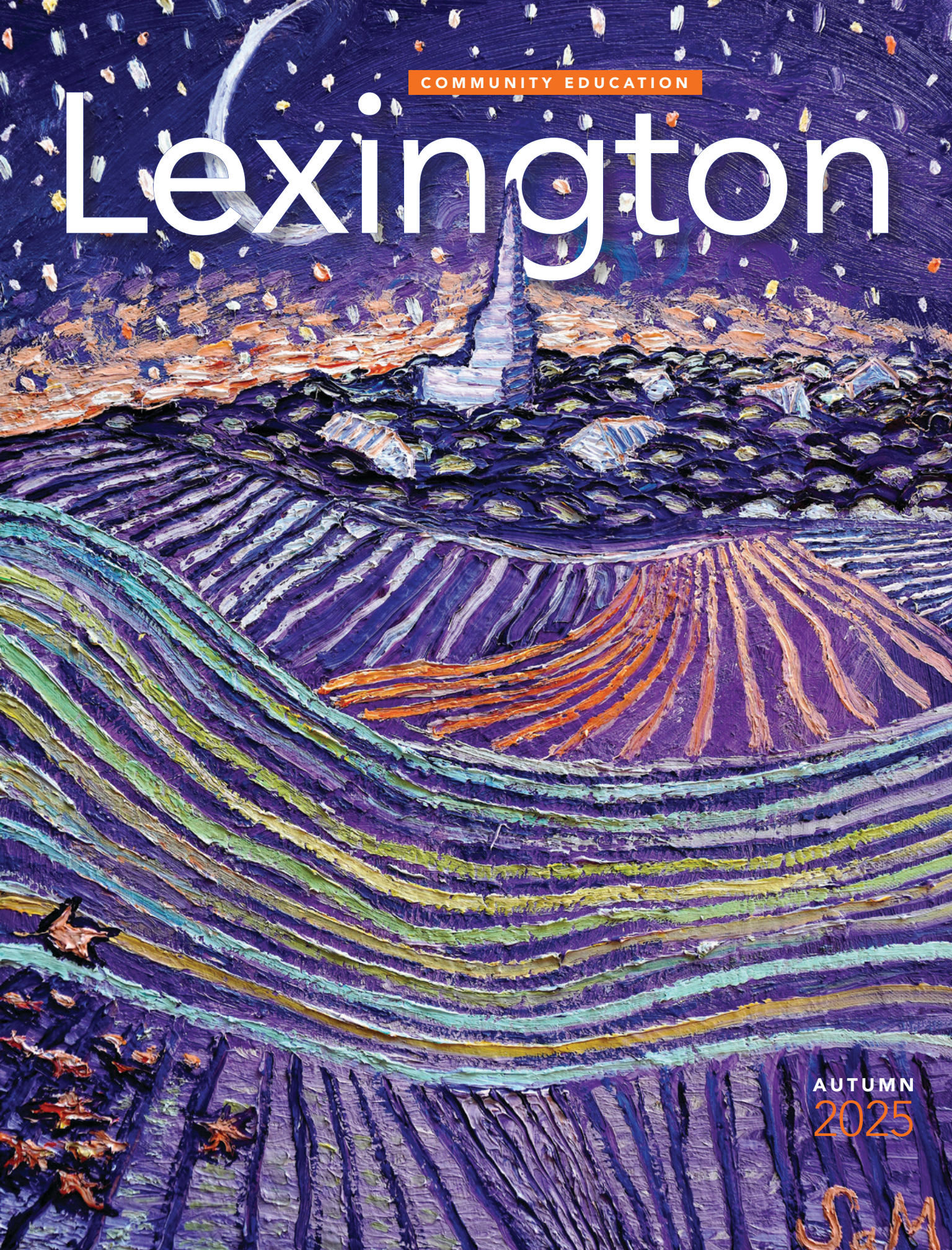


COMMUNITY EDUCATION

Lexington

AUTUMN
2025

JAM





On Our Cover

Sam Andrews, *Lexington Harvest*, 2025.
 Ail on canvas, 18x24 in.
 Instagram: samandrewsart
 TikTok: samandrewsart

As our autumn cover art so beautifully portrays, Lexington is a place of vision, beauty and wonder. From the field rows of Wilson Farms to the First Parish Church pictured at the village center, cover artist Sam Andrews’ painting *Lexington Harvest* nearly takes flight as it captures a dreamscape on a darkening autumn night. To my mind there has never been an LCE catalog cover more appropriate in capturing the essence of the hopes and dreams of this town...especially during this yearlong 250th celebration. *Lexington Harvest* is the first cover artwork that I have commissioned. Artist Sam Andrews and I met to talk, and once we agreed to work together I shared some thoughts and tried to give an idea of what I was hoping for. Sam took that idea and ran (and flew) in a similar, but different and unique artistic direction. Once the work was complete we met so that I could view the painting. I walked in having no idea what I would see. Sam warned me that the thoughts I had offered were not exactly what I would witness. No matter, I was determined to use his artwork. I braced myself for the unknown, knowing that I was committed to it. What I saw there is what you see here on the cover...only there it was in 3D and with thick paint still glistening and wet. I couldn’t take my eyes off of it. I told Sam then, and I hope you agree now, that *Autumn Harvest* is not just a painting – it’s magic. Our cover anticipates a wondrous autumn. May the educational offerings and events we’ve gathered together in this catalog live up to Sam’s vision of that harvest.

We hope to see you in class and at our new LCE office location at Fiske School!
 — Craig Hall, *Director*

LCE Online

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

Lexington Community Education

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Lexington Public Schools

Superintendent of Schools:
 Dr. Julie Hackett
LEXINGTON SCHOOL COMMITTEE
Chair: Eileen Jay
Vice-Chair: Deepika Sawhney
 Kathleen Lenihan
 Sarah Carter
 Sara Cuthbertson
 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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Complete course descriptions, class status, and registration information can be found online at www.lexingtoncommunityed.org

Catalog Design: Pehlke Design

A very special thanks to Jessica McGarvie for her applied intelligence and effort in helping steer the Explorations summer children’s program – with great care for students, and kindness to staff.

Lexington Community Education presents

Keepers of Time: The Story of the Waltham Watch Company

WITH CHRIS CAREY

Tuesday, Oct 7, 2025 • 7:00-8:30 pm • Lexington High School, 251 Waltham Street, Lexington • \$20 • **STME**



The double-sided gift/curse of time has inspired great thinkers throughout history. From Proust penning the *Search for Lost Time* to Benjamin Franklin who wrote "Lost time is never found again, it's true that time waits for no one. As Chronos and Chaos take their toll, a well-made clock or watch can bring a feeling of order, stability and artfulness to its wearer, and their world. Watchmakers therefore are

tasked with a vocation close to the divine purposes of "Father Time"- setting the rhythm and allowing for rhyme and reason to be made around time passing.



Chris Carey was taught watch repair as a boy by his grandfather, Pat Caruso, a watchmaker at Waltham Watch Company. In 1993 he opened his own clock and watch repair shop, Watertown Watch and Clock, and now operates the shop with his wife, Christine, in Waltham, Massachusetts. Chris has served as the Secretary of The American Watchmakers-Clockmakers Institute (AWCI), he is the Chairman of the Board of the Massachusetts Watchmakers-Clockmakers Association, and is Past President of NAWCC New England Chapter 8. Chris will talk about the history of Waltham Watch, starting with the Boston Watch Company and ending with Waltham Precision instrument company. He will talk about the watches Waltham made and the people who worked there. He will recount some of the stories from his grandfather and talk about old and new research that is being done relating to the watch factory. Beware: Chris' family is sick of hearing him talk about watches and clocks, so he is happy to have found a new audience with whom he can share his passion!



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.**

Ghost Stories of Lexington: A Moth-Style Night of Local Hauntings

WITH TIM WEISBERG

Sunday, October 19, 2025 • 5:00-6:15 pm • Follen Church, 755 Massachusetts Ave, Lexington, MA, Admission is free, but space is limited and pre-registration is recommended • **SGSL**



Join us for an evening of spooky storytelling at the Follen Church, where real people share real-life ghost stories rooted in the rich, mysterious history of Lexington and the surrounding area. We invite local residents to step up to the mic and share their eerie encounters, unexplained happenings, and chilling tales. From shadowy figures in the night to restless spirits in old Colonial homes, each story offers a

unique glimpse into the supernatural side of our seemingly quiet New England town. Whether you're a believer or a skeptic, you'll be captivated by the raw, unscripted voices of neighbors brave enough to share what they've seen—or what they think they've seen—when the veil between worlds wears thin. Come early, bring a friend, and prepare for a fun night that just might leave you sleeping with the lights on!

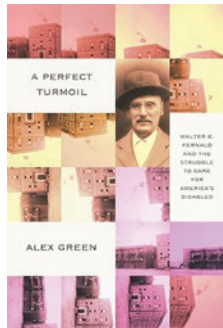
Tim Weisberg is the host and co-creator of *Spooky Southcoast*, one of the world's longest-running radio programs on the topic of the paranormal. He also was the last successor to the legendary Art Bell in the original incarnation of Bell's *Midnight in the Desert* program and was one of the founders of the Midnight.FM online radio network, where he hosts *Midnight Society*. In addition to his radio work, he also serves as the Paranormal Editor at UltimateUnexplained.com, a website covering paranormal and true crime. He worked as a writer, researcher, and producer on the popular paranormal television programs *Ghost Stalkers*, *Ghost Asylum*, and *Haunted Towns*. He is also a regular-onscreen commentator on Travel Channel's *Hotel Paranormal* and The Weather Channel's *Weird Earth*. He has also been featured on programs such as *Ghost Adventures*, *My Ghost Story*, *Most Haunted Towns*, and *MonsterQuest*, and in the documentaries *The Bridgewater Triangle* and *Famously Haunted: Amityville*. He is also the author of *Ghosts of the SouthCoast* and co-author of *Haunted Objects: Stories of Books on Your Shelf*. He is a popular lecturer on paranormal topics and coordinates paranormal events with an eye toward fundraising for historic and haunted locations.

All are invited to submit stories in advance by email or voice note to LexGhostStories@gmail.com. While all stories are welcome to be submitted not all will have the chance to be presented. Both storytellers and a large listening audience are welcome!

A Perfect Turmoil: Walter E. Fernald and the Struggle to Care for America's Disabled

WITH ALEX GREEN

Thursday, September 26, 2025 • 7:00 - 8:30 pm • Lexington High School, 251 Waltham Street, Lexington • \$20 • **SAPT**



From the moment he became superintendent of the nation's oldest public school for intellectually and developmentally disabled children in 1887 until his death in 1924, Dr. Walter E. Fernald led a wholesale transformation of our understanding of disabilities in ways that continue to influence our views today. How did the man who designed the first special education class in America, shaped the laws of entire nations, and developed innovative medical treatments

for the disabled slip from idealism into the throes of eugenics before emerging as an opponent of mass institutionalization? Based on a decade of research, *A Perfect Turmoil* is the story of a doctor, educator, and policymaker who was unafraid to reverse course when convinced by the evidence, even if it meant going up against some of the most powerful forces of his time. In this landmark work, Alex Green has drawn upon extensive, unexamined archives to unearth the hidden story of one of America's largely forgotten, but most complex, conflicted, and significant figures.

Alex Green teaches political communications at Harvard Kennedy School. He is a visiting fellow at the Harvard Law School Project on Disability, a senior fellow at the Harvard Law School Program on Negotiation, and a visiting scholar at the Brandeis University Lurie Institute for Disability Policy. He has piloted a nationally recognized disability history curriculum for high school students, developed and taught the first graduate disability policy course offered at the University of Massachusetts Amherst School of Public Policy, and authored legislation to create a first-of-its-kind, disability-led human rights commission to investigate the history of state institutions for disabled people in Massachusetts. In 2021 he was awarded the Kennedy's School's Manuel C. Carballo Award for Excellence in Teaching. In addition to his disability-related work, he has published and consulted widely on communications and negotiation. Green's writing has appeared in *The Boston Globe*, *The Atlantic*, and (with his students) *The New York Times*. He lives outside of Boston.



From Observation to Imagination: Stealing like an Artist to Find Your Voice

WITH SAM ANDREWS

Friday, September 19, 2025 • 7:00-8:30 pm • Galaray House, 1720 Massachusetts Avenue • \$15 • **SSAM**



Artist Sam Andrews will share the story of how his painting practice shifted from depicting the world as he saw it to expressing his inner world as he felt it... a shift from observation to imagination. In this talk, Sam reflects on the deep creative transformation that occurred when artists begin to find their voice — when the canvas becomes less about accuracy and more about truth.

Blending personal narrative with reflections on artists like Van Gogh and Matthew Wong, Sam will explore how influence, experimentation, and inner searching shape one's artistic voice. He'll also speak to the idea of "stealing like an artist," how 'stealing' from your influences leads to individuality. The talk will conclude with an open conversation, inviting others to reflect on their own creative journeys, questions, and insights. Whether you're an artist, a collector, or simply curious about the intersection of creativity and identity, this is a space to explore how art becomes a personal language.

Sam Andrews is an artist currently working in Lexington, Massachusetts. At just 23 years old, his work is in multiple local shows, gallery showings, and he has a strong online fanbase. His own work has evolved from observation to imagination, where painting has become a tool to express his inner world. Like Van Gogh or Matthew Wong, his imagined landscapes teem with childlike resonance and wonder. As he engages in the artistic journey himself, he is excited to share his passion and experience with artists who may be interested in this process of discovery and becoming, too! **Don't miss painting classes for adults (page 16) and children (page 39) with Sam this fall!**

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

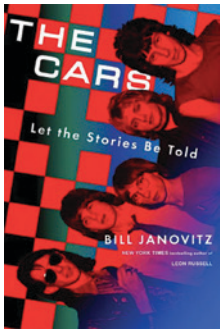
The Cars: Let the Stories Be Told

WITH BILL JANOVITZ

Thursday, November 20, 2025 • 7:00-8:30 pm • Follen Church Society, 755 Massachusetts Ave, Lexington, MA • \$20 • **SCRS**

"I loved *The Cars* and followed their career from beginning to end, and I loved this book. Well written and researched, it captures the rock scene from the hippie days to new wave. It also stands as a cautionary tale about how not to run a band. All band dynamics are slippery, but I have always believed that everybody in a great band should be valued and rewarded."

— Peter Buck, R.E.M.



In his new definitive book, *New York Times* bestselling author Bill Janovitz explores the musical, cultural, and commercial impact of The Cars, one of the biggest and most influential bands of the 1970s and 80s. With roots in Maryland, Ohio, New York, and New England, eventually convening in Boston, The Cars were journeymen musicians, all forming and performing in a series of bands before finding each other along with the right sound at the right time. It

turned them into Rock and Roll Hall of Famers. Janovitz reveals the stories of each member of the band, and of the band as a unit, with great care and understanding. He has the cooperation of the surviving members and everyone in the orbit of the band, but he does not shy away from the significant conflicts within the group or the reasons for the band's untimely end. The band's unusual providence in the Boston area, with the support of Jonathan Richman, is fully explored for the first time. Each of the band's landmark albums is chronicled and dissected in the way that only a writer and musician like Janovitz can achieve. To paraphrase the band's own lyrics, hello again, you might think this is just what music readers needed. It's magic. Let's shake it up and let the good times roll.



Bill Janovitz is the *New York Times* bestselling author of *Leon Russell: The Master of Space and Time's Journey Through Rock & Roll History*, *The Rolling Stones' Exile on Main St.*, and *Rocks Off: 50 Tracks That Tell the Story of the Rolling Stones*. He is

a founding member of the international touring and recording band Buffalo Tom, formed in 1986 in Massachusetts. His most recent work has appeared in the *Cambridge Companion series*, *Cambridge University Press*; *the Observer*; *Esquire.com*; *Rock and Roll Globe*; and *Post Road*.

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.

A Tribute to Bill Evans and Jim Hall: Jazz Duets for Guitar and Piano

WITH SHERYL BAILEY (GUITAR) & LEWIS PORTER (PIANO)

Saturday, Oct 18, 2025 • 7:00 -8:30 pm • Follen Church Society, 755 Massachusetts Ave, Lexington MA • \$20 • **SH&E**



In the canon of classic Jazz albums and star musical pairings there are few that match the artistry and melodic poetry of *Undercurrent* and *Intermodulation* by guitarist Jim Hall and pianist Bill Evans. Minimalist, masterful, modern and attentive, the careful and contagious listening that takes place between Evans and Hall in these recording

sessions has commanded contemplation of Jazz guitarists, pianists, and people of refined listening taste for over 60 years. Tonight modern masters of Jazz revisit and reinterpret the complementary musical conversation between Hall and Evans.



As a bandleader, **Sheryl Bailey** has toured the US, Canada, Europe, Australia, Hong Kong, China, Japan, and the UK with her many projects: The Sheryl Bailey 3, The Sheryl Bailey 4, The Electric Ladyland Project, and Plucky Strum. She has 12 critically acclaimed releases as a leader. Sheryl has toured and recorded with The Anat Cohen Tentet, Richard Bona, David Krakauer's Ancestral Groove, Abraham Inc., John Zorn, Tommy Campbell's Vocal Eyes, Irene Cara, Lea Delaria, George Garzone, Jack Wilkins, Shingo Okudaira, Steve Slagle, Harvie S, Ken Peplowski, Kim Plainfield, and Gary Thomas. As an educator, she has been a Professor of Guitar at Berklee College of Music since 2000, and was recently named the Assistant Chair of the Guitar Department at Berklee. www.sherylbailey.com



Lewis Porter, pianist, educator, author, has performed across the USA and Europe. He was the subject of a full-page article in *Downbeat* in 2019 and a four-page feature in *Jazz Times* the same year. He was nominated for a Grammy in 1995 and has won two ASCAP prizes. He appears on 38 albums with Dave Liebman, Marc Ribot, Gary Bartz, John Patitucci, Terri Lyne Carrington, Tia Fuller and others. Critics write that his music makes "a beautifully creative whole" and that he is "a first-rate pianist." *Jazz Journal* of the UK wrote: "Technique, imagination and feeling are all at his disposal." Holding a Ph.D. in musicology, he is well-known as an educator and author, most notably of a celebrated book on Coltrane. His acclaimed weekly jazz essay series on Substack, "Playback with Lewis Porter" (<https://lewisporter.substack.com>), is followed by over 6,000 jazz fans, scholars, and musicians worldwide.

