are Welcome!

DEC 7 2024

AT 3:00 PM

Clarke Auditorium
17 Stedman Road
Lexington, MA 02421

Hosted by:
NLCC and LCE, in collaboration with
Lexington Public School Mandarin Classes

Sponsors:

Join us as we celebrate our proud LCE/NLCC collaboration and the hard work and dedication of our students and instructors!

NEW Teaching Your Own Community Education Class – In-Person

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 February 6, Lexington High School, Room 235, *Free, but pre-registration is required.*

1775 – In-Person

Instructor: Ginni Roberts Cahill

Join Ginni Roberts Cahill (LHS class of '64) for a look at the timeline leading up to 1775, followed by an hour-by-hour account of April 18 and 19, details of the Battle of Bunker Hill, and ending with the Knox Expedition to bring cannon, mortar and other weaponry from Fort Ticonderoga, NY to George Washington in Cambridge, MA.

LSEV, 1 Tuesday, 7:00-9:00 pm. Meets March 18, Lexington High School, Room 225, \$10.



Craig Hall and Karen Gironde lead Teaching Your Own Community Education Class, this page.

CARY LECTURE SERIES PRESENTS

Coming to America: A Musical Journey | Jonathan McPhee

March 22, 2025, 8:00 pm

Many different nationalities have emigrated to America throughout its history. That history is complex and at times, brutal. Our country has welcomed immigrants and at other times, excluded certain people as the new American culture developed. Today, we often describe the United States as a "melting pot", but that has at times been contentious. The United States is a unique experiment. What makes our country special as opposed to other countries with a multicultural population? Looking through the lens of music as an international common language, what can we discover about ourselves? Lexington Symphony's Music Director, **Jonathan McPhee** has conducted orchestras all over the world from South America to Europe, and China. What he brings to Lexington with the Lexington Symphony is great music that during this period of reflection on the 250th anniversary of the American Revolution, illustrates the cultural richness immigrants have infused into our communities and society.

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!



Kierstin Pane teaches Adult, Infant & Child CPR with AED – In-Person, page 32.



LexMedia Production Classes, this page.

Media Production Classes at LexMedia

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

Home Alone – In-Person

Instructors: Officers of the Lexington Police and Fire Department

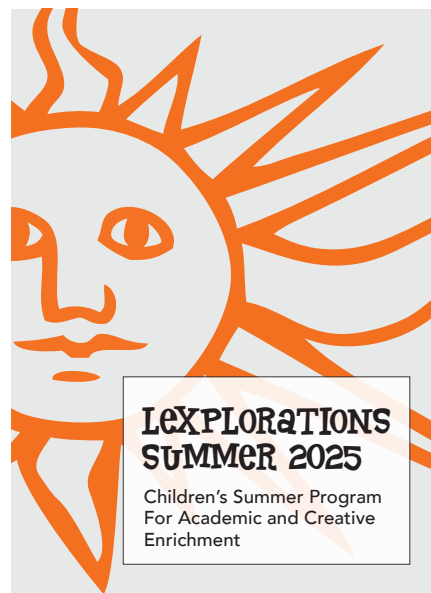
Help your child feel safer and more secure when home alone or with siblings, and teach them smart telephone and doorbell answering strategies. This class is designed for children ages 9 and older. Younger children may attend with an accompanying adult. Instructors are officers from the Lexington Police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

K009, 1 Wednesday, 5:30-6:30 pm. Meets January 15, Lexington High School, Room 224, \$5.



SELF-DEFENSE & AWARENESS TRAINING FOR WOMEN

with Charles Clayton, p. 32



LCE's Lexplorations Summer Program Registration Opens in February, p.12

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.

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 January 28, Zoom, \$35.



Rohit Sakhuja examines What's a Wealthy Life for You? p. 10.

How to Build a Portfolio to Last a Lifetime – Virtual

Instructor: Glenn Frank

This workshop is for experienced investors. We will follow the 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 February 4, Zoom, \$35.

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

Instructor: Rebecca O'Brien

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

BWIL, 1 Tuesday, 7:00-9:00 pm. Meets March 25, Lexington High School, Room 143, \$35.

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



Rebecca O'Brien teaches Wills, Trusts and Estate Plans – Everything You Need to Know, this page.

Medicare cover long-term care expenses? These questions and many more will be answered in this very important class.

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

BMED2, 1 Wednesday, 7:00-9:00 pm. Meets February 26, Zoom, \$35.

The Latest Long-Term Care Asset Protection Strategies – Virtual

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

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

BLTP, 1 Wednesday, 7:00-9:00 pm. Meets February 12, Zoom, \$35.

BLTP1, 1 Wednesday, 7:00-9:00 pm. Meets March 19, Zoom, \$35.

Social Security Planning for Couples – Virtual

Instructor: Matt Carron

The Social Security decisions spouses make when they are in their 60s will determine the amount of total income they will receive over their lifetime – especially the lifetime of the spouse who



Shadaj Music Festival

Celebrating 10-Year Anniversary

Saturday, April 5, 2025 : 10am - 10pm

Scottish Rite Masonic Museum, Lexington, MA



www.shadaj.org

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 Thursday, 6:00-8:00 pm. Meets February 27, Zoom, \$40.

BC2S, 1 Thursday, 6:00-8:00 pm. Meets March 27, Zoom, \$40.



YOU CAN AFFORD COLLEGE IF...
with Donald Anderson, p. 16

How to Recreate Your Paycheck in Retirement – 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 event, 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. Tax planning strategies that will maximize your future retirement paycheck.

BZRC, 1 Wednesday, 6:00-8:00 pm. Meets February 5, Zoom, \$40.



RESIDENTIAL ADDITION 101
with Nancy Dickinson, p. 27

NEW What's a Wealthy Life for You? – In-Person

Instructor: Rohit Sakhuja

In a world of inescapable time and resource limitations, the consideration and crafting of a practical philosophy around money, time and value can be crucial in the achievement of a life of fulfillment and wealth. Join us for two Saturday sessions designed to help clarify and identify the essential people, places, and pursuits we most cherish in life. In our first session we will consider how our current time and financial expenditure and savings could better align with what we value most in life. We will consider three thought provoking questions to stimulate ideas on what each student cares about most in life, with full recognition that a wealthy life is very personal to each individual. In the second class we will consider possibilities around discretionary money (whether income or from savings) to support the alignment of time and money to what we each value most in life. Given our limited time on earth, all of us want to experience the wealth and reward of spending quality time and money we have on the things that we deem most valuable.

BWWL, 2 Saturdays, 10:00-11:30 am. Begins January 11, Lexington High School, Room 220, \$60.

Investing with AI for Women 101 – Virtual

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 the basics of investing, discuss step-by-step approaches 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 Mondays, 12:00-1:30 pm. Begins January 27, Zoom, \$60.

Investing with AI for Women 201 – Virtual

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 the 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 Mondays, 12:00-1:30 pm. Begins February 24, Zoom, \$60.

Eight 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 February 10, Lexington High School, Room 224, \$35.



Actor and educator Shiyabade Animashaun leads a Teen Improv Workshop during February vacation week, this page.

Tax Planning for the 4 Stages of Retirement – In-Person

Instructor: Chris Chen

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

BTAX, 1 Tuesday, 7:00-8:30 pm. Meets January 21, Lexington High School, Room 224, \$35.



DEALING WITH DRAMA
with Harlan Sparrow, p. 31

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 proper support and preparation. In this Zoom webinar, Joan Mankoff, divorce coach and licensed realtor, will discuss the basics of the divorce process and outline how research, education, and preparation are crucial to divorce empowerment. Joan, founder of Your Divorce Pro, will outline a straightforward approach to evaluate your situation, make optimal decisions for you and your family, and set up your best new life. In addition, Steph Kafoury, life coach and founder of Rise Life Coaching, will present “Becoming Me: Thriving Beyond Divorce.” She will talk about ways to discover who YOU are—the transition from “we” to “me” focusing on these 3 areas of self-love: setting boundaries, reclaiming your power, and finding what brings you joy. Given the subject’s sensitivity, attendees are asked to rename themselves by their first name only and keep their video off. Attendees will have the chance to ask questions confidentially.

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

BDI2, 1 Tuesday, 7:00-8:30 pm. Meets January 28, Zoom, \$35.

BD3I, 1 Tuesday, 12:00-1:30 pm. Meets February 4, Zoom, \$35.

Classes for Children

Each summer LCE’s *Lexplorations* 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 January 15, Lexington High School, Room 224, \$5.



PLANNING YOUR EUROPEAN VACATION
with Wim Nijenberg, p. 27

NEW FEB VACA Teen Improv Workshop – In-Person

Instructor: Shiyabade Animashaun

This is an introductory workshop for teens to learn improv exercises and games to expand their acting, improv and social skills. Students will increase their decisiveness and communication skills, sharpen awareness and listening skills, and increase their ability to react well to surprises and overcome the fear of failure. This Beginner to Intermediate workshop is great for those with no or little (1-2 years of prior experience) improv or acting background. The four day workshop ends with a student showcase for friends and family!

KIMC, 4 Days, 10:00 am-3:00 pm. Meets February 18-21, Lexington High School, Black Box, \$325.



ADULT, INFANT & CHILD CPR WITH AED
with Kierstin Pane, p. 32

A large, stylized orange graphic of a sun with a face, featuring a wide smile and wavy rays, serves as the background for the entire page.

LEXPLORATIONS SUMMER 2025

Children's Summer Program
For Academic and Creative
Enrichment

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

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

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

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

NEW FEB VACA Teen TED Talk Workshop – In-Person

Instructor: Mamata Banerjee

Do you have a great idea or story to share? Join a TED Ed leader as we work to enhance our communication skills, work in a team, and learn from fellow classmates and the best in the TED community. This vacation week program will engage every student to open up about innovative ideas they may have and boost their approach with public speaking skills. Students will listen and learn from each other about their passions to develop them into concrete ideas and learn to present them to a broader audience.

KTED, 4 Days, 10:00 am-1:00 pm. Meets February 18-21, Lexington High School, Room 221, \$250.



