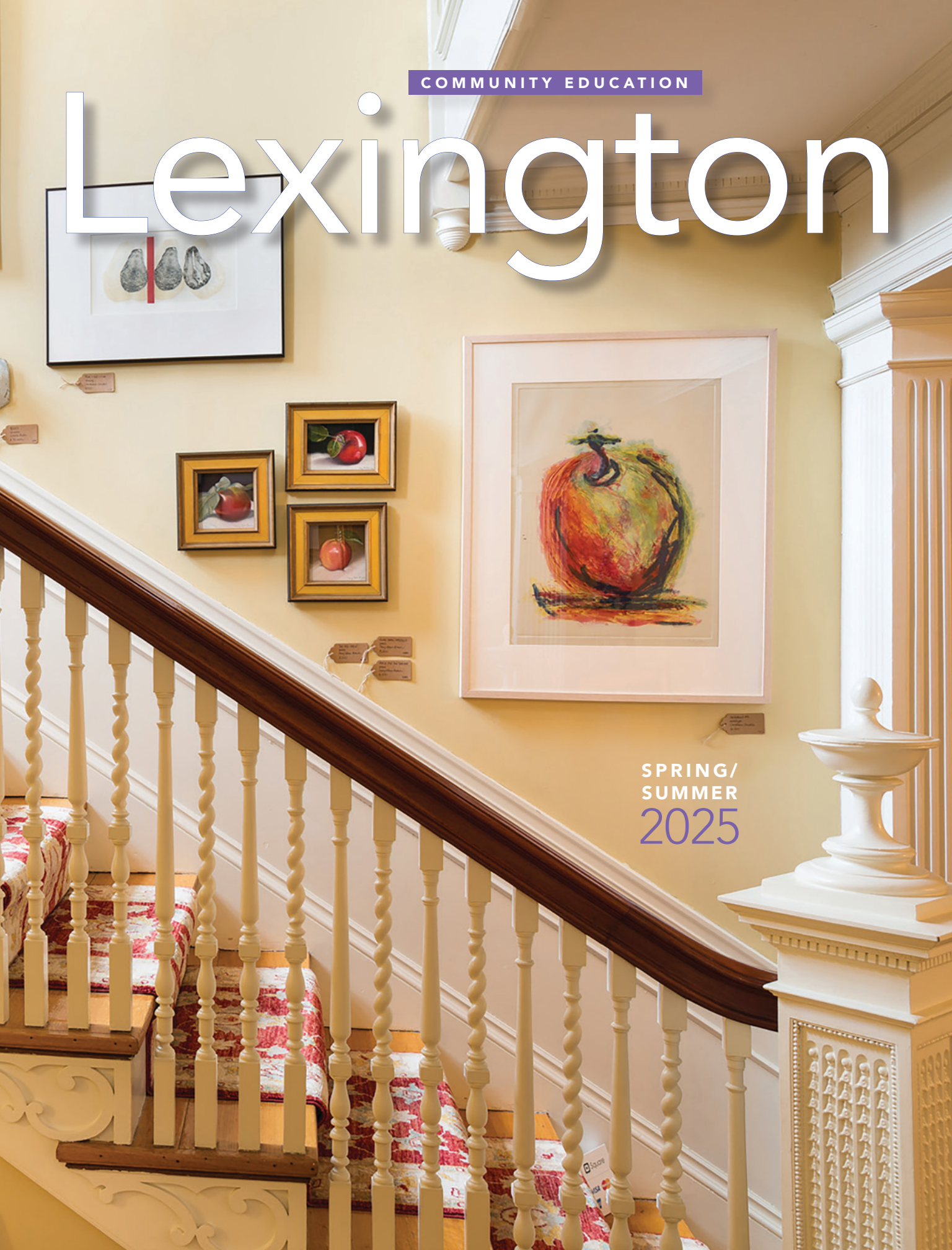


COMMUNITY EDUCATION

Lexington



SPRING/
SUMMER
2025

On Our Cover

Gallery Twist is a gallery... with a twist. An eclectic mix of fabulous art in a historic home, is displayed artfully. Come visit! (All are welcome, no pressure to purchase, and 'just browsing' is encouraged.)

The Spring show "Memories" runs April 4 - May 4. 200+ artworks by 60+ New England artists. Open every day (except Mon & Tues) from 11am - 5pm, and other times by appointment. You're welcome!

Gallery Twist
1963 Massachusetts Ave. Lexington
www.gallerytwist.com
info@gallerytwist.com
781-698-9994



Spring has returned. The Earth
is like a child who knows poems;
many, o many...For the trouble
of long learning she takes the prize.

Strict was her teacher. We liked the white
of the old man's beard.

Now, we may ask what the green, what the blue
could mean: she can do it, she can do it!

Earth, on holiday, you lucky one, play
now with the children. We want to catch you,
glad Earth. The happiest succeed at this.

O, what the teacher taught her, much as it was,
and what's been imprinted in roots and the long
complicated stems: she sings it, she sings it!

— Rainer Maria Rilke

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LCE Online

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

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LEXINGTON SCHOOL COMMITTEE

Chair: Sara Cuthbertson
Vice-Chair: Deepika Sawhney
Kathleen Lenihan
Eileen Jay
Larry Freeman

About Lexington Community Education

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

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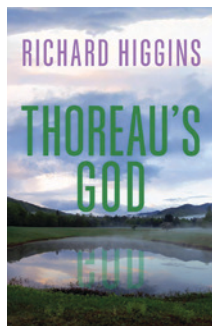
Catalog Design: Pehlke Design

Lexington Community Education presents

The Riddle of Thoreau's Religion

WITH RICHARD HIGGINS

Tuesday, April 29, 2025 • 7:00-8:30 pm • Follen Church, Sonin Room, 755 Massachusetts Ave., Lexington • \$15 • **STHR**



Thoreau's God is the most subtle and probing assessment yet of the many senses in which Thoreau must be understood as a deeply religious person. —Lawrence Buell, author of Henry David Thoreau: Thinking Disobediently

Concord author **Richard Higgins** will discuss his new book *Thoreau's God*, from the University of Chicago, which explores Thoreau's spirituality, his sense of our innate spiritual abilities, his perception of God in nature and his sense of the sacred

in the ordinary. Thoreau was a harsh critic of "respectable" Christianity in his day, but he was religious to the bone and had a profound sense of the holy. Richard will present



Thoreau as a religious thinker who tried to separate the universal religious impulse from its 19th-century institutional context. In essence, Thoreau was a mystic who, while firmly moored to the earth, was on a quest

to commune with a divine mystery that was both immanent in the natural world and transcendent. He called this illimitable presence many names, but he often called it God. Thoreau's eclectic, experiential spirituality is resonating with spiritual seekers in America today.

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

WITH JJ LONG

Thursday, May 15, 2025 • 7:00-8:30 pm • Lexington High School, 251 Waltham Street, Lexington • \$15 • **S1N5**



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.



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.**

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

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

Shakespeare's Queens: A One-Woman Play

WITH POORNIMA KIRBY

Saturday May 17, 2025 • 7:00-8:30 pm • 7:00-8:30 pm • \$15 •
First Parish, 7 Harrington Road, Lexington • \$15 • **SQUE**



Shakespeare grew up under the reign of Elizabeth I, a mercurial, intelligent, powerful queen. And her influence is written across many of Shakespeare's finest female characters. Whether in his dangerous siren-queens like Lady Macbeth and Margaret, or in playful, wayward leaders like Titania and Kate, or in redemptive characters like Hermione and Miranda, Shakespeare seems

fascinated by how each of these women wielded power and made choices. Should they speak their minds, or keep to the shadows? Work together or stand alone? And where does their power lie: in tyranny or mercy? Wordplay or swordplay? Created and performed by Shakespearean actress Poornima Kirby, this jewel of a play dances between Elizabeth's story, and Shakespeare's own life as a writer and father to two strong-minded daughters. With history, humor and sparkling poetry, *Shakespeare's Queens* is a heartfelt and refreshing exploration of some of the bard's loveliest verses.

Poornima Kirby is a classically trained actress, writer and director, based in Concord, Ma, specializing in classical and poetic texts, as well as co-created theater. She studied drama at Vassar College, and trained in acting and Shakespeare performance at Shakespeare & Co. and London Academy of Music and Dramatic Arts. Her regional theater credits include *Sleep no More* with the A.R.T., *Hamlet* with Actors Shakespeare Project, *Daughters of Venus* with Wellfleet Harbor Actors Theater, and *Much Ado about Nothing* with Bay Colony Shakespeare. She has also appeared in several independent films, commercials, industrials and voice-overs, and has worked as a teaching artist in the Boston Public Schools and Tufts Medical Center. She is Artistic Director for Theatre of Eternal Values - America (a branch of an Italy-based international company) where she has written, directed and performed in several original productions. She is also a cofounder of New Muse Productions, where she has scripted or adapted one-hour two-person versions of *King Lear* and *A Christmas Carol* - sometimes playing 18 characters in a single performance. *Shakespeare's Queens* is her first original solo production. She is passionate about bringing live theatre directly to audiences where they live, work and play! Read more at: www.PoornimaKirby.com

Jailbreak of Sparrows: An Evening Poetry Reading

WITH MARTÍN ESPADA

Thursday May 22, 2025 • 7:00-8:30 pm • First Parish, 7 Harrington Road, Lexington • \$15 • **SESP**



Martín Espada has published more than twenty books as a poet, editor, essayist, and translator. His new book of poems, *Jailbreak of Sparrows*, is forthcoming from Knopf in 2025. His previous book, *Floater*, won the National Book Award for Poetry and a Massachusetts Book Award. His poetry collections from W.W. Norton includes *Vivas to Those Who Have Failed* (2016), *The Trouble Ball* (2011), *The Republic of Poetry* (2006),

Alabanza (2003) and *Imagine the Angels of Bread* (1996). He is the editor of *What Saves Us: Poems of Empathy and Outrage in the Age of Trump* (2019). Espada has received the Ruth Lilly Poetry Prize, the Shelley Memorial Award, an Academy of American Poets Fellowship, the PEN/Revson Fellowship, a Letras Boricuas Fellowship, and a Guggenheim Fellowship. The title poem of his collection *Alabanza*, about 9/11, has been widely anthologized and performed. His book of essays and poems, *Zapata's Disciple* (1998), was banned in Tucson as part of the Mexican-American Studies Program outlawed by the state of Arizona. A former tenant lawyer, Espada is a professor of English at the University of Massachusetts-Amherst.



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

Lux Quartet

CO-LED BY ALLISON MILLER & MYRA MELFORD WITH DAYNA STEPHENS & SCOTT COLLEY

Saturday, May 24, 2025 • 7:00-8:30 pm • Follen Church Society, 755 Massachusetts Ave., Lexington • \$20 • **SLUX**



Celebrating the life-giving power of light, the Lux Quartet is an exploratory new quartet co- led by two of the most celebrated and visionary artists in modern improvised music: pianist

Myra Melford and drummer

Allison Miller. Drawing on a shared passion for the preservation of nature and a boundary-stretching approach to music, the two innovative composers and bandleaders are joined by saxophonist **Dayna Stephens** and bassist **Scott Colley**, together crafting a sonic environment that glows with its own intense yet nurturing radiance. Melford and Miller have long embraced the natural world in their individual work. Melford often combines her passion for the outdoors with poetic and philosophical imagery in bands like Snowy Egret, Fire and Water or The Same River, Twice. Miller's captivating work *Rivers in Our Veins* is a multi-media journey into the cultural and ecological life of rivers. The two have worked together for several years in the drummer's ensemble Boom Tic Boom, a recent touring version of which also featured Stephens and Colley. Both musicians are renowned for incisive playing across the entirety of the jazz spectrum. The saxophonist has worked with Kenny Barron, Ambrose Akinmusire, Julian Lage and Gerald Clayton, among others; while Colley is a deeply respected bassist who has enjoyed extensive collaborations with Joshua Redman, John Scofield, Herbie Hancock and Chris Potter to name a few. The quartet developed such profound chemistry that it evolved into its own singular entity. The name Lux Quartet was inspired by the role of light in the panoply of life on Earth, from the vitality of the sun's ray to the bioluminescence of creatures in the deepest oceans – a suggestive indication of the heights and depths that the band endeavors to explore.

From Graffiti to Museum Galleries: The Art & Advocacy of Keith Haring

WITH JANE ONEAIL

Wednesday, May 28, 2025 • 7:00-8:30 pm • Galaray House, 1720 Massachusetts Ave., Lexington • \$15 • **SKEI**



Keith Haring's vibrant and iconic art captured the spirit of 1980s New York City, blending pop art, graffiti, and social activism. What made his bold, energetic figures and symbols so universally appealing? Haring's

work, characterized by its simplicity and accessibility, addressed pressing issues including AIDS awareness. From subway stations to museums, Haring's art continues to inspire and provoke thought decades after his untimely death. Join us for a fascinating look at Haring's life and art through the perspective of art historian, educator and founder of Culturally Curious, Jane Oneail.



Jane Oneail is a sought-after speaker, educator, and independent art historian. Jane curates and delivers engaging art appreciation programs through her company Culturally Curious, founded in 2017. Jane holds a master's in Art History from Boston University and a master's in Education from Harvard University. Born and raised in NH, she has worked at some of the state's most esteemed cultural institutions, including the League of New Hampshire Craftsmen, where she served as Executive Director, and the Currier Museum of Art, where she held the role of Senior Educator. Jane has also taught at the college level for more than a decade, most recently at Southern New Hampshire University. For more information visit iamculturallycurious.com.