November Vibes

WITH NORTHBOUND

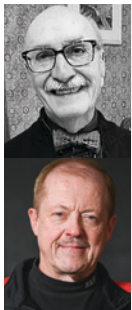
Sunday, November 9, 2025 4:00-5:30 pm • Follen Church Society, 755 Massachusetts Ave, Lexington, MA • \$20 • **SNVN**



As fall fades and winter nears, November invites us to reflect, reset, and embrace the changing season. It's a time to look back on the year and prepare for the stillness ahead. Join Northbound for an afternoon of soulful sounds and seasonal storytelling. Featuring a unique blend of traditional

and contemporary folk music from the North, Northbound weaves together rich vocal harmonies, inventive arrangements, humor, and historical insight to create a warm and memorable wintering musical experience.

Northbound is five singers (with occasional instrumental accompaniment) from the Boston area with Scandinavian roots. Our music and performances are defined by a love of Nordic vocal music, long-time friendship, humor and many years of performing traditional and contemporary vocal music together. We are: Megina Baker (voice and violin), Maria Ericsson (voice), Earl Gingras (guitar and bass), Karin Holst (voice), Annette Kövamees (voice), Ken Lundberg (percussion), and Sonja Schmidt (voice).



The educational energy, community gathering spirit, and everything and anything having at all to do with music in this catalog is dedicated to the memory of community education mentor and musician Irving Schwartz, and beloved LCE teacher, music expert, mentor, and boxing-world legend, Gregory Leschishin. Forever missed, forever remembered...forever grateful.

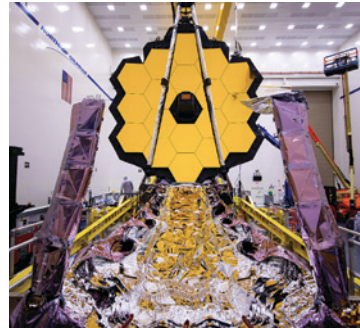


The LCE Office has moved to Fiske Elementary School! See facing page.

The James Webb Space Telescope: Three Years and Counting!

WITH DR. KATHRYN FLANAGAN

Thursday, September 25, 2025 • 7:00-8:30 pm • Lexington High School, 251 Waltham Street, Lexington • \$20 • **SWEB**



The James Webb Space Telescope (JWST) is the largest astrophysics mission in NASA's history, launched on December 25, 2021.

JWST was designed to see the first galaxies forming shortly after the Big Bang, and has been nicknamed the "First Light Machine."

But its infrared sensitivity also allows it to peer into

dusty environments, making it the perfect instrument to explore the regions where stars and planets form, and to trace how galaxies have evolved over time. Since the release of its first science images three years ago, Webb has grabbed headlines and upended our understanding of the first galaxies. It is poised to fulfill its promise to revolutionize astronomy. Dr. Kathryn Flanagan, former JWST Mission Head and astronomer emerita at the Space Telescope Science Institute, will introduce us to this marvelous facility and its first three years of science discoveries.



Dr. Kathryn Flanagan holds an astronomer emerita appointment at the Space Telescope Science Institute (STScI), where she has served as JWST mission head, Deputy Director and Interim Director. The Institute is responsible for the science operations of the

Hubble Space Telescope, as well as the mission and science operations of its successor, the James Webb Space Telescope (JWST). Dr. Flanagan came to the Institute in 2007 to head the Mission Office for JWST, with responsibility for developing the JWST Science and Operations Center. In her early career, she earned her PhD in physics at MIT, where she began working in the field of X-ray astronomy, with special interest in developing new instruments for space. She became part of the research staff at Smithsonian Astrophysical Observatory and MIT, and she has worked on multiple flight instruments. She has participated in NASA's advisory structure, co-chairing strategic planning documents and serving on advisory committees. She has been active in astronomical community organizations, and has been honored by election as a Fellow of the American Association for the Advancement of Science. She has been active in education, beginning with service as a Peace Corps volunteer teaching math and physics in the Democratic Republic of the Congo, and is a strong advocate for science outreach to the public and the next generation.

Around Town

Voices on the Green presents **Risking It**

November 7, 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 eighth season, presents "Risking It," to be presented at 7:00 PM on Friday, November 7, at First Parish in Lexington. We are seeking storytellers for this program – the deadline for application is September 15 (email voicesonthegreen@fplex.org). Whether you risked everything for love, fortune, fame, or freedom, we want to hear your story of diving in head first and putting it all on the line. When the stakes were high, did you throw caution to the wind or play it safe? When you bared your soul to the one you loved, was the outcome humiliation and heartbreak or lifelong devotion from a loving partner? Maybe you lived life undercover and eluded capture and were never found out or spent your last dime on a lottery ticket - or perhaps you decided to finally face the thing or person you feared most, risking failure and disappointment while hoping for courage and resolution. However you rolled the dice, dodged a bullet, or backed the wrong horse, there's a story there about "risking it" waiting to be told! Mark your calendars NOW for the performance on November 7th – and reach out to us if you're ready to share your own story! Find out more about Voices on the Green and relive past shows at <http://www.voicesonthegreen.org>.

NEW Trans 101

Instructor: Nate Clark

Join trans UU minister Nate Clark, for a workshop on how to respectfully discuss transgender topics. We'll get our vocabulary up to date, practice our pronoun use, and spend some time decoding the news to understand what transgender Americans are dealing with right now. Come as you are, and don't be afraid to make mistakes!

ATRA, 1 Saturday, 3:00 - 4:30 pm.
Meets November 8, Follen Church, 755 Massachusetts Ave., \$10.



The LCE Office and the LCE Daytime Classroom have moved to the Fiske Elementary School located at 55 Adams Street in Lexington! Students should park on the Adams Street side of the building, walk along the paved right hand side of the building and look for LCE signage pointing to our door.

SHADAJ PRESENTS:

A Shadaj Baithak event supported by Mass Cultural Council

Pandit Budhaditya Mukherjee (Sitar), Arnab Chakrabarty (Sarod) & Soumen Nandy (tabla)

Pandit Budhaditya Mukherjee (b. 1955) is a world renowned sitar maestro of the Imdadkhani *Gharana*. Widely considered one of the greatest sitarists of the recorded era, Budhaditya Ji has received his entire training in Sitar and Surbahar from his illustrious father, the late Pandit Bimalendu Mukherjee, a well-known sitarist and doyen of the Imdadkhani *Gharana* of sitar. Due to his father's profound teachings and his own extraordinary talent, Budhaditya's music has blossomed into a unique lyrical magic that reflects the *gayaki ang* on the sitar with befitting clarity. Since 1979, Mukherjee has given over 1526 concerts within India and 1278 recitals abroad in 26 countries. **Arnab Chakrabarty** (b. 1980) is one of today's distinguished maestros of the sarod, a fretless plucked instrument noted equally for its lyrical, crystalline sound and its formidable difficulty. Chakrabarty has evolved a recognizable personal style based on the traditions of the Shahjahanpur *Gharana*, the founding tradition of sarod music. **Soumen Nandy** is a distinguished tabla virtuoso renowned for his energetic yet sensitive playing

style. He commenced his musical journey under the tutelage of Pandit Pankaj Chatterjee of the Farukhabad gharana, a disciple of Ustad Keramatullah Khan, and further refined his skills with Pandit Arup Chatterjee.

Saturday, October 25, 2025, 4 pm - 8 pm. Pilgrim Congregational Church, 55 Coolidge Avenue, Lexington, MA. \$40.

NEW Understanding the Various Forms of Dementia

Instructor: Camille Ciarametaro, Bridges by Epoch Memory Care Assisted Living at Lexington

Loss of memory and function is never easy, especially when a lack of understanding regarding causes and care options are often convoluted and confusing. Fortunately families are not alone in figuring out possibilities and action plans. Dementia is not a single disease. It is a general term for loss of memory and covers a wide range of medical conditions. This evening we will explore various types of dementia and how they differ, symptoms of the most common forms, and diagnosis and treatment options. We will cover Alzheimer's, Parkinson's Vascular Dementia, Dementia with Lewy Bodies, Mixed, Huntington's and others.

AVFD, 1 Thursday, 6:30-8:00 pm. Meets October 9, Lexington High School, Room 236, \$25.

Teaching Your Own Community Education Class

Instructor: Karen Gironde and Craig Hall

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

ATCE, 1 Thursday, 7:00-8:00 pm. Meets October 16, Lexington High School, Room 235, Free, but pre-registration is required.



FROM OBSERVATION TO IMAGINATION: PAINTING
with Sam Andrews, p. 16

CARY LECTURE SERIES PRESENTS

Exploring the Deep: Technology, Discovery, and the Future of Our Oceans

With Dr. Anna Michel

September 20, 2025, 8:00 pm

Earth is an ocean planet—more than 70% of our home is covered by water, most of it unseen and unexplored. Dr. Anna Michel has devoted her life's work to exploring this unknown. As Associate Scientist at Woods Hole Oceanographic Institution and Chief Scientist of the National Deep Submergence Facility (the first woman to hold this position), she develops new tools to monitor and understand the changing ocean. Her work takes her from the icy Canadian Arctic to track greenhouse gas emissions, to deep-sea volcanoes teeming with life, to coastal waters affected by microplastics. Whether she is three miles



Find out more, take part, explore at <https://lexingtonporchfest.org/>

below the surface in the submersible Alvin or working with engineers in her lab, Dr. Michel is helping to unlock the ocean's secrets and protect our blue planet from pollution and climate change. Inspired by her early experiences in ocean exploration from high school onward, she has become a strong advocate for girls and women in STEM.

Cultivating Changemakers: How Teachers Defend Democratic Education Today

With Jessica Lander and Dr. De'Shawn Washington

November 1, 2025, 8:00 pm

Education is an essential component of a healthy democracy. Nearly 400 years ago, Massachusetts opened our country's first public school. But today public education is under threat. Books are banned, teachers are prevented from teaching facts, and many students experience threats to their safety, identity, and ability to thrive in school. Yet educators continue to innovate, collaborate, and advocate. Join two award-winning Massachusetts teachers to discuss the state of education and learn about creative approaches to investing in students' stories, identities, and voices.

Dr. De'Shawn Washington was named 2024 Massachusetts Teacher of the Year while teaching fourth grade in Lexington. As a national advocate and CEO of Cultivating Changemakers, he champions justice-driven education. Jessica Lander was recognized as 2023 Massachusetts

History Teacher of the Year while teaching history and civics to immigrant-origin students at Lowell High School. She is the author of Making Americans: Stories of Historic Struggles, New Ideas, and Inspiration in Immigrant Education.

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!



Lexingtonian, musician, and author Bill Janowitz discusses his new book, *The Cars: Let the Stories Be Told*, page 5.



A harvest from and for the community! Check out LexFarm, below.

LexFarm Presents: Let's Celebrate the Harvest Season on the Farm

October 5, 2025, 1:00 pm, LexFarm, 52 Lowell St. Lexington, MA

Join us for a fun event featuring live music, youth activities run by our farm educators, visit with alpacas, goats and chickens at neighboring Silk Fields Farm, food vendors, LexFarm produce tasting, Arlington Brewing Company beverages (21+), participate in a community art project involving dyeing of natural fabrics, make a flower bracelet, photo ops on a vintage tractor and more! Our farmstand will be open for sales.

Find out more and Register at <https://events.lexfarm.org/>

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, 5:00-6:00 pm. Meets September 17, Lexington High School, Room 224, \$5.

Dismantling Racism in Our Town: A Free Conversation and Reflection Series in Lexington

7 Wednesdays, 9:00-11:00 am., Begins October 8, Zoom

Supported by the Lexington Human Rights Committee & Lexington Lyceum Advocates

Dismantling Racism in Our Town (DRIOT)

is a seven-week learning journey offered by and for those who live, work, study, and/or worship in Lexington or nearby towns. It is designed to strengthen our personal and collective awareness of anti-Black racism and its consequences; and to commit together to undo and repair the legacies of racism and white supremacy in ourselves and our communities.

DRIOT is an all-volunteer organization with a cohort of co-facilitators who organize and lead the 7-session journey. Participants must be available each of the 7 sessions to register. This session's leaders are Lisa Goodman and Tanya Gisolfi-McCready.

Register here: <https://tinyurl.com/DRIOTFall2025Registration>

Questions? Contact us: LexDismantlingRacism@gmail.com



LexMedia Production Classes, see below.

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.

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. Given today's "radical uncertainty" 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 Wednesday, 7:00-9:00 pm. Meets September 10, Zoom, \$35.

NEW Values-Aligned Investing 101 – In-Person

Instructor: Anu Rames

This foundational course is for people who want to grow their money without compromising what they believe. You'll learn how to name and define your personal values—whether that means protecting the planet, promoting fairness, protecting animal rights and so on. You'll understand what terms like ESG, values-aligned investing, impact investing etc. mean, so you can cut through the noise. You'll also learn how to understand fund descriptions and ask the right questions to ensure your money is aligned with your beliefs.

BVAI, 1 Thursday, 7:00-8:30 pm. Meets October 9, Lexington High School, Room 227, \$30.

How to Build a Portfolio to Last a Lifetime – Virtual

Instructor: Glenn Frank

This workshop is for experienced investors. It may be especially timely given today's "radical uncertainty". 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 Wednesday, 7:00-9:00 pm. Meets September 17, Zoom, \$35.

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

BHOM, 1 Thursday, 6:30-9:00 pm. Meets November 6, Zoom, \$35/Seniors \$30.



This autumn Anu Rames teaches Values-Aligned Investing 101 (page 9) and Women and Investing (page 11).

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 November 13, Zoom, \$35/Seniors \$30.

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, 6:30-8:30 pm. Meets September 24, Lexington High School, Room 226, \$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 September 17, Zoom, \$35.

BMED1, 1 Wednesday, 7:00-9:00 pm. Meets October 22, Zoom, \$35.

BMED2, 1 Wednesday, 7:00-9:00 pm. Meets November 12, Zoom, \$35.



AI POWERED E-COMMERCE
with BBDS Design, p. 36

The Latest Long-Term Care Asset Protection Strategies – Virtual

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

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

BLTP, 1 Wednesday, 7:00-9:00 pm. Meets October 8, Zoom, \$35.

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

Social Security Planning for Couples – Virtual

Instructor: Matt Carron

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

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

B2CS, 1 Tuesday, 6:00-8:00 pm. Meets October 14, Zoom, \$40.

B3CS, 1 Wednesday, 6:00-8:00 pm. Meets November 19, Zoom, \$40.

B4CS, 1 Tuesday, 6:00-8:00 pm. Meets December 16, Zoom, \$40.

NEW Women and Investing – In-Person

Instructor: Anu Rames

This session is for capable women who are tired of feeling left behind, and ready to begin investing - on their terms. You've likely worked hard, saved and may have a retirement account with something in it. But when it comes to investing, are you still on the sidelines? Stocks, mutual funds, ETFs, bonds etc. etc., — you've heard the terms. But learning how to actually invest... does it feel like too much of a hassle or not even necessary? Maybe you've even stopped looking at your retirement account altogether. If any of that sounds familiar — this class is for you. This is about stepping into the part of your financial life that's been quietly waiting for your attention. You'll learn what investing means and also what the risks are. No jargon — just basic clarity needed to begin.

BWIV, 1 Thursday, 7:00- 8:30 pm. Meets September 25, Lexington High School, Room 227, \$30.

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.

BWWL, 2 Saturdays, 10:00-11:30 am. Begins October 25, Lexington High School, Room 224, \$55.

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 September 30, Lexington High School, Room 227, \$100/Senior \$85.



MOVING ABROAD

with Mathilde Bernard Funderburk, p. 24

Building Toward a Successful Retirement with Investing, Budgeting, and Tax-Planning Tips – Virtual

Instructor: Sammy Azzouz

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

BTRC, 1 Wednesday, 6:00-8:00 pm. Meets September 17, Zoom, \$40.

B2RC, 1 Tuesday, 6:00-8:00 pm. Meets November 4, Zoom, \$40.



CHILDREN'S COMMUNITY CHORUS

Lexington Community Education



About CCC:

The Children's Community Chorus is an inclusive, non-auditioned children's chorus. It's all about joy, fun, and creating music as a community of singers!



Who can join CCC:

CCC is open to ANY 4th or 5th Grade student! You do not need to be a resident in Lexington to be a member of the Children's Community Chorus.



Registration is NOW OPEN for 2025-2026 Season!



SCAN ME

Register through Lexington Community Education. Scan the QR code to be directed to the registration page!



Visit our
website
to learn
more
about
CCC!!



SCAN ME

Ms. Angela Carpenter; CCC Director
Ms. Martha Rogers; CCC Accompanist

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

Instructor: Joan Mankoff

Are you contemplating divorce or already embarking on this life-changing journey? Divorce can be overwhelming and isolating without the proper support and preparation. In this Zoom webinar, Joan Mankoff, divorce coach and licensed realtor, will discuss the basics of the divorce process and outline how research, education, and preparation are crucial to divorce empowerment. Joan, founder of Your Divorce Pro, will outline a straightforward approach to evaluate your situation, make optimal decisions for you and your family, and set up your best new life. In addition, Steph Kafoury, life coach and founder of Rise Life Coaching, will present "Becoming Me: Thriving Beyond Divorce." She will talk about ways to discover who YOU are - the transition from "we" to "me" focusing on these 3 areas of self-love: setting boundaries, reclaiming your power, and finding what brings you joy. Given the subject's sensitivity, attendees are asked to rename themselves by their first name only and keep their video off. Attendees will have the chance to ask questions confidentially.