NEW FEB VACA Metrocraft: A Minecraft City Come to Life! (Grades 2-5) – In-Person

Instructor: Right Brain Curriculum Staff

Join our community as we build and govern a world-class Minecraft city, complete with everything needed for incoming residents! Build, budget, and furnish your own house. Plan a marketing campaign as you build your own business. Serve on the city council and vote to shape the city's future as you help create a constitution of laws for your citizens. Our Right Brain Curriculum teachers will guide you through – demonstrating how math, economics and community-building are key to a successful, working urban environment. STEM skills have never been so much fun!

KRBC, 4 Days, 10:00 am-1:00 pm. Meets February 18-21, Lexington High School, Room 225, \$250.

NEW Python for Middle Schoolers (Grades 6-8) – In-Person

Instructor: CodeAdvantage Staff

Ever wonder how YouTube, Google, or Instagram were created? Python. Python is a powerful, "typed" language that will allow students to build a series of applications and explore complex graphics, animation, and sound to

become a "real world" programmer! This versatile and widely used programming language is a great next step for experienced programmers. It also offers an "on-ramp" for middle school students ready to learn to code!

KPYT, 10 Tuesdays, 3:00-4:00 pm. Begins January 7, Clarke Middle School, \$450.

NEW Early Exposure to Bioinformatics for Middle School Students – Virtual

Instructor: Bhanu Harrison, Ph.D.

Early exposure to science, technology, engineering, and math (STEM) topics will empower students to explore a variety of career disciplines available to them in undergraduate and graduate programs. Bioinformatics sits at an intersection of molecular biology, genetics, mathematics, and computer sciences. Many researchers and bio-medical professionals utilize these tools for analysis of large amounts of data obtained from high-throughput experimentation. Despite its significant benefits in many biological fields, the learning curve, even at an introductory level, for this field is large. Dr. Harrison has designed this course with an intention to expose the students to basic molecular biology concepts and bioinformatics tools via activities such as finding a disease gene, assembling a DNA message, searching for a hidden codon message, and generating family trees. These activities are intended to engage students and cultivate an interest in these STEM disciplines. **The pre-requisites for the course are as follows:** 7th grade biology coursework.

KEEB, 4 Saturdays, 2:00-2:45 pm. Begins January 11, Zoom, \$175.



Bhanu Harrison teaches two Bioinformatics classes, this page.



Mamata Banerjee teaches Teen TED Talk Workshop – In-Person, this page.

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 the ability to perform research and present findings. Not only do science extracurriculars make the college application more impressive, but 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, 1:00-2:00 pm. Begins January 11, Zoom, \$330.

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.

KET2, For Grades 2-5: 2 Saturdays, 10:00-11:00 am. January 11 and January 18, Zoom, \$50.

KET6, For Grades 6-9: 2 Saturdays, 10:00-11:00 am. February 8 and February 22, Zoom, \$50.



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.*

KBM2 (Grades K-5 @ Harrington), 13 Fridays, 1:15-2:45 pm. Begins January 10, \$375.

KTCR (Grades K-5 @ Harrington), 13 Fridays, 12:30-1:15 pm. Begins January 10, \$215.



Check out our February vacation programs for kids!, p. 11-13.

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), 12 Wednesdays, 3:30-5:30 pm. Begins January 8, \$455.

KMA2 (Grades K-2 @ Hastings), 13 Tuesdays, 3:30-5:30 pm. Begins January 7, \$490.

KMA4 (Grades K-2 @ Harrington), 13 Fridays, 1:15-2:45 pm. Begins January 10, \$375.

KTCR (Grades K-5 @ Harrington), 13 Fridays, 12:30-1:15 pm. Begins January 10, \$215.

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), 11 Mondays, 3:30-5:30 pm. Begins January 6, \$420.

KML2 (Grades 1-5 @ Hastings), 12 Wednesdays, 3:30-5:30 pm. Begins January 8, \$455.

KML3 (Grades 1-5 @ Harrington), 13 Fridays, 1:15-2:45 pm. Begins January 10, \$375.

KTCR (Grades K-5 @ Harrington), 13 Fridays, 12:30-1:15 pm. Begins January 10, \$215.

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), 11 Thursdays, 3:30-5:30pm. Begins January 9, \$420.

KMI2 (Grades K-5 @ Hastings), 11 Mondays, 3:30-5:30pm. Begins January 6, \$420.

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 K-5 @ Harrington), 13 Fridays, 2:55-4:25 pm. Begins January 10, \$510.

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, not just learn. 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.* 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.

KSTM (Level 2 @ Harrington), 13 Fridays, 1:15-2:45 pm. Begins January 10, \$995.

KTCR (Grades K-5 @ Harrington), 13 Fridays, 12:30-1:15 pm. Begins January 10, \$215.

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.



Mandarin Glow
Year-end
PARTY
All Are Welcome!
DEC 7 2024
AT 3:00 PM
Clarke Auditorium
17 Stedman Road
Lexington, MA 02421
Hosted by:
NLCC and LCE, in collaboration with
Lexington Public School Mandarin Classes
Sponsors:
   


Join us as we celebrate our proud LCE/NLCC collaboration and the hard work and dedication of our students and instructors!

ALL NLCC MUSICAL INSTRUMENTS WILL BE PROVIDED FOR USE IN THE CLASSROOM

Made possible by a grant from the Community Endowment of Lexington

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 and 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

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 chromebook to the first class, or let us know if you need to borrow one beforehand.

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

P2SAM, 6 Mondays, 6:00-8:00 pm. Begins March 10, 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.



College Planning and Test Preparation, this page.

PESA, 6 Tuesdays, 3:30-5:30 pm. Begins January 7, Lexington High School, Room 229, \$200.

P2SA, 6 Wednesdays, 3:30-5:30 pm. Begins January 8, Lexington High School, Room 229, \$200.

Planning Ahead for College Applications – 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.

PACL, 1 Wednesday, 6:30-8:00 pm. Meets January 15, Lexington High School, Room 222, \$35.

P2ACL, 1 Thursday, 6:30-8:00 pm. Meets February 6, Lexington High School, Room 229, \$35.

Just for Juniors! Get a Jump On Your College Applications! – In-Person

Instructor: Dr. Bruce Johnson from BKJ College Application Consulting

Get a head start on the work you'll need to do to submit successful applications to colleges in Fall 2025. There is a lot of work to do and things to think about. This session will get you started and set you up to have an organized and less stressful process. The session is especially helpful if you are considering Early Application or Early Decision. Session includes planning sheet handouts & work time; you'll finish

the evening having started the work ... or if you've started already, then you'll be taking the next steps. A private follow-up online session is included, to be scheduled at student's convenience within 2 weeks time. *Please note this class is for students only and not parents.*

PJFJ, 1 Thursday, 6:30-8:00 pm. Meets January 30, Lexington High School, Room 229, \$35.

P2FJ, 1 Thursday, 6:30-8:00 pm. Meets February 13, Lexington High School, Room 229, \$35.

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 Monday, 6:30-9:00 pm. Meets March 10, Lexington High School, Room 221, \$25.

Cooking and Nutrition

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

Bread Obsession Baking Fundamentals of Sourdough Baking – In-Person

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

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

NBOB, 1 Sunday, 2:00-4:00 pm. Meets January 12, Bread Obsession Bakery, 433 Marrett Road, Lexington, \$150.

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 \$25 ingredient fee is payable to the instructor at the time of the class.

NSLV, 1 Thursday, 5:30-7:30 pm. Meets April 3, LexMedia Studio Kitchen, \$45.

NEW Thai Street Food – In-Person

Instructor: Ploy Khunisorn

The sights, sounds, and flavors of Thailand burst through its street food. Often called the street food capital of the world, Bangkok's signature cuisine offers unique ingredients, cooking styles, and dish garnishes. Join Ploy, a native Thai, who will

teach you how to make authentic recipes that Thai people cook in Thailand. We'll make Thai rainbow salad, Pad Thai with chicken, mango sticky rice, and butterfly limeade tea.

NTAI, 1 Tuesday, 6:30-8:30 pm. Meets February 4, LexMedia Studio Kitchen, \$70.

NEW Sri Lankan Cooking – Virtual

Instructor: Ploy Khunisorn

Sri Lankan food is known for the extensive use of fresh herbs, spices, vegetables, rice, and fruits. The cuisine was influenced by South India and neighboring Southeast Asian countries. In this online interactive class, we'll make Sri Lankan chicken curry, red lentil dal with turmeric and ginger, caramelized onion jam relish (seeni sambal), and coconut roti.

NSRC, 1 Saturday, 4:00-6:00 pm. Meets February 1, Zoom, \$45.



Educator and chef Emilia Montero explores Spanish Language through Cooking, this page.

NEW A South Indian Affair – In-Person

Instructor: Shruti Mehta

The Southern Region of India is known to the world for its coastal beauty, IT industries, and Classical Indian Dancing. The food of South India, however, though quite popular in India, remains a secret to the world. Unlike the cuisine of the North, South Indian cuisine is distinguished by a greater emphasis on rice as the staple grain, the liberal use of coconut and curry leaves and particularly coconut oil. South Indian cooking is even more vegetarian-friendly than North Indian cooking and incorporates fewer spices and simpler ingredients. Come, explore this cuisine and learn to make

Uttapam (cream of wheat pancakes, the quick version), accompanied by onion and Potato Bhaji (stew), and end with a spiced Tomato Rice. Come prepared to fall in love! A \$20 ingredient fee is payable to the instructor at the time of the class.

NSIA, 1 Wednesday, 6:30-8:30 pm. Meets February 19, LexMedia Studio Kitchen, \$45.

NEW East Meets West: Indian Fusion Food – In-Person

Instructor: Shruti Mehta

The most pressing matter for a new immigrant is assimilation into their new environment. Just as Indian food has caught people's fancy in the last decade, Indians are equally fascinated by western cuisine. Indians, however, love their spices too much to give up in favor of a relatively bland food of the western world. And so, we have combined everyday spaghetti with garlic, ginger, chili paste with a spec of garam masala, we have substituted Indian vegetables for Mexican quesadillas, we have scrambled eggs with cumin and green chilies. This class attempts to explore this emerging fusion of eastern spices with western ingredients. Possible recipes may include Aloo quesadillas (quesadillas filled with potatoes and cilantro chutney), masala vegetable spaghetti (pasta with vegetables and a bunch of Indian spices), Akuri (scrambled eggs with onions, green peppers, cumin and hot chilies). Please come and join us for an evening of Indian fusion food. A \$20 ingredient fee is payable to the instructor at the time of the class.