THE MICHAEL KORAN LEGACY SERIES

Beginner's Mind & Embodied Play through InterPlay

WITH CC KING

Saturday, May 3, 2025 • 3:30-5:00 pm • Follen Church, Sonin Room, 755 Massachusetts Ave., Lexington • \$20 • **SCCL**



Come dabble in the beautiful trail of words and light that LCE teacher Michael Koran left us. Using a series of incremental "forms" called InterPlay, we'll invite movement and stories, silence and song, ease and amusement. Michael loved this practice; it's easy and accessible to anyone. As we mix poetry and poetic quotes, we'll simmer joy and discovery via simple invitations with lots of room for personal reflection

and community engagement. Find out what we might do with Michael's invitation:

*may our hands sense in pulses
joy that dances
through all we are
and do*

InterPlay is an active, creative way to unlock the wisdom of the body. It is easy, fun, and invites integration of body, mind, heart and spirit, and helps us uncover the wisdom in ourselves and our communities. This workshop is accessible for any body.

CC King is a Certified InterPlay Leader Boston-area coordinator and grateful mentor to InterPlay Leaders in Training and Harvard Divinity School Students. She has been practicing the joyous unfolding of InterPlay for over 20 years and currently serves on the Body Wisdom Board and the Integrity & Innovation Council. CC is an expressive therapist, visual artist, teacher and community activist. Dedicated to inviting respectful & celebratory relations with Earth and her beings, CC designs workshops, organic sculpture and public performance. She values play with elders, Memory Cafes, cancer support and inclusive healing & transformation. Her background includes nonprofit management, art and family therapy, trauma-informed InterPlay and a life-long commitment to finding sustenance, creative activism, and joyful reverence in the natural world.



Michael Koran (March 1, 1941- March 2, 2025) was 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 was inspirational to many over the years. Michael taught over 100 courses on literature, theater, psychology, poetry, mythology and religion. Lexington Community Education had the honor to have Michael teaching over Zoom for the last four years.

Gold & Water | Rumi's Poetry & Music

WITH HALEH LIZA GAFORI

Friday, June 13, 2025 • 7:00-8:30 pm • First Parish, 7 Harrington Road, Lexington • \$20 • **SRMI**



Haleh Liza Gafori is a performance artist, translator, vocalist, poet, and musician born in NYC of Persian descent. Her acclaimed book of translations, *GOLD, Poems by Rumi* was published by New York Review Books in 2022, and her second volume *WATER* will be released on April 22, 2025, also by NYRB Classics. A bicultural woman with ears tuned to the music of American free verse as well

as to the subtleties of the Persian text, Gafori aims to transmit the whirling movement and leaping progression of thought



and imagery in Rumi's poems into contemporary American poetry. Gafori is a 2024 MacDowell fellow, and the recipient of a 2023 New York State Council on the Arts grant supporting the development of her cross-media performance piece based on *GOLD*.

Weaving translations, original text, and musical compositions sung in Persian and English, she offers audiences glimpses of the astonishing rhythm and wordplay of Rumi's original text, while uncovering how deeply and urgently the poetry dialogues with our times. Gafori's translations and her original writings have been published by various journals and presses including Harvard Review, Columbia University Press, the Brooklyn Rail, Literary Hub, Palewell Press, and elsewhere.

Around Town

NEW Gallery Twist Tour

Instructors: Gillian and John Ross

Displaying about five art exhibitions each year, Gallery Twist owners Gillian and John Ross showcase and sell the work of some of the many talented New England artists—and provide visitors with the opportunity to enjoy and purchase artwork in a welcoming and un-intimidating environment. The gallery's selection includes original watercolor, oil, and acrylic paintings as well as encaustic works, pastels, fiber art, printmaking, collage, mixed media, ceramics, sculpture, woodwork and photography. Each art show is special for a different reason, but we always focus on displaying the work in a manner that reflects sensitivity to its immediate environment, and the other art surrounding it. We add our own little touches. It's the way we display the work that offers visitors a new kind of 'art experience.' Mark your calendar!

AGTT, 1 Thursday, 10:00-11:00 am. Meets April 10, Gallery Twist, 1963 Massachusetts Ave, Lexington, Free, but pre-registration required.

LexPLOrations Lexington Community Education

Earn Community Service Credit with Lexington Community Education's Lexplorations

- High school students entering their Sophomore, Junior, or Senior year in Fall 2025 may earn community service credit as aides in the Lexplorations program.
- The program runs for six weeks from June 30 through August 8, 2025. The hours are 8:30 am to 3:00 pm.
- Volunteers must commit to a minimum of one full week.
- Classes will be held at Hastings and Lexington High School.

If you are interested in volunteering, please complete the application form from our website: www.lexingtoncommunityed.org/lexplorations

The Explorations Children's Summer Program is a six week summer program for academic and creative enrichment created and administered by the staff of Lexington Community Education (LCE)



Michael's wife Michelle Schou, Craig Hall, and Michael Koran (March 1, 1941- March 2, 2025) on stage at Follen during Michael's talk, *Death is the Best Trip of All – That's Why it's Saved for Last* this past January. Thank you, Michael!

NEW Teaching Your Own Community Education Class – In-Person

Instructor: Karen Girondel and Craig Hall

Thinking of sharing your unique knowledge, interests and expertise with the community? Teaching a class can be rewarding on multiple levels if you know where to start and have a plan on how to get content across to a diverse adult student population. Community education is inclusive and accessible to the needs of a community, and although non-traditional and non-formal with grades and credits it is rich in rewards of sharing and connecting through ideas and life experiences. With a little bit of planning, you can teach a successful course with ease and enjoyment. We will discuss methods that work for in-person and virtual classes. Karen Giorndel 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 May 22, Lexington High School, Room 235, Free, but pre-registration is required.



GETTING CHILDREN TO LISTEN
with Susan Krupp, MS.Ed., p. 16

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.

Find out more about Voices on the Green and relive past shows at <http://www.voicesonthegreen.org>.



AI MADE EASY: A PRACTICAL APPROACH
with Kim McCormick & Team, p. 39



LexMedia Production Classes, this page.

CARY LECTURE SERIES PRESENTS

Reading the Constitution: Why I Chose Pragmatism, Not Textualism with Justice Stephen Breyer

May 3, 2025, 8:00 pm

The Honorable Stephen Breyer is a retired Associate Justice of the Supreme Court of the United States. After a brilliant academic start at Stanford, Oxford and Harvard, his career has included clerking for Justice Arthur Goldberg, serving on the Watergate prosecution team, and teaching at Harvard Law School and at the Harvard Kennedy School. In 1980 he was appointed by President Carter to the U.S. Court of Appeals for the First Circuit, becoming Chief Judge in 1990. In 1994 President Clinton appointed him to the Supreme Court, where he served for 28 years. He is now the Byrne Professor of Administrative Law and Process at Harvard Law School. Justice Breyer is the author of many books and articles, most recently the bestselling *Reading the Constitution: Why I Chose Pragmatism, Not Textualism* (2024), whose title serves as the subject of his lecture.

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!

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.



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



**LEARNING, LEARNING, LOVING:
INCREASING MENTAL HEALTH
SUPPORT & ENDING STIGMA**

with JJ Long, p. 3

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 May 6, Zoom, \$35.

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 May 13, Zoom, \$35.

NEW Unlock Your Career Potential: Stand Out & Land Your Dream Role – In-Person

Instructor: Judith Kittredge and Alida Zweidler-McKay

In today's competitive job market, exceptional talent isn't enough—you need to showcase it brilliantly. Whether you're launching your career or pursuing your next challenge, to be successful, you'll need to stand out from the crowd. In this course you will discover how to: Communicate your unique value on your resume. Navigate the hidden job market through strategic networking. Establish and cultivate your online presence. Prepare for interviews so that you come across as the solution the hiring manager needs. Join us to set yourself up for success and find the right opportunity for you.

BULC, 1 Saturday, 9:00-11:00 am. Meets May 3, Lexington High School, Room 220, \$40.

The Process of Buying A Home – Virtual

Instructor: Jeremy Richman

Recent new laws have changed how agents work with buyers! In this class, you will learn about buyer agent contracts (now required), how buyers now pay commissions, and the differences between the national requirements and state requirements, and how to find out if your agent's brokerage is impacted by the national changes. Get the latest information about buying a home, so you can feel confident and in control from start to finish about the largest purchase you may ever make. Learn how to determine your "real ideal" home; how to qualify a home; the differences between tax assessment, bank appraisal, and Zillow valuations; the process of making offers; what to look for in home inspections; the best ways to protect your deposits; how to choose an attorney, home inspector and mortgage lender; and how to choose, hire, and work with a real estate agent to



Danielle Monroe leads our In-Person Coffee Time Writing Workshop Club, page 42.

represent you as your "buyer's agent." Included are sample forms.

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

The Process of Selling a Home – Virtual

Instructor: Jeremy Richman

Recent new laws have changed how agents work with sellers! In this class, you will learn about the new laws about commissions, the differences between the national requirements and state requirements, and how to find out if your agent's brokerage is impacted by the national changes. The course also covers: the differences between tax assessment, bank appraisal, and Zillow valuations; the pros and cons of selling the house on your own vs hiring a real estate agent; what buyers are looking for, what grabs their interest, and what doesn't! In addition, you'll get great tips on how to optimize your home's presentation, and valuable information about the local real estate market.

BSHO, 1 Thursday, 6:30-9:00 pm. Meets April 24, Zoom, \$30/Seniors \$25.

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

Instructor: Rebecca O'Brien

Thinking of getting a will? Wondering about a trust? Want to save on estate

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

BWIL, 1 Wednesday, 7:00-9:00 pm. Meets May 21, 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 Medicare cover long-term care expenses? These questions and many more will be answered in this very important class.

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

The Latest Long-Term Care Asset Protection Strategies – Virtual

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

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

BLTP, 1 Wednesday, 7:00-9:00 pm. Meets April 30, Zoom, \$35.

Social Security Planning for Couples – Virtual

Instructor: Matt Carron

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

BCSS, 1 Wednesday, 6:00-8:00 pm. Meets April 16, Zoom, \$40.

NEW Retire Wisely – In-Person

Instructor: Charles Waehler, Ph.D.

This class will help people look at the psychology of retirement to plan for their best futures. Studies show that more than one quarter of people do not look forward to retirement positively nor are they prepared to face it with a healthy, constructive outlook. Many other folks fumble around without direction as they investigate their own path in new life activities. Retire Wisely will help people consider their best directions forward for a rewarding and successful next life stage.

BTRE, 4 Tuesdays, 6:30-8:00 pm. Begins April 29, Lexington High School, Room 235, \$120/Seniors \$105.

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

Instructor: Sammy Azzouz

Retirement can be exciting for many reasons. Losing your paycheck isn't one of them. For some, this single change causes enough stress and anxiety to derail this exciting chapter in your life. While retirement is, by definition, the end of full-time work and the pay that comes with it, it doesn't have to be the end of a steady stream of available funds. During this event, Sammy Azzouz, CEO of Heritage Financial, author of the 5-star rated book Beyond the Basics:



Charles Waehler, Ph.D. teaches Retire Wisely, this page.

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 May 7, Zoom, \$40.



Rohit Sakhuja teaches What's a Wealthy Life for You?, this page.

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 Saturdays 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.

Spring: BWWL, 2 Saturdays, 10:00-11:30 am. Begins April 12, Lexington High School, Room 220, \$60.

Summer: BWWL, 2 Saturdays, 10:00-11:30 am. Begins July 12, Lexington High School, Room 220, \$60.

Courses for Children

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.

Spring: BDIV, 1 Tuesday, 7:00-8:00 pm. Meets April 8, Zoom, \$35.

BDI2, 1 Wednesday, 12:00-1:00 pm. Meets April 30, Zoom, \$35.

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

Summer: BDIV, 1 Wednesday, 7:00-8:00 pm. Meets July 16, Zoom, \$35.

BDI2, 1 Tuesday, 12:00-1:00 pm. Meets July 22, Zoom, \$35.



Shiyanbade Animashaun teaches Teen Improv Workshop (Grades 6-8), p. 13

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

NEW Parent-Child Pair PAINT PARTY! – In-Person

Instructor: JJArtworks™ Paint Party Staff

Looking for a fun way to spend an afternoon making memories, a bit of a mess, and colorful art to take home? Join us for a fun, relaxing, non-judgemental in-person paint party! Full painting supplies are included and no painting experience is necessary to join in. We'll teach you step by step on how to create your own masterpiece! Although we will be providing aprons, please wear clothing you feel comfortable getting paint on. We look forward to painting with you soon! Tuition is for one adult and one child. Please register under the adult's name.

KPCP, 1 Saturday, 12:00-2:00 pm. Meets April 26, Lexington High School, Room 210, \$50.

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 May 28, Lexington High School, Room 224, \$5.

NEW Child and Babysitting Safety (Ages 11-15) – In-Person

Instructor: Emergency Medical Educators

The Child and Babysitting Safety program gives teenagers and young adults everything they need to know for safe and successful babysitting. The program teaches how to get started with a business, working with parents and children, and key safety, caregiving,

and first aid tips. At the end of the course, students will leave with a course completion card, student workbook, and worksheets to help students build their babysitting business.

KBAB, 1 Wednesday, 10:00 am - 2:00 pm. Meets April 23, Lexington High School, Room 164, \$140.

NEW First Aid, CPR and AED for Youth (Ages 9-15) – In-Person

Instructor: Emergency Medical Educators

The Heartsaver First Aid, CPR, and AED course offers high-quality training in essential life saving skills. Designed to prepare students to respond confidently during emergencies, it covers first aid, CPR, and the use of an AED, whether at home, work, or in the community. In this course, students will learn how to assess scene safety, call for help, and perform CPR on adults, children, and infants. Additionally, they will gain skills to manage choking, use an AED, control bleeding, and administer an EpiPen. Please note: This course does not meet the requirements for health care or childcare workers.

KCPR, 1 Friday, 10:00 am - 2:00 pm. Meets April 25, Lexington High School, Room 164, \$140.

NEW Kids Yoga Club (Ages 4-8 and 9-12) – In-Person

Instructor: Ruchika Gupta

This yoga class is designed especially for young kids! Yoga is a wonderful way for children to build strength, flexibility, and focus while also learning to relax and manage stress. Through playful poses, breathing exercises, and calming activities, our goal is to help young learners develop healthy habits that can last a lifetime. Our classes will include a mix of interactive storytelling, fun poses, and calming exercises. Beyond physical activity, the club will teach mindfulness and relaxation techniques to support overall well-being. Get ready to stretch, play, and grow with us in the Yoga Club.