BDIV, 1 Wednesday, 12:00-1:00 pm.
Meets October 22, Zoom, \$35.

BDI2, 1 Tuesday, 7:00-8:00 pm. Meets
November 4, Zoom, \$35.

BD3I, 1 Thursday, 7:00-8:00 pm. Meets
November 13, Zoom, \$35.

NEW Managing Up – Navigating Organizational Hierarchies Length of the Program – In-Person

Instructor: Vivian Liu

In today's dynamic corporate environment, the ability to "manage up" is an essential skill that empowers employees to build effective relationships with their supervisors and contribute meaningfully to organizational success. This program is designed to equip professionals with the tools and strategies needed to understand their managers' goals, preferences, and challenges, and to proactively align their work to support these elements. Managing up is not about manipulation or overstepping



LCE is happy to once again host an art centered talk with artist Sam Andrews at the Galaray House in Lexington Center! Check out *From Observation to Imagination* on page 4, and the art/coffee space at www.galarayhouse.com

boundaries; it's about fostering a collaborative relationship where both employee and manager thrive. By effectively managing up, employees can ensure better communication, anticipate needs, and align their contributions with organizational objectives, leading to increased efficiency and job satisfaction. This skill is particularly crucial in complex organizational structures where clear communication and mutual understanding can significantly impact team performance and career advancement. This class is also suitable for high school students.

Session in English: BMUE, 4 Mondays, 6:00-7:00 pm. Meets October 20, Lexington High School, Room 229, \$90/Seniors \$75.

Session in Mandarin: BMUM, 4 Tuesdays, 6:00-7:00 pm. Meets October 21, Lexington High School, Room 229, \$90/Seniors \$75.

NEW Build Your Financial Future – In-Person

Instructor: Hellen Chen, Tina Huang, and Lei Jia

Financial planning can protect your money and income and provide you with long-term financial security. A solid financial plan should include both a safety net to help cover unexpected life events and investment strategies that align with your short- and long-term needs. This includes

investing based on your time horizon and risk tolerance. Life is full of expected and unexpected changes—getting married or divorced, having children, changing careers, dealing with unexpected medical conditions—each of which can impact your finances, goals, and needs. A solid, strategic, customized financial plan will better equip you to handle these changes without jeopardizing your financial stability. In today's complex economic landscape, financial literacy is not just a personal asset—it's a family imperative. Understanding how to manage income, expenses, debts, and investments is crucial for long-term stability and prosperity. Investing time in financial education and planning is essential for securing your family's future. By building financial know-how, you lay the groundwork for a stable, prosperous, and enduring legacy. Financial planning serves as the roadmap for achieving life goals, from purchasing a home to securing retirement. It encompasses budgeting, saving, investing, and preparing for unforeseen events. A well-structured financial plan enables families to make informed decisions, reduce financial stress, and build wealth over time. This class is also suitable for high school students.

BBFF, 7 Tuesdays, 6:00-7:00 pm. Meets September 29, Lexington High School, Room 233, \$135/Seniors \$120.

Food, Cooking & Nutrition

NEW Life Compass Mastery™ – Value-Based and Purpose Driven Prioritization Skill – In-Person

Instructor: Vivian Liu

In today's fast-paced world, effective time management transcends merely completing tasks; it's about aligning daily actions with your core values and long-term goals. This program offers a transformative approach to time management, emphasizing intentional living and purposeful decision-making. By focusing on what truly matters, participants will learn to navigate their schedules with clarity and purpose, leading to enhanced productivity and personal fulfillment. Traditional time management techniques often prioritize urgency over importance, leading to burnout and a sense of aimlessness. This program shifts the focus to aligning time with personal values, ensuring that daily activities contribute meaningfully to one's overarching life objectives. By adopting this approach, individuals can reduce stress, improve decision-making, and foster a deeper connection with their personal and professional goals. This class is also suitable for high school students.

Session in English: BLCE, 2 Days, 6:00-7:30 pm. Meets September 25 and 9/26, Lexington High School, Room 233, \$55/ Seniors \$45.

Session in Mandarin: BLCM, 2 Days, 6:00-7:30 pm. Meets October 2 and 10/3, Lexington High School, Room 233, \$55/ Seniors \$45.



Vivian Liu teaches time management and intentional living, above.

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

NEW Latin Comfort Foods for Fall: Traditional Flavors from Latin America to Warm Up the Season – In-Person

Instructor: Emilia Montero

This hands-on cooking class features comforting Latin American dishes made with seasonal fall ingredients. Participants will prepare a creamy soup, a delicious chicken recipe, and a colorful rice dish, among other items. All recipes are rooted in home-style cooking from Venezuela and Colombia and can be easily recreated at home.

NLCF, 1 Tuesday, 5:30-7:30 pm. Meets November 4, LexMedia Studio Kitchen, \$70.

N2CF, 1 Tuesday, 5:30-7:30 pm. Meets November 18, LexMedia Studio Kitchen, \$70.

NEW All Things Potatoes, Indian Style – In-Person

Instructor: Shruti Mehta

Potatoes rank fourth after rice, wheat, and corn as the most cultivated crop worldwide. This is partly due to its versatility and affordability. Potatoes can adapt to all kinds of spice blends and take on a taste of their own. In Indian cuisine, potatoes appear everywhere from base for soups, to snacks, to very eloquent curries. This class will explore the simple and exotic dishes that will tickle your taste buds. We will make Aloo chaat, a medley of sautéed potatoes, smeared with chopped onions, chickpeas, cilantro and drizzled with thinned and spiced yogurt and sweet and sour date chutney. Next, we will make a very popular street food called Frankie, a vegetarian version of a hot dog, served as a wrap, with garlic spread, and sweet and sour date chutney. We will end with potato pulao, Basmati rice cooked with spiced potatoes. This is a celebration of a very humble vegetable. Cost of ingredients is included in tuition.

NATP, 1 Thursday, 6:00-8:30 pm. Meets September 18, LexMedia Studio Kitchen, \$70.



PRE-VERBAL BABY SIGN LANGUAGE

with Sheryl White, p. 40

An Indian Dinner – In-Person

Instructor: Shruti Mehta

Come join Shruti Mehta for an evening of cooking and culture as we prepare an evening meal together. We will fry, sauté, roll and stir a variety of ingredients and come up with a scrumptious dinner. Come prepared for hands-on participation and get transported to another world. Possible dishes may include Egg-plant Masala (scrumptious eggplant curry cooked in Mughlai way with onion, tomatoes, spices and cream), Masoor Dal (red lentils cooked with ginger and garlic), and Carrot and Green Pepper Pulao (Rice cooked with shredded carrots and green pepper with ghee and mild spices), and end with a quick Garlic Naan (popular store bought bread embellished with garlic and butter). Cost of ingredients is included in tuition.

NADI, 1 Thursday, 6:00-8:30 pm. Meets September 25, LexMedia Studio Kitchen, \$70.

NEW Korean Cooking – In-Person

Instructor: Ploy Khunisorn

One of the most healthful Asian cuisines, delicious Korean cuisine features mainly vegetables and harmonized sauces. In this class, we will make delicious chicken bibimbap, a rice bowl with chicken, seasoned spinach, cucumber salad, kimchi, egg, and delicious sauce. We'll also make Korean Japchae, sweet potato noodles stir-fried with vegetables. We'll finish the class with delicious poached apples with ginger.

NKCC, 1 Thursday, 6:30-8:30 pm. Meets October 30, LexMedia Studio Kitchen, \$70.

NEW Basic Cupcake Decorating with Buttercream – In-Person

Instructor: Ploy Khunisorn

Learn several hand-piping techniques to add a variety of eye-catching designs to your cupcakes. You will learn to make buttercream and adjust the consistency. You will also learn to decorate cupcakes with assorted decorating techniques, including simple floral buttercream designs. You will take home six decorated cupcakes and step-by-step instructions.

NCDD, 1 Monday, 6:30-8:30 pm. Meets December 15, LexMedia Studio Kitchen, \$70.



Ploy Khunisorn teaches Sushi for Beginners – In-Person, this page.

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 different 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 bring home. Take-home containers and step-by-step recipes will be provided. Please note: Food fee is now included in the cost of the course.

NSFB, 1 Monday, 6:30-8:30 pm. Meets October 6, LexMedia Studio Kitchen, \$70.

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

Instructor: Deborah Samuels

The Asian supermarket, H Mart, is just up the block from Lexington but can seem a world away. The aisles are full of what for some are unfamiliar treasures: sauces, noodles, dumplings, seaweed, rice, tofu, fresh Korean side dishes (banchan), an ocean of fish, fields of teas, condiments and much more. But for those who are unacquainted with some of the ingredients and who find unrecognizable labels, the football-field size of the store can be too daunting for an enjoyable shopping experience. Join Korean and Japanese cookbook author and cooking instructor, Debra Samuels, as she helps demystify H Mart and guides you through the

market. Her two-session class is offered in consecutive weeks, and provides an in-depth experience with time for questions, shopping, and snacking. Debra also supplies goodie bags and handouts with recipes and tips on how to stock your own "starter" Asian pantry. Please bring a recipe that you would like to try, wear comfortable shoes, and bring a sweater. Class meets at H Mart, 3 Old Concord Road, Burlington at the entrance of the Food Court.

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

Tea Tasting – In-Person

Instructor: Paul Angiolillo

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

NTEA, 1 Wednesday, 6:30-8:00 pm. Meets October 15, Lexington High School, Room 143, \$35.

NEW Late Summer Plant Walk in Great Meadows – In-Person

Instructor: Nora Gallo

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.

Herbal Skin Care – In-Person

Instructor: Nora Gallo

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.

Directions to LexMedia Studio Kitchen from Lexington Center

- Take Waltham Street south toward Concord Avenue.
- After crossing the Route 2 bridge, turn left on Concord Avenue.
- From Concord Avenue, turn right into Metropolitan Parkway at the Avalon Lexington Hills sign.
- Take the second left, then the first right.
- LexMedia is located at the rear of the last building on the right.



Organizing expert Bari Prince leads Start Decluttering Now, page 25.

Creative Arts

"It is possible to create at the highest levels of quality while still working in a bank, teaching school, painting houses, or toiling in a factory. I have actually found that these different activities further my creative expression. In the beginning is the attitude. Everything else will follow."
— Shaun McNiff

NEW Watercolor and Charcoal Workshop – In-Person

Instructor: Angela Ackerman

Draw creative inspiration from nature and learn to combine watercolor and charcoal techniques in this fun and relaxed workshop. Students will work to expand their knowledge of watercolor principles while honing their drawing skills with charcoal. They will learn how to enhance their work as they create layers of washes and areas of emphasis. Students will have the opportunity to experiment and play with expressive line, value, and texture. This class is open to all levels.

ACWA, 1 Wednesday, 1:30-4:30 pm. Meets October 8, LCE Classroom at Fiske, \$45.

Introduction to Acrylic Painting – In-Person / Virtual

Instructor: Donna Calleja

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

ADAC, 7 Tuesdays, 10:00 am-12:00 pm. Begins September 16, LCE Classroom at Fiske or Zoom, \$175/Seniors \$160.



LCE welcomes Alex Green to discuss Fernald and his new book *A Perfect Turmoil*, page 4.



Jazz guitar master Sheryl Bailey visits Lexington with Lewis Porter (piano) for *A Tribute to Bill Evans and Jim Hall*, page 5.

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

Instructor: Donna Calleja

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

ADAA, 8 Thursdays, 10:00 am-12:00 pm. Begins September 18, LCE Classroom at Fiske or Zoom, \$195/Seniors \$180.

AD2A, 8 Thursdays, 1:00 pm-3:00 pm. Begins September 18, LCE Classroom at Fiske or Zoom, \$195/Seniors \$180.

NEW From Observation to Imagination – In-Person

Instructor: Sam Andrews

This course is designed for anyone looking to unlock their creativity — whether you're just starting out or want to reignite your artistic spark. Each session is about diving into the world of artists who came before us, soaking in their vision, and using it as fuel to build your own. We'll study painters like Matisse, Picasso, Monet, Van Gogh and Matthew Wong. We'll break down their choices, mindsets, brushwork, and composition, and then riff on their techniques in our own pieces. You'll learn essential painting fundamentals— color theory, layering, rhythm, texture— but the

ultimate goal is personal voice. We'll start with observation and inspiration, but by the end of the course, you'll be creating imaginative works that feel like *yours*. This isn't about producing "perfect" paintings — it's about discovering how painting can become a language for your inner world. Students are encouraged to see class as a time to learn, experiment, ask questions, have free-flowing dialogue, and engage in free-painting time with a trusted support system.

AFOI, 10 Thursdays, 5:30-7:00 pm. Begins September 18, Lexington High School, Room 210, \$200/Seniors \$185.

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 November 6, Lexington High School, Room 210, \$30.

Pysanky Ornament – 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. The theme for this class will be the symbol of the evergreen tree. 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 festive Christmas ornament! I'll show you how to add a variety of hangers to your egg. A \$20 material fee is payable to the instructor upon arrival.

APCO, 1 Wednesday, 5:30 pm-8:30 pm. Meets December 3, Lexington High School, Room 210, \$30.

Snowflake Craft – Wheat Straw Decoration – In-Person

Instructor: Alona Popova

This workshop offers a festive and creative experience for all. You will learn how to create beautiful wheat straw snowflake decorations, perfect for Christmas trees, window ornaments, Christmas cards, or gifts. A materials fee of \$20 is payable to the instructor in class

ASWS, 1 Wednesday, 5:30 pm-8:30 pm. Meets December 10, Lexington High School, Room 210, \$30.



Artist and educator Angela Ackerman leads a workshop on Watercolor and Charcoal, page 16.

Continuing Explorations in Wet Feltmaking – In-Person

Instructor: Elizabeth Stubbs

This class is open to those with previous wet-feltmaking experience and an understanding of the basic principles involved. We will continue with an exploration of a variety of wet-felting techniques and experiment with some challenging new ones, working in both 2 and 3 dimensions and occasionally combining techniques. Students will need to bring their wet-felting set-ups each week. Additionally, participants will be asked to supply their own fiber. It is very important to use the right kind and a detailed list with resources will be furnished upon registration. There will be a \$20 materials fee per student, payable directly to the instructor at the first class meeting.

AEWF, 6 Mondays, 1:00 pm-4:00 pm. Begins September 8, LCE Classroom at Fiske, \$190/Seniors \$175.



THE WYETHS: AN AMERICAN ARTISTIC DYNASTY
with Jane Oneil, p. 26

NEW Thanksgiving Basket Weaving Class – In-Person

Instructor: Jennifer Weller-Dorfman

Join Jen to weave a small Williamsburg basket (dark brown) or a bread basket (blue, yellow and brown). The Williamsburg basket measures 11 inches long, by 5 inches wide and 9 inches high with handle. The bread basket has a wooden bottom measuring 10 inches long, 5 inches wide and 5 inches high. These projects are great for beginners. The basket bases will be started for you so you can finish the basket in one night. Students will need to bring an old towel, scissors and flat head screwdriver. Basket reed is woven wet, so please dress accordingly. There will be a \$30 materials fee per student, payable directly to the instructor at the first class meeting.

ATBW, 1 Monday, 6:00-8:00 pm. Meets November 3, Lexington High School, Room 210, \$30.



NOVEMBER VIBES
with Northbound, p. 6

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

NEW Learning English with "Amazing Bostonians" – In-Person

Instructor: Wendy Dodek

Do you want to laugh, think, and be inspired by the best and brightest Bostonians? Join a conversation class about Bostonians whose ideas and actions have changed the world. In this course, we will share the stories of great artists, scientists, writers, chefs, and even two 19th-century women bicyclists! The course is for high intermediate and advanced English learners. It will improve your vocabulary and speaking skills while enhancing your knowledge and enjoyment of this region. This course includes two field trips. Handouts are provided.

LAEB, 10 Tuesdays, 10:00 am-12:00 pm. Begins September 9, Follen Church, 755 Massachusetts Ave, \$240/Seniors \$225.



THE GREAT GATSBY
with Stephen Collins, p. 26

English Grammar for ESL – In-Person

Instructor: Rosemary Previte

What is *Grammar*, and why is it important? Grammar is essential for learning and speaking English, and it includes the "rules" of English that enable you to write phrases, sentences, paragraphs, and more. This course is for advanced beginner to intermediate-level ESL learners who have studied some English, but need to improve their grammar. We will review parts of speech (nouns, pronouns, verbs, articles, adjectives, adverbs, prepositions), verb tenses, and other rules of grammar (punctuation, capitalization, plurals), as well as sentence structure. By the end of this course, you will see improvement in your reading, writing, and conversation!

LGSL, 8 Tuesdays, 5:30-7:00 pm. Begins September 9, Lexington High School, Room 224, \$175/Seniors \$160.

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.)

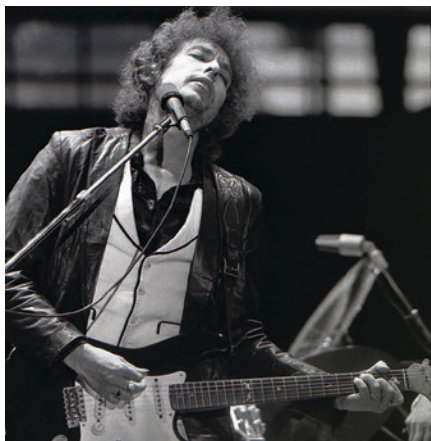
LE2E, 8 Thursdays, 6:00 - 8:00 pm. Begins September 11, Lexington High School, Room 224, \$195/Seniors \$180.