NEMW, 1 Tuesday, 6:30-8:30 pm. Meets March 18, LexMedia Studio Kitchen, \$45.

NEW Vietnamese Street Food – In-Person

Instructor: Ploy Khunisorn

Embrace the light and delicate flavors of Vietnamese cuisine known for fresh herbs, vegetables, and dipping sauce. In this hands-on cooking class, we'll make Vietnamese fresh rolls with a dipping sauce, Vietnamese noodle soup (pho) with chicken, and a delicious dessert, Vietnamese avocado mousse with coconut cream.

NVSF, 1 Tuesday, 6:30-8:30 pm. Meets March 4, Lexmedia Studio Kitchen, \$70.

**NEW Korean Street Food:
Bibimbap and Poached Pear –
In-Person**

Instructor: Ploy Khunisorn

Homestyle Korean cooking is full of vegetables. In this hands-on class, we will make popular delicious chicken bulgogi bibimbap, a rice bowl with barbecue chicken, seasoned spinach, cucumber salad, kimchi, egg, and delicious sauce. We'll finish the class with delicious poached pear with ginger and honey.

NKKF, 1 Thursday, 6:30-8:30 pm. Meets March 27, LexMedia Studio Kitchen, \$70.

Tea-Tasting: Enjoying the Elixir of the East – In-Person

Instructor: Paul Angiolillo

Join us for a tasting of 7-8 fine teas. And we'll partake of some sweet and savory snacks to complement them. There exist dozens of varieties of the tea plant (*camellia sinensis*), with different tastes and aromas, depending on the climate, soil, and methods of growing, curing, and processing the leaves. We'll sample rich black teas from China, India, and Sri Lanka (Ceylon), smooth oolong from Taiwan, refreshing green teas from Japan and China, and one or two more. We'll discuss how to brew (and blend) teas, and the history of this world's most-popular drink, which has influenced global trade, customs, arts and crafts, technologies (think: clipper ships), and politics (think: the American Revolution). Bring one or two of your favorite cups or mugs, and enjoy this "elixir of the East."

NTEA, 1 Tuesday, 6:30-8:00 pm. Meets February 11, Lexington High School, Room 143, \$35.



Chef Ploy Khunisorn teaches a series of in-person classes this winter, page 17 & 18.



Herbalist Nora Gallo leads a series of winter-based classes! See below.

NEW Everyday Herbals – In-Person

Instructor: Nora Gallo

Have you ever wanted to learn more about herbal medicine? Join Nora, an herbalist dedicated to fostering relationships between people and plants, for a class (or more!) on folk remedies for physical and mental well-being. Each class offers a window into integrating herbal medicine into a seasonal health practice while connecting with your community.

**December | Fire Cider for
Everyday Health**

In this class, you will learn how to craft Fire Cider, a hearty tonic that supports immune, cardiovascular, and digestive system health. You will leave class with a personal tonic to get through the cold winter months.

NFIC, 1 Saturday, 10:00 am-12:30 pm. Meets December 7, Lexington High School, Room 143, \$35.

**January | Herbal Remedies for
Winter**

In this class, you will learn how to craft an herbal syrup to support immune system health and ease the symptoms of colds and flu. You will leave class with a bottle of Elderberry Syrup.

NHRW, 1 Saturday, 10:00 am-12:30 pm. Meets January 4, Lexington High School, Room 143, \$35.

**February | Immuni-tea! Herbal
Teas for Immune Support**

In this class, you'll learn the basics of herbal tea formulation and craft a personal blend to help with immunity.

You will leave with knowledge of key herbs for immune and respiratory system support.

NTIS, 1 Saturday, 10:00 am-12:30 pm. Meets February 1, Lexington High School, Room 143, \$35.

**March | Plants to Calm the
Nervous Systems**

In this class, learn about plant medicines that can soothe our nervous system and offer a reprieve from the go, go, go. Leave class with new knowledge on how to integrate nervines and adaptogens into your daily routine.

NPCS, 1 Saturday, 10:00 am-12:30 pm. Meets March 1, Lexington High School, Room 143, \$35

The information provided in these classes is intended to support overall health and wellness and is not intended to replace medical advice or treatment. It is important to work with your primary healthcare provider and to inform them of any herbs or supplements you are taking, as some herbs have side effects and interact with pharmaceuticals.

Creative Arts

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

Introduction to Acrylic Painting – In-Person / Virtual

Instructor: Donna Calleja

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

ADAC, 7 Tuesdays, 10:00 am-12:00 pm. Begins January 21, LCE Classroom or Zoom, \$155/Seniors \$140.

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

Instructor: Donna Calleja

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

ADAA, 7 Thursdays, 10:00 am-12:00 pm. Begins January 23, LCE Classroom or Zoom, \$155/Seniors \$140.

AD2A, 7 Thursdays, 1:00-3:00 pm. Begins January 23, LCE Classroom or Zoom, \$155/Seniors \$140.

Watercolor Painting

Instructor: Ivan Orlinsky

This class is for both beginners and artists who have some experience with watercolor. We will begin with an overview of the history of watercolor as a medium, successful watercolor painters from the past and present and getting acquainted with the materials and supplies we will be using. Our first exercise will be laying a flat wash. In subsequent classes we will work on different techniques such as wet on wet, value studies, layering, mixing colors, what colors to include on your palette, and a brief overview of the qualities of water color paint such as transparent, semi-transparent and opaque. There will be a 20 minute warm up exercise at the beginning of each class. Please bring the following materials to the first class: Paints: Cadmium yellow deep; Lemon yellow; Cobalt blue; French Ultramarine blue; Cerulean blue; Prussian blue; Cadmium red; Vermillion; Burnt Sienna; Yellow Ochre and Payne's gray. Brushes: Bring what brushes you have; #8 #10 round and a one inch flat is recommended. Paper: Good quality watercolor pad; 12" x16". Palette: White china plate or a butcher tray. Other supplies: Two or three jars for holding water, Rags, paper towel, an HB pencil, kneaded eraser. Please bring a photo of your choice as a reference to paint.

AWAT, 4 Mondays, 6:00-8:00 pm. Begins January 27, Zoom, \$100/Seniors \$85.

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 January 15, Zoom, \$200.

A Winter Wonderland with the Chinese Brush – Virtual

Instructor: Son-Mey Chiu

In this course we are using the Chinese brush method to compose an attractive scene with a winter landscape in the background and winter plants and birds in the foreground. Suggestions for images from photographs: White Mountain landscapes, the Holly/the Christmas Rose, the Sparrows/the Cardinals. . . Students can make suggestions too and will vote for the images to be painted during the first class. In the first class, students will learn how to paint a simple landscape painting in the Chinese Brush style. In the following lessons, students shall elaborate the winter scenery by adding the plants and birds after their brush methods are learned.

APAR, 4 Wednesdays, 1:00-3:00 pm. Begins February 5, Zoom, \$100/Seniors \$85.



Ivan Orlinsky teaches Watercolor Painting, this page.



AN INTRODUCTION TO BIRDWATCHING

with William Gette, p. 28

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 January 17, Zoom, \$200.



INTRO TO THE ART OF LIVING

with Uma Viswanath and
Vinita Deodhar, p. 31

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

Instructor: Alona Popova

The Krapanky – Polka Dot Egg workshop, where you'll be introduced to the traditional wax-resist method of coloring eggs, as we explore various tools and techniques to adorn eggs with wax dots. Using real chicken eggs, melted beeswax, and vibrant color dyes, participants will create stunning polka dot designs. Perfect for children as young as 5 years old, kids are encouraged to join accompanied by adults. A materials fee of \$15 is payable to the instructor in class. \$30 registration fee is per person. At the end, you will be able to take home one or two eggs decorated by you.

ACUP, 1 Thursday, 5:30-8:30 pm. Meets February 27, LCE Classroom, \$30.

Pysanky Art Club – Tie-Dye Egg – 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. \$30 registration fee is per person. At the end, you will be able to take home one or two eggs decorated by you.

A2CUP, 1 Wednesday, 5:30-8:30 pm. Meets March 26, LCE Classroom, \$30.

Pysanky Art Club – Hanging Decorations – In-Person

Instructor: Alona Popova

In this workshop, you'll get the chance to create your very own Pysanka in the traditional wax-resist method. Using a combination of beeswax, the "kistka" tool, and vibrant color dyes, you'll learn how to create designs on the real chicken egg. Plus, you'll have the option of turning your Pysanka into a hanging decoration. 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.

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

Further Explorations in Wet-Felting – Virtual

Instructor: Elizabeth Stubbs

In this class we will continue our exploration of various experimental wet-felting techniques using a variety of fibers and resists. Challenging weekly projects will require some work between classes to finish. This class is suitable for those with felt making experience. A list of materials and suppliers will be emailed upon registration, which students will need to gather before the class begins. Students will share progress photos via email and receive frequent individual feedback.

AFEF, 6 Mondays, 1:00-4:00 pm. Begins January 6, Zoom, \$190/Seniors \$175.

NEW Basket Weaving: Cat Head Basket – In-Person

Instructor: Jennifer Weller-Dorfman

Join us and learn to weave a rectangular "cat head basket" (a basket that can look like the head of a cat with pointy ears) pink and red space dyed reed. This is a great beginner basket project and no

previous basket weaving experience is required. The basket measures 8 inches long, 4 inches high and 5 inches deep. Students will need to bring an old towel, scissors and flat head screwdriver. Basket reed is woven wet, so please dress accordingly. A \$17 materials fee is payable to the instructor in class.

ABWE, 1 Tuesday, 6:00-8:00 pm. Meets January 28, Lexington High School, Room 230, \$30.