KYOG, (Ages 4-8), 6 Tuesdays, 5:00-6:00 pm. Begins April 29, Diamond Middle School, \$130.

KYO2, (Ages 9-12), 6 Thursdays, 5:00-6:00 pm. Begins May 1, Diamond Middle School, \$130.



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!

Registration is now open! 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 **Juggling (Ages 10-15) – In-Person**

Instructor: Jason Schneider

Fight the force of gravity while learning a new skill that will surely impress your family and friends. Basic juggling is easy to learn and it's also good for your brain. Sharpen your concentration, increase your coordination, and reduce your stress as you learn how to juggle a three-ball pattern, along with some other beginner tricks. Ages 10-15.

KJGG, 4 Mondays, 4:00 -5:00 pm. Begins April 28, Lexington High School, Room 167, \$65.

NEW **Teen Improv Workshop (Grades 6-8) – 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 release a fear of failure. This Beginner to Intermediate workshop is great for both those with low or no improv or acting background, and also those with 1-2 years of prior experience. The four day workshop ends with a student showcase for friends and family!

KIMC, 4 Days, 10:00 am-3:00 pm. Meets April 22-25, Lexington High School, Black Box, \$325.

NEW **Public Speaking Tricks and Tools (Grades 6-9) – In-Person**

Instructor: Mamata Banerjee

Do you have a great idea or story to share but just don't know how? 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 and unique stories they may have and boost their approach with public speaking skills. Students will team up randomly to learn to develop the skills to be a team builder no matter what the situation or grouping. We will listen and learn from each other about interests and passions, accept and give constructive feedback, and turn topics of interest into concrete ideas to present

for an audience. Students will leave the workshop with improved confidence!


KTED, 3 Days, 9:30 am-2:30 pm. Meets April 22-24, Lexington High School, Room 221, \$300.

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 April 22-25, Lexington High School, Room 225, \$250.



ADULT, INFANT & CHILD CPR WITH AED
with Kierstin Pane, p. 36

NEW **AI Gaming and Machine Learning (Grades 6-8) – In-Person**

Instructor: CodeAdvantage Staff

Have you ever wondered How Alexa can understand and respond to you? How do enemies in video games work together to try and beat the player? Or how Google can guess what you are searching for before you finish typing? In this course, students learn introductory concepts of Machine Learning and Artificial Intelligence. Kids will use concepts (including augmented reality, simulated learning and functions, and AI behaviors) to create fast-paced interactive games such as Fruit Ninja, Chatbots, and AI Pets!

KPYT, 10 Tuesdays, 3:00-4:00 pm. Begins April 1, Clarke Middle School, \$400.



PRIVATE MUSIC LESSONS FOR EVERY AGE & LEVEL
p. 38

NEW **The Entrepreneur Experience (Grades 6-8) – In-Person**

Instructor: DesignMy Education Staff

DesignMy's Entrepreneurship Experience program is designed to spark entrepreneurship in middle school students. In the program, students ideate, launch, sell, fail, and grow. Students focus on creating an e-commerce product and use our online marketplace to sell. Each segment of the program is defined by an overarching question with ten questions overall. In answering these questions, the students learn invaluable lessons on the nature of entrepreneurship by becoming real entrepreneurs themselves.

KEEX, 8 Wednesdays, 3:00-5:00 pm. Begins April 9, Diamond Middle School, \$250.

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.

Spring: KET2, For Grades 2-5: 2 Saturdays, 10:00-11:00 am. Begins May 3, Zoom, \$50.

KET6, For Grades 6-9: 2 Saturdays, 10:00-11:00 am. Begins May 31, Zoom, \$50.

Summer: KET2, For Grades 2-5: 2 Saturdays, 10:00-11:00 am. Begins July 19, Zoom, \$50.


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



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

Mandarin Beginner

Instructor: New Legacy Cultural Center Teaching Staff


 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), 7 Fridays, 1:15-2:45 pm. Begins May 2, \$210.

KTCR, (Grades K-5 @ Harrington), 7 Fridays, 12:30-1:15 pm. Begins May 2, \$115.

Mandarin Elementary (Level 1)

Instructor: New Legacy Cultural Center Teaching Staff

 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.*


KMA2, (Grades K-2 @ Hastings), 8 Tuesdays, 3:30-5:30 pm. Begins April 29, \$310.

KMA4, (Grades K-2 @ Harrington), 7 Fridays, 1:15-2:45 pm. Begins May 2, \$210.

KTCR, (Grades K-5 @ Harrington), 7 Fridays, 12:30-1:15 pm. Begins May 2, \$115.

Mandarin Intermediate (Level 2)

Instructor: New Legacy Cultural Center Teaching Staff

 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), 7 Mondays, 3:30-5:30 pm. Begins April 28, \$275.


KML2, (Grades 1-5 @ Hastings), 7 Wednesdays, 3:30-5:30 pm. Begins April 30, \$275.

KML3, (Grades 1-5 @ Harrington), 7 Fridays, 1:15-2:45 pm. Begins May 2, \$210.

KTCR, (Grades K-5 @ Harrington), 7 Fridays, 12:30-1:15 pm. Begins May 2, \$115.

Mandarin Immersion Program

Instructor: New Legacy Cultural Center Teaching Staff

 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, book reading, storytelling, songs and dramas etc. students will develop their language skills in a fun and supportive setting.

KMIN, (Grades K-5 @ Bowman), 7 Thursdays, 3:30-5:30 pm. Begins May 1, \$275.


KMI2, (Grades K-5 @ Hastings), 7 Mondays, 3:30-5:30 pm. Begins April 28, \$275.

KMI3, (Grades K-5 @ Estabrook), 7 Thursdays, 3:30-5:30 pm. Begins May 1, \$275.

KMI4, (Grades K-5 @ Bridge), 7 Thursdays, 3:30-5:30 pm. Begins May 1, \$275.

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), 7 Fridays, 2:55-4:25 pm. Begins May 2, \$285.



Charles Crayton teaches Martial Arts: Release Your Inner Warrior, above and Self Defense for Women, page 36.

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.


KSTM, (Level 2 @ Harrington), 7 Fridays, 1:15-2:45 pm. Begins May 2, \$545.

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

Made possible by a grant from the Community Endowment of Lexington

NEW Robotics for Young Learners

Instructor: New Legacy Cultural Center Teaching Staff

 VINCI Robotics program is dedicated to youth robotics and STEM education. We focus on developing students' hands-on skills and logical thinking, while inspiring a spirit of technological innovation. By incorporating robots from FTC, VEX, and more through project-based learning, we offer rich, engaging, and competitive STEM experiences. Our competition-oriented, experiential learning opportunities enable students to continuously acquire cutting-edge technological knowledge, hone their problem-solving abilities, and cultivate teamwork skills. Whether they are just beginning to explore robotics or seeking deeper technical insights, VINCI is committed to providing a dynamic, creative learning platform that empowers students to explore the limitless possibilities of future technology.


KVIN, (Grades 2-4 @ Harrington), 7 Fridays, 2:55-4:25 pm. Begins May 2, \$440.



PARENT-CHILD PAIR PAINT PARTY!
with JJArtworks, p. 11

2025 SPRING NLCC/LCE WEEKEND CLASSES

NEW Foundation of Pinyin & Chinese Character Stroke Program: Fun, Easy Entry to Chinese Reading & Writing! – (Grades K-3)

 Ready to help your child fall in love with learning Chinese?


This program provides an exciting and effective foundation in pinyin and Chinese character writing. Through fun, hands-on activities and interactive lessons students will build confidence in reading and writing while discovering the joy of Chinese language and culture. This class is suitable for children who can understand and speak basic Mandarin.

KPIN, 6 Saturdays, 9:00-10:30 am, Begins May 3, Lexington High School, \$185.




Wen Tian teaches *Traditional Chinese Dietary Therapy: An Easy-to-Understand Approach to Learning Principles of Preservation*, page 35.

NEW Mandarin Beginner Class: Explore the Basics of Language and Culture! – (Grades K-5)

 This class is perfect for elementary students with no prior Chinese experience. It focuses on developing essential listening and speaking skills while introducing students to the beauty of Chinese language and culture. Through fun, interactive lessons, students will gain practical communication skills and an appreciation for Chinese traditions and customs. This class is suitable for students with no Chinese background who want to explore both the language and culture.

KSAM, 6 Saturdays, 9:00-10:30 am, Begins May 3, Lexington High School, \$185.

NEW Chinese Songs & Poetry Class: Explore Language Through Rhythm and Rhyme! (Grades K-3)


 This class is designed for K-G3 students with basic listening comprehension in Chinese. It focuses on learning Chinese language through traditional children's songs and classic poems, helping students improve their listening, speaking, and cultural appreciation. Through music, rhythm, and rhyme, students will enhance their language skills while developing a deeper connection to Chinese culture.

KS&P, 6 Saturdays, 10:40-11:40 am, Begins May 3, Lexington High School, \$130.




BEGINNING MANDARIN FOR ADULTS
with Hongxiang Wang, p. 23

NEW Happy Feet Dance Class (Grades Pre-K–3)

 In this class, students will learn a variety of dance choreographies to discover the many exciting possibilities of movement. Focusing on exploring various different styles of dance, students will learn new movements and discover how our bodies can move to music. We'll play games, dance to upbeat songs, and explore different ways to stretch, jump, and spin! Together, we'll learn simple, fun dances, and by the end, you'll be able to show off what you've learned with a little video! Don't worry—there are no wrong moves here, just lots of room to be creative and have fun with your friends.

KHAP, 5 Saturdays, 10:40 am–12:10 pm. Begins May 10, Lexington High School, Room 140, \$125.

NEW Chinese Folktales for Kids: Fun Language Learning Through Stories! (Ages 3-5)

 This class is specially designed for 3 to 5-year-old children with basic Chinese listening skills. Through fun and engaging Chinese folktales, kids will improve their listening and speaking abilities while exploring the wonders of Chinese culture. Each class features interactive storytelling, playful activities, and hands-on fun to spark curiosity and love for learning.


KFOL, 6 Saturdays, 10:40–11:40 am, Begins May 3, Lexington High School, \$130.

NEW Chinese Drumming Class: Discover the Power of Traditional Percussion

 This class is open to students from 3rd grade plus and adults, offering an exciting introduction to the art of Chinese drumming. Led by an experienced instructor, students will learn the fundamental drumming techniques, rhythms, and the cultural significance of traditional Chinese drums. The course focuses on developing coordination, rhythm, and teamwork while fostering a deep appreciation for this dynamic art form. Instrument will be provided during class.


KCDC, 5 Saturdays, 9:20–10:20 am. Begins May 3, Lexington High School, \$195.

NEW Art of Language: Boost Confidence Through Communication (Grades 2-5)

 This course is designed for students who want to boost their confidence in communication. Every week, students will focus on a new topic, practicing speaking, thinking, and engaging in conversations through fun and dynamic activities. Led by a renowned host and Massachusetts-certified teacher, the course offers plenty of opportunities for kids to speak up, think critically, and become confident communicators.

KAOL, 5 Saturdays, 10:40–11:40 am, Begins May 3, Lexington High School, \$245.

NEW Beginner Guzheng Class for Children (Grades 2-5)

 This beginner guzheng class is designed for children in grades 2 to 5 who are interested in learning this beautiful traditional Chinese instrument. Taught by an experienced and patient instructor, the course focuses on building a solid foundation in basic guzheng techniques while fostering a love for music. Instrument will be provided during class.

KSGZ, 6 Saturdays, 10:40–11:40 am. Begins May 3, Lexington High School, \$230.

Check out NLCC/LCE Classes in Guzheng and Erhu (page 39), Dance (page 29) Traditional Chinese Health & Nutrition (page 35), and Tai Chi (page 28).

NEW Getting Children to Listen: Communication Strategies That Work – In-Person

Instructor: Susan Krupp, MS.Ed., PCI-Certified® Parent Coach and Educator
Are you having difficulty getting your children to listen? Well, you are not alone! One of the most common questions parents ask is, "How do I get my children to listen to me?" In this 2-part interactive workshop, we will focus on communication techniques that motivate children to listen and respond appropriately. Some of the concepts we will explore include acknowledging feelings, I-messages, choices, body language, and context. Emphasis will be placed

on ways of expressing our feelings and needs and maintaining open avenues of communication with children while setting limits on behavior. You will leave this workshop with a host of communication strategies and specific language you can use when communicating with your children. This class is for parents of children ages 3 to 12.

PGCL, 2 Thursdays, 7:00–8:30 pm. Begins April 3, Lexington High School, Room 229, \$65/individual; \$95/couple.

NEW Building Confidence and Competence: Strategies for Fostering Children's Self-Esteem – In-Person

Instructor: Susan Krupp, MS.Ed., PCI-Certified® Parent Coach and Educator
A positive self-image is one of the greatest assets a child can possess. How can parents help children develop high self-esteem? This 2-part interactive program focuses on twenty specific strategies for enhancing children's self-esteem with a particular focus on fostering a sense of confidence and competence. Some of the concepts we will explore include internal vs. external sources of self-esteem, the language of encouragement, rescuing children, responding to mistakes, helpful vs. harmful praise, focusing on behavior and appropriate expectations. You will leave this workshop with a deeper understanding of the link between fostering high self-esteem and honoring your children's individuality. This class is for parents of children ages 2 to 12.

PBCC, 2 Thursdays, 7:00–8:30 pm. Begins May 1, Lexington High School, Room 229, \$65/individual; \$95/couple.

Parent Coaching



Susan Krupp, MS.Ed., PCI-Certified® Parent Coach and Educator, is available to provide parent coaching for couples and individual parents with children from birth to age 12. With Susan's guidance, support, and parenting expertise, you will engage in collaborative problem-solving to address your specific parenting concerns and create sustainable positive change in your relationship with your children. To arrange a free introductory session with Susan, please contact the LCE office at 781.862.8043.