Beginning Spanish

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. Students will need to purchase a book. Textbook information can be found on the LCE website.

LBGS, 8 Mondays, 4:30-6:00 pm. Begins September 15, Lexington High School, Room 220, \$155/Seniors \$140.



Musician and educator Darragh Murphy explores The Life and Music of Bob Dylan, page 31.



Wendy Dodek teaches Learning English with "Amazing Bostonians" (page 17) and Seasons of Japan: A Calendar Year (page 24).

Beyond Intermediate Spanish – Virtual

Instructor: Sherry Eggers

We approach increasing your fluency in Spanish by focusing on the many facets of learning a language--pronunciation, speaking, listening comprehension practice, reading comprehension, vocabulary building, grammar explanations, and writing skills. Come join us online to increase your Spanish skills through enjoyable and varied lessons.

LBIS, 9 Tuesdays, 6:30-8:00 pm. Begins September 9, Zoom, \$190/Seniors \$175.

Exploring Latin American Culture through Speaking Spanish – In-Person

Instructor: Emilia Montero

An 8-week class designed to help adult learners improve their Spanish while exploring the richness of Latin American traditions, music, food, and celebrations. Through each session, we'll "travel" from Mexico to Argentina, discovering the diversity of the region while building vocabulary and conversational confidence. This course is ideal for beginner to intermediate students who want a fun, culturally immersive experience.

LELA, 8 Thursdays, 5:30-7:30 pm. Begins September 11, Lexington High School, Room 221, \$195/Seniors \$180.

La Hora Del Café – Open and Guided Conversation in Spanish – In-Person

Instructor: Ric Calleja

Practice and continue developing your Spanish language skills in a relaxed, friendly ambience. Each meeting, we will spend two pleasant hours discussing current events and topics of personal interest such as travel, friendship, food / restaurants, childhood memories and gratitude, as friends do when they gather in café to talk about the world and their lives. We will also read short personal essays as well as brief newspaper articles from the Spanish speaking world. These will serve as catalysts to stimulate conversation and vocabulary development. To continue developing the listening skill, each class we'll listen to a new song with the lyrics and to brief captioned videos from a variety of sources in Spain and Latin America.

LSCO, 8 Fridays, 10:00 am-12:00 pm. Begins September 19, LCE Classroom at Fiske, \$195/Seniors \$180.



MASTERING I CHING FOR PERSONAL TRANSFORMATION

with Lei Jia, p. 29

Beginning Italian – Virtual

Instructor: Barry Bridgell

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

LBIT, 9 Tuesdays, 6:30 pm-7:45 pm. Begins September 30, Zoom, \$225.

Beginning French

Parlez-Vous Francais? Join fellow Francophiles in this easy-going French Conversation class. This class welcomes those who speak French or those who had French in college or high school and want to refresh their skills. The instructor will provide guidance to students in their conversations as they explore more difficult vocabulary and subject matter.

LBGF, 8 Mondays, 6:30-8:00 pm. Begins September 15, Lexington High School, Room 236, \$155/Seniors \$140.

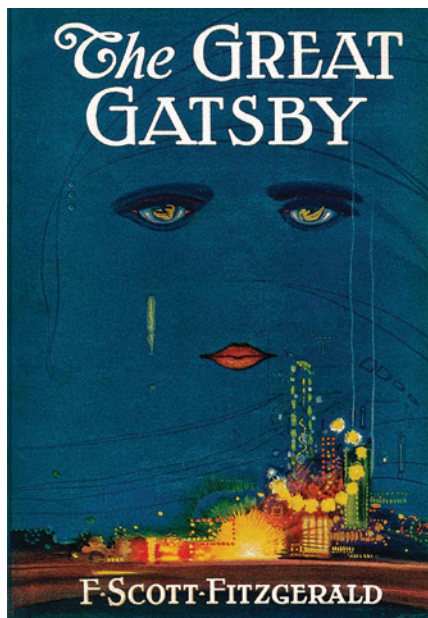


PLANNING YOUR EUROPEAN VACATION
with Wim Nijenberg, p. 25

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



Educator extraordinaire Stephen Collins teaches The Great Gatsby, page 26.

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 September 9, Zoom, \$175/Seniors \$160.

LHCC, 7 Wednesdays, 7:00-9:00 pm. Begins September 10, Zoom, \$175/Seniors \$160.

Brazilian Portuguese – Virtual

Instructor: Cristiane Arruda Dalla Torre

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

LBZP, 8 Wednesdays, 7:00-8:30 pm. Begins September 10, Zoom, \$175/Seniors \$160.

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. This is either a continuation if you have taken the Beginner class, or if you already have a basic understanding of Brazilian Portuguese.

LIBP, 8 Thursdays, 7:00-8:30 pm. Begins September 11, Zoom, \$175/Seniors \$160.



EXPLORE EASTER ISLAND
with Yefim Somin, p. 24

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 September 10, Zoom, \$145/Seniors \$130.

German Conversation – Virtual

Instructor: Karen Carstens

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

LGEC, 8 Thursdays, 10:00 am-12:00 pm. Begins September 11, Zoom, \$195/Seniors \$180.

Advanced Beginner Swedish – In-Person

Instructor: Cecilia Franzel

This course is for students with a basic knowledge of Swedish. If you are able to have a simple conversation, have studied basic grammar and vocabulary, or studied Swedish in the past, this course is for you. Pronunciation, grammar, and new vocabulary are part of every class, and are often introduced through songs



Minji Park teaches Learn the Korean Alphabet in Two Hours!, this page.

and games. Cecilia believes that learning a new language should be fun and enjoyable. The required textbook for the class is *From English to Swedish 1*, by Bengt and Carol Hällgren.

LABS, 8 Wednesdays, 5:00 - 6:30 pm. Begins September 24, Lexington High School, Room 227, \$175/Seniors \$160.

NEW Learn the Korean Alphabet in 2 Hours! – In-Person

Instructor: Minji Park

Can you really learn to read Korean in just 2 hours? It sounds impossible — but with Hangeul, it's absolutely doable! In just one session, you'll learn the Korean alphabet (Hangul) and write your own name in Korean. You'll also read popular names like BTS, Blackpink, and Squid Game. A free printed workbook and a mini certificate is included. No experience required.

LKAT, 1 Saturday, 10:00 am - 12:30 pm. Meets November 15, Lexington High School, Room 222, \$40/Seniors \$30.

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. The Textbook for this course is: Japanese for Busy People.

LJFT, 7 Thursdays, 7:00 - 8:30 pm. Begins September 11, Lexington High School, Room 220, \$180/Seniors \$165.

Intermediate Japanese for Travelers – In-Person

Instructor: Amy Franks

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

LJTI, 7 Wednesdays, 7:00 - 8:30 pm. Begins September 10, Lexington High School, Room 220, \$180/Seniors \$165.



AN INTRODUCTION TO LATIN LANGUAGE AND LATIN II

with Skye Shirley, p. 21

Exercise and Dance

NEW An Introduction to Latin Language – In-Person

Instructor: Skye Shirley

Did you know that your brain is wired to learn languages in the same way, whether the language is modern or considered “dead”? That Latin has been considered difficult partly because it’s been taught through verb charts and not meaningful conversations? Step into the time machine every week as we speak the language of the Ancient Romans to build mastery and read ancient texts, learning the grammar and vocabulary that are the basis of countless languages today. You will learn to read funerary inscriptions, graffiti, and unlock manuscripts, and see the connections to modern languages. This course is for learners with little to some prior knowledge of Latin.

LILL, 10 Thursdays, 6:30-8:30 pm. Begins September 18, Lexington High School, Room 232, \$240/Seniors \$225.



LEARN TO MEDITATE
with Richard Geller, p. 28

NEW Latin II – In-Person

Instructor: Skye Shirley

If you’ve taken Latin before or remember the basics from long ago, this class will strengthen your skills while introducing a fresh and engaging approach grounded in research into language acquisition. This class will expand your ability to glean information from Latin texts such as genre, time period, tone, and more. As we refresh foundational grammar and learn more complex phrases, you’ll build confidence reading authentic texts from the ancient world as well as the medieval and later periods. Pre-reading activities, mnemonic devices, games, and guided discussion prompts will empower students to approach even advanced texts methodically and with confidence.

L2LL, 10 Wednesdays, 6:30-8:30 pm. Begins September 17, Lexington High School, Room 232, \$240/Seniors \$225.



TEACH YOUR OWN LCE CLASS
with Craig Hall & Karen Girondel, p. 8

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, 11 Thursdays, 5:15-6:45 pm. Begins September 18, Lexington High School, Room 140, \$250/Seniors \$235.

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, 11 Thursdays, 5:15-6:15 pm. Begins September 18, Lexington High School, Room 140, \$235/Seniors \$220.

Intermediate Tai Chi 2 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. This class is for students who have already learned the First Section of the Tai Chi long form in the “Beginners’ Tai Chi” class. This class will focus on learning the postures of the Second Section of the long form while continuing to practice and improve the First Section (postures #1-#23) along with deep breathing exercises in each class. The Eight Pieces of Brocade Qigong will be used as warm-up exercises before practicing the Tai Chi form. Wear loose, comfortable clothes and soft-soled shoes, such as flat sneakers. Outdoor shoes are not permitted inside the studio.

E18T, 11 Tuesdays, 6:00-7:00 pm. Begins September 16, Lexington High School, Room 140, \$235/Seniors \$220.



Retired computer scientist, traveler, polyglot, translator and actor Yefim Somin shares the fascinating history of Easter Island, page 24.

Intermediate Tai Chi 3 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. This class is for students who have already learned the First Section (postures #1-#23) and 2nd Section (postures #24-#61) of the Tai Chi long form. This class will focus on learning new moves in the Third Section of the long form while continuing to practice and improve the First and Second Sections. Emphasis will be on practicing and doing the moves correctly and with fluidity. The Eight Pieces of Brocade Qigong will be used as warm-up exercises before practicing the Tai Chi form. Wear loose, comfortable clothes and soft-soled shoes, such as flat sneakers. Outdoor shoes are not permitted inside the studio.

E13T, 11 Tuesdays, 5:00-6:00 pm. Begins September 16, Lexington High School, Room 140, \$235/Seniors \$220.

Saturday Tai Chi – Balance, Health, and Inner Peace – In-Person

Instructor: New Legacy Cultural Center Instructors

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.

ESTC, 19 Saturdays, 9:30-10:30 am. Begins September 6, Lexington High School, Room 140, \$305.

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



LCE welcomes the return of Argentine Tango teacher Laura Grandi, page 23.

mat required. Wear comfortable, loose fitting clothing, and bare feet.

EYF2, 14 Fridays, 10:00-11:15 am. Begins September 12, Hancock Church, \$280/Seniors \$260.

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, 10 Mondays, 6:00-7:00 pm. Begins September 15, Diamond Middle School, \$210/Seniors \$195.

EHYO, 10 Wednesdays, 6:00-7:00 pm. Begins September 17, Zoom, \$210/Seniors \$195.

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, 10 Saturdays, 10:00-11:00 am. Begins September 20, Zoom, \$210/Seniors \$195.

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, 13 Tuesdays, 11:00 am-12:30 pm. Begins September 9, Hybrid: Hancock Church or Zoom, \$225.

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, 13 Tuesdays, 9:15-10:45 am. Begins September 9, Hybrid: Hancock Church or Zoom, \$240/Seniors \$225.

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 October 22, Lexington High School, Room 140, \$90.

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 September 15, Lexington High School, Room 140, \$200/Seniors \$185.

NEW Bollywood Fitness Dance – In-Person

Instructor: Shweta Chhetri

Beyond the glitz and glamour of Bollywood's music and motion filled films there is a great mix of choreography, cardio, culture, community, fitness and fun! Join us for a dance based workout infusing the energy, excitement and modern/trad mixture of dance expression gleaned from the world's largest and largely beloved Bollywood culture of SouthEast Asia. Please wear comfortable flexible clothing, bring a water bottle, and be prepared to come away from this fitness dance class feeling energized, Bollywood style!

EBFD, 8 Tuesdays, 10:00-11:00 am. Begins September 30, Hancock Church, \$180/Seniors \$165.



Saturday Tai Chi - Balance, Health, and Inner Peace, page 22.

Line Dance Mix – In-Person

Instructor: Carolisa of Moonlight Dj's

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

ELDM, 5 Wednesdays, 6:30-7:30 pm. Begins September 17, Hancock Church, \$75.

NEW Aerobic Dance for Adults – In-Person

Instructor: New Legacy Cultural Center Instructors

Stay active and energized with Aerobic Dance, a music-driven workout designed for adults of all ages and fitness levels. This class blends easy-to-follow dance routines with aerobic movement to support cardiovascular health, coordination, and overall well-being. No dance experience is required—just a willingness to move at your own pace in a supportive environment. The class is led by an experienced instructor who started dancing from a young age and became a professional performer, later bringing her passion for teaching to the U.S., with classes in the Boston area. With years of experience performing in theaters, her true joy lies in helping others discover confidence, strength, and joy through movement. She believes that dance uplifts the body and spirit—and brings out the best in everyone.

EADA, 19 Saturdays, 9:30-10:30 am. Begins September 6, Lexington High School, \$305.

NEW Rhythm of the Body – Belly Dancing – In-Person

Instructor: New Legacy Cultural Center Instructors

Ignite your confidence and awaken your inner dancer in this vibrant, high-energy belly dance class designed for adults of all levels. Whether you're a complete beginner or have dance experience, this class offers a fun and empowering way to move your body, connect with rhythm, and build strength from the inside out. Each session blends flexibility training, core-toning isolations, graceful movements, and sizzling shimmies—all set to captivating Middle Eastern and world fusion music. You'll learn foundational belly dance techniques and fluid choreography while improving posture, coordination, and body awareness. More than just a workout, this is a celebration of movement, femininity, and self-expression. Come ready to sweat, smile, and shine—no prior experience needed!

EROB, 19 Saturdays, 10:40-11:40 am. Begins September 6, Lexington High School, \$365.

Home, Hobbies and Travel



Ami Stix teaches Zumba, this page.

Zumba® – In-Person

Instructor: Ami Stix

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

EZUM, 16 Mondays, 7:00-8:00 pm. Begins September 8, Hancock Church, \$225/ Seniors \$210.



INTERPLAY: CREATIVE MIND-BODY MOVEMENT

with CC King, p. 29

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 October 9, Zoom, \$40.

Auto Repair for Everyone – In-Person

Instructor: Bruce Gerry

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

FCAR, 3 Thursdays, 6:00-8:00 pm. Begins September 25, Lexington High School, Room 148, \$95.

NEW Moving Abroad: Exploring Possibilities and Practicalities – In-Person

Instructor: Mathilde Bernard Funderburk

Ever feel the pull to start over somewhere new? But wonder if it’s just escapism or a real calling? This workshop will help you

find out. You’ll explore whether moving or traveling abroad fits who you are and what you truly want. Together, we’ll combine intuition and practical and logistical steps to uncover the options available to you, so you leave with clarity, confidence, and a vision for what’s next.

FMAE, 1 Thursday, 6:30 - 8:00 pm. Meets September 25, Lexington High School, Room 232, \$30.

NEW Easter Island – In-Person

Instructor: Yefim Somin

Rapa Nui, or Easter Island, is the most isolated human settlement on Earth. The mystery of its giant stone statues and the history of the population that created them has fascinated the rest of the world for centuries. In this session, the complicated history and striking geography of Rapa Nui will be introduced, while today’s state of the island and its cultural heritage including the language will be explored based on a recent visit to the island. Yefim Somin, a retired computer scientist, is a traveler, polyglot, translator and actor. He has traveled to 43 countries and translated poetry from 11 to 3 other languages.

FEIY, 1 Tuesday, 7:00-8:30 pm. Meets September 16, Lexington High School, Room 232, \$30.

NEW Seasons of Japan: A Calendar Year – In-Person/Virtual

Instructor: Wendy Dodek

Since ancient times Japan has been enamored with the beauty of the seasons. Surprising to many, even in technology-driven modern Japan, so much of everyday life still revolves around the foods, the flowers and the festivals that mark the passage of time. Experience a year in Japan through exquisite images and evocative stories from the celebration of New Year’s Day to the ringing of the temple bells in the final moments of December 31. If Japan is one of your desired travel destinations, gain valuable tips and cultural insights to make your future journey even more meaningful.

FSOJ, 1 Thursday, 7:00-8:30 pm. Meets September 25, Hybrid: Zoom or Lexington High School, Room 226, \$30.



Mathilde Bernard Funderburk teaches *Moving Abroad: Exploring Possibilities and Practicalities* (page 24) and *The Art of Intuition* (page 29).

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 October 21, Lexington High School, Room 226, \$30.

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 7-week 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 is widely available on many websites.

FBRG, 7 Tuesdays, 6:30 - 8:30 pm. Begins September 16, Lexington High School, Room 222, \$175/Seniors \$160.

NEW Bridge for Advanced Beginners – In-Person

Instructor: Nancy Rosenfield

Bridge for Advanced Beginners is the ideal follow-on to the Bridge for Beginners course. This course covers a variety of topics pertaining to competitive bidding, including overcalling, advancing, preemptive bids, double and redouble bids, and cue bids. 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 7-week course is ideal for those who have completed the Bridge for Beginners course or have some experience and knowledge of bridge fundamentals. 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 2 - Competitive Bidding - Updated Edition - April 1, 2023" - which is widely available on many websites.

FBAG, 7 Wednesdays, 6:30 - 8:30 pm. Begins September 17, Lexington High School, Room 222, \$175/Seniors \$160.