INTRODUCTION TO MUSIC THEORY

with Max Rydqvist, p. 33

NEW Basket Weaving: Oval Snowflake Basket – In-Person

Instructor: Jennifer Weller-Dorfman

Join us and learn to weave an oval snowflake basket on a wooden base. This will use a continuous twill weaving pattern. You will be able to decorate your basket with snowflakes once completed. This is a great beginner basket project and no previous basket weaving experience is required. The basket measures 9 inches long, 5 inches high and 4 inches deep. Students will need to bring an old towel, scissors and flat head screwdriver. Basket reed is woven wet, so please dress accordingly. A \$19 materials fee is payable to the instructor in class.

ABWO, 1 Tuesday, 6:00-8:00 pm. Meets February 25, Lexington High School, Room 230, \$30.



Jennifer Weller-Dorfman teaches Basket Weaving: Oval Snowflake Basket – In-Person, this page.

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 January 22, LCE Classroom, \$180/Seniors \$165.



UNTRANSLATABLES: MEANINGFUL WORDS FROM OTHER LANGUAGES
with Tracy Marks, p. 30

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 January 9, Lexington High School, Room 224, \$180/Seniors \$165.



BEGINNING & INTERMEDIATE MANDARIN LANGUAGE FOR KIDS
with New Legacy Cultural Center, p. 14



Ric Calleja teaches Communicating in English, this page.

Intermediate English: Vocabulary, Idioms, and Conversation – In-Person

Instructor: Rosemary Previte

In this class for intermediate students, you will expand your knowledge of the essential aspects of grammar, learn new vocabulary and idioms, and improve your pronunciation and comprehension. In so doing, we will practice conversations on varied topics – from hobbies and interests to everyday experiences, as well as current events.

LIEV, 10 Tuesdays, 5:30-7:00 pm. Begins January 7, Lexington High School, Room 224, \$180/Seniors \$165.

NEW Beginning Swedish

Instructor: Cecilia Franzel

Learning Swedish is not as hard as you might think. You will discover that there are hundreds of Swedish words that are similar to English words. Cecilia Franzel, a native of Sweden, and teacher by profession, will introduce you to basic Swedish, as well as give you an insight into Swedish culture. Cecilia has taught Swedish for over 30 years in the Boston area. She developed the beginner course for the Pimsleur language program, and has been a teacher for both language schools and companies connected to Sweden in the Boston area. Required text for this class is *From English to Swedish 1*, by Bengt and Carol Hällgren.

LSL, 8 Wednesdays, 5:00-6:30 pm. Begins January 8, Lexington High School, Room 227, \$155/Seniors \$140.

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, 10:30 am-12:00 pm. Begins January 27, LCE Classroom, \$155/Seniors \$140.

Japanese for Travelers Beginner – 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 Mondays, 6:30-8:30 pm. Begins January 6, Lexington High School, Room 223, \$180/Seniors \$165.



VIETNAMESE STREET FOOD
with Ploy Khunisor, p. 17

Japanese for Travelers Intermediate – In-Person

Instructor: Amy Franks

This course is designed for those who have taken the Japanese For Travelers beginner course (or for those who have a basic understanding of simple Japanese expressions and grammar), and who want to further develop speaking, listening, and reading skills in the context of everyday interactions with native Japanese speakers while traveling. In addition to the topics first introduced in the previous class, topics for this course include talking about oneself (and asking questions about others), engaging in dialogues, learning and utilizing more complex grammatical patterns, and further developing listening and reading skills. 2.5 hours/week (1.5 hours in-person, 1 hour Zoom session)

LJTI, 8 Wednesdays, 7:00-8:30 pm. Begins January 8, Lexington High School, Room 223, \$200/Seniors \$185.

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, 4:30-6:00 pm. Begins January 27, Lexington High School, Room 220, \$155/Seniors \$140.

Continuing Spanish – In-Person

Instructor: Angelica Fajardo

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

LCSL, 7 Wednesdays, 4:30-6:00 pm. Begins January 29, Lexington High School, Room 220, \$155/Seniors \$140.

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 January 14, 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 January 24, LCE Classroom, \$180/Seniors \$165.



**PLAN YOUR VACATION LIKE A
PROJECT MANAGER**

with Shireen Ahmed, p. 27

Spanish Language through Film – In-Person

Instructor: Emilia Montero

Scene association, vocal inflection, facial expression, and visual depictions of places and people are just a few of the ways that viewing film can help language acquisition. The selection criteria for our Spanish films include cultural diversity, genres of social interest, representation of the respective countries' cultures, appropriate vocabulary and scenes, and availability on streaming platforms such as Netflix or Amazon Prime. The main objective is to develop the four essential competencies required for communication

in the Spanish language: listening, writing, reading, and speaking. By incorporating films into our curriculum, we can create an immersive and enjoyable learning experience. This fall the films considered will include "El laberinto del Fauno" (Spain), "Coco" (Mexico), "Pelotero" (U.S.-Dominican Republic), "Canela" (Mexico), "Mi obra maestra" (Argentina), "Hasta que nos volvamos a encontrar" (Peru). At home time for film viewing will be helpful as classroom time will be limited and spent in discussion and language learning.

LSPF, 8 Thursdays, 5:30-7:30 pm. Begins January 23, Lexington High School, Room 220, \$180/Seniors \$165.

NEW Brazilian Portuguese – Virtual

Instructor: Cristiane Arruda Dalla Torre

The sixth most spoken language, Portuguese, is a language that can be heard around the world. This beginner class, taught by a native of Brazil, will teach you the foundational elements of the language, introduce you to some of the cultural history of this Latin based Romance language, and enable you to engage in simple conversation by its completion.

LBZP, 8 Wednesdays, 7:00-8:30 pm. Begins January 15, Zoom, \$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, 9 Thursdays, 11:00 am-12:15 pm. Begins January 16, Zoom, \$225.

L2BI, 10 Mondays, 6:30-7:15 pm. Begins January 13, Zoom, \$250.

Italian 2 – Virtual

Instructor: Barry Bridgell

Building upon the basic foundation provided in Beginning Italian (-are verbs, few irregular verbs, articles, calendar) you will improve your listening skills and conversational ability through structured dialogues and other practical activities. Begin to communicate more precisely as you learn -ere and -ire verbs in the present. Topics will include: review of expressions of date and quantity, indefinite and definite articles, past tense, interrogatives, and direct object pronouns (Prego chapters 2-4).

LITL, 10 Wednesdays, 11:00 am-12:15 pm. Begins January 15, Zoom, \$250.

L2TL, 9 Thursdays, 6:30-7:15 pm. Begins January 16, Zoom, \$225.

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.

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

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.

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

Beginner II / Intermediate French – Virtual

Instructor: Maurice Bombrun

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

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

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

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.

LBFI, 10 Tuesdays, 11:00 am-1:00 pm. Begins January 7, Zoom, \$250.

Intermediate French II – Virtual

Instructor: Maurice Bombrun

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

LDIF, 10 Thursdays, 1:00-3:00 pm. Begins January 9, Zoom, \$250.

French Conversational Workshop – Virtual

Instructor: Maurice Bombrun

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

LLFC, 10 Wednesdays, 7:00-9:00 pm. Begins January 8, Zoom, \$250.

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



ARTHUR RIMBAUD'S POETRY
with Barbara Thimm, p. 30

French Conversation Through Literature – Virtual

Instructor: Maurice Bombrun

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

LFPL, 10 Thursdays, 3:30-5:30 pm. Begins January 9, Zoom, \$250.

French Conversation Through Travel – Virtual

Instructor: Maurice Bombrun

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

LFCA, 10 Tuesdays, 9:00-11:00 am. Begins January 7, Zoom, \$250.

French Language & Conversation Through Film – Virtual

Instructor: Karen Girondel

Film transports us to another place, another time and another life. Film provides language learners with a rich audio-visual context, along with dynamic



Cristiane Arrda Dalla Torre teaches Brazilian Portuguese, page 22.

vocabulary, idiomatic expressions, authentic dialogue, in addition to cultural and historical references. This course will feature presentation of vocabulary and some key grammatical structures which students will practice in the context of the film, as well as open-ended exercises, activities, discussions, and role-playing designed to help them improve their proficiency. Listening and speaking skills will be emphasized in this class rather than reading and writing. This course is for you if you know some basic French, understand some of what you hear when spoken at a normal rate of speed, and want the opportunity to speak in a context that will encourage increased vocabulary and grammatical accuracy without lists of words and tedious written exercises.

LFIL, 7 Tuesdays, 10:00 am-12:00 pm. Begins January 14, Zoom, \$150/Seniors \$135.

LHCC, 7 Wednesdays, 7:00-9:00 pm. Begins January 15, Zoom, \$150/Seniors \$135.

Beginning German: For New and Continuing Students – Virtual

Instructor: Karen Carstens

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

classmates and practice your German together. A few reading and writing exercises will provide a basic outline of German grammar and sentence structure. This course thereby aims to give you a solid foundation in a language spoken in several European countries and by some 130 million native speakers worldwide.

LBGE, 6 Wednesdays, 5:00-6:30 pm. Begins January 15, Zoom, \$140/Seniors \$130.

German Conversation – Virtual

Instructor: Karen Carstens

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

LGEC, 8 Thursdays, 10:00 am-12:00 pm. Begins January 16, Zoom, \$180/Seniors \$165.

Exercise and Dance

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

Intro to Tai Chi & Eight Pieces of Brocade – In Person

Instructor: Lai Chan

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

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

Advanced Tai Chi with Push-hands – 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, 10 Thursdays, 5:15-6:45 pm. Begins January 9, Lexington High School, Room 140, \$240/Seniors \$225.

Advanced Tai Chi (Without Push-Hands) – In-Person

Instructor: Virginia Payne

Practicing Tai Chi regularly helps reduce stress, improve balance and coordination, strengthen immune systems, and develop body awareness and confidence. This class is designed to tailor to students who have finished learning all 108 moves of the Tai Chi basic form. In each class, the tai Chi form will be further refined along with deep breathing exercises. Emphasis will be on practicing and doing the moves correctly and with fluidity. Each session will start with the Eight Pieces of Brocade Qigong as warm-up exercises, and then the teacher will lead the students to practice the entire Tai Chi form from beginning to end. The last 15 minutes will be dedicated to questions and corrections of the moves. Wear loose, comfortable clothes and soft-soled shoes, such as flat sneakers.