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, 5 Days (M-F), 9:00-11:30 am. Begins July 7, Lexington High School, Room 184, \$200.

Reading & Writing SAT Prep – In-Person

Instructor: Rachel Lloyd

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

Spring: PESA, 6 Tuesdays, 3:30-5:30 pm. Begins April 8, Lexington High School, Room 229, \$200.



College Planning and Test Preparation, this page.

P2SA, 6 Wednesdays, 3:30-5:30 pm. Begins April 9, Lexington High School, Room 229, \$200.

Summer: PESA, 5 Days (M-F), 9:30 am-12:30 pm. Begins July 14, Lexington High School, Room 182, \$200.

Summer P2SA, 5 Days (M-F), 9:30 am-12:30 pm. Begins August 4, Lexington High School, Room 182, \$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 Thursday, 6:30-8:00 pm. Meets May 22, Lexington High School, Room 232, \$35.



A SERIES OF SPRING CLASSES TO HELP PAVE THE WAY FOR COLLEGE SUCCESS

with Dr. Bruce Johnson, this page

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 2027. There is a lot of work to do and things to think about. This course 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 application timeline, worksheets & 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. The support then continues with individually crafted assignments and three 20 minute private follow-up sessions scheduled at student's convenience within 3 weeks time. **Please note this class is for students only and not parents.**

Spring: PJFJ, 4 Days, 6:30-8:00 pm. Meets May 29 and 3 scheduled private sessions, Lexington High School, Room 232, \$135.

Summer: PJFJ, 4 Days, 6:30-8:00 pm. Meets July 23 and 3 scheduled private sessions, LCE Classroom, \$135.

Food, Cooking & Nutrition

Write Your College Essays with Less Stress & More Success – Virtual

Instructor: Dr. Bruce Johnson from BKJ College Application Consulting

Admissions officers read hundreds of applications — make sure yours stands out! This class will help you write your college essays with less stress and more success. Instructors will provide guidance through brainstorming, freewriting and individual feedback. With in-class writing sessions and homework, coupled with timely feedback for revisions, you will learn to craft essays that memorably introduce you. Depending on need, we can focus on the personal essay or supplementals. Whether you have begun writing but are now stuck or you've yet to begin, we can help you create winning college essays!

PEST, 6 days, 10:30-12:30 pm. Begins Wednesday, July 9 and meets 7/10, 7/14, 7/21, and two scheduled private sessions, Zoom, \$545.

P2ST, 6 days, 10:30-12:30 pm. Begins Wednesday, July 30 and meets 7/31, 8/4, 8/11, and two scheduled private sessions, Zoom, \$545.



**STRESS LESS:
LEARN TO MEDITATE**
with Richard Geller, p. 34

Saturday Morning College Application Boot Camp – Virtual

Instructor: Dr. Bruce Johnson from BKJ College Application Consulting

Get ready to tackle the Common App head-on! With the support of experienced college application coaches, you'll dive into strategizing and completing crucial sections such as activities, honors, and additional information. As needed, we'll also spend time working on supplemental essays and refining your personal essay. Let's make the college application process an enjoyable and rewarding experience together!

PCAP, 3 Saturdays, 10:00 am - 12:00 noon. Begins August 9, Zoom, \$420.



Rachel Lloyd teaches Reading & Writing SAT Prep, p. 17.

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

Instructor: Donald Anderson

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

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

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

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 food fee is payable to the instructor.

NSLV, 1 Thursday, 5:30-7:30 pm. Meets May 15, LexMedia Studio Kitchen, \$45.

NEW Japanese Chicken Miso Ramen – In-Person

Instructor: Ploy Khunisorn

This class is not about instant ramen noodles. Instead, this class is about traditional homemade Japanese ramen where we will make ramen broth and fresh noodles from scratch. In this hands-on class, you will learn how to make chicken miso ramen served with soft-boiled eggs. We'll talk about various toppings and how to apply different techniques to make homemade ramen quick and easy at home.

NJCM, 1 Thursday, 6:30-8:30 pm. Meets April 24, LexMedia Studio Kitchen, \$70.

NEW Burmese Egg Noodle Curry with Chicken – In-Person

Instructor: Ploy Khunisorn

Let's have fun and learn how to make Burmese curry from scratch. We'll make a version of Mandalay Mouti Thoke, chicken yellow curry with noodles. We'll start with making egg noodles from scratch and we'll also make curry with chicken from scratch. While the curry is cooking, we'll roll out, cut, and cook the noodles. Please note this class will be recorded for LexMedia's local broadcast.

NBNC, 1 Thursday, 6:30-8:30 pm. Meets June 12, LexMedia Studio Kitchen, \$70.



Chef Ploy Khunisorn teaches in-person and virtual cooking classes this spring, pages 18 and 19.

NEW Crystal Dumplings from Scratch – Virtual

Instructor: Ploy Khunisorn

Crystal dumplings are chewy and have almost clear skin. There are many styles of crystal dumplings. In this online interactive class, we'll make Gow Choi Gao, Crystal dumplings with chive and shrimp. Shrimp can be optional, and the dumplings can be made completely vegan. There are other vegetable options as substitutes if you cannot find garlic chives (Chinese chives). We will pleat the dumplings in 3 styles. We will steam all the dumplings. You will have an option to pan-fry dumplings for different textures. The dumplings are naturally gluten-free.

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

NEW Sushi for Beginners – In-Person

Instructor: Ploy Khunisorn

We'll have fun creating this art of rolling in this hands-on class. You will learn every step from making sushi rice and cutting sushi components. We'll talk about the history of culture behind this long Japanese tradition while we roll out three styles of sushi maki including futomaki, spicy salmon maki, and temaki (hand-rolled sushi). Each student will roll and cut your own sushi. Students will get a sushi rolling mat to go home with.

NSFB, 1 Tuesday, 6:30-8:30 pm. Meets July 22, LexMedia Studio Kitchen, \$70.

Hand-Pulled Noodles from Scratch – In-Person

Instructor: Ploy Khunisorn

Hand-pulled noodles are so much fun and they are much easier to make than you would think. In this hands-on class, you will learn 2 different techniques to pull noodles. We will make 2 types of hand-pulled noodles: Biang Biang and Lamian noodles. We'll serve Biang Biang noodles with chili sauce. We'll serve Lamian noodles with chicken miso soup with peanuts.

NHNP, 1 Tuesday, 6:30-8:30 pm. Meets August 12, LexMedia Studio Kitchen, \$70.

NEW Snacks of India from North to South – In-Person

Instructors: Suraja Roychowdhury and Mamata Banerjee

India is known the world over for its elaborate *thali* dining experience, with flavorful worlds of savory sauces and healthy spices. But between those multi-course *thali* meals there is a separate and entire universe dedicated to the culinary experience of grab and go, or take to picnic snacks – with flavor and nutrition well beyond a bag of chips! In this session we will discover simple ways to make mouthwatering Indian pizza style snacks and some legendary Kolkata Mughlai style egg rolls and Kathi rolls! From treats to pack the kids at school, or to take to the beach, these cooking sessions will keep your snack craving satiated and satisfied this spring.

NSNV, 2 Wednesdays, 6:30-8:30 pm. Begins June 11, LexMedia Studio Kitchen, \$85

NEW Red Hot Indian – In-Person

Instructor: Shruti Mehta

Are you one of those who craves hot and spicy food? Is getting all misty-eyed over a spicy plate of curry brings the ultimate pleasure? Do you find the red hot food attractive and eye pleasing? Yes, then this class is for you. Although Indian food does not have to be hot, there are communities and regions where the food can be really hot and spicy. This class will explore the hot dishes from different regions of India. Possible dishes may include Jalapeno fritters, Pav-Bhaji (curried mixed vegetable medley, served with spiced bread, a popular street food), Spicy Fried Rice (cooked rice immersed with chili powder, mustard seeds, and spices). Come prepared to sweat.

NRHI, 1 Wednesday, 6:30-8:30 pm. Meets May 21, LexMedia Studio Kitchen, \$45.

NEW A Vegan Indian Feast – In-Person

Instructor: Shruti Mehta

In India it is very easy to be a vegan without missing out on taste or flavor. There is a vast variety of traditional dishes that are vegan. Let's get together and prepare an entire feast starting with a breakfast dish called Poha (pressed rice, soaked and then cooked with chilies, corn, sweet and sour spices and sprinkled with cilantro and fresh coconut). Next we will make a spicy eggplant pulao (rice with silky eggplant prepared with sesame seeds and garam masala), and Masoor Dal (red lentils cooked with onions, ginger, garlic and Thai chilies). It will surely be a feast!

NVIF, 1 Tuesday, 6:30-8:30 pm. Meets July 15, LexMedia Studio Kitchen, \$45.

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.



**ART OF LIVING:
CHOCOLATE AND MEDITATION**
with U. Viswanath & V. Deodhar, p. 35

A Culinary Tour of H-Mart and Cooking Class – In-Person and Virtual

Instructor: Deborah Samuels

The Asian supermarket H-Mart's aisles are chock full of treasures: sauces, noodles, dumplings, rice, tofu, fresh Korean prepared foods, an ocean of fish and seaweed, teas, condiments galore and so much more. The football-field size store and unfamiliar ingredients can make for a daunting shopping experience. Join Debra Samuels, author of two cookbooks: "The Korean Table" and "My Japanese Table" for a curated tour around most of the market to acquaint you with this wonderful resource. We will learn how to set up our own Asian pantry and end the tour with refreshment in the food court. The second session of the class will be an online cooking class in the comfort of your own kitchen. You will learn to make simple miso soup, stir-fry Chinese greens, marinate rib-eye slices in savory Korean spices and learn how to properly cook short/medium grain rice, also known as sushi rice.

NHMT, 2 Tuesdays, 6:00-8:30 pm. Begins April 8, HMart, 3 Old Concord Rd, Burlington, \$65/Seniors \$55.

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 May 6, Lexington High School, Room 143, \$35.

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.

April | Spring Herbals: Medicine for Transition

As spring unfurls, so do we! As we transition from slow, cold days to brighter ones, our bodies often need some catching up. For what ails us, the earth has an answer. Learn about the first plants that spring up as the weather warms, how to identify them, and their benefits as spring medicine.

NMFT, 1 Thursday, 6:30-7:30 pm. Meets April 3, Lexington High School, Room 143, \$35.

April | Spring Ephemerals Foraging Walk in Great Meadows

Meet at Waldorf School. As the earth wakes up in spring, we are greeted by edible and medicinal plants that are with us for only a fleeting period in the early part of the warm season. Join us for a spring walk to get familiar with the plants unfurling around us.

NSEF, 1 Saturday, 10:00 am-11:30 pm. Meets April 12, Great Meadows, Meet at Waldorf School, \$35.

May | Slow Medicine: An Herbal Practice for Deep Rest

Our fast-paced society creates a strain on our nervous system and impacts our health in a variety of ways. We are not often invited to do nothing, slow down, and be present. "Slow Medicine" is an intro class designed to ease our life's pace and explore the wisdom of herbs for a grounded daily practice. Allow yourself to slow down and incorporate herbal medicine into a ritual that fosters deep rest, sleep, and dreaming.

NHPD, 1 Thursday, 6:30-7:30 pm. Meets May 1, Lexington High School, Room 143, \$35.



COFFEE TIME WRITING WORKSHOP CLUB

with Danielle Monroe, p. 42

June | Summer Solstice Walk in Great Meadows

Meet at Waldorf School. Celebrate the summer solstice exploring the medicinal plants in Lexington. Join Nora on a plant walk exploring the wild medicinals of Lexington, and learn how to identify them, their history, and their medicinal benefits.

NSSW, 1 Saturday, 10:00 am-12:00 pm. Meets June 21, Great Meadows, Meet at Waldorf School, \$40.

July | Herbals for the Heart Spirit

Our hearts keep us alive and allow us to love every day. It's only right we show them some love in return! Join Nora for a class spotlighting heart-lifting herbs like rose, tulsi, and hawthorne.

NHHS, 1 Thursday, 6:30-7:30 pm. Meets July 10, LCE Classroom, \$35.

September | Late Summer Plant Walk in Great Meadows

Meet at Waldorf School. Late summer brings us some beautiful blooms, like friends aster and goldenrod. Join Nora for a walk to explore late summer plants in the Great Meadows.

NLSP, 1 Saturday, 10:00 am-12:00 pm. Meets September 13, Great Meadows, Meet at Waldorf School, \$40.

September | Herbal Skin Care

Our fast-paced society creates a strain on our nervous system and impacts our health in a variety of ways. We are not often invited to do nothing, slow down, and be present. "Slow Medicine" is an intro class designed to ease our life's pace and explore the wisdom of herbs for a grounded daily practice. Allow yourself to slow down and incorporate herbal medicine into a ritual that fosters deep rest, sleep, and dreaming.

NHSC, 1 Thursday, 6:30-7:30 pm. Meets September 25, Lexington High School, Room 143, \$35.

Creative Arts

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

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 April 15, LCE Classroom or Zoom, \$155/Seniors \$140.

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

Instructor: Donna Calleja

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

Spring: ADAA, 7 Thursdays, 10:00 am-12:00 pm. Begins April 17, LCE Classroom or Zoom, \$155/Seniors \$140.

AD2A, 7 Thursdays, 1:00 pm-3:00 pm. Begins April 17, LCE Classroom or Zoom, \$155/Seniors \$140.

Summer: ADAA 7 Thursdays, 10:00 am-12:00 pm. Begins July 17, Zoom, \$155/Seniors \$140.



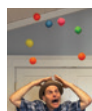
Art historian Jane Oneail shares *The Art & Advocacy of Keith Haring in From Graffiti to Museum Galleries*, p. 5

Watercolor Painting – Virtual

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 palate, 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 April 7, Zoom, \$100/Seniors \$85.



