

COMMUNITY EDUCATION

# Lexington



P  
the trees and the odd-shaped plants



SPRING/  
SUMMER  
2026

Step into a world where



## On Our Cover

“Future Dreams”

24”x36” – paper collage on canvas.

© Julianna Stockton. All rights reserved.

Julianna Stockton is a mixed media artist who combines paint, paper, and fiber in her ongoing attempts to find more joy & less stress in these hectic times. Working out of her home studio in Lexington, Julianna specializes in colorful abstract pieces that serve as centering reminders and sparks of joy, under the tagline “anti-anxiety art”. [antianxietyart.squarespace.com](http://antianxietyart.squarespace.com).

“Future Dreams” emerged organically through a loose, intuitive creative process. Beginning at the bottom of the canvas with a cluster of city buildings, Julianna layered in more tree & leaf organic forms as a story emerged in her mind—of giant plants overtaking the smog and congestion of cities, reclaiming those pockets of industrial ‘progress’ in favor of nature. The eventual triumph of a wild, free, fantastical forest over modern industrialized society serves as a hopeful dream for Earth’s future. More of her work can be found at [antianxietyart.squarespace.com](http://antianxietyart.squarespace.com) and on Instagram @antianxietyart.

As with our spring catalog cover art “Future Dreams,” life can be seen as a collage of sorts - a continued compiling and discarding of dreams containing colors, interests, and loves. Some of these life accents arrive after searching while others just appear. Some are invited and once near, appear different than first imagined. Some grow with us over time. Some are outgrown or grow away from us. Still, others are eventually re-integrated and re-imagined with new intention and understanding. Some point to paths that are pre-paved but most have still yet to be mapped in waking life by the dreamer. As years pass we measure, keep, or discard dreams differently but no matter where we have been, future dreams and forward motion are essential. I’m confident that within this springing of courses and events, some element of a future dream is contained and has been created here for you. I like to imagine that each of the pages ahead carry an invitation for flourishing opportunities to give and to gain the shared experience of the goodness of life and learning. It has been said that “hope springs eternal” and I hope to see you at some of our spring classes and events!

— Craig Hall, *Director*

### LCE Online

Complete course descriptions, class status, and registration information can be found online at [www.lexingtoncommunityed.org](http://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

**Clerk:** Kathleen Lenihan

**Vice-Chair:** 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 Courses for Children are for specific ages. LCE provides an extensive summer children’s program called Explorations which offers classes for creative and academic enrichment.

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Catalog Design: Pehlke Design

## Lexington Community Education presents

### “Ken Wax IS Magic” – A Sleight of Hand Magic Show for All Ages!

WITH KEN WAX

Sunday, March 29, 2026 • 3:00-4:00 pm • Follen Church, 755 Massachusetts Ave, Lexington MA • \$25 per family • **SMIM**



Join us for an unforgettable afternoon of magic and fun! Sleight-of-hand magician Ken Wax will amaze and delight audiences of all ages with mind-bending tricks, fast hands, and plenty of surprises. This interactive family event is perfect for kids and grown-ups alike.

**Ken Wax** has been performing and teaching sleight-of-hand magic since he was in his twenties. He has entertained at Faneuil Hall, at

Children’s Hospital, and at hundreds of events large and small in the Greater Boston area. Ken has been featured in *The Boston Globe*, and the *Society of American Magicians* voted him “Best of Boston” in 2015.

### Acoustic Sound & Vocal Alchemy Workshop

WITH CHAR WILLINGHAM

Saturday, April 11, 2026 • 6:00-7:00 pm • Follen Church, 755 Massachusetts Ave, Lexington MA • \$20 • **SASV**



Using the vibrational intonation of sound as a modality of wellbeing is one of many holistic approaches to balancing the whole body. The oscillations in sound and music can stimulate and send calming waves through the nervous system, cells, tissues, and organs—while simultaneously balancing and inspiring harmony between the body, mind, and spirit. The beautiful tones produced by singing bowls

invite a heightened state of consciousness while invoking a deep state of relaxation as the listener/observer transitions into a mindful state, similar to meditating.

**Char Willingham** is a certified E-RYT 500, RPYT, and YACEP yoga and meditation teacher, and a sound healing practitioner with over a decade of professional experience. Her work integrates breath regulation, guided relaxation, and multi-instrument sound practices to support stress reduction, restorative awareness, and nervous system regulation. Char’s sessions complement wellness programming by providing structured, accessible experiences that promote relaxation, focus, and cognitive restoration.

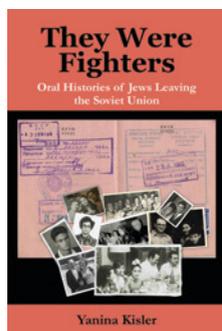
#### A Word of Thanks

To Angel Portella for breathing additional inspiration and effort into this spring catalog. From booking offsite space around town, to flooding mind-space and catalog pages with great new ideas and helping curate classes, these spring offerings are uniquely inspired thanks to your care and intelligence.

## They Were Fighters: Oral Histories of Jews Leaving the Soviet Union

WITH YANINA KISLER

Thursday, April 16, 2026 • 7:00-8:30 pm • Lexington High School Library Media Center • \$20 • **STWF**



How does one decide to abandon everything and start over? Around the world, people flee their homelands because of war, famine, natural disasters, etc. But it is much less common for people living stable lives to leave everything behind and move to an unknown land. Most Jews in the Soviet Union in the 1970s and 80s were well educated, had at least reasonable living conditions (by Soviet standards), and were established in their jobs. The only

thing they knew about life elsewhere was Soviet propaganda that depicted people starving and dying on the American streets. And yet more than 300 thousand of them walked away from everything they had worked for their whole lives and went into the unknown seeking something they could not have in the Soviet Union—a life in freedom. Based on interviews with over one hundred emigrants, this question, and the topic of this evening's presentation, is a study of human nature, resilience, and the pursuit of a better life.



**Yanina Kisler** was one of those people who emigrated from the Soviet Union and came to the United States. She earned degrees at Boston University and MIT and worked in her career as an electrical engineer. After retiring and losing both of her parents, she realized that the stories of those people who risked everything to start over would soon be lost to time. So, she interviewed more than 100 Jews who left the USSR to understand what their motivations were and document their stories before they are lost. Her book *They Were Fighters: Oral Histories of Jews Leaving the Soviet Union* masterfully chronicles those stories.

## Strange New England

WITH JEFF BELANGER

Friday, April 24, 2026 • 6:00-7:30 pm • Follen Church, 755 Massachusetts Ave, Lexington MA • \$10 • **SSNE**



Based on Jeff's latest book, *Wicked Strange: Your Guide to Ghosts, Monsters, Oddities, and Urban Legends from New England*, plus his

popular weekly podcast and his Emmy-nominated television series on PBS and Amazon Prime, this evening program presents highlights from his own adventures and work. For over 25 years, Jeff has been exploring the unexplained. He seeks out history, folklore, ghosts, monsters, and legends all over the world and in your backyard. *Wicked Strange New England* offers a story based tour of haunts, monsters, aliens, and weird history from our region. Drawing from a library of hundreds of legends, this program is different every time it's given. The bizarre is closer than you think!



**Jeff Belanger** is a storyteller, adventurer, journalist, and one of the most visible explorers of the unexplained today. The author of over a dozen books published in six languages, he is also the Emmy-nominated host, writer, and producer of the PBS and Amazon Prime series *New England Legends* and the weekly *New England Legends Podcast*. He's the writer and research for the *Ghost Adventures* series, and he's been a guest on hundreds of television and radio networks and programs, including History, Travel Channel, Biography Channel, PBS, CBS Sunday Morning, NPR, BBC, and Coast to Coast AM.