EAAT, 10 Thursdays, 5:15-6:15 pm. Begins January 9, Lexington High School, Room 140, \$210/Seniors \$195.



Laura Grandi teaches Argentine Tango, page 26.

NEW Tai Chi V & 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 a continuation of the “Tai Chi IV” class. Students will continue to learn the new moves in the 3rd Section of the Tai

Chi form, while reviewing what we had learned in the “Tai Chi III” and “Tai Chi IV” classes. Both the first and second sections of the Tai Chi form will be reviewed and further refined along with deep breathing exercises in each class. Emphasis will be on practicing and doing the moves correctly and with fluidity. The Eight Pieces of Brocade Qigong will again be used as warm-up exercises before practicing the Tai Chi form. Wear loose, comfortable clothes and soft-soled shoes, such as flat sneakers. Outdoor shoes are not permitted inside the studio.

ETVE, 10 Tuesdays, 5:00-6:00 pm. Begins January 7, Lexington High School, Room 140, \$210/Seniors \$195.

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, 11 Fridays, 10:00-11:15 am. Begins January 10, Hancock Church, \$220/Seniors \$205.

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, 6:00-7:00 pm. Begins January 6, Diamond Middle School, \$135/Seniors \$120.

EHYO, 8 Wednesdays, 6:00-7:00 pm. Begins January 8, Zoom, \$135/Seniors, \$120.

Chair Yoga – Virtual

Instructor: Asha Ramesh

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

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



BREATHING: YOUR BEST MEDICINE
with Lisa Jones, p. 31

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 January 15, Lexington High School, Room 140, \$45.



Ami Stix teaches Zumba® – In-Person, this page.

NEW Argentine Tango – In-Person

Instructor: Laura Grandi

Discover Argentine tango in this welcoming class for adults of all levels—no experience or partner needed! This course introduces the fundamentals of tango, including posture, balance, musicality, and core techniques like walking and pivoting. Through individual and paired exercises, students will explore tango's unique connection and improvisational style. Enjoy a supportive environment that fosters confidence, creativity, and the joy of tango as a social dance.

ETGO, 8 Mondays, 6:30-8:00 pm. Begins January 27, Lexington High School, Room 140, \$180/Seniors \$165.

Line Dance Mix – In-Person

Instructor: Carolisa of Moonlight Dj's

Move, Groove, and be ready to have FUN with friends! Warm up with some of the best pop and dance classics, set to simple routines and using easy moves to get loose on the dancefloor. Although we won't have a mirror ball, we'll review all the "party" line dances you'll need so you can jump in at the next wedding or party! Plus we'll learn an Irish dance, a Greek dance, a barn dance, some country and

more. Wear sneakers without too much tread; bring water! Beginners Welcome!

ELDM, 5 Mondays, 6:30-7:30 pm. Begins March 3, Hancock Church, \$75.

Zumba® – In-Person

Instructor: Ami Stix

Zumba is a cardio/dance fitness program that features a variety of international music for one hour of aerobic exercise. Students will experience everything from salsa and merengue to belly dance and Bollywood. Each class incorporates the concept of interval training by alternating fast and slow rhythms and includes a stretch and cool down. This is an all-levels class and NO DANCE knowledge or experience is required. The only requirements are sneakers, a smile and a bottle of water and a towel. Students are encouraged to participate comfortably at their own pace and level—wherever they may be on their fitness journey. According to the Mayo Clinic: "aerobic exercise reduces health risks, strengthens your heart and boosts your mood". It's a simple formula: feel the music, have fun and dance.

EZUM, 13 Mondays, 7:00-8:00 pm. Begins December 30, Hancock Church, \$225/Seniors \$200.

Home, Hobbies and Travel

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

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 in Massachusetts. 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.

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



WHAT'S A WEALTHY LIFE FOR YOU?
with Rohit Sakhuja, p. 10

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 Fridays, 6:00-8:00 pm. Begins January 17, Lexington High School, Room 148, \$80.

NEW Planning Your European Vacation – In-Person

Instructor: Wim Nijenberg

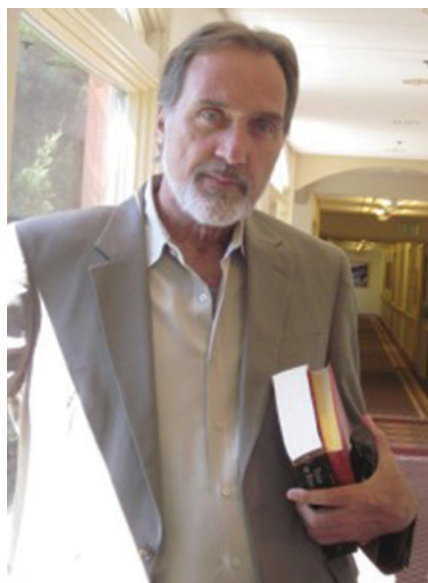
Travel to Europe has finally opened again. Making a smart plan that includes choosing the best cancellation and refund policies, and learning how to keep up to date on restrictions, is more important than ever. Wim will share his expertise, gained through creating travel experiences in Europe for over 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 March 20, Lexington High School, Room 226, \$30.

NEW Plan Your Vacation Like A "Project Manager" – In-Person

Instructor: Shireen Ahmed

Whether it be an international adventure or a close-to-home excursion, a travel vacation should be a time for enjoyment and relaxation, not for daily stress and



Actor and educator Stephen Collins celebrates the brilliance of Edna St. Vincent Millay, p. 29.

uncertainty. Dealing with details well ahead of arriving at your destination can make all the difference in the overall experience. From researching destinations, activities, formulating a budget, to comparing accommodations and transportation, we will learn travel planning strategies from a veteran project manager who will share tricks and tools to effectively initiate, plan, execute and successfully enjoy your vacation. The foundational knowledge learned in this class can be applied to many other "projects" in your life.

FPYV, 2 Thursdays, 6:30-8:00 pm. Begins January 16, Lexington High School, Room 227, \$65/Seniors \$55.



RETURN TO RUNNING
with Ryan Bessette, p. 32

Off the Beaten Path Hikes: Great Brook Park in Carlisle

Instructor: Gregory Leschishin

Hike through the Great Brook Park in Carlisle! Created in 1967, this state park has 19.5 miles of trails...but we will probably do close to 4.5 miles! We will check out the fauna and kettle ponds that dot this beautiful park! Meeting location/parking: The end of Woodbine Road in the cul-de-sac in Carlisle.

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

Off the Beaten Path Hikes: Henry David Thoreau's Birthplace

Instructor: Gregory Leschishin

Let's check out Henry David Thoreau's Birthplace! Right on Virginia Road on the Bedford/Lincoln line, this historic home is the place where we will reimagine what Mr. Thoreau saw and experienced in his childhood. There are also remnants of the previous trails created by Hanscom Air Force Base and Massport. There are also vestiges of farmlands and surprisingly old forests. Meeting location/parking: Thoreau's Birthplace with a parking lot...341 Virginia Road in Concord.

FBPH, 1 Sunday, 11:30 am-2:00 pm. Meets March 16, \$39.



Pedro Lilienfeld teaches Science in Ancient Greece, this page.

NEW Cape Ann to the Merrimack – Virtual

Instructor: William Gette

During this lecture, students will embark on a photographic excursion from the rocky headlands of Cape Ann, through historic Essex, to the expansive saltmarshes of the Plum Island Estuary and the barrier island beaches at the mouth of the Merrimack River. We will see beautiful scenery and an incredible variety of wildlife that not only survives but prospers during our harsh New England winters. Students will be shared maps so you plan a winter adventure on your own, and be shown examples of the wildlife typical of each location on our virtual itinerary, including Harlequin Duck, Long-tailed Duck, Snowy Owl, Lapland Longspur, White-winged Crossbill, and many more.

FCAM, 1 Tuesday, 7:00-8:30 pm. Meets January 7, Zoom, \$25.

An Introduction to Birdwatching – Virtual

Instructor: William Gette

During this presentation, students will discover 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, 7:00-8:30 pm. Meets February 11, Zoom, \$25.



THE HISTORY OF WESTERN MUSIC: ANCIENT TO BAROQUE

with Max Rydqvist, p. 33

NEW New England Habitats and Wildlife – Virtual

Instructor: William Gette

During the lecture, we will take you on a photographic tour through many habitats, including area wetlands, salt marshes, Boreal Forests, and an offshore seabird nesting colony. We will discuss and show you photographs of the plants and animals typical of these areas. We will also review aids to field identification, explain the interrelationships among the many organisms, and discuss behavioral characteristics.

FNEH, 1 Tuesday, 7:00-8:30 pm. Meets March 4, Zoom, \$25.

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 Science in Ancient Greece – In-Person

Instructor: Pedro Lilienfeld

Most educated people have heard about Aristotle, Plato, Socrates, Homer, Alexander the Great, and (perhaps) Sophocles, Aeschylus and Euripides, as well as admired the Acropolis and the Venus of Milo. In the sciences, some will remember having learned about Archimedes and perhaps (vaguely), Pythagoras. However, how many will know Thales of Miletus, Euclid, Ptolemy, Hipparchus, Anaximander, Anaxagoras, Democritus, Epicurus, Apollonius of Perga, Philolaus, and about Aristarchus of Samos, the Greek Copernicus, and Eratosthenes who measured the size of the Earth with an accuracy of a few percent, and a host of others? Ever heard of the over 2000-year old Antikythera Mechanism, considered the first analog computer? This course will be aimed at filling this gap of knowledge and to present the remarkable achievements of Greek science and technology over the period of about 500 BCE to 200 AD in fields like astronomy, physics, mathematics, geometry, and medicine. We will cover the classical period of ancient Greece followed by the Hellenistic period and the Roman Greek period. We will also endeavor to navigate the sometimes meandering cultural path of the information about ancient Greek science that was required in order for this knowledge to reach us, and the unfortunate loss of many of the writings of that noteworthy culture. We will acknowledge the crucial role played by Islamic scholars and the translation schools of medieval Spain to help in the preservation of ancient Greek science. The course will be complemented by informative graphics to help in the understanding of Greek science and technology. Be prepared to be astounded at some of the accomplishments of that culture and their continued influence on our present day science.