JUGGLING WITH JASON SCHNEIDER

Ages 10-15, p. 13; Ages 16+, p. 31

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.

Spring: ASPP, 6 Fridays, 3:30-5:30 pm. Begins April 11, Zoom, \$200.

Summer: ASPP, 6 Fridays, 3:30-5:30 pm. Begins July 11, Zoom, \$200.

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. Children ages 6+ are welcome to attend when accompanied by an adult. A materials fee of \$20 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 pm-8:30 pm. Meets April 8, LCE Classroom, \$30.



An example of the traditional Ukrainian Pysanky Art of Alona Popova, see below.

Let's Make Pysanky: Combine Traditional and Drop Pull Methods – In-Person

Instructor: Alona Popova

This workshop is a unique opportunity to explore two distinct methods of Pysanky artistry: the Traditional wax-resist method and the Drop-Pull technique. Participants will begin by learning the Traditional method, using a "kistka," beeswax, and vibrant dyes to create traditional designs. Then, we'll explore the Drop-Pull method (Lemko-style), where molten wax is applied using a pin-head and pulled to form elegant patterns. This class is perfect for beginners and seasoned Pysanky enthusiasts alike. By the end of the class, you'll have two finished pysanky and a profound connection to this cherished art form. Children ages 6+ are welcome to attend when accompanied by an adult. A materials fee of \$20 is payable to the instructor in class. At the end, you will be able to take home one or two eggs decorated by you.

ACUP, 1 Thursday, 5:30 pm-8:30 pm.
Meets April 17, LCE Classroom, \$30.

Pysanky Art Club: Explore Natural Dyers (Flowers) – In-Person

Instructor: Alona Popova

This workshop offers an opportunity to learn the traditional art of Pysanky from a native Ukrainian while exploring the beauty of natural dyes. Using the wax-resist method with a "kistka," beeswax,

and candle, participants will create intricate designs on real chicken eggs. In this session, we'll experiment with natural dyes derived from spring flowers and compare their muted, organic hues to vibrant aniline dyes. Perfect for both beginners and experienced Pysanky creators, this class combines tradition with a touch of nature's artistry. Children ages 6+ are welcome to attend when accompanied by an adult. A materials fee of \$20 is payable to the instructor in class. At the end, you will be able to take home one or two eggs decorated by you.

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



**TRADITIONAL CHINESE
DIETARY THERAPY**
with Wen Tian, p. 35

Pysanky Art Club: Explore Natural Dyers (Mulberries) – In-Person

Instructor: Alona Popova

Discover the traditional art of Pysanky while embracing the natural beauty of dyes made from mulberries. In this workshop, you'll learn the wax-resist technique using a "kistka," beeswax, and candle to create stunning designs on real chicken eggs. This session will focus on exploring the rich, organic tones produced by mulberries and comparing them to aniline dyes. Whether you're new

to Pysanky or an experienced enthusiast, this class offers a unique way to connect with nature and tradition. Children ages 6+ are welcome to attend when accompanied by an adult. A materials fee of \$20 is payable to the instructor in class. At the end, you will be able to take home one or two eggs decorated by you.

A4CUP, 1 Tuesday, 5:30 pm-8:30 pm.
Meets June 10, LCE Classroom, \$30.

Experiments in Wet-Felting – In-Person

Instructor: Elizabeth Stubbs

This class is suitable for those with felt making experience. 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. In a relaxed and supportive atmosphere, participants will share their processes and provide feedback to each other as we explore new techniques together. Students are expected to bring their own favorite tools but fiber and occasional other special materials will be supplied by the instructor. There will be a \$60 materials fee per student, payable directly to the instructor at the first class meeting.

AFF6, 6 Mondays, 1:00 pm-4:00 pm.
Begins April 14, LCE Classroom, \$190/
Seniors \$175.

NEW Basket Weaving: Flag Basket – In-Person

Instructor: Jennifer Weller-Dorfman

Join Jen to learn to weave a flag basket with a wooden base. The basket measures 6 inches tall by 8 inches wide, perfect for your Memorial Day hosting! This project is great for beginners. Students will need to bring an old towel, scissors and flat head screwdriver. Basket reed is woven wet, so please dress accordingly. A \$20 materials fee is payable to the instructor in class.

ABWF, 1 Tuesday, 6:00-8:00 pm. Meets
May 13, LCE Classroom, \$30.



**SELF-DEFENSE & AWARENESS FOR
WOMEN**
with Charles Crayton, p. 36

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 April 30, LCE Classroom, \$180/Seniors \$165.

Evening English – Level 3 – In-Person

Instructor: Rosemary Previte

Advance your English communication ability and confidence! This course is designed to build on the skills learned in ELL Level 2. It is for those who have studied basic English and who want to improve their grammar, vocabulary, pronunciation, and conversation. Topics will include grammar rules, parts of speech and verb tenses, as well as sentence construction and writing, reading comprehension, and conversing. With this class, you will continue to improve your understanding of American English, as well as your listening, speaking, reading, and writing. (Purchasing the textbook is optional.)

LEEE, 8 Thursdays, 6:00 - 8:00 pm. Begins April 10, Lexington High School, Room 224, \$180/Seniors \$165.

Beginner English 1 – In-Person

Instructor: Rosemary Previte

New learners are welcome! This class is for those with limited knowledge of English who want to learn the basics of grammar, vocabulary, and pronunciation. Topics will include parts of speech and verb tenses; vocabulary and punctuation; and sharing information about our backgrounds, friends, and families. For

example, we will practice using sentences and engaging in simple conversations. Our focus will be building a foundation of basic English, so that we can improve our reading comprehension, writing, listening, and speaking with others. (Purchasing the textbook is optional.)

LB1E, 10 Tuesdays, 5:30 - 7:00 pm. Begins April 8, Lexington High School, Room 224, \$180/Seniors \$165.

NEW Advanced Beginner Swedish – In-Person

Instructor: Cecilia Franzel

This course is for students who have some basic Swedish language skills. The course will continue from where The Beginner Swedish course ended, and will use the same text book. If you have learned some Swedish in the past, or have taken the course Beginner Swedish, this class is for you. Cecilia has taught Swedish for over 30 years in the Boston area. She developed the Beginner Course for the Pimsleur Language Company, and has taught Swedish to both companies and language schools in the Boston area. Required text for this class is *From English to Swedish 1*, by Bengt and Carol Hällgren.

LABS, 8 Wednesdays, 5:00 - 6:30 pm. Begins March 26, Lexington High School, Room 222, \$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.

Spring: LMAN, 8 Mondays, 9:00 am - 10:30 am. Begins April 7, LCE Classroom, \$155/Seniors \$140.

Summer: LMAN, 6 Days, 9:00 am - 10:30 pm. Begins June 23, Lexington High School, Room 148, \$130/Seniors \$115.

This will meet for 2 weeks Monday, Wednesday, Friday



Chan/Zen master teacher Gilbert Gutierrez teaches *An Introduction to Meditation*, page 34.

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

Instructor: Amy Franks

This course is geared toward people who plan (or would like) to visit Japan in the near future, but have little to no experience with the language and culture. Each week, we will discuss one topic (greetings, dining, transportation, lodging, sightseeing, shopping, and illness/emergencies), focusing on the most essential words and phrases to help foster smooth communication and positive interactions with Japanese speakers. Other course topics include practical travel tips (purchasing a Japan Rail pass, getting around with luggage, lodging options, helpful apps, seasonal events, etc.), useful resources for continued Japanese language study, important Japanese etiquette, and the phonetic writing systems, *hiragana* and *katakana*. Please note this class meets 2.5 hours/week (1.5 hours in-person, 1 hour Zoom session) The night of the week for the Zoom session will be decided at the first class based on the student's schedules.

LJFT, 7 Thursdays, 7:00 - 8:30 pm. Begins May 1, Lexington High School, Room 220, \$180/Seniors \$165.



TEACH YOUR OWN COMMUNITY EDUCATION CLASS
with Craig Hall & Karen Girondel, p. 7

Beginning Spanish – In-Person

Instructor: Angelica Fajardo-Flores

¡Hola! This beginner course is for adults with little or no prior knowledge of Spanish. In this dynamic classroom environment, students will learn basic vocabulary, pronunciation and present tense verbs. Fun activities will include: dialogues, reading and writing exercises.

LBGS, 7 Mondays, 5:00 - 6:30 pm. Begins April 7, Lexington High School, Room 220, \$155/Seniors \$140.

Continuing Spanish – In-Person

Instructor: Angelica Fajardo-Flores

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

LCSL, 7 Wednesdays, 5:00-6:30 pm. Begins April 9, Lexington High School, Room 220, \$155/Seniors \$140.

Intermediate Spanish – Virtual

Instructor: Sherry Eggers

Want to increase your speaking fluency in Spanish and polish up your pronunciation? In Intermediate Spanish this summer, we will give short talks or descriptions as well as review some grammar structures. Your listening comprehension will be checked to see if you understand what you hear spoken in Spanish. Reading and writing exercises will be included also. Come join us online to work on your skills in the Spanish language.

LMSC, 8 Tuesdays, 6:30-8:00 pm. Begins April 8, Zoom, \$160/Seniors \$145.

Beyond 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



Emilia Montero teaches Exploring Spanish Language through Venezuelan Cuisine, page 18.

comprehension, vocabulary building, grammar explanations, and writing skills. Come join us online to increase your Spanish skills through enjoyable and varied lessons.

LBIS, 8 Tuesdays, 6:30-8:00 pm. Begins July 8, Zoom, \$160/Seniors \$145.

Spanish Conversation: Culinary Culture of Latin America – In-Person

Instructor: Emilia Montero

Improve your Spanish Language skills through learning about Latin American culinary culture. In each session, participants will learn about flavors, stories, and traditions while engaging in Spanish conversation. The course will be guided by music, videos, articles, and other dynamic resources.

LSCC, 8 Wednesdays, 5:30-7:30 pm. Begins April 9, Lexington High School, Room 223, \$180/Seniors \$165.

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.

LSCF, 8 Fridays, 10:00 am-12:00 pm. Begins May 2, LCE Classroom, \$180/Seniors \$165.

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 Thursdays, 7:00-8:30 pm. Begins April 10, Zoom, \$180/Seniors \$165.

NEW Intermediate 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 intermediate class, taught by a native of Brazil, will teach you to increase your knowledge in the Portuguese elements, continue to work in the cultural history of this Latin based Romance language, and enable you to engage in more complex conversation by its completion.

LIBP, 8 Wednesdays, 7:00-8:30 pm. Begins April 9, 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, 8 Wednesdays, 11:00 am-12:15 pm. Begins April 16, Zoom, \$200.



AN EVENING POETRY READING
with Martín Espada, p. 4



Herbalist and educator Nora Gallo teaches *Everyday Herbals*, page 20.

Italian 2 – Virtual

Instructor: Barry Bridgelal

Building upon the basic foundation provided in Beginning Italian (-are verbs, few irregular verbs, articles, calendar) you will improve your listening skills and conversational ability through structured dialogues and other practical activities. Begin to communicate more precisely as you learn -ere and -ire verbs in the present. 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 Thursdays, 11:00 am-12:15 pm. Begins April 3, Zoom, \$250.

L2TL, 8 Mondays, 6:30-7:45 pm. Begins April 7, Zoom, \$200.

Summer: LITL, 8 Tuesdays, 11:00 am-12:15 pm. Begins July 8, Zoom, \$200.

Intermediate Italian – Virtual

Instructor: Barry Bridgelal

Advance your Italian language skills in this Intermediate level program. Upon completion, you should be able to discuss topics such as moods, travel, holidays and business, using the present and past tenses. This class will emphasize improvement of oral comprehension and creative expression through the use of teaching resources, including reading selections. Indirect and direct object pronouns, expressions of time and duration, simple and articulated prepositions will be covered (Prego chapters 4-6). You will need to purchase the Prego textbook (editions 6, 7 or 8)

LIIT, 8 Tuesdays, 11:00 am-12:15 pm. Begins July 8, Zoom, \$200.

Beginner French I – Virtual

Instructor: Maurice Bombrun

Beginner French is for students and travelers with no (or “forgotten”) French knowledge. The A1-A2 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, 9 Mondays, 4:30-6:30 pm. Begins April 7, Zoom, \$225.

Beginner French II / Intermediate – 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 A2, 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, 9 Fridays, 9:30-11:30 am. Begins April 11, Zoom, \$225.

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 A2-B1 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, 9 Tuesdays, 7:00-9:00 pm. Begins April 8, Zoom, \$225.

LBF35, 9 Thursdays, 7:00-9:00 pm. Begins April 10, Zoom, \$225.

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 A2-B1 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, 9 Tuesdays, 11:00 am-1:00 pm. Begins April 8, Zoom, \$225.



Ric Calleja teaches *La Hora del Café, Conversación Abierta en Español*, page 24.



Translator, musician and poet presents the poetry of Rumi, page 6.

Intermediate French II / Advanced – Virtual

Instructor: Maurice Bombrun

Intermediate French II is for students who have studied all basic concepts of pronunciation, grammar and vocabulary and have completed B1/B2/C1 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 en dialogues B2-C1*, CLE International, ISBN ISBN 9782090380613, should be purchased online prior to the first class.

LDIF, 9 Thursdays, 1:00-3:00 pm. Begins April 10, Zoom, \$225.

French Conversational Workshop – Virtual

Instructor: Maurice Bombrun

In the Conversational French B2/C1 class, students learn how to maintain and practice French to stay fluent and improve conversational skills. The lessons include conversation, pronunciation, comprehension, 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 exercises to expose students to a variety of real-life and everyday French language topics. No textbook required.

LLFC, 9 Wednesdays, 7:00-9:00 pm. Begins April 9, Zoom, \$225.

LFCW, 9 Thursdays, 9:30-11:30 am. Begins April 10, Zoom, \$225.

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 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. 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, 9 Thursdays, 3:30-5:30 pm. Begins April 10, Zoom, \$225.