### 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](mailto:lce@lexingtonma.org) for more information.**



LCE is proud to partner with Maxima Book Center in Lexington.  
[www.maximacenter.com](http://www.maximacenter.com)

## Life Lessons From A Near Death Experience

WITH KATHLEEN DALE

Sunday, April 26, 2026 3:00-4:15 pm • Follen Church, 755 Massachusetts Ave, Lexington MA • Free, but pre-registration is recommended • **SNDE**



Join us for a lively conversation about near death experiences with Kathleen Dale. Kathleen returned from a NDE in her early thirties to a renewed understanding of life as a purposeful experience of caring and sharing with others. She will recount

the “clinical death” event she underwent while in a hospital emergency room and some of the many ways the experience was motivating and life-affirming. Through the recounting of her experience she will share her deepened conviction that there’s much more to living than meets the eye, and that based on her NDE vision/experience life can be even more deeply appreciated as a beautiful and mysterious gift.



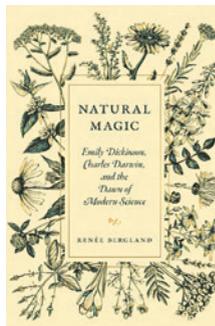
**Kathleen Dale** is a Creative Change Consultant, Conflict ReSoulution Conductor, Life Enhancement Facilitator, and clinical death experimenter who loves assisting people with finding the best in themselves when life’s unavoidable changes come to call. She

holds academic degrees in Psychology and Sociology, has advanced certifications in Communication Studies, Conflict Resolution, and Grief and Loss Processing, as well as multiple perspectives regarding spiritual awakening.

## Natural Magic: Emily Dickinson, Charles Darwin, and the Dawn of Modern Science

WITH RENÉE BERGLAND

Thursday, April 30, 2026 • 7:00-8:30 pm • Follen Church, 755 Massachusetts Ave, Lexington MA • \$20 • **SEDC**



Emily Dickinson and Charles Darwin were born at a time when the science of studying the natural world was known as natural philosophy, a pastime for poets, priests, and schoolgirls. The world began to change in the 1830s, while Darwin was a young naturalist aboard the *Beagle* and Dickinson was a student in Amherst, Massachusetts. Poetry and science started to grow apart, and modern thinkers challenged the old orthodoxies, offering thrilling new perspectives that suddenly

felt radical—and too dangerous for women. In her book *Natural Magic*, Bergland intertwines the stories of these two luminary nineteenth-century minds whose thought and writings captured the awesome possibilities of the new sciences and at the same time strove to preserve the magic of nature. Just as Darwin’s work was informed by his roots in natural philosophy and his belief in the interconnectedness of all life, Dickinson’s poetry was shaped by her education in botany, astronomy, and chemistry, and by her fascination with the enchanting possibilities of Darwinian science. Casting their two very different careers in an entirely fresh light, Renée Bergland brings to life a time when ideas about science were rapidly evolving, reshaped by poets, scientists, philosophers, and theologians alike. She paints a colorful portrait of a remarkable century that transformed how we see the natural world. Today, more than ever, we need to reclaim their shared sense of ecological wonder.



**Renée Bergland** is the Program Director of Literature and Writing at Simmons College and is a literary critic and a historian of science who is passionately interested in the nuts and bolts of writing craft. Her earlier books are *Maria Mitchell* and *the Sexing of*

*Science: An Astronomer Among the American Romantics* and *The National Uncanny: Indian Ghosts and American Subjects*. With Gary Williams, she edited *Philosophies of Sex: Critical Essays on The Hermaphrodite*. She has published articles, essays, and reviews for general readers in *The New York Times*, *The Washington Post*, *The Los Angeles Times*, *Nautilus*, and *The Boston Globe*.

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



## The Jack Wilkins Legacy Band

LED BY SHERYL BAILEY & FEATURING GUITARISTS AMAURY CABRAL JORGE, DIEGO URENA SANTANA, BAILEY ERHGOTT, AND ERIC WESLING, DRUMMER NEAL SMITH AND BASSIST KEALA KAUMEHEIWA

Saturday, May 2, 2026 • 7:00-8:30 pm • Scottish Rite Museum • 33 Marrett Road, Lexington, MA • \$25 • **SJWL**



Legendary jazz guitar virtuoso, **Jack Wilkins** (June 3, 1944 – May 5, 2023) was known for his flamboyant single note melodies, intricate and harmonically lush chord solos, and a modern vocabulary that encompassed bebop, post-bop, and beyond. In addition to his recordings as a leader, he also worked with:

Buddy Rich, Jack DeJohnette, Eddie Gomez, Bob Brookmeyer, and Sarah Vaughn, among many other jazz legends. Jack was a major influence in jazz guitar, and was also a mentor to many, including jazz guitarist, **Sheryl Bailey**, now Assistant Chair of Guitar at Berklee College of Music. His impeccable technique, spirit of adventurousness, and NYC humor have touched all that knew his playing.



In honor of Jack's influence and legacy, **Sheryl Bailey** has cultivated the next generation of modern jazz guitarists: **Amaury Cabral Jorge**, **Diego Urena Santana**, **Bailey Erhgott**, and **Eric Wesling**, along with the powerful rhythm section of drummer **Neal Smith** and bassist **Keala Kaumeheiwa** to perform Jack's guitar ensemble arrangements from his "Five Guitars Play Mingus," project and his special guitar quintet arrangements of standards. Please join us for this special night to honor Jack's contribution to jazz, and to celebrate passing the torch to the next generation of jazz guitar greats.

## We Are Stardust: A Tribute to Joni Mitchell

WITH ARLEA FORBES-PRATER & QUINN EASTBURN

Friday, May 8, 2026 7:00-8:30 pm • Follen Church, 755 Massachusetts Ave, Lexington MA • \$20 • **STJM**



Join us in celebrating the unique artistry, lyrical and melodic brilliance, and wild spirit of one of music's pioneering storytellers, Joni Mitchell. Named "one of the greatest songwriters ever" by *Rolling Stone*, and described by *AllMusic* as "the most important and influential female recording artist of the late 20th century" the

influence and importance of her contributions to the dichotomy of American popular music as high art stands alone. This heartfelt and intimate acoustic tribute will highlight the "singing poet's" vulnerability, and soaring melodies.



**Arlea Forbes-Prater** is a violinist and Americana folk guitarist/singer from Seattle Washington. She began playing classical violin at a young age, but quickly adopted other genres of music into her repertoire, such as Bluegrass, Celtic, and Swing. She placed first in the swing division of the National Old-Time Fiddle Contest, and has won and placed in numerous violin competitions. She also performs frequently as a solo act, playing original music as well as covers from artists such as Joni Mitchell, Phil Ochs, and Gordon Lightfoot. She is currently attending Berklee College of Music for a degree in Performance.



**Quinn Eastburn** is a multi-instrumentalist, bluegrass musician and teacher from the Boston area. He started playing at age 4 and was soon fronting a band, performing at festivals and on many stages including Club Passim, the Stadium Theatre and the Boston Esplanade (92.9 Earthfest). He has soloed with orchestras and performed with many notable musicians including Rick Faris, Darol Anger, Martin Sexton, Alastair Moock and Tony Watt. For several years, Quinn has been privately teaching music to people of all ages and leading a group class on theory and sight singing for adults. He is currently a student at the Berklee College of Music majoring in Music Production and Engineering.