HAGS, 2 Thursdays, 6:30-8:30 pm. Begins February 6, Lexington High School, Room 223, \$65/ Seniors \$55.

NEW Cold War Culture in the United States – In-Person

Instructor: Andrew Chatfield

The Cold War powerfully shaped American foreign policy and our views of our overseas adversaries but less known is how it shaped our domestic, everyday attitudes, values, and worldviews. In this course, we will delve into how the Cold War molded the minds of many Americans on issues such as how we viewed nuclear weapons after the dropping of the atomic bombs on Japan, homosexuality, masculinity, the Civil Rights movement, the birth of the military industrial complex and its effect on American culture, the traditional American family, and the workplace. We will also take a close look at specific events like the 1968 Democratic Convention, the Kent State shootings, Watergate, the social malaise of the 1970s, and the revolution of the Republican Party and the New Right as it rose to prominence in American politics into the 1980s. We will end with a discussion about how the Cold War affects our lives today and what lasting cultural legacies it left behind.

HCWC, 6 Mondays, 6:00-7:30 pm. Begins January 27, Lexington High School, Room 232, \$140/ Seniors \$125.

NEW Visions of the End: Apocalyptic Literature in the Second Temple Era – In-Person

Instructor: Lenin Prado, Ph.D

Delve into the captivating world of Apocalyptic literature with this six-week exploration of Second Temple period texts. Focusing on the books of *Enoch*, *Jubilees*, and *Daniel*, this course unpacks the profound themes of judgment, hope, and cosmic renewal that shaped early Jewish and Christian thought. We will also examine how these writings influenced the New Testament, especially the Gospels and *Revelation*, offering insights into the apocalyptic visions that inspired communities during times of upheaval. Ideal for those interested in understanding the foundations of apocalyptic traditions, this course invites you to engage deeply with these timeless and transformative texts.

HVOE, 6 Tuesdays, 6:30-8:00 pm. Begins January 7, Lexington High School, Room 227, \$140/ Seniors \$125.

NEW God, Adam, Eve and Judas: The Gnostic Perspective – Virtual

Instructor: Tracy Marks

Did you know that the Gnostics believed that God of Genesis is a lower manifestation of true God? That in rejecting the feminine, He created an imperfect world? Or that the Gnostic texts claim that Jesus gave Judas the sacred task of betraying him, and bearing that infamy forever? This class will introduce you to the Gnostics, whose teachings have been defamed and distorted throughout history, but are reflected in their Nag Hammadi scrolls. Together we'll read and discuss selections from two controversial Gnostic texts—the Secret Book of John from the Nag Hammadi, and The Gospel of Judas. We'll be helped in our understanding by the clear, illuminating writing of Elaine Pagels. The Gnostics threw a boulder into the lake of western religion, and we can be part of the ripples and waves that can revitalize our sense of reality. All you need for class is an open mind and a willingness to be fully present to these transformative teachings.

HGAE, 2 Thursdays, 6:30-8:30 pm. Begins March 13, Zoom, \$65/Seniors \$55.



Lenin Prado, PhD explores Apocalyptic Literature, this page.

NEW Patricia Highsmith's The Talented Mr. Ripley – Virtual

Instructor: Barbara Thimm

In this three-week course, we will investigate Patricia Highsmith's *The Talented Mr. Ripley*, a psychological thriller and classic of American noir fiction first published in 1955. Through a close reading of the entire novel, we will explore how Highsmith constructs and manipulates tension, blurring the lines between ambition, crime, and identity.



Stephen Collins shares the poetic genius of Edna St. Vincent Millay, below.

Each week, we'll focus on key scenes to investigate their role in character development, suspense, and the tension between appearance and reality. Class discussions will focus on Highsmith's portrayal of manipulation, the art of psychological suspense, and Ripley's unsettling allure.

HTMR, 3 Mondays, 6:30-8:30 pm. Begins February 24, Zoom, \$95/Seniors \$80.

NEW Brilliance & Beauty: The Poetry of Edna St. Vincent Millay

Instructor: Stephen Collins

Edna St. Vincent Millay (1892-1950), winner in 1923 of the second annual Pulitzer Prize for Poetry, was a daring, versatile writer whose work includes plays, essays, short stories, songs, and the libretto to an opera that premiered at New York's Metropolitan Opera House to rave reviews. Millay infused new life into traditional poetic forms, bringing new hope to a generation of youth disillusioned by the political and social upheaval of the First World War. She ventured fearlessly beyond familiar poetic subjects to tackle political injustice, social discrimination, and women's sexuality in her poems and prose. In the 1920's and 1930s Millay was considered a spokesperson for personal freedom in America, particularly for women, and we turn to her lines to illuminate the social history of the period and the Bohemian lifestyle she and her friends enjoyed.

SEDN, 1 Thursday, 7:00-8:30 pm. Meets March 27, Lexington High School, Science Lecture Hall, \$25.



OFF THE BEATEN PATH HIKES: HENRY DAVID THOREAU'S BIRTHPLACE

with Gregory Leschishin, p. 27

NEW Arthur Rimbaud's Poetry – Virtual

Instructor: Barbara Thimm

In this two-meeting course, we will explore the work of Arthur Rimbaud (1854-1891) and the Symbolist movement in poetry. Often misunderstood as a "secret code" that obscures meaning, Symbolism uses imagery, emotion, and suggestion to layer multiple dimensions of meaning within a poem. By closely reading a selection of Rimbaud's poems in both French and English, we will uncover how Symbolist techniques invite readers to experience deeper resonances rather than straightforward interpretations. This course, designed for poetry enthusiasts, invites participants to engage with the lasting impact of Rimbaud's innovations and Symbolist poetics. No knowledge of French is necessary to participate.

HAPR, 2 Thursdays, 6:30-8:30 pm. Begins March 20, Zoom, \$65/Seniors \$55.

NEW Poems of Protest, Resistance, and Nourishment – Virtual

Instructor: Kenny Likis

Percy Bysshe Shelley tells us, "Poets are the unacknowledged legislators of the world." Today we can see them embrace that role most plainly in their poems of protest and resistance. We will explore classics like "*Dulcet et Decorum Est*" and "Howl," and recent great works like "won't you celebrate with me," "(Citizen) (Illegal)," "God Says Yes To Me," and "38." We will look at poems that protest war, racism, tyrants, and oppression, and that engender, among other feelings, empathy and rage. We will share what each poem says to us and reflect on how and why protest poems strengthen and nourish us. Our four meetings will allow room for you to bring to class your own favorite protest poems to read and discuss.

HPTP, 4 Tuesdays, 10:00-11:30 am. Begins January 14, Zoom, \$100/Seniors \$85.

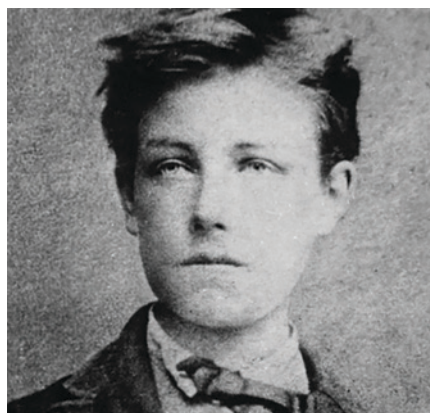
NEW Enjoying Contemporary Poetry – Virtual

Instructor: Tracy Marks

Whether or not you're a lover of poetry, you are likely to enjoy discovering, reading and discussing the best of

accessible—not obscure—poems by contemporary poets. We'll read and discuss some excellent poems by six contemporary poets including Billy Collins, Stephen Dunn, Dorianne Laux, and A.E. Stallings. Poetry collections in pdf format will be emailed to students.

HECP, 3 Tuesdays, 6:30-8:30 pm. Begins January 14, Zoom, \$90/Seniors \$80.



Translator and poet Barbara Thimm looks at Symbolism and the work of Rimbaud, this page.

NEW Ursula Le Guin's *The Dispossessed* – Virtual

Instructor: Tracy Marks

The Dispossessed, which won all three major science fiction awards, is a novel of ideas which contrasts the imperfect collectivism of the moon Anarres with the imperfect capitalism of planet Urras. It focuses on Shevek, an Anarres physicist, who makes a controversial and challenging visit to Urras to promote his ideas for instantaneous communication between worlds. As you read *The Dispossessed*, you will be provided with dozens of questions for reflection to help deepen your thinking and stimulate class discussions. Please read the first two chapters before our first meeting.

HULD, 4 Thursdays, 6:30-8:30 pm. Begins January 16, Zoom, \$120/Seniors \$105.

NEW Untranslatables: Meaningful Words From Other Languages–Virtual

Instructor: Tracy Marks

The English language lacks a wide repertoire of words for internal states of mind and interpersonal relationships. But

many other languages have far more words to express the nuances of personal experience. In this class, we'll learn and discuss dozens of thought-provoking and meaningful untranslatable words from a dozen languages including German, Italian, Japanese, Russian, Lakota, Indonesian, Hebrew and more.

HUMW, 2 Tuesdays, 6:30-8:30 pm. Begins February 25, Zoom, \$65/Seniors \$55.



TEA-TASTING: ENJOYING THE ELIXIR OF THE EAST

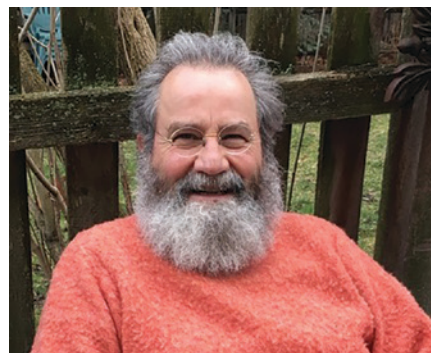
with Paul Angiolillo, p. 18

NEW Don Quixote: Madman or Visionary? – Virtual

Instructor: Tracy Marks

Cervantes' *Don Quixote* is considered by many to be the #1 classic of western literature, yet few Americans have read it. With its rich humor, characterization, and witty dialogue, *Don Quixote* is multi-layered and enjoyable on many levels. It even raises meaningful philosophical questions related to sanity vs. madness, illusion vs. reality, idealism vs. practicality. In each class we'll discuss approximately 90 pages from Edith Grossman's highly accessible translation—volume one and excerpts from volume two. We'll watch and discuss film clips of several adaptations, including *Man of La Mancha*. We'll consider the book in the context of its own time and its relevance today. We may even find ourselves questing with our quixotic hero, looking beyond appearances to discover essential dimensions of our own reality.