**A CULINARY TOUR OF H-MART
AND COOKING CLASS**
with Deborah Samuels, p. 20

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, 9 Tuesdays, 9:00-11:00 am. Begins April 8, Zoom, \$225.

French Language & Conversation Through Film – Virtual

Instructor: Karen Girondel

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

LFFIL, 7 Tuesdays, 10:00 am-12:00 pm. Begins April 8, Zoom, \$155/Seniors \$140.

LHCC, 7 Wednesdays, 7:00-9:00 pm. Begins April 9, Zoom, \$155/Seniors \$140.

Beginning German: For New and Continuing Students – Virtual

Instructor: Karen Carstens

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

LBGE, 6 Wednesdays, 5:00-6:30 pm.
Begins April 9, Zoom, \$140/Seniors \$130.

German Conversation – Virtual

Instructor: Karen Carstens

If you want to brush up your German conversational skills, this once a week session involving lively group dialogue, punctuated by multimedia virtual presentations on a wide range of topics,

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

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

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

Advanced Tai Chi 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, 8 Thursdays, 5:15-6:45 pm. Begins April 3, Lexington High School, Room 140, \$195/Seniors \$180.

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, 8 Thursdays, 5:15-6:15 pm. Begins April 3, Lexington High School, Room 140, \$180/Seniors \$165.



CC King begins the Michael Koran Legacy Series with Beginner's Mind & Embodied Play through InterPlay, page 6.

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. 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. Wear loose, comfortable clothes and soft-soled shoes, such as flat sneakers. Outdoor shoes are not permitted inside the studio.

EIPB, 8 Tuesdays, 6:00-7:00 pm. Begins April 8, Lexington High School, Room 140, \$180/Seniors \$165.

Intermediate 2/3 Tai Chi and 8 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. Students will continue to learn the new moves in the second and third sections of the Tai Chi long form. 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.

EITT, 8 Tuesdays, 5:00-6:00 pm. Begins April 8, Lexington High School, Room 140, \$180/Seniors \$165.

NEW Saturday Tai Chi: Balance, Health, & Inner Peace – In Person

Instructor: Zhantao Lin from New Legacy Cultural Center

This Tai Chi program is perfect for anyone looking to improve balance, flexibility, and mental clarity through the gentle, flowing movements of Tai Chi. Taught by an experienced instructor with decades of teaching experience, the class focuses on the core principles of Tai Chi—mindfulness, breathing, and fluid motion—to promote physical and mental well-being.

ESCI, 6 Saturdays, 9:30 - 10:30 am. Begins May 3, Lexington High School, Room 140, \$170.

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, 12 Fridays, 10:00-11:15 am. Begins April 4, Hancock Church, \$240/Seniors \$225.

Summer: EYF2, 3 Fridays, 10:00-11:15 am. Begins July 11, Hancock Church, \$65/ Seniors \$55.

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 April 19, Zoom, \$135/Seniors \$120.

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 April 14, Diamond Middle School, \$135/ Seniors \$120.

EHYO, 8 Wednesdays, 6:00-7:00 pm. Begins April 16, Zoom, \$135/Seniors, \$120.

Gentle Yoga and Yoga for Osteoporosis – In-Person / Virtual

Instructor: Mary Wixted

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

EOST, 12 Tuesdays, 11:00 am-12:30 pm. Begins April 8, Hybrid: Hancock Church or Zoom, \$210.



DECOMPRESS YOUR STRESS WITH LAUGHTER

with Linda & Bill HAmaker, p. 36

Iyengar Yoga – In-Person / Virtual

Instructor: Mary Wixted

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

EYEN, 12 Tuesdays, 9:15-10:45 am. Begins April 8, Hybrid: Hancock Church or Zoom, \$225/Seniors \$210.

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

Instructor: John Deming

Welcome to Power8: Power8 is eight sequential exercises which, when done daily with balance, target a strong core, a flexible spine, and great posture. You'll begin by learning a gentle balance or strength modification for each exercise. Practice them daily (6-7 days a week) at home in the morning, for about 8-10 minutes. It takes at least a month of daily practice for you to own the exercises without modification. **Note:** Have a mat ready, wear comfortable clothes, and workout in socks is recommended

EPW8, 4 Wednesdays, 6:00-7:00 pm. Begins May 7, Lexington High School, Room 140, \$70.

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 April 7, Lexington High School, Room 140, \$180/Seniors \$165.



Laura Grandi teaches Argentine Tango, this page.

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!

ELDLM, 5 Mondays, 6:30-7:30 pm. Begins April 14, Hancock Church, \$75.



BREATHING: YOUR BEST MEDICINE

with Lisa Jones, p. 36

NEW Beginner Dance Program: Dance for Fitness & Fun – In-Person

Instructor: New Legacy Cultural Center Teaching Staff

Our six-week beginner dance program is designed for everyone—regardless of age or fitness level. Whether you're new to dance or looking to get moving, this course makes dance accessible, fun, and energizing. Through our "Everyone Can Dance" philosophy, we focus on spreading the joy of dance to all. Taught by experienced instructors with a passion for dance and community, each class is designed to build confidence, fitness, and grace.

EDBP, 6 Saturdays, 10:25-11:40 am. Begins May 3, Lexington High School, \$170.

Zumba® – In-Person

Instructor: Ami Stix

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

EZUM, 12 Mondays, 7:00-8:00 pm. Begins April 7, Hancock Church, \$195/Seniors \$180.



Ami Stix teaches Zumba®, this page.

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 May 1, Zoom, \$40.

Auto Repair for Everyone – In-Person

Instructor: Bruce Gerry

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

Spring: FCAR, 3 Wednesdays, 6:00-8:00 pm. Begins May 7, Lexington High School, Room 148, \$65.

Summer: FCAR, 3 Wednesdays, 11:00 am-1:00 pm. Begins July 9, Lexington High School, Room 148, \$65.



A SERIES OF WALKS IN GREAT MEADOWS

with Herbalist Nora Gallo, p. 20



Instructor Gregory Leschishin leads a tour Off-the-Beaten-Path Hike: Jericho Town Forest, this page.

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 Tuesday, 6:00-8:00 pm. Meets April 29, Lexington High School, Room 226, \$30.

Off-the-Beaten-Path Hike: Jericho Town Forest

Instructor: Gregory Leschishin

Join us for a guided hike through former farmland, where vintage dirt roads wind through aged forests and a prolific number of natural kettle ponds and trees can be found. This moderate-level walk begins and ends at the Campion Center, a Jesuit health and wellness center located on the site of a former college. Along the way, we'll pause to appreciate the natural beauty and hear stories of the area's historical significance.

FJTF, 1 Sunday, 11:30 am-2:00 pm. Meets May 18, \$35.

NEW Bridge for Beginners – In-Person

Instructor: Nancy Rosenfield

Engage your brain—play bridge! An exciting card game of logic and detective work, bridge is also a great way to be social. You will learn by playing right from the very first class. You will learn all the basics of bridge, including bidding, playing, and defending hands using modern bridge techniques. You will play with a partner against another pair, so sign up with a friend or relative if you wish. Singles are always welcome and will be paired up with a partner in class. This class is ideal for beginners with no previous bridge experience as well as for those who have not played in many years and would like to get back in the game. The class will be taught according to the highly acclaimed "cards on the table" method pioneered by Audrey Grant. You will need to buy the textbook – "Audrey Grant Bridge Basics I - An Introduction" which can be purchased online from most major booksellers.

FBRG, 7 Tuesdays, 6:30 - 8:30 pm. Begins April 29, Lexington High School, Room 222, \$155/Seniors \$140.

NEW Start Decluttering Now – In-Person

Instructor: Bari Prince

You have too much stuff! You want to free up the physical and emotional space it fills, but don't know where to start. It can feel overwhelming. The key to successful decluttering is understanding our emotional attachments to our stuff. In this class we'll explore how clutter makes us feel, how a decluttered space can make us feel, and how to get to

Humanities

those positive emotions. We'll look at the many emotional attachments we have to our things and learn how to let go. We'll talk about practical ideas for preserving memories and doing good in the world with the things we are ready to let go of. You will leave with a plan for a manageable decluttering project and tips you can use immediately to start or continue on your decluttering journey. Bari Prince is the founder of Breakthrough Decluttering (breakthroughdecluttering.com). She has combined her skills as a compassionate, insightful people manager and a professional project manager with her passion for decluttering to help people let go of their clutter and reclaim their spaces and their lives.

FSDN, 1 Wednesday, 6:30-8:30 pm Meets April 16, Lexington High School, Room 225, \$25.

NEW Juggling (Ages 16+) – In-Person

Instructor: Jason Schneider

Fight the force of gravity while learning a new skill that will surely impress your family and friends. Basic juggling is easy to learn and it's also good for your brain. Sharpen your concentration, increase your coordination, and reduce your stress as you learn how to juggle a three-ball pattern, along with some other beginner tricks. Ages 10+

FLGG, 4 Mondays, 5:30-6:30 pm. Begins April 28, Lexington High School, Room 167, \$65.



Yoga instructor Ruchika Gupta leads our Kids Yoga Clubs, page 11.

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 Before the 1960s – Civil Rights Advocates Before MLK – In-Person

Instructor: Mark Andersen, Ph.D., CFA

Modern public discourse about Civil Rights focuses on leaders such as Martin Luther King Jr., Thurgood Marshall, Rosa Parks, and John Lewis. Early 20th century foundations for Civil Rights were laid by others. Among them, A. Philip Randolph is perhaps the most important. In this seminar, we will read and discuss selected books about this earlier period, exploring efforts by William Monroe Trotter, Pauli Murray, Bayard Rustin and others. The purpose of the class is to provide a forum for participants to increase awareness of the Civil Rights movement, and understand the intellectual, legal, and political linkage between activists and events in this earlier period to later stages of the movement. Why is this relevant? Understanding our own history is important, as Americans respond to the weaponization of the US Federal Government against modern Civil Rights. For each class, students will read a significant portion of a book covering a particular civil rights activist. The book may be biographical or historical. The class format is a discussion of reading (not lecture), and participants shall be committed to reading in advance. The syllabus will be provided after registration.

HBCR, 3 Tuesdays, 7:00-8:30 pm. Begins April 1, Lexington High School, Room 232, \$90/ Seniors \$80.

NEW Shakespeare's Henry V – Virtual

Instructor: Cammy Thomas

"O, for a muse of fire that would ascend / The brightest heaven of invention!" The speaker who begins Henry V urges us to use our imaginations to fill the stage with princes, King Henry himself, warring soldiers of England and France, even horses. Imagination is to bring everything into view. But what if one used imagination to make a stolen throne seem a legitimate one, or to convince



Mark Andersen discusses Pauli Murray (pictured) and others in Before the 1960s – Civil Rights Advocates Before MLK, this page.

vastly outnumbered soldiers to take the field eagerly against the enemy? Henry tells his men, "when the blast of war blows in our ears, / Then imitate the action of the tiger; / Stiffen the sinews, summon up the blood, / Disguise fair nature with hard-favour'd rage". Is it right to inspire these men, who will likely fight only to die? What are the responsibilities of leadership? We will read and discuss the play while considering these and other questions. No experience necessary. No homework the first session, and then one act a week until done. We will be using a print version of the Folger edition (ISBN 9781982109417), which is also available free online, but any good edition of the play should be fine.

HSHE, 6 Thursdays, 12:00-1:30 pm. Begins April 10, Zoom, \$110/Seniors \$95.

Science in Ancient Greece – In-Person

Instructor: Pedro Liliendorf

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



Chinese Drumming Class: Discover the Power of Traditional Percussion, page 16

NEW A Historical Introduction to Paul and His Letters – Virtual

Instructor: Lenin Prado, Ph.D

Next to Jesus himself, the Apostle Paul was almost certainly the most influential figure in early Christianity. Nearly half of the New Testament books are attributed to him, but questions remain: Did Paul really write all of them? And what exactly did he teach? This 8-week Zoom course explores Paul's life and writings, examining how his dramatic conversion sparked a movement that would grow into one of the world's major religions. We'll consider what can be known about Paul from Acts and his own letters, the challenges of identifying which letters are authentically his, and how his message compares to Jesus' teachings in the Gospels. Along the way, we'll dive into major themes like faith, grace, and freedom from the law, while also grappling with Paul's more difficult views on gender and slavery. By the end of the course, participants will gain new perspectives on Paul's complex legacy and the ways his ideas continue to influence faith and society.

HHPH, 8 Thursdays, 6:30-8:00 pm. Begins July 10, Zoom, \$155/ Seniors \$140.

NEW Poems That Speak to Us: What Makes a Poem Resonate? – In-Person / Virtual

Instructor: Barbara Thimm

In this discussion-based course, we will explore 20th-century poetry, guided by the poems that move us personally. Each participant is invited to bring a poem from the 20th century that provokes thought, stirs emotion, or lingers—to share and discuss with fellow poetry readers. Together, we will read these poems aloud, examine how they work, and consider their place within literary and historical contexts. We will also engage with selections from Matthew Zapruder's *Why Poetry*, a book that explores how “to experience and feel and understand in ways that only poetry can conjure.” Whether you are a lifelong reader of poetry or curious about its possibilities, this course offers a space to read, reflect, and discover the wide range of modern poetry.

HPTR, 3 Tuesdays, 6:30-8:30 pm. Begins May 6, Hybrid: Zoom or Lexington High School, 227, \$95/Seniors \$80.

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 May 29, Lexington High School, Room 223, \$65/ Seniors \$55.

NEW A Historical Introduction to the Gospels – Virtual

Instructor: Lenin Prado, Ph.D

The four Gospels—Matthew, Mark, Luke, and John—stand at the heart of the New Testament, shaping Christian faith and history for centuries. But what are the Gospels, and how did they come to be? This 8-week course, held on Zoom, offers a historical introduction to these writings, exploring their origins, authorship, literary relationships, and theological distinctiveness. We will examine the historical context of first-century Judaism and the Greco-Roman world, how Matthew, Mark, and Luke share similarities and differences, and the unique perspective of John. The course will also explore what the Gospels reveal about the historical Jesus and how his life and message were remembered by early communities. Participants will consider how historical methods help us better understand the Gospels beyond traditional interpretations. Through thoughtful discussions and close readings, this course will help participants see the Gospels in new ways and appreciate their lasting impact.