The LCE Office has moved to Fiske Elementary School!

## Architecture Beyond Buildings: A Human Centered Approach to Design

WITH JULIAN K. PHILLIPS, ASSOC. AIA

Thursday, May 14, 2026 • 7:00-8:30 pm • Lexington High School •  
Library Media Center • \$20 • **SABB**



When we think of architecture, we often picture skylines, historic landmarks, or beautifully designed homes. But architecture is about far more than buildings. It's about the people. This talk introduces the principles of human centered design in a way that is engaging and accessible to everyone, not just architects. Together, we will explore how spaces shape behavior, movement, and connection, from the way a plaza invites conversation to how a stopped highway encourages community life. Through everyday examples and stories, we will look at how thoughtful design can support belonging, well being, and shared experience. What makes one public space feel welcoming and another feel uncomfortable? Why do some streets feel vibrant while others feel empty? And how can communities influence the spaces they inhabit? Whether you are curious about cities, community engagement, or simply why certain places feel right, this talk will offer new ways of seeing the built environment and your place within it.

**Julian K. Phillips** holds a Master of Architecture from the Massachusetts College of Art and Design (MassArt), where he received the Academic and Community Leadership in Architecture Award. He is currently a Historical Architect with the National Park Service for the NorthEast Region (Maine to Virginia). Prior to joining the National Park Service, Julian contributed locally to major preservation and adaptive reuse projects, including Arlington Street Church, the Blackstone Steam Plant at Harvard University, Amesbury Public Library, and the Moderna Forbes Hill Mansion. Julian is a Visiting Lecturer at MassArt, where he teaches a graduate level urban design seminar studio, created the Community Design/Build course for Artward Bound, and serves on the Alumni Leadership Council. He is an active civic leader and currently serves on the Board of Directors for the Boston Society for Architecture (BSA/AIA), Legacy Fund for Boston, SPOKE (formerly Medicine Wheel Productions), and is board co-chair for the Boston Art Review. Across his professional, academic, and board service roles, Julian actively engages in local education, arts/cultural programs, and citywide/national preservation initiatives. In recognition of this work, he was selected as a 2025 Scholar of the National Trust for Historic Preservation.

## The Wicked Pickers

WITH SARAH FRIEDMAN (LEAD VOCALS); BILL MORRIS (GUITAR); PAUL GREEN (BASS & VOCALS); GORDON HILL (VIOLIN); GEORGE O'CONNOR (MANDOLIN & VOCALS)

Friday, May 22, 2026 6:00-7:30 pm • Follen Church, 755  
Massachusetts Ave, Lexington MA • \$20 • **SSWP**



The Wicked Pickers provide a masterful blend of acoustic folk, jazz, Celtic, Latin, blues, R&B and soul, with bluegrass instrumentation and even some hints of classical and funk. A

Boston-area band crafting a hot original acoustic mosaic, The Pickers are genre-fluid, so expect a hot musical mixture of mostly original bluegrass/Americana, folk, pop, and soul, plus jazz instrumentals and foot-stomping fiddle jigs, with harmony vocals mixed in. The group has performed in venues as diverse as the Center for the Arts in Arlington, the Derry Opera House, and La Palazzina in Tuscany, Italy! This evening's concert will be thought-provoking, joy-stoking - and you'll certainly come away a Pickers fan!

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

THE FIVEASH LEGACY LECTURE

## The Odyssey: A Two-Person Play

WITH POORNIMA KIRBY & STEPHEN COLLINS

Sunday, May 24, 2026 • 3:00-4:30 pm • Follen Church, 755  
Massachusetts Ave, Lexington MA • \$20 • **STOD**

*What is the cost of our choices? Can love sustain across time, war, and distance? Can you ever really find your way home?*

Join actors Stephen Collins and Poornima Kirby as they take on this three-thousand-year-old epic about the adventures of a wily and complicated traveler. This two-person, one-hour adaptation draws from multiple translations, punctuated with poetry and sea-chanties to connect this age-old epic to our modern time. Told as a marital squabble between Odysseus and his wife, Penelope, the story weaves through Odysseus' travels and to his arrival in Ithaca to face the fall-out of his absence, and find out if he can really come home. With Stephen Collins as the funny, damaged, scheming Odysseus and Poornima flowing nimbly between Penelope, Calypso, Circe, the Cyclops and many more characters - this artistic, playful, searching adaptation explores the universal human needs that run through this ancient poem - from the desire to belong to the hunger for vengeance to the hope of a second chance.



**Stephen Collins** is an accomplished actor and literature professor, with over 20 years experience performing solo theatre pieces and literature lectures across New England. Originally from Cambridge, Ma, Stephen studied English at UMass Boston and

pursued a career in sales, before returning to what he truly loves; performing and teaching. His solo shows include presentations on the life and writings of Herman Melville, Walt Whitman, William Shakespeare, Robert Frost, the theater of the 40s and 50s, Irish Poets and more. His work with actress Poornima Kirby through New Muse Productions has reconnected him to the joy of collaborative theater. <http://unlaunchedvoices.com/>



**Poornima Kirby** is a classically trained actress, writer and director, based in Boston, Ma, specializing in classical and poetic texts, as well as co-created theater. She studied drama at Vassar College, and trained in acting and Shakespeare performance

at Shakespeare & Co. and London Academy of Music and Dramatic Arts. She has performed regionally at the A.R.T., Actors Shakespeare Project, Wellfleet Harbor Actors Theater, and Bay Colony Shakespeare. She has also appeared in several independent films, commercials, industrials and voice-overs, and has worked as a teaching artist in the Boston Public Schools, Tufts Medical Center and Berklee College of Music. She is Artistic Director for Theatre of Eternal Values – America (a branch of an Italy-based international company) where she has written, directed and performed in several original productions. With New Muse, she has scripted or adapted three productions in which she also performs—sometimes playing 18 characters in a single one-hour performance. [www.PoornimaKirby.com](http://www.PoornimaKirby.com).

## Revolutionary War Patriots of Color and the Northeast

WITH BENJAMIN REMILLARD

Sunday, June 7, 2026 3:30-4:30 pm • Follen Church, 755  
Massachusetts Ave, Lexington MA • \$20 • **SRWP**



As we celebrate the nation's 250th anniversary it is important to consider the diverse peoples and communities that contributed to the Revolutionary cause. Dr. Benjamin Remillard will discuss the role of New England's people of color in the Revolution, what drew them to the Patriot or Loyalist causes, as well as what life was like for them and their communities after the war as the new nation

struggled to find its footing.

**Benjamin Remillard** is a Visiting Assistant Professor in the Department of History and Classics at Providence College. He recently received his Ph.D. in History from the University of New Hampshire and his current book project, *Friends, Brothers, and Citizens: The Revolutionary War Veterans of Color Who Shaped the Early Republic*, explores the lives of the Revolution's veterans and non-veteran Patriots of color who lived across the Northeast during the early American republic.