DECOMPRESS YOUR STRESS

with Linda and Bill HAmaker, p. 30

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 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 October 8, Lexington High School, Room 225, \$25.



LATE SUMMER PLANT WALK IN GREAT MEADOWS

with Nora Gallo, p. 15

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, 2 Tuesdays, 5:15-6:15 pm. Begins October 7, Lexington High School, Room 167, \$50.

Humanities

With this new irreducibility of mind will come a new accent of the humanities which, after all, have always been about engaging and interpreting both the most banal and the most fantastic ways that consciousness is reflected and refracted through the cultural codes of human civilization – that is, through history, social practice, language, art, religion, literature, institution, law, thought, and, I dare add, science. – Jeffrey J. Kripal

NEW The Wyeths: An American Artistic Dynasty – In-Person

Instructor: Jane Oneail

The Wyeth family of artists is known for their somber realism and subtle storytelling. This program will explore the style of painting and illustration established by N.C. Wyeth in the early 1900s and passed on and re-interpreted by his children, primarily Andrew Wyeth, and his grandson Jamie Wyeth. Learn more about their favorite subjects, their influences and their enduring impact in the art world.

HTWA, 1 Thursday, 7:00-8:30 pm. Meets October 23, Lexington High School, Room 226, \$30.

NEW The Great Gatsby by F. Scott Fitzgerald – In-Person

Instructor: Stephen Collins

The Great Gatsby by F. Scott Fitzgerald was published one hundred years ago in 1925 by Scribner and Sons. It is certainly a candidate for The Great American Novel and will be held up as a prose masterpiece in fiction. The novel examines the excesses of The Jazz Age (The Roaring Twenties) and the era of The Flappers. It also very subtly examines the underbelly, the seedy side of The American Dream. This will be a five week seminar. Please come to the first class having read the novel in its entirety. Any questions feel free to call at 978 853 0710 or email at Walt978@aol.com

HTGG, 5 Thursdays, 6:30-8:00 pm. Begins October 9, Lexington High School, Room 240, \$115/Seniors \$100.



WALTER E. FERNALD AND THE STRUGGLE TO CARE FOR AMERICA'S DISABLED
with Alex Green, p. 4

NEW From Aristarchus to Hubble Humanity's Quest to Comprehend the Cosmos – In-Person

Instructor: Pedro Lilienfeld

We will undertake a time travel from 300 BCE to the 20th century following the sometimes meandering course to discover our place within the universe. Starting with the astonishing insights of Hellenistic Greece, followed by the Roman and Byzantine cultures, the western "Dark Ages", the Mayan civilization, the Islamic Golden Age, the European Renaissance and Enlightenment, we will conclude with a review of the 19th century's advances culminating with the early 20th century's breakthroughs. We will endeavor to understand the relentless expansion of our perception about the cosmos, from the constrained Aristotelian view to its Edwin Hubble initiated immensity. The philosophical, cultural, religious and teleological factors influencing and shaping this more than two millennia long quest will be examined. Who were the greatest contributors and the most notorious detractors of advances in astronomy? The crucial contributions of women astronomers, often obstructed by established barriers, will be acknowledged. We will also treat the questionable, but important role, played by astrology throughout the ages. Numerous visuals to complement the relevant science, methods and chronology will enlighten and enliven the course.

HFAH, 3 Thursdays, 6:30-8:30 pm. Begins October 2, Lexington High School, Room 223, \$95/ Seniors \$80.



JAMES WEBB SPACE TELESCOPE: THREE YEARS AND COUNTING
with Dr. Kathryn Flanagan, p. 6

NEW Tabletop Physics: A Hands-On Tour of History-Making Science – In-Person

Instructor: Joshua Roth

As it turns out, we can recreate some of the most pivotal experiments in scientific history with everyday materials, following in the footsteps of Galileo (the nature of motion), Newton (light and gravity), Franklin (electric charge), Faraday (motors

and generators), and more. Along the way, we can explore the lives and times of these pioneers and others, less well known but equally influential. Together we will work to gain both cerebral and practical insights into the nature of vision, the physics of the industrial revolution, and the seeds of Einstein's relativity theories. This is physics as one of the humanities, a strand in the fabric of human history, with all the beauty and terror that implies. No prior coursework in physics is required, and we'll use as little (or as much) math as participants desire.

HTTP, 5 Wednesdays, 7:00-8:15 pm. Begins October 8, Lexington High School, Room 405, \$120/Seniors \$105.



FRENCH LANGUAGE & CONVERSATION THROUGH FILM
with Karen Girondel, p. 19

NEW Astronomy & Our Universe – Virtual

Instructor: Paul Green

Come ponder the universe's vast wonderland. Begin by putting everything into perspective with a grand tour of the universe from Earth to the Big Bang, then examine the lives of stars and the key role they play in the creation of the elements that comprise our world. We will learn about galaxies, where stars flock together by the billions. Then we'll look at the variable sky, especially the new "movies" being made and the crazy celestial menagerie they reveal. We'll probe the simplest yet scariest objects of all, black holes, and talk about cosmology—the history and future of the universe. In the final session, meet at the Harvard-Smithsonian Center for Astrophysics near Harvard Square, home of the Chandra Science Center. View the historic Great Refractor telescope dating back to the 1840s and learn about the much more recent discoveries that NASA's Chandra X-ray Observatory has made during its 25 years in orbit.

HAOU, 6 Mondays, 7:00-8:30 pm. Begins November 10, Zoom, \$135/Seniors \$120.



THE LIFE & MUSIC OF BOB DYLAN
with Darragh Murphy, p. 31



Joshua Roth returns for *Tabletop Physics: A Hands-On Tour of History-Making Science*, page 26.

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

Instructor: Tracy Marks

Women writers of science fiction and fantasy have won 75% of the prestigious Nebula awards in the 21st century. Their stories often explore not only outer space, but also the psychological, interpersonal and anthropological, often with relevance to contemporary concern. In this class, we'll read and discuss a dozen or more stories by female winners of the Nebula and Hugo awards. We'll explore works by the famous (e.g. Le Guin, McCaffrey, Butler, Willis, Cherryh) as well as the not-so-famous but immensely talented. Be prepared to read about fifty pages per week of thought-provoking short stories and novelettes, all provided in PDF form.

HWSF, 4 Wednesdays, 6:45-8:45 pm. Begins October 29, Zoom, \$120/Seniors \$105.

Poems that Inspire: Mary Oliver – Virtual

Instructor: Tracy Marks

Mary Oliver, Pulitzer Prize winner and beloved poet of nature, is one of the most popular and inspirational poets of the past forty years. Combining keen observation of nature with a romantic sense of wonder,

she lyrically expressed the wisdom she gained through her daily walks in woods and wetlands. Together, on Zoom, we'll read and share our personal reactions to fifteen of her poems.

HPMO, 2 Mondays, 6:45-8:45 pm. Begins October 27, Zoom, \$60/Seniors \$50.

NEW The Poetry of E.E. Cummings – Virtual

Instructor: Tracy Marks

"No modern poet has such a clear childlike perception as E.E. Cummings, a way of coming smack against things with unaffected wonder," wrote S.I. Hayakawa. Known for his fractured grammar and invented words, Cummings wrote not only nonsensical verse, but also heartfelt poems of love and sheer delight. Together we'll read and share our personal reactions to 15-20 of his most famous poems. Students will receive a comprehensive collection of E.E. Cummings poetry.

HPEE, 2 Wednesdays, 6:45-8:45 pm. Begins October 15, Zoom, \$60/Seniors \$50.



NEW Poems that Speak to Us: What Makes a Poem Resonate? – Virtual

Instructor: Barbara Thimm

"Tell all the truth but tell it slant —" Emily Dickinson's instruction captures something essential about poetry: the way it conveys truth not through direct statements, but through images, rhythm, compression, and surprise. Is there a poem that speaks a truth to you, but you can't quite say how it does it? This class invites you to bring in a poem that moves you. Together, we'll explore how the poem's effect is created by the poet—how it provokes thought, stirs emotion, or lingers in memory. Whether you're drawn to a particular line, a shift in tone, or the shape of the poem itself, we'll use close reading and group discussion to uncover what makes a poem resonate. Whether you're a lifelong reader of poetry or newly curious about its possibilities, this course offers a welcoming space to read, reflect, and discover the wide range of modern poetry.

HPSU, 3 Thursdays, 6:30-8:30 pm. Begins November 6, Zoom, \$95/Seniors \$80.

NEW Shakespeare's Sonnets – Virtual

Instructor: Cammy Thomas

From Sonnet 73:

*That time of year thou mayst in me behold
When yellow leaves, or none, or few, do hang*

Upon those boughs which shake against the cold,

Bare ruin'd choirs, where late the sweet birds sang.

Maybe you had to memorize one once! Maybe you'd like to memorize one now! Come and discuss some of the famous and not so famous 154 poems that explore the passage of time, the vicissitudes of love, the powers and limits of language. When were they written, and to whom? How are they structured? What can we learn about the politics and personality of the subtle man who wrote them? What has their influence been? Participants will read and discuss in depth several sonnets each week, with the option of choosing one to consider. No experience necessary.

HSSW, 5 Thursdays, 7:30-9:00 pm. Begins September 18, Zoom, \$120/Seniors \$105.

Mind & Body

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

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

Instructor: Charles Crayton

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

MSDW, 4 Wednesdays, 5:30-7:00 pm. Begins September 17, Lexington High School, Room 140, \$185.

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.

SLLMS, 4 Tuesdays, 7:00-8:00 pm. Begins October 9, Lexington High School, Room 246, \$85/Seniors \$70.

Art of Living

Instructor: Uma Viswanath and Vinita Deodhar

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. You are welcome to join one or all of these sessions - each focusing on a different aspect of health and happiness.

Mind, Moods, and Mediation – In-Person

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.

MLMM, 1 Saturday, 11:00 am-12:00 pm. Meets September 13, Lexington High School, Room 140, \$20.

Chocolate and Meditation – In-Person

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.

MCMA, 1 Saturday, 11:00 am-12:00 pm. Meets October 4, Lexington High School, Room 140, \$20.

Sound Bath Meditation – In-Person

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.

MSBM, 1 Saturday, 11:00 am-12:00 pm. Meets November 8, Lexington High School, Room 140, \$20

NEW Practical Philosophy for Real Life – In-Person

Instructor: Jake Milendorf

Practical Philosophy for Real Life is not a class about abstract theories, moral debates, or intellectual games. It's about you—your heartbreak, your health, your values, your purpose, your sense of aliveness. Until now, much of what you believe and live by has been borrowed—beliefs, stories, habits, even your sense of self. Little has truly been yours. In this course, we will erase the old maps, drop every borrowed story, and start building from the ground up a life rooted in direct realization and your own encounter with truth. We won't talk about Plato or Descartes, because those detours only lead you back into the trap of borrowed ideas that will not serve you well. Instead,

we will face reality head-on and confront the deepest truths that quietly shape how you meet the world—your unconscious schemas and organizing principles—and bring them fully into the light. This is a course in bulldozing the house of your old beliefs and building a castle brick by brick, focused on a foundation of what is truly essential. It is a class in destruction, a class in creation, and above all, a class in being fully awake to life itself.

HPPR, 6 Thursdays, 6:30-8:00 pm. Begins September 18, Lexington High School, Room 229, \$155/Seniors \$140.



TEA TASTING

with Paul Angiolillo, p. 15

NEW **The Art of Intuition – In-Person**

Instructor: Mathilde Bernard Funderburk
Whether you're considering a career shift, a personal relationship change, a move abroad, or simply feeling stuck, decision-making can feel overwhelming - especially when logic and emotion pull in different directions. In this workshop, you'll learn how to combine practical tools with intuitive insight to make confident, aligned choices—so you can stop second-guessing yourself and start moving toward a life that feels right for you and finally work towards dreams and goals you never thought were possible before.

MAIO, 1 Thursday, 6:30-8:00 pm. Meets November 6, Lexington High School, Room 232, \$30.

NEW **Becoming Self-Empowered – Virtual**

Instructor: Tracy Marks

Do you know what you want to do but feel blocked by fears, confusion, avoidance and self-doubt? Together, we'll begin to plough through our inner obstacles so that we may become more self-empowered both in attitude and action. In the process, your instructor, an experienced counselor and self-help author, will introduce her "I am-I want-I care-I can-I will-I dare approach to strengthening intention and will.

HBSE, 4 Thursdays, 6:45-8:45 pm. Begins October 23, Zoom, \$120/Seniors \$105.

Unlocking Your Life's Blueprint: Mastering the I Ching for Personal Transformation – In-Person

Instructor: Lei Jia

Embark on a transformative life journey with the ancient wisdom of the I-Ching, a foundational text in Chinese philosophy, offering profound insights into the nature of change, balance, and the interconnectedness of all things. Originating over 3,000 years ago, its wisdom remains relevant in today's fast-paced world, where individuals often seek clarity and direction. This workshop series aims to help you decode your personal life patterns, enhance decision-making, and foster resilience by aligning with the natural flow of life. In today's

fast-paced world, individuals often seek clarity and direction. The I Ching provides a structured approach to understanding life's complexities, promoting resilience, and fostering a deeper connection with oneself and the surrounding environment. By recognizing and interpreting patterns, you can align yourself with the natural flow of life, making informed decisions that lead to harmony and success in your life journey. This class is also suitable for high school students.

Session in Mandarin: MULB, 5 Mondays, 6:00-7:00 pm. Meets September 29, Lexington High School, Room 220, \$105/Seniors \$95.

InterPlay: Creative Mind-Body Movement – In-Person

Instructor: CC King

Now applied in many settings and professions, Interplay is an integrative, creative way to unlock the wisdom of the body through a system of prompts and movement. Based on a series of incremental "forms" or guidelines, the inherent intelligence of the listening/responding body-mind is used to lead and inspire creativity and problem solving solutions through improvised movements, dance, and language. Blending theatrical expressive elements and Tai Chi-like forms, the benefits of InterPlay can include stress reduction, deepening communication skills, collaborative expressive engagement, and building comfort and community.

MITP, 1 Saturday, 1:00-4:00 pm. Meets September 27, Follen Church, \$30.

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 October 18, Lexington High School, Room 220, \$35/Seniors \$30.

NEW **Solo Aging: Friendship and Community – Virtual**

Instructor: Tracy Marks

In our later years, many of us are increasingly alone as we lose partners, family and friends. Sometimes, our ailing bodies limit our activities. Together, in a supportive environment led by a skilled counselor, we'll share our experiences and discover our capacities to experience greater interpersonal fulfillment in the future. Above all, we'll explore the process of - and options for - creating new friendships and community.

MSAF, 4 Fridays, 12:30-2:30 pm. Begins September 19, Zoom, \$120/Seniors \$105.



CC King teaches InterPlay, this page.

Understanding Your Dreams – Virtual

Instructor: Tracy Marks

Did you know that the meaning of your dreams resides not in a dream dictionary but in your own personal associations? In this course, you'll learn how to tap your inner guidance to gain insight from your dreams. You'll receive hints for recalling your dreams. You'll learn and practice techniques from the Jungian and Senoi traditions to generate your own associations, using worksheets from the instructor's book, *Your Secret Self*. Re-experiencing and decoding your dreams can help you awaken your creativity, own your "shadow," and act in greater harmony with your true self.

MUYD, 2 Thursdays, 6:45-8:45 pm. Begins November 20, Zoom, \$65/Seniors \$55.

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 September 9, Lexington High School, Room 223, \$200/ Seniors \$185.

NEW Beginners Guide to Music Composition Class – In-Person

Instructor: Shant Arakelian

From the harmony and structure of Bach to the atonal work of Bartok, Western Classical music offers the full range of representation of every human emotion. Beyond vision and emotion, the composer in the Classical style must have an understanding of the way notes resonate and clash on the score sheet and in the ear of a listener. In this class we will learn and practice the basics of music composition with the goal of creating playable pieces. The ability to read music



Laughter is a great medicine. Experience joyfulness with Linda and Bill HAmaker, see below.

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 October 9, Lexington High School, Room 226, \$30.

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! Any age and any level of physical ability can do these simple exercises. 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 October 16, Lexington High School, Room 221, \$25.

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

Instructor: Kierstin Pane

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

MCPR, 1 Thursday, 6:00-9:00 pm. Meets September 4, Lexington High School, Room 164, \$109.

MC2PR, 1 Thursday, 6:00-9:00 pm. Meets October 30, Lexington High School, Room 164, \$109.



CLASSES FOR CHILDREN

pp. 39-44



Musician and educator Darragh Murphy teaches both *The Life and Music of Bob Dylan* (this page) and the *Art & Craft of Songwriting* (page 34).

is a pre-requisite for the class. Please bring a laptop or table to class. Musical instruments are optional, but welcome.

MBGM, 6 Mondays 7:30-9:00 pm. Begins September 8, Lexington High School, Room 226, \$145/Seniors \$130.

NEW Melody at the MET – Virtual

Instructor: David Collins

Let's prepare for the new opera season this Fall as we explore four operas from the standard repertoire which the MET is presenting in HD at movie theaters this fall. We begin with Vincenzo Bellini's first mature masterpiece *La Sonnambula* (*The Sleepwalker*). The opera tells of the misadventure of a bride on the eve of her wedding. With beautiful melody and elaborate coloratura, Bellini enchants the ear while bringing the story to a happy ending. Giacomo Puccini's *La Bohème* is the most performed opera at the MET. - 1,373 performances as of June 2023. This opera has arias, duets and ensembles including the famous "Musetta's Waltz". Using the vocal score, we will follow the soprano, tenor and mezzo as they sing their major arias. We follow this up with Richard Strauss' 1933 lyric comedy, *Arabella*. It is a story of love at first sight with the complications expected in a light-hearted work. Lyricism is the name of the game here with a wonderful act one ending aria for the heroine Arabella. Our final opera, Umberto Giordano's *Andrea Chénier*, contains more arias, duets and ensembles than there are fingers on both hands—and this includes four arias for the tenor! The lovers are caught in the crosshairs of the French revolution. The music expresses the intense passion contained in the opera. It's all about the voice!