HHIG, 8 Thursdays, 6:30-8:00 pm. Begins April 10, Zoom, \$155/ Seniors \$140.

NEW Celebrating Older Women in Fiction – Virtual

Instructor: Tracy Marks

How many stories have you read about feisty, courageous older women who take charge of their lives while coping with limitation and loss? We'll encounter a few in speculative fiction – the remarkable novel *Remnant Population* by Elizabeth Moon and several short stories by Ursula K. Le Guin, Sarah Pinsker and Ursula Vernon (T. Kingfisher). Stories will be provided but students will need to buy or borrow the novel by the second class. Expect to read approximately 100 engaging pages each week as you enjoy your acquaintance with such remarkable crones as Ofelia, Millie, Odo and Grandma Harken.

HCWO, 4 Fridays, 12:30-2:30 pm. Begins May 23, Zoom, \$120/Seniors \$105.



Barbara Thimm teaches Poems That Speak to Us: What Makes a Poem Resonate? page 32.

NEW The Poetry of Adrienne Rich and Marge Piercy: Redefining Womanhood – Virtual

Instructor: Tracy Marks

Adrienne Rich and Marge Piercy are two beloved and groundbreaking female poets of the late 20th and early 21st century. Rich, winner of over a dozen awards, criticized rigid definitions of female identity in her poetry, and inspired women to redefine themselves. Piercy, honored for her novels as well as her poetry, is still alive and expressing her feminist and radical political beliefs in several genres. In class, we'll read and discuss 8-10 poems by each of these talented, highly accessible poets, and we'll share our personal reactions. All poems will be provided in pdf format.

HPAR, 3 Wednesdays, 6:45-8:45 pm. Begins April 30, Zoom, \$90/Seniors \$80.

NEW Poems of Nature and Ecology – Virtual

Instructor: Tracy Marks

What are some of the best poems written by contemporary poets which help us to appreciate and take loving care of nature and endangered species? What recent poets have been both eco-poets and environmental activists? In this class, we'll read and share our personal reactions to more than a dozen poems by W.S. Merwin, Wendell Berry, Mary Oliver, and N. Scott Momaday - all who have written inspiring poetry celebrating our beloved earth.

HPNE, 2 Wednesdays, 6:45-8:45 pm. Begins June 4, Zoom, \$65/Seniors \$55.



SHAKESPEARE'S QUEENS: A ONE-WOMAN PLAY
with Poornima Kirby, p. 4

NEW Favorite Poems – Virtual

Instructor: Tracy Marks

What poems have most inspired you? Would you like to share some of them with an appreciative audience? To experience an enjoyable evening of reading accessible and often heartfelt poems chosen by the instructor – and other students in class? In these difficult times, tuning into poems that are well-crafted and often uplifting can nourish our spirit and even awaken our own Muse. Students will receive a pdf collection of poems we read in class, and many more that we may treasure.

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

NEW The Odyssey: Journeying With Homer – Virtual

Instructor: Tracy Marks

How would you like to read numerous selections from *the Odyssey*, with a much greater understanding of its relevant meaning and symbolism than you had in secondary school? In this class, we'll take a multidimensional approach – focusing on story and characters, learning about the mythical and historical context, exploring psychological significance, and watching a few scenes from the excellent Armand Assante mini-series. Our discussions will become particularly relevant as we discuss

supplemental material from Jonathan Shay's *Odysseus in America: Combat Trauma and the Trials of Homecoming*, as well as Jean Houston's *The Hero and the Goddess: The Odyssey as a Pathway to Personal Transformation*. Please obtain the Fagles, Fitzgerald or Wilson translation and read the first chapter (book) by the first class.

HOJH, 4 Fridays, 12:30-2:30 pm. Begins April 11, Zoom, \$120/Seniors \$105.



Debra Samuels teaches A Culinary Tour of H-Mart and Cooking Class, page 20.

NEW Exploring Greek Mythology: Ovid's Metamorphoses – Virtual

Instructor: Tracy Marks

Do you want to learn about Greek myths, understand their historical and psychological meanings, and discover those which personally speak to you? In this class, we'll read and discuss fifteen Greek myths as presented by the Roman poet, Ovid in his lyrical, readable classic, *Metamorphoses*. Class will include mini-lecture, discussion of readings, and viewing clips from films and documentaries. Reading assignments will be approximately 40 enjoyable pages per week. Before the first session, students should obtain Ovid's *Metamorphoses* (Mandelbaum, Lombardo or Humphries translation) and read the first chapter.

HGMO, 5 Wednesdays, 6:45-8:45 pm. Begins July 9, Zoom, \$140/Seniors \$125



THE RIDDLE OF THOREAU'S RELIGION
with Richard Higgins, p. 3

Mind & Body

NEW Ursula K. Le Guin: *Worlds of Exile and Illusion* – Virtual

Instructor: Tracy Marks

Ursula K. Le Guin, winner of multiple science fiction awards, wrote three short early novels and novellas, now included in the trilogy, *Worlds of Exile and Illusion*. We'll read and discuss two of them, both excellent as well as relevant. In *Planet of Exile*, two groups of people who have rejected each other need to cooperate to save their planet. In *City of Illusions*, one man seeks to learn the truth about himself and the planetary rulers, who manipulate people with a confusing blend of truth and lies. Please obtain the trilogy and read the first five chapters of *Planet and Exile* before the first meeting.

HUKE, 4 Fridays, 12:30-2:30 pm. Begins July 11, Zoom, \$120/Seniors \$105

NEW Self-Discovery Through Fairy Tales – Virtual

Instructor: Tracy Marks

What fairy tales most appealed to you in childhood? How do they illuminate facets of yourself that you may not have uncovered? In this class, we'll read and discuss Rapunzel, Little Red Riding Hood, and Sleeping Beauty – considering both Jungian and Freudian interpretations of these revealing stories. We'll also each share a fairy tale that has been particularly meaningful to us and together explore its personal significance.

HFTS, 2 Wednesdays, 6:45-8:45 pm. Begins August 13, Zoom, \$65/Seniors \$55

NEW The Poetry of Billy Collins – Virtual

Instructor: Tracy Marks

Billy Collins, previous U.S. poet laureate, is one of the most popular poets today. His humorous, perceptive and very accessible, relatable poems have won him readers not only among poetry lovers but also among the general public at large. This evening, we'll read and discuss 8-10 of his poems, while learning about his craft and sharing our personal responses. Students will receive a .pdf collection of his poetry.

HBCP, 1 Thursday, 6:45-8:45 pm. Begins August 28, Zoom, \$25/Seniors \$20

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.

NEW Chan/Zen 101: An Introduction to Meditation Practice – In-Person

Instructor Gilbert Gutierrez

The Chinese Chan (Zen) tradition has always been renowned for its practice of "mind-to-mind transmission" and the continuous passing down of its teachings. Gilbert Gutierrez, known as Jing Jian Chuan Hui in Chinese, is one of the five immediate Lay Dharma heirs of Ven. Master Sheng Yen from Dharma Drum Mountain. He inherits the lineage of both the Caodong and Linji Zen schools. Among these five disciples, Gutierrez is the only Chan/Zen master who resides and teaches permanently in North America. Throughout his 53 years of dedicated Zen practice and over 40 years of teaching the Dharma, his guidance in meditation is vibrant and insightful. He skillfully imparts learning and experiential understanding of Chan (Zen) in a relaxed, approachable yet profound manner, blending everyday life situations with the great teachings of Zen masters. With his wholehearted dedication and wisdom, he strives to carry on the lineage and bring happiness to all beings. This Saturday session will include an introductory talk, seated and walking meditation, and time for questions.

SGIL, 1 Saturday, 9:30-11:45 am. Meets May 10, First Parish in Lexington, Free, but pre-registration is required.

Stress Less: Learn to Meditate – In-Person

Instructor: Richard Geller

Meditation is one of the best ways to reduce stress and improve your health, as evidenced by many recent scientific studies. Participants will learn: how meditation works, numerous different meditation techniques, and strategies for integrating meditation into your daily work and life. Upon completing this program, participants will be able to practice meditation anytime, anywhere that stress occurs, and immediately feel the benefits. Throughout the four week

course, participants are taught and practice over 10 powerful meditation techniques including: breath focus, body scan relaxation, standing and walking meditation, Tai-Chi and Chi-Kung beginning practice, sound and mantra meditation, simple Yoga as a meditation, visualization practice, and mindfulness meditation. The entire program is highly interactive, hands-on, and easy to learn.

Spring: SLLMS, 4 Thursdays, 7:00-8:00 pm. Begins May 8, Lexington High School, Room 246, \$70/Seniors \$55.

Summer: SLLMS, 4 Thursdays, 10:00-11:00 am. Begins July 10, Lexington High School, Room 247, \$70/Seniors \$55.

NEW Art of Living: Mind, Moods, and Meditation – In-Person

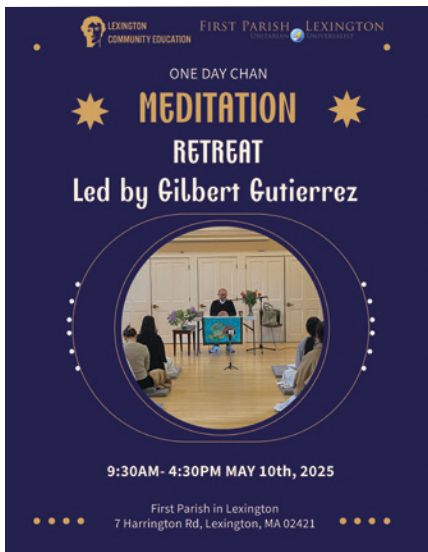
Instructor: Uma Viswanath and Vinita Deodhar

Join this session to explore the nature of your own mind and its moods, learn a powerful breathing technique, and experience deep guided meditation! This session will share more details about the high-impact ways to manage your mind and boost your energy. Additionally, in every session, 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.

MLMM, 1 Saturday, 11:00 am-12:00 pm. Meets April 12, Lexington High School, Room 229, \$20.



Donna Calleja teaches *Introduction to Acrylic Painting*, page 21.



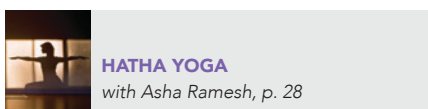
Come for the morning Intro Chan/Zen meditation session or stay all day! Don't miss master teacher Gilbert Gutierrez, facing page.

NEW Art of Living: Chocolate and Meditation – In-Person

Instructor: Uma Viswanath and Vinita Deodhar

In this session, enjoy some delicious chocolate along with a deep guided meditation - combining the experience of the senses and moving beyond the senses. We will also learn about the four key sources of energy and explore principles of healthy eating habits from the ancient Ayurvedic scriptures. Additionally, in every session, 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.

MCMA, 1 Saturday, 11:00 am-12:00 pm. Meets May 3, Lexington High School, Room 229, \$20.



NEW Art of Living: Sound Bath Meditation – In-Person

Instructor: Uma Viswanath and Vinita Deodhar

Experience deep relaxation and profound sense of peace along with the introduction to the Art of Living breath and meditation program. In this session, discover how sounds have an impact on our system and immerse yourself in a soothing sound bath. Additionally, in every session, 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.

MSBM, 1 Saturday, 11:00 am-12:00 pm. Meets June 7, Lexington High School, Room 229, \$20.



NEW Traditional Chinese Dietary Therapy: An Easy-to-Understand Approach to Learning Principles of Preservation – In-Person

Instructor: Wen Tian, from New Legacy Cultural Center

This course provides an easy-to-follow yet in-depth introduction to traditional Chinese dietary therapy, guided by a highly respected lecturer and practitioner with decades of experience. Explore how to use food to balance the body, enhance vitality, and promote long-term health. Learn key principles of traditional health preservation, such as balancing yin and yang, understanding the five elements, and tailoring your diet to seasonal and individual needs.

MTCD, 6 Saturdays, 9:00 -10:30 am. Begins May 3, Lexington High School, \$140.



Musician and educator Shant Arakelian teaches Instrumental Camerata and Baroque Ensemble, page 37.

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, 5 Thursdays, 7:00-8:00 pm. Begins May 1, Lexington High School, Room 140, \$75/Senior \$60.



Ariadna Kryazheva teaches Alexander Technique, this page.

YOUTH GO TOURNAMENT

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Sign up for the Greater Boston Youth Go Tournament using the QR code pictured above! LCE is one of the sponsors.

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 May 17, 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 May 22, Lexington High School, Room 226, \$30.

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

Instructor: Kierstin Pane

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

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

Summer: MCPR, 1 Thursday, 6:00-9:00 pm. Meets June 12, Lexington High School, Room 164, \$109.

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

Instructor: Charles Crayton

This self-defense class is designed to empower women with skills and knowledge to defend themselves. 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 April 2, Lexington High School, Room 140, \$185.

Decompress Your Stress with Laughter! – In-Person

Instructors: Linda and Bill HAmaker

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

MLAF, 1 Thursday, 7:00-8:30 pm. Meets May 15, Lexington High School, Room 221, \$25.

Music Appreciation

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 April 8, Lexington High School, Room 223, \$200/ Seniors \$185.

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

Instructor: Gregory Leschishin

This class discusses and illustrates how pop music of the 1950s through the 1980s became hits. The charts were determined by airplay and sales calculated by methods over which only a few people had control. Hundreds of songs were released by many independent record labels seeking the opportunity to snag a hit. Some were natural hits; others were by accident or luck or both! Cash Box Magazine was one of the prominent music

publications that Dick Clark, Solid Gold and Rick Dees' Weekly Top 40 used to count down the hits. Relive and rediscover your 45 collection with this fun class! Class content is different each term.