ORGANIZED BY LCE IN PARTNERSHIP WITH NEW LEGACY  
CULTURAL CENTER

## Traditional Chinese Medicine for Everyday Health

WITH WEN TIAN

Saturday, April 11, 2026 • 9:15-10:30 am • Lexington High School,  
Room 229, Free but pre-registration is required. • **ACTM**



Join us for a free wellness lecture introducing practical approaches from Traditional Chinese Medicine (TCM) to help you maintain a healthy, balanced body in daily life. In this session, you will learn: Practical methods to support daily wellness and energy; How to maintain health through proper diet; daily activities, and exercise; How to prevent common discomforts and improve body balance through movement, nutrition, and self-care, and how to relieve common aches and pains (neck, shoulders, back, knees, etc.) through simple self-massage techniques. This lecture is suitable for adults of all ages and fitness levels. No prior experience with Traditional Chinese Medicine is required. The content is easy to follow and focuses on techniques you can practice at home.

# Around Town

CARY LECTURE SERIES PRESENTS

## **Not Born a Democracy: Preconditions for a Constitutional Republic With Matha Minow**

**April 11, 2026, 8:00 pm**

Recent experience has shaken our faith in the solidity of our democratic institutions and in the Constitution itself. We've discovered that critical pre-conditions for effective self-government have turned out to be weak or missing in action, and right now our constitutional system can even stand in the way of making necessary changes. This talk will focus on several of the preconditions that stand in jeopardy: education; reliable news; security against lethal violence; and reciprocity—that is, confidence in our economic and political institutions. Currently, basic rights can't be taken for granted. Why are these preconditions absent, and what are promising ways to invest (or re-invest) in them?

Professor **Martha Minow** has taught at Harvard Law School since 1981 and served as Dean from 2009-2017. She's an expert on constitutional law and human rights who continues to serve on many boards and commissions, earned countless honors, and has written nine books, with a tenth in progress. Her most recent book is *Saving the News: Why the Constitution Calls for Government Action to Preserve the Freedom of Speech* (2021). Her other books include *When Should Law Forgive?* (2019), *Between Vengeance*

and *Forgiveness: History after Genocide and Mass Violence* (1998), and *Making All the Difference: Inclusion, Exclusion, and American Law* (1990). Professor Minow chairs the board of Massachusetts public media (GBH) and serves on the board of other philanthropies, including the Carnegie Corporation and the SCE Foundation. Minow previously served on the Center for Strategic and International Studies Commission on Countering Violent Extremism and on the Independent International Commission Kosovo. She helped to launch *Imagine Co-existence*, a program of the U.N. High Commissioner for Refugees, to promote peaceful development in post-conflict societies. She has led commissions in many other areas. Her many honors include the Ruth Bader Ginsburg Lifetime Achievement Award (American Association of Law Schools, 2024) and ten honorary degrees in three countries. She holds the 300th Anniversary University Professorship at Harvard.

## **The Future of Investigative Journalism in an Evolving Media Landscape**

**With Raney Aronson-Rath**

**May 2, 2026, 8:00 pm**

At the helm of PBS' investigative documentary series FRONTLINE, Raney Aronson-Rath has overseen the production of hard-hitting investigations into everything from the global COVID-19 pandemic, to the powerful influences shaping American politics, to local news stories impacting America's communities.

She has broadened FRONTLINE's reach by expanding the series' reporting capacity, increasing its digital footprint, leading an initiative to bolster local journalism, and spearheading FRONTLINE's expansion into theatrical documentaries with cinematic films like *20 Days in Mariupol*, winner of the 2024 Academy Award for Best Documentary. Yet few independent news outlets like FRONTLINE remain—and amid the proliferation of misinformation, Americans are having a harder time trusting what they see. Using clips from FRONTLINE, Aronson-Rath will discuss the future of journalism in an evolving media landscape, how she is connecting FRONTLINE's journalism with younger audiences, and the challenges she faces while running the acclaimed PBS series.

Longtime Lexington resident **Raney Aronson-Rath** has served as Editor-in-Chief and Executive Producer of PBS' FRONTLINE since 2015. During her tenure, the series has received numerous TV journalism awards.

**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!**

## **Family Folk Chorale & Follen Choirs with special guest Brett Dennen**

Sunday, May 3, 2026 • 4:00pm • Cary Hall, Lexington MA

Join The Family Folk Chorale to hear Multi-Grammy nominated artist Brett Dennen perform his music, backed by the FFC 100+ voice chorus and amazing band! Brett's music moves from sorrow to uplift, elicits hope & gratitude, and makes you wanna dance, with an array of energetic arcs perfect for a multi-generational celebration of music and

life. **The Family Folk Chorale** seeks to inspire community, compassion and discovery through music made together by families of all ages (3-80) performing meaningful, uplifting songs and creating a powerful connection between audience, singers, band and songwriters. Founded in 1999 with the belief that everyone can sing and that people of all ages singing together is powerful music, the arrangements by director Chris Eastburn provide opportunities to hear individual voices in solo and small groups as well as harmonically rich, full group refrains. Membership includes whole families as

well as individuals and is not audition-based. **For more information and tickets please visit: [www.familyfolkchorale.org](http://www.familyfolkchorale.org)**



*Instructor Wen Tian explores ancient ways for health and balance with traditional Chinese medicine, facing page.*

# Business and Career



LexMedia Production Classes, this page.

## **NEW** Managing Challenging Symptoms of Dementia

*Instructor: Camille Ciarametaro*

Those with dementia may express their needs through different actions that can threaten their own safety or the safety of others. Wandering, aggressiveness, hallucinations, sleeping or eating problems are unsettling, yet often common behaviors. That these behaviors can be the individual's way of communicating is foundational to understanding and inspiring positive responses. Many problems are made worse by a poor environment and the inability to deal with stress, and so it's important to learn how to make changes in the home environment and caring atmosphere to help. We will discuss all of this and many other ways to take care of yourself and get support for both your well-being and the quality of life for your loved one. Education regarding reasons and resources can enhance the ways we can gain an advantage in challenging circumstances.

**AVFD**, 1 Thursday, 6:30-8:00 pm. Meets May 28, Lexington High School, Room 225, \$25.



### **COURSES FOR CHILDREN**

pp. 34-38

## 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 the rewards of sharing and connecting with others 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 May 21, Lexington High School, Room 235, *Free, but pre-registration is required.*

## 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. <https://www.lexmedia.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 May 27, Lexington High School, Room 224, \$5.

*Our Financial Courses are not intended to substitute for individual financial counseling or advice. Neither LCE nor 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? Will they work under an advice-only model, or do they require ongoing fees? 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 April 22, Zoom, \$35.



*Camille Ciarametaro leads Managing Challenging Symptoms of Dementia (this page) and a Grief Workshop, page 25.*

## 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 will combine academic theory with practical solutions. Spreadsheet tools will be 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 May 6, Zoom, \$35.

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

*Instructor: Rebecca O'Brien*

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

**BWIL**, 1 Monday, 6:30-8:30 pm. Meets May 4, Lexington High School, Room 229, \$35.

## Understanding Medicare – Virtual

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

If you are close to age 65 or already on Medicare, this class is for you! The class is designed to fully enlighten you on how Medicare works and the different health care choices available to those age 65+. How are parts A, B, C and D integrated? What is Medicare Advantage? What are the pros and cons of HMO's, PPO's, and Medigap plans? Should I take Medicare if I am still employed? How do I avoid late sign up penalties? Does any part of Medicare cover long-term care expenses?

These questions and many more will be answered in this very important class.