HVTO, 4 Tuesdays, 6:30-9:30 pm. Begins October 14, and meets 11/4, 11/18, and 12/2, Zoom, \$120/Seniors \$105.

NEW The Life and Music of Bob Dylan – In-Person

Instructor: Darragh Murphy

Over the course of four sessions, we will explore the life, music, and legacy of Bob Dylan, one of modern music's most influential and enigmatic figures. From his early protest anthems to going electric and back again, we will chart Dylan's music in the context of his life and American history. Through analysis of his music, lyrics, and live performances, participants will gain a deeper appreciation for Dylan's work and learn why he is one of America's most celebrated songwriters.

MMBD, 4 Mondays, 6:30-8:00 pm. Begins September 15, Lexington High School, Room 232, \$110/Seniors \$95.



**THE CARS:
LET THE STORIES BE TOLD**
with Bill Janovitz, p. 5

NEW Nick Cave – Evolution of the Man and his Music – In-Person

Instructor: Elaine Bachelder and Craig Hall

Australian born Nick Cave has been in the public eye for over forty years, yet many Americans have been unaware of his music and its influence on the alternative rock scene. Starting as a young punk rocker, Nick's song writing has progressed through the stages of his own life, evolving and maturing to even more acclaim from general audiences. A song writer, lyricist, composer of film scores, Grammy nominee, actor (no, not Nick Cage!), poet, and now ceramicist, Nick has bold ideas and a wildly creative spirit. Come join us for three evenings of discussion, music appreciation, and video of this dynamic entertainer.

MNCE, 3 Tuesdays, 7:00-8:30 pm. Begins October 14, Lexington High School, Room 164, \$85/Seniors \$70.

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.

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 September 9, Lexington High School, Room 148, \$200/Seniors \$180.

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, pianists and bassoonists who are comfortable with basic note-reading, and are playing at a "late beginner" level or higher. Please contact the instructor with any questions or concerns regarding playing ability. Depending on the interest of the group, the last class can end with a performance for family and friends.

MSTE, 8 Thursdays, 7:30-9:00 pm. Begins September 11, Lexington High School, Room 148, \$200/Seniors \$180.



PRIVATE MUSIC LESSONS
p. 32

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. **Autumn Student Open Student Recital for all Ages & Levels will be held on 12/7/25 at Follen Church.**

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



Israel Gutierrez
Trombone



Linda Rossman
Classical Guitar



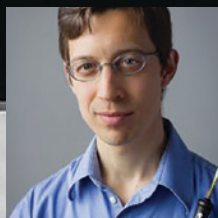
Ethan Shin
Viola/Violin



Annina Hsieh, Voice,
Beginning Piano



Maria Dupree
Violin/Viola



Ben Fox
Oboe



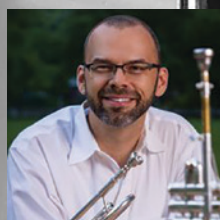
Brenda Bishop,
Voice



Brian Kane
Saxophone



Ellen Donohue-Saltman
French Horn



Greg Gettel
Trumpet



Max Rydqvist
Voice, Piano



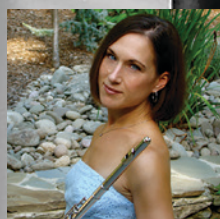
Rui Xu
Double Bass



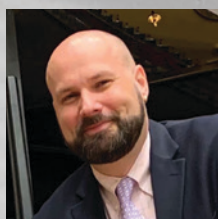
Minyung Suh
Cello



Jerry Vejmla
Sax, Clarinet



Jessica Lizak
Flute



Libor Dudas,
Piano



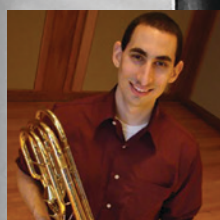
Jim Lattini
Drumset/Percussion



Nancy Radnofsky
Clarinet



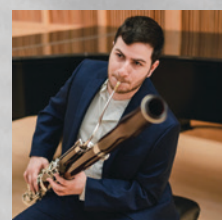
Julia Chung
Piano



Phil Hyman
Trombone/
Euphonium



Pauline Jung
Flute



Shant Arakelian
Bassoon



Frank John
Tuba

NEW String Ensemble – In-Person

Instructor: Ethan Shin

Sharpen your ensemble skills in this collaborative class designed for string players at the intermediate level. Whether you're a violinist, violist, or cellist, you'll be placed in a quartet and guided through weekly coaching sessions focused on chamber music fundamentals, such as intonation, blend, communication, and interpretation. Repertoire will be tailored to match each group's skill level, with an emphasis on developing confidence, musical expression, and ensemble cohesion. Ideal for those with prior ensemble experience or private lesson background looking to deepen their chamber music practice in a fun and supportive environment.

MSEE, 8 Mondays, 7:00-8:30 pm. Begins September 15, Lexington High School, Room 148, \$200/Seniors \$180.

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. This class is a little bit of history, a little bit theory, and a whole lot of playing. Each week, we'll delve into the archetypal structures, patterns, and songs that define this genre, briefly touching upon the shared elements that show its influence on the development of Rock and Jazz, all practiced within a lively group jam context. Before you jam: Any style of working guitar is welcome. If bringing an electric guitar please also come equipped with a portable amplifier. This is an ALL Levels class: If you can comfortably play an E chord and an A chord, you're ready to join! All players with a basic level of guitar playing familiarity are welcome.

HBBG, 6 Wednesdays, 7:00-8:30 pm. Begins October 8, Lexington High School, Library Media Center, \$140/Seniors \$125.



**UNDERCURRENT & INTERMODULATION:
JIM HALL & BILL EVANS**

with Sheryl Bailey & Lewis Porter, p. 5

NEW Mastering the Fretboard: A 4-Week CAGED System Workshop – In-Person

Instructor: R.L. Hegarty

Unlock the mysteries of your guitar fretboard and expand your playing horizons with this fun and practical 4-week workshop focused on the powerful CAGED system! Designed for ALL Levels, this class is perfect for guitarists looking to connect their familiar chords, understand how to play those chords in any key, anywhere on the neck, and confidently explore the entire fretboard. Over four engaging and relaxed sessions, we'll demystify how these five familiar open chords provide the framework for making sense of the entire guitar fretboard and how to easily move your playing from one key to another. You'll discover how your basic open chords are the secret to unlocking the entire neck, learning to slide them up and down the fretboard to find different chords, and connect your CAGED chord shapes across the fretboard, making sense of how different positions relate. Most importantly, you'll learn the simple secrets of transposition using CAGED, showing you how to take a song you know in one key and easily play it in any other key anywhere on the neck, without memorizing all new shapes. Transform your understanding of the guitar and break free from open position, gaining the freedom to play in any key, all in a supportive and enjoyable group setting! Get ready to play! Any style of working guitar is welcome. If bringing an electric guitar please also come equipped with a portable amplifier. This ALL Levels class welcomes players with a basic level of guitar playing familiarity. Prerequisite: Participants must be able to comfortably play the open/basic C, A, G, E, and D chords.

MMTF, 4 Wednesdays, 7:00-8:30 pm. Begins September 10, Lexington High School, Library Media Center, \$120/ Seniors \$105.

Beginner Guzheng for Adults – In-Person

Instructor: New Legacy Cultural Center Instructors

Beautiful traditional Chinese Instrument This class is perfect for adults with no/ little 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.

MBGA, 19 Saturdays, 9:30-10:30 am. Begins September 6, Lexington High School, Room 148, \$685.



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

Beginner Erhu for Adults – In-Person

Instructor: New Legacy Cultural Center Instructors

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.

MEHA, 19 Saturdays, 10:40-11:40 am. Begins September 6, Lexington High School, Room 14, \$685.

NEW The Art & Craft of Songwriting – In-Person

Instructor: Darragh Murphy

Every songwriter has a unique vision and method when it comes to their art. The goal of this class is to foster and encourage each participant's individual process, while allowing room for collaboration and feedback from others. Over the course of the semester, songwriters will refine their work, engage in conversations about their process, and make meaningful connections with other artists. All ages and levels of experience are welcome!

MSNG, 6 Wednesdays, 6:30-8:00 pm. Begins September 17, Lexington High School, Room 229, \$110/Seniors \$95.



SATURDAY TAI CHI – BALANCE, HEALTH, AND INNER PEACE

p. 22

Adult Improv – In-Person

Instructor: Shiyانبade Animashaun

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

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

NEW Acting for Film – In-Person

Instructor: Douglas Folsom

Discover the art of acting for the camera in this dynamic 8-week course designed for beginners and intermediate actors alike. Unlike stage acting, film demands subtlety, focus, and a deep internal life that translates through the lens. In this course, you will learn the following: The technical fundamentals of on-camera performance, including framing, eye lines, and continuity. Practice scene work and monologues specifically

chosen for film acting. Explore script analysis techniques to break down beats, objectives, and subtext. Develop emotional truth and spontaneity through improvisation and guided exercises. Gain practical experience filming scenes and reviewing playback for targeted feedback. Understand the audition process, including self-taping and cold reading tips. By the end of the course, you will leave with greater confidence in front of the camera, a deeper understanding of film acting technique, and recorded footage of your work to continue building your craft. No prior film experience required. Ideal for actors seeking to transition from stage to screen, or anyone curious about the unique demands of acting for film.

MAFF, 8 Tuesdays, 5:30-7:00 pm. Begins September 9, Lexington High School, Room 235, \$180/Seniors \$165.

NEW Personal Storytelling: Find Craft & Tell True Stories from Your Life – Virtual

Instructor: Chandrayee Lahiri

Learn about storytelling as a performance art (as in shows like 'The Moth'), find ways to reflect on your memories and tell stories from your life. Built into cultures since human societies first formed, storytelling is one of the most effective ways of sharing ideas or thoughts with people by taking them along on a personal journey and engaging their imaginations. Tellers often find catharsis, closure and peace by reflecting on their thoughts. Audience members may find their horizons expanded, personal support through resonance and just sheer entertainment. In this class you will discuss what makes an effective 'story', how to mine your own thoughts and experiences for stories that are important to you, and learn how to craft them with authenticity to reach and touch hearts. Each class will discuss insights and tips on storytelling followed by students working on true, short stories from their lives. By the end of the class, each student will have one short, true story that they have crafted, edited and rehearsed to share in a small storytelling event.

WPST, 4 Mondays, 7:00-8:30 pm. Begins September 1, Zoom, \$110/Seniors \$95.

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 Hands-on Workshop for Everyday Life and Work – In-Person

Instructor: Kim McCormick & The AI Collective Team

Feeling like AI is moving faster than you can keep up? You're not alone—and you're not too late. This welcoming, in-person class is designed for curious, engaged adults who want a safe, supportive space to get up to speed with tools including ChatGPT, Claude, Perplexity, and Gemini. Through guided instruction and dedicated in-class practice time, you'll learn how to confidently and safely use today's most powerful generative AI tools in ways that truly make life easier—no tech experience needed. By the end of the session, you'll: Understand the difference between using a search engine and working with a chatbot. Know what to ask AI tools to get useful, personalized results for work and volunteering. Practice real-life uses like organizing tasks, writing with ease, meal planning, vacationing, exercising, and saving money. Recognize how AI can help you stay informed and connected. Feel confident using AI in your daily life—like having a personal genius assistant by your side. This is your chance to get comfortable using AI and make it work for and with you. No pressure. No jargon. Just clear, hands-on learning in a friendly environment. Come as you are—leave ready to take on the AI world with confidence. *Please note that CA2E features 90 minute classes for extra in-class practice, getting answers to specific questions, and becoming more familiar with the AI Tools to get the results you envision.*

CAIE, 3 Tuesdays, 6:30-7:30 pm. Begins September 9, Lexington High School, Room 220, \$135.

CA2E, 3 Tuesdays, 6:30-8:00 pm. Begins October 21, Lexington High School, Room 220, \$195.



KEEPERS OF TIME: THE STORY OF THE WALTHAM WATCH CO.

with Chris Carey, p. 3

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. We will also learn how to keep our device updated.

CS&T, 1 Wednesday, 6:00-9:00 pm. Meets September 10, Lexington High School, Room 221, \$45



Skye Shirley returns to teach Intro to Latin and Latin II, page. 21.

Cutting the Cord: How to Get Rid of Cable – In-Person/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 September 17, Hybrid: Zoom or Lexington High School, Room 221, \$45

Managing Your Photos – In-Person/Virtual

Instructor: Kristen Butler

Photos, Photos, Everywhere! Photos on your phone, photos on your iPad, photos in your email, photos in your texts, photos on your wall, photos on slides or photos in a box. Your photos are everywhere.

Come learn how to organize them on your computer so that you can find them and even put them into albums to share.

CPHO, 1 Wednesday, 6:00-9:00 pm. Meets October 8, Hybrid: Zoom or Lexington High School, Room 221, \$45.

NEW Managing Your Passwords and Staying Safe Online – In-Person/Virtual

Instructor: Kristen Butler

Do you use the same password for all your different Internet accounts? Keeping track of your usernames and passwords on all of the different services on the Internet while maintaining secure passwords can be a chore. Come learn how to manage passwords using a password manager and create a system that works for you.

CMYP, 1 Wednesday, 6:00-9:00 pm. Meets October 15, Hybrid: Zoom or Lexington High School, Room 221, \$45.

NEW Electronic Banking, Billpay, PayPal, Venmo, Zelle and More – In-Person/Virtual

Instructor: Kristen Butler

Setting up online banking and electronic payment options are a great way to simplify paying bills, accepting payments from friends and paying back friends. Never be late for a mortgage payment (even when you are away on vacation).

CEBB, 1 Wednesday, 6:00-9:00 pm. Meets October 29, Hybrid: Zoom or Lexington High School, Room 221, \$45.

NEW Protecting Your Home Network – In-Person/Virtual

Instructor: Kristen Butler

Do you know who is connected to your network at home? Have you changed the default passwords? Come learn strategies for keeping your home network secure.

CPYN, 1 Wednesday, 6:00-9:00 pm. Meets November 19, Hybrid: Zoom or Lexington High School, Room 221, \$45.

NEW Digital Hygiene (clearing off old devices, deleting old accounts, etc.) – In-Person/Virtual

Instructor: Kristen Butler

Do you have an old computer or phone, afraid to get rid of it because it hasn't been cleaned off? Do you have old email

accounts that you no longer need? Have you changed what devices have access to your accounts? Come see what information is out there that you can clean up.

CPDH, 1 Wednesday, 6:00-9:00 pm. Meets December 3, Hybrid: Zoom or Lexington High School, Room 221, \$45.

Computer Consulting "A la Carte"

Instructor: Kristen Butler

Computer consultant Kristen Butler is available to meet and assist up to two people in personalized computer consulting. Want to fully understand the iCloud and backup? Want to make certain your devices are synced? Want to know if you have the proper updates and software on your computer? Want to create a photographic presentation or video for a special occasion? These are just a few items that Kristen can help you with. Meetings will be held in Lexington and the charge is \$120 per hour for up to two people. There is a minimum of a two hour meeting. To arrange a time with Kristen please contact the LCE office at 781.862.8043.

NEW Design Your Own WordPress Website with Powerful AI Tools in Just 4 Hours – Virtual

Instructor: BBDS Design

AI is revolutionizing the WordPress ecosystem, reshaping how websites are built, managed, and optimized. Whether you're starting fresh or already have a website, understanding AI's role in this process is essential. In this beginner-friendly class, we'll explore the connection between traditional website design and AI-powered tools. You'll learn how to create a WordPress website and kick-start your online journey, while discovering how AI enhances the process. No prior WordPress experience or technical knowledge is required—your instructor will provide practical insights tailored for absolute beginners. By the end of the course, you'll have the skills to build an informational website, launch a blog, or manage an existing WordPress site. Plus, you'll receive valuable tips on selecting the right hosting provider.

CDWP, 2 Tuesdays, 7:00-9:00 pm. Begins September 9, Zoom, \$60.



Kim McCormick and her team return to teach *AI Made Easy: A Practical Hands-On Workshop*, page 34.

NEW AI-Powered E-Commerce: Launch and Supercharge Your Online Shop – Virtual

Instructor: BBDS Design

Who doesn't love a side hustle? If you have products to sell—physical or digital—or services to offer, an eCommerce website is a powerful way to generate income. But with AI transforming industries everywhere, how can it help you and your online store thrive? Starting an eCommerce business is easier than you might think! This course is designed for aspiring entrepreneurs and new shop owners eager to build a successful online business. You'll discover how to leverage AI tools to identify profitable niches, design a professional website, craft compelling marketing campaigns, and streamline operations—so you can move faster and work smarter than the competition. No coding skills? No problem! This beginner-friendly 2-hour class will cover essential topics, including: How to purchase a domain name and choose reliable hosting. Top eCommerce platforms and their advantages. Why WordPress WooCommerce is a great option. How to validate niche and product ideas using AI-driven market analysis. Building and optimizing an eCommerce site with AI-assisted content creation and design tools. AI-powered marketing strategies to drive traffic and increase sales (Social Media, SEO, Email). Harness the power of technology, maximize your growth, and enjoy the process! Whether

you're launching your first shop or expanding an existing one, this class will give you the tools and confidence to get started. This is an introductory class—no website or prior experience required.

COLS, 1 Tuesday, 7:00-9:00 pm. Meets September 30, Zoom, \$30.