HHOW, 7 Tuesdays, 6:30-8:00 pm. Begins April 29, Zoom, \$100.



A PERFORMANCE BY LUX QUARTET

p. 5

NEW Family Problems – Power and Love at the Opera – Virtual

Instructor: David Collins

Storytellers from ancient Greece to the soap operas of today have focused the family as a source of conflict. Opera also has its full share of family discord. Our Spring opera class will explore four widely different family disputes ranging from biblical times to mid-nineteenth century Maine. The first, Mozart's *Le nozze di Figaro* (1786)—a MET HD presentation—is based on the controversial play by Beaumarchais. Through the lens of comedy, Mozart focuses on the foibles and injustice of class distinction in Count Almaviva's family estate. We will compare different singers in significant arias as well as look deeply into Mozart's genius construction of the act two finale. Richard Strauss' "*Salome*"—our next opera and a MET HD presentation—created great controversy at its premier and was even banned in London and New York. Based on Oscar Wilde's play of the same name, Strauss' vocal and orchestral music amplified the sexual and psychological neurosis within Herod's household. We next turn to the effervescent music of Rossini's "*Barber of Seville*"—a MET HD presentation. This comedy revolves around the foibles of an older man desiring to marry his young ward and the chaos that ensues. Lastly we will explore Tobias Picker's *Emmeline*—a 19th century version of the Oedipus story. Using soaring melodic lines, Picker involves us in the tragic real life tale of a mid-nineteenth century woman from Maine.

HVTO, 4 Days, 6:30-9:30 pm. Begins April 22, and meets 5/13, 5/28, and 6/17 Zoom, \$120/Seniors \$105.

Music Performance/Theatre Arts

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

Instrumental Camerata for Adults – In-Person

Instructor: 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, 7 Thursdays, 7:30-9:00 pm. Begins May 1, Lexington High School, Room 148, \$180/Seniors \$165.

NEW Baroque Ensemble – In-Person

Instructor: Shant Arakelian

The Baroque era was one of the richest and most diverse periods in music history and known for its high movement, intricate details and ornamentations. This ensemble is open to all adventurous musicians of all levels ages 16 and older. Come practice your skills with others who share the same passion and invoke the baroque philosophy of music as a powerful tool of communication! We will tackle Purcell's *Abdelazer Suite* and Telemann's *Suite in A minor*. All instruments are welcome!

MBAR, 8 Tuesdays, 7:30-9:00 pm. Begins April 29, Lexington High School, Room 148, \$200/Seniors \$180.



RUMI POETRY AND MUSIC
with Haleh Liza Gafari, p. 6

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



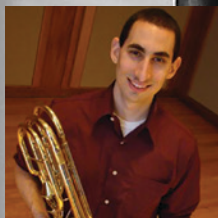
Jim Lattini
Drumset/Percussion



Nancy Radnofsky
Clarinet



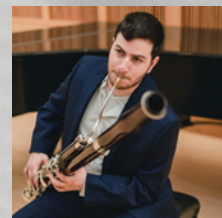
Julia Chung
Piano



Phil Hyman
Trombone/
Euphonium



Pauline Jung
Flute



Shant Arakelian
Bassoon



Frank John
Tuba



R.L. Hegarty teaches Basic Blues: Guitar Jam, this page.

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, 4 Wednesdays, 7:00-8:30 pm. Begins April 9, Lexington High School, Library Media Center, \$95/Seniors \$85.

NEW Adult Improv – In-Person

Instructor: Shiyanbade 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 release a fear of failure. This Beginner to Intermediate class on improv tenets and forms is both for adults with low or no improv or acting background, or with 1-2 years of prior experience. The class will culminate in a student showcase for friends and family!

HIMC, 8 Mondays, 6:30-8:00 pm. Begins April 7, Lexington High School, Room 225, \$160/Seniors \$145.

NEW Beginner Guzheng Class for Adults – In-Person

Instructor: Yi Ding from New Legacy Cultural Center

This class is perfect for adults with no prior experience who want to learn the basics of playing the guzheng, one of China's most beautiful and expressive traditional instruments. Taught in a small group setting, students will receive personalized guidance from a highly experienced instructor with decades of teaching expertise. Instrument will be provided during class. Instruments will be provided for in-class use for those in need.

MGUZ, 6 Saturdays, 9:30-10:30 am. Begins May 3, Lexington High School, \$230.

NEW Beginner Erhu Class for Adults – In-Person

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. Immerse yourself in the soulful melodies of the Erhu with our exceptional classes! Are you enchanted by the hauntingly beautiful sounds of traditional Chinese music? Dive into the world of Erhu, a mesmerizing two-stringed instrument, with our outstanding erhu classes! Learn from a skilled and passionate instructor who will guide you through the intricacies of playing the Erhu with precision and artistry. Instruments will be provided for in-class use for those in need.

MERU, 6 Saturdays, 10:40-11:40 am. Begins May 3, Lexington High School, \$230.



JAPANESE FOR TRAVELERS
with Amy Franks, p. 23

Technology

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

NEW AI Made Easy: A Practical Approach to This Fast-Growing Tool – In-Person

Instructor: Kim McCormick & The AI Collective Team

This first-of-its-kind class shows you exactly how to use generative artificial intelligence tools to make your daily life easier. We'll learn to plan smarter, write better, and organize more efficiently from tasks cost-saving meal planning to detailed travel arrangements. AI is here to stay, so let's learn how to harness its power to make our lives easier and more fun. No prior knowledge of coding or current generative AI tools is necessary and will not be taught.

CAIE, 3 Tuesdays, 6:30-7:30 pm. Begins April 29, Lexington High School, Room 227, \$135.



Master musician and educator Yi Ding leads Beginner Guzheng for Adults, this page.

Smartphone & Tablet 101 – In-Person

Instructor: Kristen Butler

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

CS&T, 1 Wednesday, 6:00-9:00 pm. Meets April 16, Lexington High School, Room 221, \$45



LCE is proud to welcome Kim McCormick & The AI Collective Team to teach AI Made Easy, page 39.

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 April 30, Lexington High School, Room 221, \$45

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

Instructor: Kristen Butler

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

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

Staying Safe Online – Hybrid: In-Person or Virtual

Instructor: Kristen Butler

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

CSSO, 1 Wednesday, 6:00-9:00 pm. Meets May 14, Hybrid: Zoom or Lexington High School, Room 221, \$45

Introduction to LinkedIn – Hybrid: In-Person or Virtual

Instructor: Kristen Butler

The key to your success on LinkedIn begins with a powerful and professional presence. You must strategically write your profile with your ideal client in mind before you start connecting to maximize the impact of your first impression online.

CLINK, 1 Wednesday, 6:00-9:00 pm. Meets May 21, 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 June 4, Hybrid: Zoom or Lexington High School, Room 221, \$45.



POETRY WRITING WORKSHOP
with Tom Daley, p. 42

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 June 11, Hybrid: Zoom or Lexington High School, Room 221, \$45.

NEW Introducing Blue Sky: A Benign Social Network – Virtual

Instructor: Tracy Marks

Since November, more than twenty million people have joined BlueSky, a relatively new, free social media platform in which consideration prevails and where you can totally customize the kinds of posts that you see and read. You can even share

short poems, photographs and videos. Whether you have not yet registered or are a new member wanting to better navigate the site, this evening is for you. We'll focus on the basics: customizing your experience, posting messages, using hashtags, choosing the feeds that you read, searching for people and messages, accessing starter packs, using likes, reply and chat, and following and unfollowing specific members. Even if you've avoided social media in the past, you are likely to find BlueSky appealing and even informative or inspiring.

CBSI, 1 Thursday, 6:30-8:30 pm. Meets May 8, Zoom, \$25/Seniors \$20.

Mastering Gmail – Virtual

Instructor: Tracy Marks

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

CMGM, 2 Tuesdays, 6:45-8:45 pm. Begins June 3, Zoom, \$65/Seniors \$55.

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.

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 Wednesdays, 6:00-7:30 pm. Begins April 9, Lexington High School, Room 226, \$180/Seniors \$165.

NEW Creative Writing from Social Conscience – Virtual

Instructor: Tracy Marks

When we express our social conscience through poetry, fiction or memoir, we call attention to sociopolitical issues such as the environment, health care, poverty and the state of our democracy. We may want not only to express ourselves, but also to influence readers' thoughts, feelings and actions. We may choose to protest or present examples of constructive change. In this course, we'll focus upon using story, character, description and metaphor to impart messages of social significance without being overly dogmatic. Class sessions will involve reading, discussion, writing exercises and optional constructive workshopping of students' writing. Note: Our focus is on craft. Students will be expected to be respectful of different viewpoints and political agendas.

WCWS, 3 Thursdays, 6:45-8:45 pm. Begins April 10, Zoom, \$90/Seniors \$80.

NEW Grammar Rules You Wish You Learned – Virtual

Instructor: Tracy Marks

Do you know when to use a semicolon rather than a comma, *whom* rather than *who*, and the word *affect* instead of *effect*? Do you write run-on sentences? Even the highly educated can feel confused about grammar choices they never learned or forgot. Not only will we focus on several dozen grammar rules that will help you improve your writing, we'll also apply what we've learned through group practice exercises. Informative, sometimes humorous handouts will also provide a reference guide for future use. You may be surprised - grammar doesn't have to be dry and boring!

WGRL, 2 Wednesdays, 6:45-8:45 pm. Begins April 9, Zoom, \$65/Seniors \$55.

Journal Writing for Personal Growth – Virtual

Instructor: Tracy Marks

Journal writing is an enjoyable and constructive means of gaining personal insight to help us deal with life's challenges and awaken to new possibilities. Led by a counselor and self-help author, we will use suggested exercises to write about many aspects of

our lives. In the process, we will reawaken our Muses and uncover our sources of personal fulfillment. Each week on Zoom, we will delve into our feelings, thoughts, experiences, and visions of our future, optionally sharing excerpts from our writing in a supportive environment.

WJPG, 4 Thursdays, 6:45-8:45 pm. Begins July 10, Zoom, \$120/Seniors \$105.

NEW Writing the Very Short Poem: For Poets and Non-Poets – Virtual

Instructor: Tracy Marks

You don't need to be an experienced poet to write simple short-form poetry of 2-5 lines. In this course, you'll learn about and write in six different non-rhyming forms from all over the world, many involving counting syllables. We'll also consider the traditional focus of each form, although you are free to adapt what you write however you choose. Have fun discovering your talent for writing tankas, cinquains, shadormas, sijos, naanis and landays (the daring oral poetic form of Afghan women). Half of our sessions will be devoted to constructively workshopping your poems.

WVSP, 3 Thursdays, 6:45-8:45 pm. Begins August 7, Zoom, \$90/Seniors \$80.



Pedro Lilienfeld teaches Science in Ancient Greece, page 31.

NEW Writing About Nature – Virtual

Instructor: Tracy Marks

If you want to write about landscapes, animals or environmental issues, or include descriptions of nature in your poetry, fiction, or nonfiction, this course is for you. Together, we'll read and discuss a variety of approaches to nature writing - scientific, environmental, philosophical, spiritual, romantic and travel-oriented. We'll consider characteristics of effective description. Finally, we'll do two personalized choose-your-genre writing assignments, with optional sharing.

WWAB, 2 Tuesdays, 6:45-8:45 pm. Begins August 12, Zoom, \$65/Seniors \$55

NEW Coffee Time Writing Workshop Club – In-Person

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

"I finished my memoir without any accountability," said no one. Workshop your memoir, novel, essay collection or short story collection in an atmosphere of accountability, kindness and support. Writers will learn craft fundamentals and revision techniques while sharing their work with others. Coffee not provided but encouraged!

WCTW, 8 Mondays, 11:00 am-12:30 pm. Begins April 7, LCE Classroom, \$180/Seniors \$165.

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.

WMEM, 8 Wednesdays, 4:00-6:00 pm. Begins April 30, Zoom, \$225/Seniors \$210.

W2MEM, 8 Fridays, 12:30-2:00 pm. Begins April 11, Zoom, \$195/Seniors \$180.

Poetry Writing Workshop – Virtual

Instructor: Tom Daley

Poetry is not only dream and vision; it is the skeleton architecture of our lives. It lays the foundation for a future of change, a bridge across our fears of what has never been before. — Audre Lourde

Poetry writing, largely, is a solitary endeavor. This workshop will provide the opportunity for poets, both beginning and practiced, to share their work with other poets in a collegial and supportive environment. We will concentrate on sharpening the impact of your poems through careful consideration of their strengths and their limitations. Optional take-home writing exercises will give you the opportunity to explore the myriad forms poetry can take. Be prepared to share a recent poem (no more than two pages long) at the first session.

WPWW, 8 Wednesdays, 6:30-8:30 pm. Begins April 9, Zoom, \$225/Seniors \$210.

The intelligence, artfulness and springing spirit of this catalog is dedicated to the memory and teaching legacy of Michael Koran. Forever missed but never far from the heart.

*May we stay
with crushed buds
till they bloom
into love.*

— Michael Koran

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 & 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 April 21-25, May 26, or June 19. When Lexington Public Schools are closed due to weather, the LCE office is also closed. Remote Zoom classes will remain in session during school snow days. You may call LCE at 781.862.8043 for a recorded announcement.

Cancellation and Refund Policy

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

If you withdraw at least 4 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 days before the start date of the course, you will be issued a course credit only.

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

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

You will not receive a refund due to technical difficulty specific to you or your device. No other refunds will be granted.

Directions to Lexington Locations

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.

Lexington High School

Lexington High School is located at 251 Waltham St, at the corner of Worthen Road. Enter through the main entrance via the parking lot on Worthen Road.

Diamond Middle School

Diamond Middle School is located at 99 Hancock St. Please enter from the front door on Hancock St.

Hancock Church

Hancock Church is located at 1912 Massachusetts Ave. It is the stone church facing the Battle Green.

LexMedia Studios

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

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

Contact Info

Lexington Community Education
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Lexington, Massachusetts 02420
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