**BMED**, 1 Wednesday, 7:00-9:00 pm. Meets April 8, Zoom, \$35.

## The Latest Long-Term Care Asset Protection Strategies – Virtual

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

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

**BLTP**, 1 Wednesday, 7:00-9:00 pm. Meets April 29, Zoom, \$35.

## **NEW** Create a Career Vision and Jumpstart Your Job Search – Virtual

*Instructor: Kristin Snyder*

Are you stuck in a job that's not a good fit, or in between jobs, and not sure what to look for next? This workshop will give you a jumpstart for your job search, helping you understand the obstacles that can make a search difficult, and then start addressing these by walking you through a "career vision" exercise. You will gain more confidence and clarity about what you want to pursue, and you'll create a written record of your goals and the details of your ideal job that you can refer back to throughout your job search. Led by an experienced career coach who will facilitate discussion, leading you to reach deeper insights into what you want from a job. Come prepared to think, write, and share some of your thoughts with the group. Leave ready to continue your job search with a fresh perspective.

**BCAC**, 1 Wednesday, 6:30-8:15 pm. Meets June 3, Zoom, \$40.

## 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 Tuesday, 7:00-8:00 pm. Meets April 7, Zoom, \$35.

**BDI2**, 1 Wednesday, 12:00-1:00 pm. Meets April 15, Zoom, \$35.

**BD3I**, 1 Tuesday, 7:00-8:00 pm. Meets May 5, Zoom, \$35.

## The Process of Buying A Home – Virtual

*Instructor: Jeremy Richman*

Thinking of buying your first home or your next home? Learn about each of the steps involved, including choosing a real estate agent, mortgage lender, and attorney, as well as crafting an offer and navigating a home inspection. The class will cover the various costs that you can anticipate, including buyer agent fees, inspection fees and closing costs. For those who already own a home, we will discuss the ins and outs of buying and selling at the same time. In addition, you'll receive valuable information about the local real estate market.

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

# Creative Arts

## The Process of Selling a Home – Virtual

Instructor: Jeremy Richman

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

**BSHO**, 1 Thursday, 6:30-9:00 pm. Meets May 7, Zoom, \$30/Seniors \$25.

## Social Security Planning for Couples – Virtual

Instructor: Matt Carron

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

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

**B2CS**, 1 Monday, 6:00-8:00 pm. Meets May 11, Zoom, \$40.

**B3CS**, 1 Tuesday, 6:00-8:00 pm. Meets June 2, Zoom, \$40.



*Bloom Into Spring: Floral Design Workshop with Laurie Grossman, page 22.*

*"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** Expressive Animals Watercolor Workshop – In-Person

Instructor: Angela Ackerman

Come join us for a fun Watercolor Workshop where we use looser transparent washes to capture the soul and expression of animals. Please bring in a photo (preferably printed out) of your favorite pet, or domestic/wild animal of your choice. Close-ups preferred. All levels welcome! A small supply list will be sent the week before the class.

**AEAW**, 1 Tuesday, 1:00-3:00 pm. Meets April 7, LCE Classroom at Fiske, \$45.



**MUSICAL INSTRUMENT LESSONS FOR EVERY AGE AND LEVEL**  
p. 28

## **NEW** Expressive Botanical Watercolor – In-Person

Instructor: Angela Ackerman

In this Botanical Watercolor Workshop we will learn how to draw and paint watercolor botanicals using wet on wet and wet on dry techniques. Students will experiment with texture and gradient color. Please bring in a favorite flower photo or a floral arrangement photo to work from. Students will leave with a finished watercolor painting. A small supply list will be sent the week before the class.

**AWBW**, 1 Tuesday, 1:00-3:00 pm. Meets April 28, 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



*Artist and educator Allison Caplin teaches Intro to Dot Mandala, facing page.*

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 Wednesdays, 10:00 am-12:00 pm. Begins April 8, LCE Classroom at Fiske or Zoom, \$175/Seniors \$160.

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

Instructor: Donna Calleja

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

**Spring: ADAA**, 8 Thursdays, 10:00 am-12:00 pm. Begins April 9, LCE Classroom at Fiske or Zoom, \$195/Seniors \$180.

**Summer: ADAA**, 6 Thursdays, 10:00 am-12:00 pm. Begins July 9, LCE Classroom at Fiske or Zoom, \$150/Seniors \$135.

**NEW Introduction to Dot Mandala**

*Instructor: Allison Caplin*

Discover the centering art of dot mandala in this two-hour class geared for the beginner. The instruction blends mindfulness practices with learning the basics of dotting technique. You will receive step-by-step instruction to guide you in creating your own dot mandala design on stone. The class fee includes a personal dotting kit to keep, so you'll have everything you need to continue your dot mandala practice at home. The possibilities are limitless!

**AIDM**, 1 Tuesday, 1:00-3:00 pm. Meets May 5, LCE Classroom at Fiske, \$45.



**WRITING 5 STORIES IN 5 WEEKS**  
with Rachel Lloyd, p. 32

**Pysanky Together – In-Person**

*Instructor: Alona Popova*

Celebrate Mother's Day with creativity, tradition, and togetherness. Come with your mom, daughter, or someone special and spend meaningful time exploring the ancient Ukrainian art of Pysanky — the traditional wax-resist egg decorating technique. Using real eggs, beeswax, a kistka (stylus), candle, and colorful dyes, you'll learn how to create your own beautiful designs while discovering the rich history and symbolism behind this cherished folk art. In this special Mother's Day session, pairs will create matching or complementary Pysanky, sharing colors and motifs while keeping each egg uniquely personal. It's a heartfelt experience that blends tradition, creativity, and love, leaving you with timeless keepsakes and unforgettable memories together. Please indicate if you are signing up for a single student or as a pair in your registration. Children ages 5+ are welcome to attend when accompanied by an adult. A \$30 material fee per pair and \$20 per solo registration material fee is payable to the instructor upon arrival.

**APTG**, 1 Wednesday, 5:30-8:30 pm. Meets May 6, Lexington High School, Room 210, \$30 for 1 student/\$50 for 2 students.

**Felt in the Service of Art – In-Person**

*Instructor: Elizabeth Stubbs*

This class will explore felt making as a medium for artistic expression. While strong technical skills are essential, we will attempt to move beyond technique towards the exploration of ideas. Participants will be asked to keep a small notebook or sketchbook in which to work out plans. These personal sketchbooks may be shared or not, but all of us should be prepared to discuss our felt work in various stages. The atmosphere will be supportive and gentle. While weekly prompts will be provided for inspiration, each of us always has the freedom to generate and pursue our own themes. Participants may choose to work in two dimensions or three. Although this is a felt making class, we will consider which techniques, colors, textures and materials will help us to express our creative concepts. Experimentation is encouraged. Open to experienced feltmakers only.

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

**NEW Introduction to Embroidery – In Person**

*Instructor: Julianna Stockton*

Come learn embroidery in a fun, relaxed setting by making a modern embroidery sampler with your own personal flair. Experienced teacher and artist Julianna Stockton has designed a custom sampler pattern for this class, combining beginner-friendly stitches & eye-catching colors in a striking modern design. The class will lead you step-by-step through making the sampler, covering each stitch in depth, with time to practice before moving on & tips for variations you can incorporate as your confidence grows. No prior experience needed. All supplies included. A materials fee of \$10 is payable to the instructor upon arrival.

**AITE**, 4 Sundays, 3:30-4:30 pm. Begins May 3, The Sonin Room at Follen, 755 Mass Ave, \$115/Seniors \$100.



Spring 26 LCE cover artist Julianna Stockton teaches *Introduction to Embroidery*, this page.

*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.*

**English Grammar for ESL, Continued – 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**, 5 Tuesdays, 6:00-7:30 pm. Begins May 19, Lexington High School, Room 224, \$125/Seniors \$110.