NEW How to Promote and Market Your Small Business with AI-power – Virtual

Instructor: BBDS Design

If you have services to offer or products to sell, a website can become a powerful income-generating asset. In this 2-hour class, you'll learn not only how to build a website that showcases your business—but also how to use cutting-edge AI tools to promote it more efficiently and creatively than ever before. Whether you're starting from scratch or seeking to refresh your online presence, this class walks you through the essentials—plus how artificial intelligence can give you a competitive edge. What You'll Learn: How to choose and buy a domain name, and where to find reliable, fast hosting. A comparison of website platforms (e.g., WordPress, Squarespace, Shopify). How to market your website and drive traffic use AI tools — including free and low-cost strategies. This is an introductory class—no website or prior experience required. Just bring your curiosity and entrepreneurial spirit!

CHTP, 1 Monday, 7:00-9:00 pm. Meets October 6, Zoom, \$30.

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 Monday, 6:45-8:45 pm. Meets September 29, Zoom, \$30/Seniors \$25.

Selling on Ebay and Amazon – Virtual

Instructor: Tracy Marks

Want to learn to sell effectively on eBay, the world's largest online auction site? Your instructor, a former eBay Powerseller will tell you all you need to know about auction and fixed price selling, and will answer your questions. You'll learn how to create and submit listings and photos, determine auction timing, handle payments and fees, maintain secure transactions, and build your reputation as a reliable seller. Easier but more costly selling through Amazon Marketplace will also be covered.

CBAY, 2 Thursdays, 6:45-8:45 pm. Begins October 9, Zoom, \$60/Seniors \$50.

NEW An Introduction to 3D Printing – In-Person

Instructor: INNOADDI Teaching Staff

This class is for beginners who want to explore 3D printing for home, work, or hobby use. Learn design basics, slicing, and create your own practical prints.

CI3D, 8 Saturdays, 10:45 am-12:15 pm. Begins September 13, Lexington High School, Room 255, \$360.

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 – In-Person

Instructor: Douglas Folsom

Have a story you'd love to see on the screen—or one you've started but never finished? Whether you're brimming with ideas for a film or TV series, looking for inspiration, or simply curious about the art of screenwriting, this course is for you. Over eight sessions, you'll: Explore story development and generate strong ideas. Craft compelling log lines and outlines. Learn screenplay formatting and structure for film and television. Gain insight into how Hollywood professionals evaluate scripts. Analyze scenes from classic films for inspiration and technique. Discover how to use AI as a creative writing tool to elevate your script. You'll also have the option to share your writing in progress with the group for constructive feedback—through participation in this aspect is completely optional.

WISW, 8 Thursdays, 5:30-7:00 pm. Begins September 11, Lexington High School, Room 225, \$180/Seniors \$165.

NEW Screenwriting II – In-Person

Instructor: Douglas Folsom

Designed for those who have completed an Introduction to Screenwriting course or have previous experience writing a screenplay, this workshop offers a supportive environment for developing your next project. Participants are encouraged to bring in story ideas, loglines, outlines, or script pages to share with the group for constructive feedback. Each participant is expected to submit written material for group review during at least one of the eight sessions. Any remaining time will focus on reinforcing key elements of screenwriting craft.

WS2W, 8 Thursdays, 7:15-8:15 pm. Begins September 11, Lexington High School, Room 226, \$180/Seniors \$165.



THE ART AND CRAFT OF SONGWRITING
with Darragh Murphy, p. 37

NEW Make Your Writing Sparkle – Virtual

Instructor: Tracy Marks

Do you want your writing to sparkle with vivid sensory detail and imagery, capturing the essence of your message? For it to have greater precision, clarity and originality, while also containing rich similes and metaphors and alliteration? For your use of active verbs to enable your words to come alive on the page? Whether you write fiction, memoir, nonfiction or poetry, the examples we read in class and the creative writing exercises we'll do will help you make your writing sparkle. No class 10/1.

WWSM, 4 Wednesdays, 6:45-8:45 pm. Begins September 10, Zoom, \$120/Seniors \$105.

NEW Personal and Collective Grief: Writing Through Loss – Virtual

Instructor: Tracy Marks

Whether you are carrying the weight of personal grief or are experiencing collective grief for our country, planet or world, this journal writing course will help you express your feelings. Your instructor, an experienced counselor and self-help author, will provide a supportive environment, as well as constructive writing prompts, for you to give space to your grief. Please note, however, that this is not psychotherapy, and that sharing is optional. Know that on the other side of grief is the affirmation of life.

WPCG, 3 Mondays, 6:45-8:45 pm. Begins November 17, Zoom, \$90/Seniors \$80.

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 October 15, Zoom, \$225/Seniors \$210.

W2MEM, 7 Fridays, 12:30-2:00 pm. Begins October 24, 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.

WMEM, 8 Wednesdays, 6:30-8:30 pm. Begins September 10, Zoom, \$225/Seniors \$210.

NEW Creative Writing in Brief – In-Person

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

Get writing this fall! Explore micro-fiction and micro-essays in an atmosphere of kindness, creativity and support. Writers will explore a wide range of forms from flash fiction, braided essays, list stories and much more. Come prepared to write and leave with a portfolio of your creative writing!

WCWB, 6 Mondays, 11:00-12:30 pm. Begins September 22, LCE Classroom at Fiske, \$140/Seniors \$125.

College Planning & Test Preparation

Driver Education – Registration for Driver Education programs is Online

CLASSES (& PARENT CLASSES) WILL BE HELD IN-PERSON AT LEXINGTON HIGH SCHOOL BEGINNING IN FALL 2025

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. New classes for fall begin in October, November, and December. To register for upcoming Lexington Community Education Driver Education classes:

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

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

Math SAT Prep – In-Person

Instructor: Chris Doucette

In SAT Math, students will review mathematical operations and learn test strategies necessary for success on the SAT. Students will take 2 practice tests and receive targeted help. Class consists of 8-10 mini lessons that cover common issues/test taking strategies and each student will receive individualized help in each class on a topic they are struggling with. Optional Text for class: *The Official Digital SAT Study Guide*, published by the College Board. Please bring a laptop or chromebook to the first class, or let us know if you need to borrow one beforehand.

PSAM, 6 Mondays, 6:00-8:00 pm. Begins September 15, Lexington High School, Room 221, \$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,



This Fall Driver Education returns to In-Person classes at Lexington High School, this page.

and analysis of tests. To each class, please bring *The Official Digital SAT Study Guide* and a College Board ID and password.

PESA, 6 Tuesdays, 3:30-5:30 pm. Begins October 14, Lexington High School, Room 225, \$200.

P2SA, 6 Wednesdays, 3:30-5:30 pm. Begins October 15, Lexington High School, Room 225, \$200.

P3SA, 6 Saturdays, 10:00 am-12:00 pm. Begins October 18, Lexington High School, Room 225, \$200.

Planning Ahead for College Applications – In-Person

Instructor: Dr. Bruce Johnson from BKJ College Application Consulting

Embark on the journey towards college applications and gain valuable insights into the preparation process. Whether you're a freshman, sophomore, or junior, we're here to guide you! We'll explain the Common App and other application portals, suggest a reasonable timeline, provide a sequenced checklist of tasks & decision points, all with the goal of helping students plan, enjoy and make the most of their high school years. Open to both students and parents/guardians. Our instructor will be there to answer your questions and enrolled families will also receive a 15-minute private follow-up consultation

PACL, 1 Tuesday, 6:30-8:00 pm. September 9, Lexington High School, Room 232, \$45.

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. This class will get you started and set you up to have an organized and less stressful process, and will be especially helpful if you are considering Early Application or Early Decision. The class includes planning sheet handouts & work time. You'll finish the evening having started the work or, if you've started already, you'll be taking the next steps! The support then continues with individually crafted assignments and two 30 minute private follow-up sessions scheduled at student's convenience within 3 weeks time. Students should bring a Laptop, Pen/Pencil, Resume(if you have one, even if it's out-of-date), and a list of colleges you are interested in applying to.

PACL, 3 Days, 6:30-8:00 pm. Meets September 18 plus two additional 30-minute private sessions, Lexington High School, Room 232, \$145.

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—

Courses for Children

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 Thursday, 6:30-8:30 pm. Meets September 25, Lexington High School, Room 224, \$25.

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! Following the small group sessions, each student can receive two more rounds of written feedback on drafts and two private online coaching sessions (20 minutes per session). Please note that this class is appropriate for high school seniors.

PEST, 6 days, 5:30-7:30 pm. Begins Thursday, September 11 and meets 9/12, 9/17, 9/24, plus two additional 30-minute private sessions, Zoom, \$565.

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.

Children's Community Chorus (CCC) Directed by Ms. Angela Carpenter

Children's Community Chorus (CCC) is an inclusive and non-auditioned chorus for students in Grades 4 and 5. 6th Graders who were enrolled in CCC during the 2024-2025 season are welcome to join! CCC is a wonderful opportunity for excited singers to come together and share in the joy of making music together as a community! Every rehearsal, singers collaborate as a music community, developing their skills in choral music reading, listening, and, of course, singing! CCC performs a Winter and a Spring Concert, and an annual Winter Concert for the residents of Brookhaven at Lexington. CCC has also received invitations to perform at various community events, so it is expected that other performances will be added to our 2025-2026 calendar! Invitations have included: CAAL's Lunar New Year Gala and Lantern Festival, LexSeeHer Monument Dedication Ceremony, Master Singers of Lexington Pops Concert, and the Lex250 "Parker's Prelude" Festival and the Lex250 Battle Green Rededication Ceremony. All CCC singers also receive a CCC t-shirt to wear for performances! *No audition is required (all skill levels are welcome!) and you do not need to be a Lexington resident to join CCC!* Upon your registration, Ms. Angela Carpenter, CCC Director and Lexington Public Schools K-12 Performing Arts Coordinator (and former Harrington Music Specialist), will reach out with an information packet with more details about the Children's Community Chorus.

KCCC, 32 Sessions (Thursday, September 11 through Thursday, May 28), Begins September 11, 4:30-6:00 pm. Pilgrim Church, 55 Coolidge Ave, Lexington, \$700.



Shiyabade Animashaun teaches Improv for Middle School Students, page 41.

NEW Painting From Observation to Imagination (Ages 8-12)

Instructor: Sam Andrews

Sam Andrews is an artist currently working in Lexington, Massachusetts. At just 23 years old he has artwork in multiple local shows, gallery showings, the cover of this catalog, and he has a strong online fanbase. His own work has evolved from observation to imagination, where painting has become a tool to express his inner world. Like Van Gogh or Matthew Wong, his imagined landscapes teem with childlike resonance and wonder. As he engages in the artistic journey himself, he is excited to share his passion and experience with artists who may be interested in this process of discovery and becoming, too! You'll learn essential painting fundamentals—color theory, layering, rhythm, texture—but the ultimate goal is personal voice. Whether you're a curious beginner or an artist in hiding, you'll leave this class with a deeper understanding of art, and who you are as an artist. A list of supplies can be found online.

KO2I, 10 Thursdays, 3:30-5:00 pm. Begins September 18, Lexington High School, Room 210, \$200.

NEW 'Mommy and Me' Thanksgiving Flower Arrangement Class

Instructor: Laurie Grossman

Come create a beautiful table arrangement for Thanksgiving with your little one. We will have an assortment of fall flowers, special vases and floral accessories to learn how to arrange a table centerpiece for the holiday. Learn how to prep the flowers and all about basic design elements. All supplies are included in the tuition. Recommended for children 7 and older.

KMFA, 1 Saturday, 10:00 - 11:00 am. Meets November 22, Lexington High School, Room 210, \$55.



MANAGING YOUR PASSWORDS AND STAYING SAFE ONLINE

with Kristen Butler, p. 35

NEW Pre-Verbal Baby Sign Language! – In-Person

Instructor: Sheryl White

Join us for an interactive workshop, with Sheryl White of Baby Kneads, and learn ways to use sign language to communicate with your little one. Baby Sign has many benefits, such as giving babies the ability to express themselves before they can speak verbally, accelerating spoken language, deepening the bond between adult and child, and enhancing early literacy skills. Baby sign language gives them the ability to communicate their needs and wishes, without frustration, tears or tantrums. Babies and toddlers can learn signs important to their lifestyle such as “milk”, “more”, “sleep”, “eat”, “Mommy”, “Daddy” and so on. In this workshop series you will learn about benefits, research, how to teach your baby how to sign, watch the instructor interact and demonstrate signing with your baby, and learn new signs with handouts. *Please note: This program is for caregivers with pre-verbal babies & toddlers. Both child and caregiver participate in the program.*

KBSL, 1 Thursday, 11:00 am-12:00 pm. Meets November 6, Follen Church, 755 Massachusetts Ave., \$30.

NEW Infant Massage – In-Person

Instructor: Sheryl White

Baby Massage deepens bonding, promotes the strengthening of the digestive, respiratory, and circulatory systems, helps relieve the discomfort associated with gas and colic, improves sleep and increases sensitivity to baby’s cues. This Baby Massage class will teach you how to massage, relax, and soothe your newborn to pre-crawling baby. Sheryl creates a calm and peaceful environment for families with her gentle demeanor. There are many strokes to learn, including a colic relief routine for gas. Sheryl will share her own colic hold that she developed called the Baby Kneads Soother. All of the techniques will be demonstrated on a doll and participants can practice the strokes on their own babies during the class. *Please note: This class is for pre-crawling babies.*

KBAM, 1 Thursday, 11:00 am-12:00 pm. Meets November 13, Follen Church, 755 Massachusetts Ave., \$30.



Child development expert and founder/owner of BabyKneads teaches Pre-Verbal Baby Sign Language! And Infant Massage, this page.

Home Alone – In-Person

Instructors: Officers of the Lexington Police and Fire Department

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

K009, 1 Wednesday, 5:00-6:00 pm. Meets September 17, Lexington High School, Room 224, \$5.

NEW Dungeons & Dragons – In-Person

Instructor: Dylan Baxter King

This ever popular game of logic and imagination begins with the creation of characters with the rolling of dice. You and your collaborators guide your characters through an imaginary journey encountering exciting adventures along the way. Your journey is referred to as a “campaign” which is creatively structured like the plot of a good book by one player known as the Dungeon Master. This player is usually a more experienced player. In Week 1, we will begin taking requests to write and run campaigns, and then create

characters. After that our imaginations will guide us onward. Both experienced players and beginners are welcome.

KCDD, 6 Mondays, 3:45-5:45 pm. Begins September 15, Lexington High School, Room 247, \$110.

Yoga and Mindfulness for Teens (Grades 6-8) – In-Person

Instructor: Kelly Mara

This six-week fall program offers participants a weekly opportunity to build self-awareness, emotional intelligence, and mindfulness through yoga, meditation, journaling, and creative art projects. Each week focuses on a different theme—such as Grounding & Self-Awareness, Emotions & Energy, Strength & Resilience, and Confidence & Gratitude—giving students practical strategies to manage stress, regulate emotions, and grow in self-confidence. Through guided meditations and mindful movement, participants will learn calming techniques to ease anxiety and improve focus. Supported by games, vision boards, and reflection activities, this program creates a fun, safe, and encouraging space for children to explore their feelings and develop lifelong well-being skills.

KYOG, 6 Thursdays, 3:00-4:00 pm. Begins September 18, Diamond Middle School, \$100.

Improv for Middle School Students – In-Person

Instructor: Shiyabade Animashaun

An exploration of improv games, acting, and activities to expand social skills, teamwork and more! Students will increase their decisiveness and communication skills, sharpen awareness and listening skills, and increase their ability to react well to surprises and overcome the fear of failure. This beginner to intermediate workshop is great for those with no or little improv or acting background. Improvisors will end the sessions with a performance for family and friends!

KIFM, 8 Mondays, 4:00-5:30 pm. Begins September 8, Lexington High School, \$200.

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 Saturday, 9:00 am - 1:00 pm. Meets November 15, 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.

K CPR, 1 Saturday, 9:00 am - 1:00 pm. Meets October 25, Lexington High School, Room 164, \$140.

Public Speaking Tricks and Tools (Grades 9 & 10) – In-Person

Instructor: Mamata Banerjee

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. You will share innovative ideas and unique stories they may have and boost their approach with public speaking skills. We will team up randomly to learn to develop the skills to be a team builder no matter what the situation or grouping. 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, 12 Thursdays, 4:15-5:15 pm. Begins September 11, Lexington High School, Black Box, \$145.

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, 2 Tuesdays, 4:00 -5:00 pm. Begins October 7, Lexington High School, Room 167, \$50.

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 Thursdays, 3:00-5:00 pm. Begins September 18, 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.

KET2, For Grades 2-5: 2 Saturdays, 10:00-11:00 am. Begins September 20, Zoom, \$50.

KET6, For Grades 6-9: 2 Saturdays, 10:00-11:00 am. Begins October 25, Zoom, \$50.

NEW An Introduction to 3D Printing for Kids – In-Person

Instructor: INNOADDI Teaching Staff

Unlock your child's creativity with our fun and educational 3D Printing & Design Class! Perfect for curious young minds, our kids' program (ages 6–15) teaches students how to design, customize, and print their own models—like name tags, toys, phone stands, cookie cutters, cars and more. Through hands-on learning, children explore real-world problem solving, spatial thinking, logical thinking, and digital design skills using kid-friendly tools like Tinkercad. Whether they dream of becoming engineers, artists, or inventors, this class inspires imagination and confidence. With kid-friendly software and expert guidance, every class is engaging, educational, and full of discovery. Our safe, supportive environment ensures every child feels proud of what they create—and they'll bring home their own 3D-printed projects!


K3DP, 8 Saturdays, 9:00 - 10:30 am. Begins September 13, Lexington High School, Room 255, \$360.