HDQM, 6 Fridays, 12:30-2:30 pm. Begins February 14, Zoom, \$165/Seniors \$150.



Poems of Protest with Kenny Likis, this page.

Mind and Body

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 January 7, Lexington High School, Room 247, \$70/Seniors \$55.

NEW The Alexander Technique – In-Person

Instructor: Ariadna Kryazheva

Developed by F.M. Alexander in the 1890's the Alexander Technique focuses on the relationship between the head, neck and back and aims to improve and restore the body's natural relationship and rhythm. In this introductory workshop, the principles and benefits of the Alexander Technique will be discussed and demonstrated. Some benefits may include: relief from neck and back pain, improved performance in music, theater, dance, sports, as well as relief from chronic health problems (asthma, sciatica). Each student will receive brief one-on-one instruction from the teacher, and the class will also learn group exercises that they can practice at home.

MALX, 3 Thursdays, 7:00-8:00 pm. Begins January 23, Lexington High School, Room 235, \$55.

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

Instructor: Uma Viswanath and Vinita Deodhar

Through understanding the nature of the mind, practicing breathwork, and experiencing deep meditation, these Art of Living introductory sessions are high-impact ways to manage your mind and boost your energy. In these sessions, you will experience a calming breathing technique and a guided meditation. Additionally, you will be introduced to the Art of Living Part 1 program, where the powerful SKY breath meditation technique is taught, which is practiced by over 400 million people around the world. Developed by Gurudev Sri Sri Ravi Shankar, Art of Living mind/body meditation techniques will introduce immediate and helpful ways to increase health and happiness no matter how busy the daily routine is.

MB&M, 1 Saturday, 11:00 am-12:00 pm. Meets January 4, Lexington High School, Room 220, \$15.

MB2M, 1 Saturday, 11:00 am-12:00 pm. Meets February 1, Lexington High School, Room 220, \$15.

NEW Breathing: Your Best Medicine – In-Person

Instructor: Lisa Jones

Through the exploration of mindful and yogic breathing methods in this class, participants will discover how intentional breathwork can positively impact stress, energy, awareness, and physiological regulation, resulting in transformative life shifts. Explore breathwork as you seek guidance from an experienced practitioner of 3 decades. You'll gain actionable breathing strategies to enhance your overall well-being.

MBBM, 1 Saturday, 11:00 am-1:00 pm. Meets January 25, Lexington High School, Room 220, \$35/Seniors \$30.

Reiki for Self Care – In-Person

Instructor: Carol Neal

Reiki (pronounced ray-key) means "Universal Life Energy" and originated in Japan. It is a gentle and comforting touch therapy practiced all over the world, including in hospitals and hospice. Reiki can calm the mind and bring about an

overall sense of well-being. Many have benefitted from this simple yet effective touch therapy. In this class participants will practice Reiki hand placements and how best to use Reiki to calm the mind, thereby relieving stress and anxiety, and encouraging the natural 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 daily life. This will be done while seated. During the practice we will also use guided, calming imagery to deepen the relaxation. You will leave class feeling more relaxed than when you arrived.

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



Ariadna Kryazheva teaches Alexander Technique – In-Person, this page.

NEW Dealing With Drama – Virtual

Instructor: Harlan Sparrow

Do you ever find yourself caught in a never-ending cycle of conflict with another person? Do you wonder why it happens? Do you wish there were ways to remove yourself from these unhealthy patterns? If the answer is "Yes," then this workshop is right for you. This interactive workshop will introduce you to the Karpman Drama Triangle and teach you the proper techniques to escape it. You'll learn why people engage in drama, what perpetuates these patterns, and how you can reduce the amount of drama in your life.

MDWD, 4 Tuesdays, 6:00-7:00 pm. Begins January 7, Zoom, \$160.

MDW2, 4 Tuesdays, 6:00-7:00 pm. Begins March 4, Zoom, \$160.

NEW Verbal Judo – Virtual

Instructor: Harlan Sparrow

Have you ever been on the receiving end of someone's tirade with no way to escape? Have you ever felt there wasn't a way to stand up for yourself without escalating a conflict? If you've found yourself in these situations, you need to unlock the secrets of Verbal Judo. Verbal Judo offers a set of tools that allow you to productively engage with someone uninterested in hearing your opinion. You'll learn how to stand your ground without escalating a situation and without losing the respect of others. When you find yourself in an unwinnable conflict, Verbal Judo provides you with a safe exit.

MVEJ, 1 Thursday, 6:00-7:00 pm. Meets January 16, Zoom, \$45.

MVE2, 1 Thursday, 6:00-7:00 pm. Meets February 13, Zoom, \$45.

MVE3, 1 Thursday, 6:00-7:00 pm. Meets March 13, Zoom, \$45.



Harlan Sparrow teaches Verbal Judo (this page) and Dealing With Drama (facing page).

Understanding Your Dreams – Virtual

Instructor: Tracy Marks

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

own your "shadow," and act in greater harmony with your true self.

MUYD, 1 Wednesday, 6:30-8:30 pm.
Meets January 29, Zoom, \$35/Seniors \$25.

NEW Return to Running – In-Person

Instructor: Ryan Bessette

This class is focused on the ins and outs of creating a sustainable running program that includes strength training for runners and how best to prepare people for the demands of running. This program was designed and taught by physical therapist Dr. Ryan Bessette, in hopes to mitigate injury to keep you doing what you love. This class also includes how to design a running program that you can progress and how to combine the strength training/prehab with your running program.

MRTR, 1 Saturday, 11:00 am-1:00 pm.
Meets January 11, Lexington High School, Room 221, \$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 February 6, Lexington High School, Room 164, \$109.

MC2PR, 1 Thursday, 6:00-9:00 pm. Meets March 20, Lexington High School, Room 164, \$109.



POWER 8: STRENGTH TRAINING FOR YOUR HEALTH

with John Deming, p. 26



Ryan Bessette teaches Return to Running – In-Person, this page.

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

Instructor: Charles Crayton

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

MSDW, 4 Wednesdays, 6:30-8:00 pm.
Begins March 5, Lexington High School, Room 140, \$185.

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

Instructors: Linda and Bill HAMaker

Bring more laughter into your life and the life of others. Laughter Yoga combines guided laughter exercises with breathing exercises to bring more oxygen to the body's cells. This oxygen boost gives enhanced vitality, energy, a feeling of real well-being, and helps to build up the immune system. It can help with anxiety, pain and depression. Any age and any level of physical ability can do these simple, playful exercises. You do not even need a sense of humor! There are no fancy poses and no special clothing is needed. You can sit or stand. A pretend laugh even has all the same health

Music Appreciation

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 January 9, Lexington High School, Room 221, \$25.

Never Forget a Name – In-Person

Instructor: Neil Kutzen

You're probably thinking this title is hyperbole, an exaggeration for dramatic effect. It's not! Use these two principles and you will Never Forget a Name. Pictures are easier to remember than words. Silly pictures are easier to remember than serious ones. People love it when you remember and say their name. Whether socially or in business, it's a big plus. And think of all the embarrassment you can avoid. The mnemonic you'll use is the most applicable and powerful of all mnemonics. You'll take it to a whole new level with names, and even see how it can be used to remember most other things. 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.

MNFN, 1 Tuesday, 7:00-9:00 pm. Meets January 28, Lexington High School, Room 226, \$25/Seniors \$20.



Max Rydqvist teaches *Introduction to Music Theory*; *The Principal "Forms" of Tonal Classical Music*; and *The History of Western Music*, this page.

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 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, 10 Tuesdays, 7:30-9:00 pm. Begins January 7, Lexington High School, Room 222, \$200/ Seniors \$185.

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, 6 Tuesdays, 5:30-7:00 pm. Begins January 7, Lexington High School, Room 222, \$120/ Seniors \$105.

NEW The History of Western Music: From Ancient to Mid-Baroque – In-Person

Instructor: Max Rydqvist

A considerable bulk of the music that pervades the "Western" region of the world at present is governed either by contemporary popular styles or by classical and theatrical genres dating from the eighteenth century onward up through at least the middle of the twentieth century. Underlying this titanic body of diverse repertoire – shaped by multifarious strands of defined musical "classics" of our time – dwells a wellspring of musical riches stretching back across the eras all of the way to the ancient civilizations of the Mediterranean. It is upon this temporally long underpinning—this archaic heritage of musical philosophy, analysis, composition, and practice—that all later musical developments, including its works, its theory, its ethics, and its politico-social evolutions are built. If you are intrigued to learn about the foundations of our modern musical system and to expand your engagement with some of the early music that characterized the eras of old

Music Performance/ Theatre Arts

then this class is for you. We will survey some of the most salient and seminal genres, styles, composers, and musical works spanning from Ancient Greece to the advent of tonality around the conclusion of the seventeenth century. We will also briefly explore the development of music notation as well as touch upon a few of the principal concepts of Ancient, Medieval, and Renaissance/early Baroque Music Theory. In addition to lecture, this class will be further enlivened through multiple listening examples and discussions.

MHWM, 10 Mondays, 7:30-8:30 pm.
Begins January 6, Lexington High School, Room 222, \$180/Seniors \$165.