**THE BRIEF & BRILLIANT CAREER OF BASQUIAT**  
with Jane Oneil, p. 23

**Evening English – Level 3, Continued – In-Person**

*Instructor: Rosemary Previte*

Advance your English communication ability and confidence! This course is designed to build on the skills learned in ESL Level 2. It is for those who have studied basic English and who want to improve their 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**, 5 Thursdays, 6:00-7:30 pm. Begins May 21, Lexington High School, Room 224, \$125/Seniors \$110.

**NEW Vocabulary, Idioms, and Conversation – In-Person**

*Instructor: Rosemary Previte*

Advance your English communication ability and confidence! This course is designed to build on the skills learned in ESL Level 2. It is for those who have studied basic English and who want to improve their 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.)

**LVIC**, 8 Mondays, 9:15-10:45 am. Begins June 29, Lexington High School, Room 148, \$185/Seniors \$170.

**Beginning Spanish – In-Person**

*Instructor: Angelica Fajardo-Flores*

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

**LBGS**, 8 Mondays and Wednesdays, 6:00-7:30 pm. Begins April 6, Lexington High School, Room 220, \$185/Seniors \$170.

**Continuing Spanish – In-Person**

*Instructor: Angelica Fajardo-Flores*

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

**LCSL**, 8 Mondays and Wednesdays, 6:00-7:30 pm. Begins May 11, Lexington High School, Room 220, \$185/Seniors \$170.



*Shiyabade Animashaun teaches Adult Improv (page 29) and Improv for Middle School Students, page 35.*

**NEW Advanced Spanish – Virtual**

*Instructor: Sherry Eggers*

Come join us online to increase your Spanish skills through enjoyable and varied lessons. 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.

**LASD**, 9 Tuesdays, 6:30-8:00 pm. Begins April 7, Zoom, \$190/Seniors \$175.

**NEW Spanish Boleros, Ballads & Conversation: Exploring Latin Love Songs – In-Person**

*Instructor: Emilia Montero*

A warm and relaxed Spanish conversation circle inspired by the golden era of Latin love songs. Each week we will listen to short excerpts of classic Latin ballads and use them as inspiration for gentle conversation in simple Spanish. The class is immersive and encourages participants to stay engaged in Spanish as much as possible in a supportive environment. While the atmosphere is relaxed and pressure-free, we also include small grammar tips and short contextual exercises to help reinforce learning naturally. Participants relate ideas, tell stories, and connect personal experiences to the language, helping Spanish feel meaningful and memorable. This class is ideal for adults who want to keep practicing Spanish in a relaxed way while engaging socially and staying mentally active.

**LBBC**, 8 Thursdays, 5:30-7:30 pm. Begins April 9, Lexington High School, Room 222, \$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 April 17, LCE Classroom at Fiske, \$195/Seniors \$180.

**French Language & Conversation Through Film – Virtual**

*Instructor: Karen Girondel*

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

**LFFIL**, 7 Tuesdays, 10:00 am-12:00 pm. Begins April 7, Zoom, \$175/Seniors \$160.

**LHCC**, 7 Wednesdays, 7:00-9:00 pm. Begins April 8, Zoom, \$175/Seniors \$160.



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

## Beginning German: For New and Continuing Students – Virtual

*Instructor: Karen Carstens*

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

**LBGE**, 6 Wednesdays, 5:00-6:30 pm.  
Begins April 8, 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 toward their own specific interests and experiences including, among others, travel, art, film, literature, hobbies, family history, holiday traditions, favorite foods, and current events. Sessions may include readings of poetry or news articles in German, fun tips on modern German-language television productions and pop songs, or insights into science, nature, sports, pets, and sustainable lifestyle trends. Participants are welcome to enhance individual weekly verbal presentations by sharing photos, videos or short texts, which may be distributed via email or virtually during class. Each presentation is followed by a question and answer period allowing for ample

conversation time. The idea is to focus on communication and fluency by understanding each other via an informal, friendly dialogue. Key vocabulary words may also be shared to round out these discussions, along with select links to helpful further resources such as news or travel features produced with subtitles for language learners in German. The primary focus will be on fostering dialogue among all participants to build confidence in striking up smooth conversations in German.

**LGEC**, 8 Thursdays, 10:00 am-12:00 pm.  
Begins April 9, Zoom, \$195/Seniors \$180.



### **GREEK NYTHOLOGY: OVID'S METAMORPHOSES**

*with Tracy Marks, p. 22*

## Advanced 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 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 April 8, Lexington High School,  
Room 227, \$175/Seniors \$160.

## **NEW** Korean Alphabet, Hangeul in 2 Hours – In-Person

*Instructor: Minji Park*

Can you really learn to read Korean in just 2 hours? It sounds impossible — but even linguists say Hangeul is the most scientific writing system in the world! In just one session, you'll learn to read and write Korean, practice popular K-drama phrases, and even write your own name in Hangeul! A free printed workbook and a mini certificate is included. No experience required.

**LKAH**, 1 Saturday, 11:00 am-1:00 pm.  
Meets May 9, Lexington High School,  
Room 224, \$68.



*Minji Park teaches the Korean Alphabet, Hangeul, this page.*

## Exercise and Dance

### **NEW** Korean Level 1 – In-Person

*Instructor: Inho Kwon*

In this beginner Korean class you will learn the following skills: an introduction to the Korean alphabet; Hangeul for students without or with little knowledge of the Korean language; complete Korean syllabary and proper pronunciation; basic conversational usages like greetings and self-introduction; identifying and locating people and objects; and numbers and basic sentence structure.

**LKLK**, 9 Wednesdays, 3:30-5:30 pm. Begins July 1, Zoom, \$210/Seniors \$195.



**KOREAN COOKING**  
with Ploy Khunisorn, p. 20

### **Advanced Japanese for 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 students' schedules. The textbook for this course is *Japanese for Busy People*.

**LJFT**, 8 Wednesdays, 7:00-8:30 pm. Begins April 8, Lexington High School, Room 229, \$200/Seniors \$185.



**NAVIGATING THE TALE OF GENJI**  
with Amy Franks, p. 23

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

### **Advanced Tai Chi with Push-hands – In-Person**

*Instructor: Virginia Payne*

This class is a continuation of the "Advanced Tai Chi & Push-Hands II" class, and the students will learn the rest of the Tai Chi "double-hand Push-Hands" and then move on to the "moving Push-Hands". However, they will continue to practice and improve the 108 moves of the Tai Chi basic form, along with deep breathing exercises in each class. Emphasis will be on practicing and doing the moves correctly and with fluidity. The Eight Pieces of Brocade Qigong will again be used as warm-up exercises before practicing the Tai Chi form. Wear loose, comfortable clothes and soft-soled shoes, such as flat sneakers. Outdoor shoes are not permitted inside the studio.