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

Mandarin Immersion Program (Grades K-5) – In-Person

*Instructor: New Legacy Cultural Center
Instructors*

 The Mandarin Immersion Program during weekdays is designed to provide students with a language-rich, immersive environment that strengthens their Chinese listening, speaking, reading, and writing skills through a variety of engaging instructional activities. A single weekly Chinese class is often not enough to meet students' growing needs for language input and practice. The weekday program serves as an effective supplement that reinforces core learning, supports steady progress, and helps students build consistent study habits. This program is open to all students who wish to enhance their Chinese language skills. We encourage students to enroll in one to two midweek sessions per week to create a steady and effective learning rhythm. As daily content is non-repetitive, attending multiple sessions per week can significantly improve outcomes and accelerate language acquisition. Each session consists of two main components: Homework Support and Thematic Language Activities and Skills Development. Chinese is a language that thrives on consistent exposure and practice. Our Weekday Immersion Program provides a highly effective way for students to build confidence and fluency in a warm, encouraging environment. We warmly welcome all students who love Chinese to join us—learn with joy, and speak with confidence. *Please note: If you are registering for a Friday class, you must also register for the transition block at that school. Friday courses are only open to students at the listed school.*

KBOW, 14 Mondays, 3:30-5:30 pm. Begins September 8, Bowman School, \$530.

KBOT, 12 Thursdays, 3:30-5:30 pm. Begins September 4, Bowman School, \$455.

KBRI, 14 Mondays, 3:30-5:30 pm. Begins September 8 Bridge School, \$530.

KBRT, 12 Thursdays, 3:30-5:30 pm, Begins September 4, Bridge School, \$455.

KEST, 14 Tuesdays, 3:30-5:30 pm. Begins September 2, Estabrook School, \$530.

KESA, 12 Thursdays, 3:30-5:30 pm, Begins September 4, Estabrook School, \$455.

KFIS, 15 Wednesdays, 3:30-5:30 pm, Begins September 3, Fiske School, \$565.

KFIF, 15 Fridays, 1:30-4:00 pm. Begins September 5, Fiske School, \$695.

KFIT (Transition Block), 15 Fridays, 12:30-1:30 pm. Begins September 5, Fiske School, \$295.

KHAS, 15 Fridays, 1:30-4:00 pm. Begins September 5, Hastings School, \$695.

KHFR, 15 Fridays, 4:00-5:30 pm. Begins September 5, Hastings School, \$405.

KHST (Transition Block), 15 Fridays, 12:30-1:30 pm. Begins September 5, Hastings School, \$295.

KHAT, 14 Tuesdays, 3:30-5:30 pm. Begins September 2, Hastings School, \$530.

KHAW, 15 Wednesdays, 3:30-5:30 pm. Begins September 3, Hastings School, \$565.

KHAR, 15 Fridays, 4:00-5:30 pm. Begins September 5, Harrington School, \$405.


KHAH, 12 Thursdays, 3:30-5:30 pm. Begins September 4, Harrington School, \$455.

KHAF, 15 Fridays, 1:30-4:00 pm. Begins September 5, Harrington School, \$565.

KHTR (Transition Block), 15 Fridays, 12:30-1:30 pm. Begins September 5, Harrington School, \$295.

STEAM FUN! – In-Person

*Instructor: New Legacy Cultural Center
Instructors*

 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! 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. 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! *This class is open to students from all Lexington elementary schools.*

KSTF, 15 Fridays, 4:00-5:30 pm. Begins September 5, Fiske School, \$1145.

2025 Fall NLCC/LCE Weekend Classes

Pre-K Mandarin Starters (Ages 4-6) – In-Person

*Instructor: New Legacy Cultural Center
Instructors*

 This class is designed for pre-kindergarten children ages 4–6 to begin learning Mandarin in a fun, engaging, and immersive environment. Through songs, poems, movement games, storytelling, arts and crafts, and hands-on activities, young learners are introduced to everyday Mandarin vocabulary, basic sentence patterns, and simple conversational skills. Our experienced teachers use age-appropriate, play-based methods to help children develop listening and speaking skills naturally, while building confidence and interest in the language. The class emphasizes participation, routine, and joyful exploration, laying a strong foundation for future Chinese learning. No prior Mandarin experience is needed. This is a perfect first step for young children to start understanding and enjoying Chinese language and culture in a supportive, interactive classroom.


KMAS, 19 Saturdays, 10:40 am-12:10 pm. Begins September 6, Lexington High School, \$425.



Mandarin language classes for kids are now also offered at LHS on Saturdays!

Mandarin Beginners (Grades K–2) – In-Person


Instructor: New Legacy Cultural Center Instructors

 This introductory Mandarin course is specially designed for young beginners in Kindergarten through Grade 2 who have little to no prior exposure to the language. Using the *Easy Steps to Chinese for Kids* textbook and workbook, students will build a strong foundation in listening and speaking through fun, interactive, and immersive activities. Led by an experienced and engaging teacher, the class incorporates songs, games, role play, and storytelling to help students absorb new vocabulary and sentence patterns in a playful, stress-free environment. The course focuses on everyday topics such as greetings, numbers, colors, family, animals, and basic classroom language. **Prerequisite:** Children in K–G2 with no or minimal Mandarin background.

KWBG, 19 Saturdays, 9:00-10:30 am. Begins September 6, Lexington High School, \$425.

Mandarin Taster Class (Grades 3–5) – In-Person

Instructor: New Legacy Cultural Center Instructors


 This introductory Mandarin “taster” class is designed for curious and motivated students in Grades 3–5 who are interested in Chinese language and culture, but have little or no prior exposure. Whether they’re considering Mandarin as a future middle school subject or simply exploring a new language, this course offers a fun and low-pressure environment to experience what learning Mandarin is like. Using *Easy Steps to Chinese for Kids* as the main resource,

students will learn basic vocabulary and everyday expressions while developing listening and speaking skills through interactive, hands-on activities. Cultural themes such as Chinese festivals, food, calligraphy, and traditional stories are also introduced to spark interest and deepen cultural understanding. **Prerequisite:** Grades 3–5 with no or very limited Mandarin background, especially those curious about learning Mandarin in the future.

KMTA, 19 Saturdays, 10:40 am-12:10 pm. Begins September 6, Lexington High School, \$425.

Mandarin Ma Li Ping Chinese Curriculum – In-Person

Instructor: New Legacy Cultural Center Instructors

 This course series is designed for heritage Chinese students who speak and understand Mandarin to begin with, but need structured support to develop reading, writing and all aspects skills. Using the well-established and widely adopted *Ma Li Ping* (MLP) curriculum—trusted by many schools and highly regarded by parents—students advance systematically from Level 1 to higher levels, with each level building on the last. Upon completion of higher levels, students are well-prepared to transition into AP Chinese coursework. Our experienced MLP teaching team understands the unique needs of heritage learners and creates a supportive, engaging classroom environment. Through consistent annual progression, students develop strong literacy skills, reading comprehension, and writing proficiency, laying a solid foundation for long-term academic success in Chinese language studies.

KMLP, (Level 1), 33 Saturdays, 9:00-10:30 am. Begins September 6, Lexington High School, \$695.


KM2P, (Level 2), 33 Saturdays, 9:00-10:30 am. Begins September 6, Lexington High School, \$695.

KM3P, (Level 3), 33 Saturdays, 10:40 am-12:10 pm. Begins September 6, Lexington High School, \$695.

KM4P, (Level 4), 33 Saturdays, 9:00-10:30 am. Begins September 6, Lexington High School, \$695.

MeiZhou Chinese Curriculum – In-Person

Instructor: New Legacy Cultural Center Instructors

 The MeiZhou Chinese series is a comprehensive and engaging Mandarin language textbook widely used in many states and highly recommended by Mandarin teaching professionals. This curriculum features Level K to high levels, thoughtfully designed to guide heritage and non-heritage students from foundational language skills to advanced proficiency—with a clear pathway toward AP Chinese, if desired. The curriculum’s fun, interactive, and student-centered instructional design ensures that students remain actively engaged while building core competencies in listening, speaking, reading, and writing. Through a variety of learning activities—such as storytelling, vocabulary practice, reading comprehension, writing exercises, group discussion, and project-based tasks—students develop both fluency and cultural understanding in a natural and enjoyable way. This curriculum is ideal for students who thrive in an engaging learning environment and are seeking a long-term, structured path to Chinese language mastery.

KMZC, (Level K), 33 Saturdays, 10:40 am-12:10 pm. Begins September 6, Lexington High School, \$695.


KMZ1, (Level 1), 33 Saturdays, 10:40 am-12:10 pm. Begins September 6, Lexington High School, \$695.

KMZ2, (Level 2), 33 Saturdays, 9:00-10:30 am. Begins September 6, Lexington High School, \$695.

KMZ3, (Level 3), 33 Saturdays, 9:00-10:30 am. Begins September 6, Lexington High School, \$695.

Mandarin Pinyin Intensive Class (Grades 1-4) – In-Person


Instructor: New Legacy Cultural Center Instructors

 This intensive course is designed to build a strong foundation in Mandarin Chinese pronunciation through systematic and immersive instruction in Pinyin. Students will learn to accurately recognize, pronounce, and spell all Mandarin initials, finals, and tones. Engaging activities including songs, games, rhymes, and short reading passages will help reinforce learning in a fun, age-appropriate format. This class is ideal for heritage learners who speak but have not learned to read or write Pinyin. **Prerequisites:** Grade 1 and above students who can speak and understand Mandarin.

KMPI, 19 Saturdays, 10:40 am-12:10 pm. Begins September 6, Lexington High School, \$425.

NEW Chinese Calligraphy for Kids – In-Person

Instructor: New Legacy Cultural Center Instructors

 This course introduces children to the art and tradition of Chinese calligraphy, helping them explore Chinese characters through writing brush, ink, and movement. Students will learn the basic strokes, structure, and writing techniques, while also gaining an appreciation for the cultural significance and beauty of Chinese writing. We provide students with the option of traditional Chinese calligraphy using writing brushes and ink, and hard-tipped Chinese calligraphy using pencils. In addition to hands-on practice, students will complete fun projects, such as writing their names, seasonal greetings, and simple poems. This class nurtures fine motor skills, concentration, and cultural appreciation, making it a meaningful and creative addition to any young learner's Chinese language journey.

KCAL, 19 Saturdays, 9:00-10:30 am. Begins September 6, Lexington High School, \$425.



BASIC CUPCAKE DECORATING WITH BUTTERCREAM


with Ploy Khunisorn, p. 24



Drumming for All on Saturdays, see below.

NEW Mandarin Melodies: Children's Singing Class – In-Person


Instructor: New Legacy Cultural Center Instructors

 Mandarin Melodies is a joyful and engaging singing class for children who love music and want to explore the beauty of Chinese language through song! This class helps young learners build vocal skills, confidence, and cultural connection in a supportive group setting. Led by a professionally trained vocal instructor with a background in choral conducting and music education, students will learn foundational singing techniques including pitch, breath control, tone, and rhythm. Children will sing songs in both Chinese and English, with an emphasis on bilingual music, expressive singing, and fun musical activities. Whether your child is new to singing or has prior experience, Mandarin Melodies offers a warm and creative space to develop their voice and love for music.

KMEL, 19 Saturdays, 10:40 am-12:10 pm. Begins September 6, Lexington High School, \$395.

Beginner Guzheng for Children (Grades 2-5) – In-Person

Instructor: New Legacy Cultural Center Instructors

 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.

KGUZ, 19 Saturdays, 10:40-11:40 am. Begins September 6, Lexington High School, \$685.



MASTERING THE I CHING FOR PERSONAL TRANSFORMATION

with Lei Jia, p. 29

Drumming for All – In-Person


Instructor: New Legacy Cultural Center Instructors

 Open to students in Grade 3 and above, including adults, this class offers 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.

KDRU, 19 Saturdays, 9:30-10:30 am. Begins September 6, Lexington High School, \$685.

NEW **Aerobic Dance for Adults – In-Person**


Instructor: New Legacy Cultural Center Instructors

 Stay active and energized with Aerobic Dance, a music-driven workout designed for adults of all ages and fitness levels. This class blends easy-to-follow dance routines with aerobic movement to support cardiovascular health, coordination, and overall well-being. No dance experience is required—just a willingness to move at your own pace in a supportive environment. The class is led by an experienced instructor who started dancing from a young age and became a professional performer, later bringing her passion for teaching to the U.S., with classes in the Boston area. With years of experience performing in theaters, her true joy lies in helping others discover confidence, strength, and joy through movement. She believes that dance uplifts the body and spirit—and brings out the best in everyone.

EADA, 19 Saturdays, 9:30-10:30 am. Begins September 6, Lexington High School, \$305.

NEW **Rhythm of the Body – Belly Dancing – In-Person**

Instructor: New Legacy Cultural Center Instructors

 Ignite your confidence and awaken your inner dancer in this vibrant, high-energy belly dance class designed for adults of all levels. Whether you're a complete beginner or have dance experience, this class offers a fun and empowering way to move your body, connect with rhythm, and build strength from the inside out. Each session blends flexibility training, core-toning isolations, graceful movements, and sizzling shimmies—all set to captivating Middle Eastern and world fusion music. You'll learn foundational belly dance techniques and fluid choreography while improving posture, coordination, and body awareness. More than just a workout, this is a celebration of movement, femininity, and self-expression. Come ready to sweat, smile, and shine—no prior experience needed!


EROB, 19 Saturdays, 10:40-11:40 am. Begins September 6, Lexington High School, \$365.



LCE is grateful for our year-round partnership with New Legacy Cultural Center! Pictured from left to right, Yingying Cui, Ting Fang from NLCC, and Jessica McGarvie, Craig Hall and Shirley Choy from LCE.

Tai Chi – Balance, Health, and Inner Peace – In-Person


Instructor: New Legacy Cultural Center Instructors

 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 expertise, the class focuses on the core principles of Tai Chi—mindfulness, breathing, and fluid motion—to promote physical and mental well-being.

ESCI, 19 Saturdays, 9:30-10:30 am. Begins September 6, Lexington High School, \$305.

Beginner Guzheng for Adults – In-Person

Instructor: New Legacy Cultural Center Instructors

 This class is perfect for adults with no/little 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.

MBGA, 19 Saturdays, 9:30-10:30 am. Begins September 6, Lexington High School, Room 148, \$685.

Beginner Erhu for Adults – In-Person

Instructor: New Legacy Cultural Center Instructors

 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.

MEHA, 19 Saturdays, 10:40-11:40 am. Begins September 6, Lexington High School, Room 148, \$685.



Children's Community Chorus with Angela Carpenter, page 12.

Self Supporting = Supported by You. Thank You!

Lexington Community Education (LCE) is a self-supporting program of the Lexington Public Schools—and more than that, it is a vibrant community of lifelong learners. Participants come together around smart, engaging topics and enjoy the blend of familiar faces and new friendships. Please consider ways to support LCE, listed below.

Take a class. Enrolling in a class is the most direct way to support Lexington Community Education. Our classes are at the heart of both our educational mission and the self-sustaining model that keeps our program running. By registering, you're not only enriching your own learning—you're also supporting our dedicated teaching staff. Classes run based on enrollment, and instructors are only compensated when courses meet minimum registration levels. Your participation truly makes a difference.

Teach a class. Have a passion or expertise you'd like to share? We're always looking for enthusiastic instructors with fresh ideas. To propose a course, visit our website at lexingtoncommunityed.org, click on ABOUT, then select SUBMIT A COURSE PROPOSAL. Simply fill out the form with your information and your course idea—we'd love to hear from you!

Register early. If a class or event catches your eye, don't wait—register as soon as possible! Early registration helps ensure your spot and allows our instructors time to prepare the best possible learning experience.

Consider Paying Full Tuition (If You're Eligible for a Discount). If you qualify for our discounted senior rate (age 65+), we kindly ask you to consider paying full tuition at checkout. Doing so helps us better support our teachers and programs, while keeping classes accessible for all.

Email Us. We love hearing from you! Let us know what you enjoy and what you'd like to see offered in the future. Your feedback helps us better serve your interests—and the broader Lexington learning community.

Like and Follow Us. Spreading the word is a big part of supporting Lexington Community Education. A simple "like" or "follow" on social media can be as impactful as a donation—helping others discover our offerings. Find us on Facebook, Twitter, and Instagram!

Purchase a Gift Certificate. Give the gift of learning! A Lexington Community Education gift certificate makes a thoughtful and meaningful present for any occasion. Contact us and we'll be happy to process your order and send the certificate promptly.

Bring a Friend. Learning is even better when shared. Invite friends or family to join you in a class—whether online or in person. Our Zoom classes let you connect and learn together from anywhere, while our in-person offerings bring us closer to the heart of our local community of learners.



Important Information

Online Program Platform

We have heard from many of you that online LCE classes are convenient and enjoyable enough to keep offering, in addition to in-person classes. Many of our classes will continue to take place over the Zoom online video conferencing platform. Login links will be emailed to students after registration and within 24 hours of the start of the class/program. Unless otherwise noted, the same link will be used for classes that meet for multiple sessions.

Instructor Bios

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

How to Register

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

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

Discounts and Scholarships

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

No-School Dates

There will be no classes on September 1, September 23, October 2, October 13, October 20, November 11, November 27-28, or December 24-25. 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 5% processing fee (\$10 minimum). 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 the LCE Office

The Lexington Community Education office and daytime classroom space is now located in the Fiske Elementary School, located at 55 Adams Street. From the Adams Street side of the school the LCE office entrance is located on the right hand side of the building. Park and walk along the firelane side of the building and look for signs indicating the LCE entrance. LCE staff will meet and greet students and help them locate their classroom. The LCE classroom is located in the modular portion of the building and is separated from the general school community. Please do not use the main Fiske School building entrance for LCE related activities.

Directions to Lexington High School

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

Directions to LexMedia Studios

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

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

Contact Info

Lexington Community Education
Fiske Elementary School
55 Adams Street
Lexington, Massachusetts 02420
Phone: 781.862.8043
Email: LCE@lexingtonma.org



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