NEW A Beverly Sills Tribute & Met HD Presentations – Virtual

Instructor: David Collins

This winter we will take time to look back and pay tribute to the wonderful opera career of Beverly Sills. We will also prepare for the Metropolitan Opera's two HD presentations—*Aida* and *Fidelio*. The Sills tribute will begin with an overview of her singing career. Beginning as a child star on radio's Major Bowes' Amateur Hour, we follow her operatic triumphs with the New York City Opera, The Opera Company of Boston, and New York's Metropolitan Opera. We conclude with her farewell performance in 1980. Each of the following evenings we will focus on one of her opera performances: *Manon*—for lyric coloratura; *Roberto Devereux*—for dramatic coloratura; *La fille du Régiment* (*The Daughter of the Regiment*)—for comic coloratura. The class also includes the two MET opera HD presentations. First, Verdi's opera, *Aida*. In this, the most famous of Grand Operas, Verdi synthesizes the grandeur of the French style with the warmth of Italian vocal beauty. And secondly, Beethoven's only opera, *Fidelio*. This opera is a deep heartfelt plea for freedom with powerful music that only Beethoven could write. We will use audio and video to celebrate Beverly Sills and prep for the MET HD screenings.

HVTO, 6 Tuesdays, 6:30-9:30 pm. Begins January 21, and meets 1/28, 2/11, 2/25, 3/11 and 3/18, Zoom, \$175/Seniors \$160.

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.

Basic Blues: Guitar Jam – In-Person

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, via archetypal songs, 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. Other portable instruments such as harmonica or bass guitar may join as well.

HBBG, 6 Wednesdays, 7:00-8:30 pm.
Begins January 15, Lexington High School, Room 149, \$140/Seniors \$125.

Instrumental Camerata for Adults – In-Person

Instructor: Shant Arakelian

This class is designed for adults with a wide range of skills who are interested in playing chamber music together. We will explore different pieces from the classical

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

MSTE, 8 Thursdays, 7:30-9:00 pm. January 30, Lexington High School, Room 148, \$200/Seniors \$180.

NEW Adult Improv – In-Person

Instructor: Shiyانبade Animashaun

We invite you to join our introductory improv class teaching the dramatic and comedic improv skills to help you become more decisive, improve your communication skills, sharpen awareness and listening skills, think more quickly, react well to surprises, and overcome the fear of failure. This Beginner to Intermediate class on improv tenets and forms is for adults with no or little (1-2 years of prior experience) improv or acting background. The class will culminate in a student showcase for friends and family!

HIMC, 6 Tuesdays, 6:30-8:00 pm. Begins January 7, Lexington High School, Room 225, \$120/Seniors \$105



R.L. Hegarty teaches Basic Blues: Guitar Jam – In-Person, this page.

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, Guzheng*, Oboe, Percussion (Drums/Xylophone), Piano, Saxophone, Sitar, Trombone, Trumpet, Tuba, 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. * In collaboration with (and with thanks to) New Legacy Cultural Center we are proud to offer lessons on newly added Guzheng and Erhu instruments.

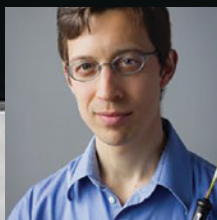
For info about LCE Music teaching staff, please visit: <https://lexingtoncommunityed.org/music-instrument-lessons/>



Annina Hsieh, Voice,
Beginning Piano



Maria Dupree
Violin/Viola



Ben Fox
Oboe



Brenda Bishop,
Voice



Brian Kane
Saxophone



Ellen Donohue-Saltman
French Horn



Greg Gettel
Trumpet



Max Rydqvist
Voice, Piano



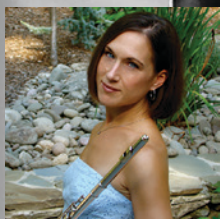
Rui Xu
Double Bass



Minyung Suh
Cello



Jerry Vejmla
Sax, Clarinet



Jessica Lizak
Flute



Libor Dudas,
Piano



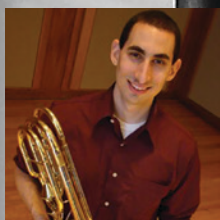
Jim Lattini
Drumset/Percussion



Nancy Radnofsky
Clarinet



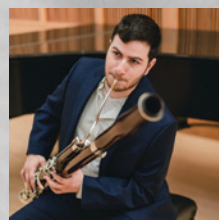
Julia Chung
Piano



Phil Hyman
Trombone/
Euphonium



Pauline Jung
Flute



Shant Arakelian
Bassoon



Frank John
Tuba

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 January 8, Lexington High School, Room 221, \$45

Exploring Apps: Both Practical and Fun – In-Person

Instructor: Kristen Butler

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

CAPP, 1 Wednesday, 6:00-9:00 pm. Meets January 15, 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 January 22, 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 February 12, Hybrid: Zoom or Lexington High School, Room 221, \$45



Mathematician, professor, pioneer, and MacArthur Fellow, Melaine Matchett Wood leads a Journey in Pure Mathematics, page 4.

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 February 26, Hybrid: Zoom or Lexington High School, Room 221, \$45.

Back Up Your Devices – Hybrid: In-Person or Virtual

Instructor: Kristen Butler

Do you have a copy of all of your files (documents, photos, movies, etc.) on something other than your computer or phone? Come learn how to keep your files safe in case something happens to your computer or phone.

HBUD, 1 Wednesday, 6:00-9:00 pm. Meets March 5, Hybrid: Zoom or Lexington High School, Room 221, \$45.



INVESTING WITH AI FOR WOMEN
with Sumeit Aggarwal, p. 10

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 March 12, Hybrid: Zoom or Lexington High School, Room 221, \$45.

Selling on Ebay and Amazon – Virtual

Instructor: Tracy Marks

Want to learn to sell effectively on eBay, the world's largest online auction site? Your instructor, a former eBay Powerseller will tell you all you need to know about auction and fixed price selling—how to create and submit listings and photos, determine auction timing, handle payments and fees, maintain secure transactions, and build your reputation as a reliable seller. The first two classes consist of lecture, demonstration, and Q&A. In the last class, students will share their listings and receive constructive feedback. Easier but more costly. Selling through Amazon Marketplace will also be covered.

CBAY, 3 Mondays, 6:30-8:30 pm. Begins March 3, Zoom, \$90/Seniors \$80.

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.

NEW Introduction to Screenwriting for Film and Television – In-Person

Instructor: Douglas Folsom

Do you have a story to tell that you would like to make into a movie or a TV series? Or maybe you are searching for a story idea that could be made into a film. Perhaps you started to write a screenplay years ago and got stuck on page 30, and you could use a brush-up on the basics. If you fit into any of these situations or categories, or you just like movies and you are curious about how a screenplay is developed, this course is designed for you. We will explore story ideas, create loglines and outlines, learn screenplay structure and formatting for film and TV, and investigate the business of screenwriting and how readers in Hollywood judge scripts. Discussion of these topics will be supplemented by review of a few scenes from classic films.

FISW, 8 Thursdays, 7:00-8:30 pm. Begins January 16, Lexington High School, Room 223, \$180/Seniors \$165.



LIVING THE QUESTIONS WITH RAINER MARIA RILKE

with Mark S. Burrows, p. 5

NEW You Can Write Prose Poems (Or Flash Fiction) – Virtual

Instructor: Tracy Marks

Prose poetry is poetry written in one or two paragraph form. It may be an impression, a description, a memory or a scene. Almost anything goes! Flash fiction is similar, but tells a story, in less than one page. In class, you'll read different kinds of prose poems and flash fiction, and then in the following week, share your own attempts, with supportive feedback. You don't have to be a poet or fiction writer—you just need to want to express yourself through writing.

WWPP, 2 Mondays, 6:30-8:30 pm. Begins February 10, Zoom, \$65/Seniors \$55.



Danielle Monroe teaches (Creative Writing) Generative Memoir: Write Your Life – In-Person, this page.

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 January 8, Zoom, \$225/Seniors \$210.

NEW Generative Memoir: Write your life – In-Person

*Instructor: Danielle Monroe M.F.A.
Emerson College*

Everyone has a story worth telling. Find yours. In an atmosphere of accountability, kindness, and support, writers will explore their own stories using the three elements of memoir—sensory sparks, scene building, and exterior perspective. Students should come prepared to write with a computer or notebook. Writers can expect guided exercises and two writing prompts each week. Sharing your work is not necessary, but writers will have the opportunity to receive feedback if desired.

WCGM, 8 Mondays, 12:30-2:00 pm. Begins January 27, LCE Classroom, \$180/Seniors \$165.



VISIONS OF THE END: APOCALYPTIC LITERATURE

with Lenin Prado, Ph.D., p. 29

Japanese Aesthetics in Haiku – Virtual

Instructor: Brad Bennett

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

JAIH, 6 Tuesdays, 6:30-8:00 pm. Begins January 21, Zoom, \$105.

NEW Brilliance & Beauty: The Poetry of Edna St. Vincent Millay

Instructor: Stephen Collins

Edna St. Vincent Millay (1892-1950), winner in 1923 of the second annual Pulitzer Prize for Poetry, was a daring, versatile writer whose work includes plays, essays, short stories, songs, and the libretto to an opera that premiered at New York's Metropolitan Opera House to rave reviews. Millay infused new life into traditional poetic forms, bringing new hope to a generation of youth disillusioned by the political and social upheaval of the First World War. She ventured fearlessly beyond familiar poetic subjects to tackle political injustice, social discrimination, and women's sexuality in her poems and prose. In the 1920's and 1930s Millay was considered a spokesperson for personal freedom in America, particularly for women, and we turn to her lines to illuminate the social history of the period and the Bohemian lifestyle she and her friends enjoyed.

SEDN, 1 Thursday, 7:00-8:30 pm. Meets March 27, Lexington High School, Science Lecture Hall, \$25.



Actor, educator and writer Douglas Folsom teaches Introduction to Screenwriting, facing page.

Self Supporting = Supported by You. Thank You!

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

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

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

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

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

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

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

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

Bring A Friend. Register together with friends and family for classes and events. Our online Zoom classes offer a chance for sharing and experiencing community and education with friends far and wide. Distance is no deterrent. And in-person classes and events bring us closer to our community of learners.



Important Information

Online Program Platform

We have heard from many of you that online LCE classes are convenient and enjoyable enough to keep offering, in addition to in-person classes. Many of our classes will continue to take place over the Zoom online video conferencing platform. Login links will be emailed to students after registration and 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.

No-School Dates

There will be no classes January 1, January 20, January 29, February 17-21, or March 31. 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

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