**ETPC**, 8 Thursdays, 5:15-6:45 pm. Begins April 2, Lexington High School, Room 140, \$190/Seniors \$175.

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

*Instructor: Virginia Payne*

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

**EAAT**, 8 Thursdays, 5:15-6:15 pm. Begins April 2, Lexington High School, Room 140, \$175/Seniors \$160.

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

*Instructor: Lai Chan*

Originally one of the ancient Chinese martial arts, Tai Chi (or Taijiquan) is practiced today by students primarily as a method of exercise that cultivates physical and mental harmony in movements. Scientific studies show that Tai Chi improves and possibly prevents chronic conditions such as arthritis, heart disease and diabetes. In fact, practicing Tai Chi regularly helps reduce stress, improve balance and coordination, strengthen immune systems, and develop body awareness and confidence. Eight Pieces of Brocade is primarily designated as a form of medical qigong, meant to improve health. It consists of eight separate exercises coupled with deep breathing – which are primarily used as warm-ups in this intro class before practicing the Tai Chi form. In this introductory class, students will be introduced to the (23) postures of the 1st section of the Traditional Yang Style Tai Chi long form. Wear soft, comfortable clothes and soft-soled shoes, such as flat sneakers. Outdoor shoes are not permitted inside the studio. Please make sure to attend the very first class where the instructor will give a brief introduction to the history and benefits of Tai Chi and Qigong, as well as a demo of the first section of the Tai Chi long form.

**EIPB**, 8 Tuesdays, 6:00-7:00 pm. Begins April 7, Lexington High School, Room 140, \$175/Seniors \$160.



*Mary Wixted teaches Yoga for Osteoporosis and Iyengar Yoga, facing page.*

## Intermediate Tai Chi 2 | 3 and Eight Pieces of Brocade – In Person

*Instructor: Lai Chan*

Practicing Tai Chi regularly helps reduce stress, improve balance and coordination, strengthen immune systems, and develop body awareness and confidence. Students will continue to learn the new moves in the second and third sections of the Tai Chi long form. Both the first and second sections of the Tai Chi form will be reviewed and further refined along with deep breathing exercises in each class. Emphasis will be on practicing and doing the moves correctly and with fluidity. The Eight Pieces of Brocade Qigong will again be used as warm-up exercises before practicing the Tai Chi form. Wear loose, comfortable clothes and soft-soled shoes, such as flat sneakers. Outdoor shoes are not permitted inside the studio.

**EI2T**, 8 Tuesdays, 5:00-6:00 pm. Begins April 7, Lexington High School, Room 140, \$175/Seniors \$160.

## 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.

**ESCI**, 13 Saturdays, 9:30-10:30 am. Begins March 7, Lexington High School, Room 140, \$215.

## 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



*Virginia Payne teaches Advanced Tai Chi this spring, page 16.*

drawing the mind into a meditative state. Props will be used to make the postures accessible.

**EYEN**, 10 Tuesdays, 9:15-10:45 am. Begins April 7, Hybrid: Hancock Church or Zoom, \$190/Seniors \$175.

## 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**, 10 Tuesdays, 11:00 am-12:30 pm. Begins April 7, Hybrid: Hancock Church or Zoom, \$175.

## Joyful Yoga – In-Person

*Instructor: Linda Del Monte*

Beginner and intermediate students can enjoy this style of yoga, known as a "celebration of the heart." This is yoga that combines a Kripalu (heart-centered) and a detail-oriented style. We will work on finding balance, distributing weight equally, and aligning the body in a

therapeutic way that will keep you safe, and also offer you many challenges, if you wish. Either way, the joy will come. Yoga mat required. Wear comfortable, loose fitting clothing, and bare feet.

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

**Summer: EYF2**, 5 Fridays, 10:00-11:15 am. Begins June 26, Hancock Church, \$100/Seniors \$85.

## Hatha Yoga – In-Person / Virtual

*Instructor: Asha Ramesh*

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

**Spring: E2HYO**, 8 Mondays, 6:00-7:00 pm. Begins April 13, Diamond Middle School, \$170/Seniors \$155.

**Spring: EHYO**, 8 Wednesdays, 6:00-7:00 pm. Begins April 15, Zoom, \$170/Seniors \$155.

**Summer: E2HYO** 6 Mondays, 6:00-7:00 pm. Begins June 29, Follen Church, \$130/Seniors \$115.

**Summer: EHYO**, 6 Wednesdays, 6:00-7:00 pm. Begins July 1, Zoom, \$130/Seniors \$115.

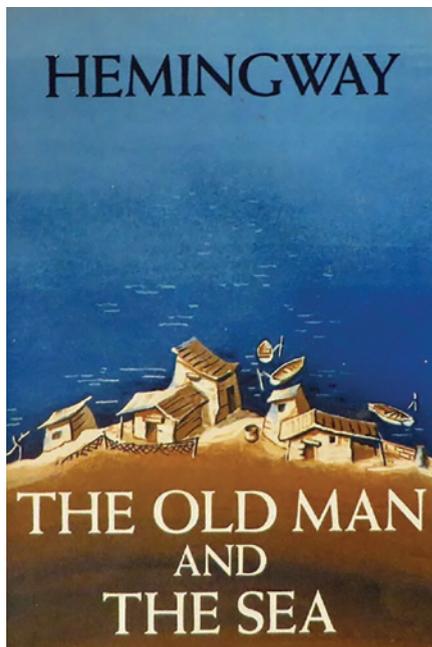
## Chair Yoga – Virtual

*Instructor: Asha Ramesh*

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

**Spring: ECHR**, 8 Saturdays, 10:00-11:00 am. Begins April 18, Zoom, \$170/Seniors \$155.

**Summer: ECHR**, 6 Saturdays, 10:00-11:00 am. Begins July 11, Zoom, \$130/Seniors \$115.



*Reading Hemingway with Danielle Monroe, page 24.*



## DECOMPRESS STRESS WITH LAUGHTER!

*with Linda and Bill HAmaker, p. 27*

## Gentle Flow Yoga – In-Person

*Instructor: Asha Ramesh*

Begin the new year with a practice that will give you a glimpse into a simple and gentle flow. Move the spine, maintain balance, and simply relax. Classes are designed to help you build strength, increase flexibility, and reduce stress. All at your own pace. The practice will follow gentle movement coupled with mindfulness and self-awareness. The flow will wake us up to get ready for the day. The postures are prone to variations and are modified to suit the needs of the participants. The flow helps us keep moving at a pace that is both beneficial and challenging without creating tension. Gentle flow is at a slower pace, and includes breath along with mindful movement. The benefit of this class will be to learn how to stay flexible. The class will include a few minutes of centering, flow practice, breathwork, and relaxation. The practice will include seated, standing, and reclined poses. Relaxation will be guided.

**Spring: EFLO**, 8 Mondays, 9:00-10:00 am. Begins April 13, Follen Church, \$170/Seniors \$155.

**Summer: EFLO**, 6 Mondays, 9:00-10:00 am. Begins June 29, Follen Church, \$130/Seniors \$115.

## 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, 5:00-6:00 pm. Begins May 6, 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, 7:00-8:30 pm. Begins April 6, Lexington High School, Room 140, \$200/Seniors \$185.

## 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 Mondays. 5:30-6:30 pm. Begins April 6, Lexington High School, Room 140, \$180/Seniors \$165.

## Line Dance Mix – In-Person

*Instructor: Carolisa of Moonlight Dj's*

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

**ELDM**, 6 Mondays, 6:30-7:30 pm. Begins April 6, Hancock Church, \$75.



Wen Tian explains Traditional Chinese Medicine, page 8.

### Aerobic Dance for Adults – In-Person

Instructor: New Legacy Cultural Center Instructors/ Wenqin Hu

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**, 13 Saturdays, 9:30-10:30 am. Begins March 7, Lexington High School, Room 133, \$215.

**EAER**, 8 Wednesdays, 7:00-8:00 pm. Begins April 29, Follen Church Community Center, 755 Massachusetts Ave, \$135/Seniors \$125.



Ami Stix teaches Zumba®, this page.

### Rhythm of the Body – Belly Dancing

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**, 13 Saturdays, 10:40-11:40 am. Begins March 7, Lexington High School, Room 140, \$255.

### 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**, 10 Mondays, 7:00-8:00 pm. Begins April 20, Hancock Church, \$180/Seniors \$165.

## Food, Cooking & Nutrition

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

### NEW Fermented Foods, Indian Style – In-Person

Instructor: Shruti Mehta

Fermented foods are a vital part of Indian cuisine, offering rich sources of probiotics and enhanced nutrition. Common examples include fermented dairy (dahi), rice-lentil batters (idli, dosa), and various regional specialties from western and southern India. These foods promote gut health, improve digestibility, and are culturally significant staples across the country. In this class, we will learn to make yogurt or dahi, prepare dhokla (steamed bread of various lentils and rice spiced with ginger, chilies and lemon), make dosa or dosa (crepes made of rice and urad dal), served with fresh coconut chutney, and end with lassi(churned yogurt drink flavored with rose water). Let's get gut-healthy!

**NFIF**, 1 Tuesday, 6:00-8:00 pm. Meets April 7, Follen Church, \$95.



**WRITING FROM THE FIVE SENSES**  
with Tracy Marks, p. 32

### NEW Ayurvedic Cooking from India – In-Person

Instructor: Shruti Mehta

Ayurvedic cooking is a holistic, personalized, and mindful approach to preparing food that acts as medicine to balance the body's three doshas—Vata, Pitta, and Kapha. It emphasizes using fresh, seasonal, and whole ingredients, incorporating sweet, sour, salty, bitter, and pungent tastes. This class will provide an introduction to this ancient form of medicinal cooking, using healing spices like ginger, turmeric, and cumin to optimize digestion, immunity, and overall well-being. Here's to our health!!

**NACI**, 1 Tuesday, 6:00-8:00 pm. Meets April 28, LexMedia Studio Kitchen, \$95.



**THE SEASON OF LOVE & HONEY: SITAR & VIDYAPATI POETRY**  
with Daivd Whetstone, p. 27



Master chef Ploy Khunisorn teaches cuisine of the world at LCE, this page.

### Thai Street Food – In-Person

*Instructor: Ploy Khunisorn*

The sights, sounds, and flavors of Thailand burst through its street food. Often called the street food capital of the world, Bangkok's signature cuisine offers unique ingredients, cooking styles, and dish garnishes. Join Ploy, a native Thai, who will teach you how to make authentic recipes that Thai people cook in Thailand. We'll make Thai vermicelli salad and egg noodle curry (Khao Soi) with chicken. We will make the curry paste from scratch. We will conclude the class with butterfly pea-flower limeade tea.

**NIAI**, 1 Tuesday, 6:30-8:30 pm. Meets April 21, Follen Church, \$95.

### **NEW** Cajun and Creole Cooking – In-Person

*Instructor: Ploy Khunisorn*

Discover the soulful flavors of Louisiana in this hands-on class. You will learn how to make shrimp and corn bisque, chicken and sausage gumbo, New Orleans-style BBQ shrimp, served with white rice. We'll finish the class with banana foster.

**NCRC**, 1 Thursday, 6:30-8:30 pm. Meets May 21, LexMedia Studio Kitchen, \$95.

### 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 to cutting sushi components. We'll talk about the history and 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 their own sushi. Students will get a sushi rolling mat to take home. Take-home containers and step-by-step recipes will be provided.

**NSFB**, 1 Thursday, 6:30-8:30 pm. Meets May 28, Follen Church, \$99.

### Korean Cooking – In-Person

*Instructor: Ploy Khunisorn*

One of the most healthful Asian cuisines, delicious Korean cuisine mainly features 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 Monday, 6:30-8:30 pm. Meets August 3, Follen Church, \$95.

### 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.

**NHMT**, 2 Wednesdays, 6:00-8:30 pm. Begins June 3, H-Mart, 3 Old Concord Rd, Burlington, \$65/Seniors \$55.

### **NEW** Spring Foraging Walk – In-Person

*Instructor: Nora Gallo*

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

**NSFW**, 1 Saturday, 10:00 am-12:00 pm. Meets May 16, Great Meadows, Meet at Waldorf School, \$25.

### Summer Solstice Walk – In-Person

*Instructor: Nora Gallo*

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

**NSSW**, 1 Saturday, 10:00 am-12:00 pm. Meets June 20, Great Meadows, Meet at Waldorf School, \$25.

### Herbals for the Heart Spirit – In-Person

*Instructor: Nora Gallo*

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

**NHHS**, 1 Thursday, 6:30-8:00 pm. Meets July 9, Follen Church, \$40.

### Plants to Calm the Nervous System – In-Person

*Instructor: Nora Gallo*

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

**NPCN**, 1 Thursday, 6:30-8:00 pm. Meets August 27, Follen Church, \$40.

# Home, Hobbies and Travel



Tea Tasting with Paul Angiolillo, this page.

## Tea Tasting – In-Person

*Instructor: Paul Angiolillo*

Join us for a sampling of 7-8 fine loose-leaf teas, along with some sweet and savory snacks. There are dozens of varieties of this world's most-popular drink, all deriving from the simple tea plant (*camellia sinensis*). They have different aromas and flavors depending on the region, climate, soil, and harvesting and processing methods. We'll taste a smooth black tea from China, other rich black teas from India and Sri Lanka (Ceylon), a plumy oolong, a green tea blended with roasted rice, and others. Along the way, we'll also discuss the brewing process, how to make spiced chai, and the fascinating history of this invigorating plant, which changed the world—its cultural exchanges, social customs, technologies (ceramics, clipper ships), and arts and crafts (teapots and chests). Bring one or two of your favorite cups and learn to enjoy the "elixir of the East."

**NTEA**, 1 Wednesday, 6:30-8:00 pm. Meets May 20, Lexington High School, Room 143, \$35.

## **NEW** Mediterranean Diet Cooking Demo

*Instructor: Elissa Goldman*

Join local Registered Dietitian Elissa Goldman, as she demonstrates three simple, heart-healthy meals and snacks and shares simple, flavorful ideas you can enjoy at home. Each recipe highlights Mediterranean Diet ingredients and components. After the interactive cooking demonstration portion, we'll spend time answering questions about the Mediterranean Diet—whether it's about recipe ideas, or tips for incorporating the Mediterranean lifestyle into your daily routine.

**NMED**, 1 Tuesday, 6:30-7:30 pm. Meets May 5, Follen Church Kitchen, 755 Mass. Ave., \$35.

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 April 16, Zoom, \$40.



**HOW TO BUY AND SELL A HOME**  
with Jeremy Richman, pp. 11–12

## Auto Repair for Everyone – In-Person

*Instructor: Bruce Gerry*

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

**Spring: FCAR**, 3 Mondays, 6:00-8:00 pm. Begins May 4, Lexington High School, Room 166, \$95.

**Summer: FCAR**, 3 Fridays, 9:00 am-12:00 pm. Begins July 10, Lexington High School, Room 166, \$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 March 26, Lexington High School, Room 232, \$30.



Moving Abroad instructor Mathilde Bernard Funderburk, this page.

## 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 April 14, Lexington High School, Room 222, \$175/Seniors \$160.



*The Odyssey: A Two-Person Performance with Poonima Kirby and Stephen Collins, page 8.*

## 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 April 15, Lexington High School, Room 222, \$175/Seniors \$160.



**REIKI FOR SELF CARE**  
with Carol Neal, p. 26

## **NEW** Bloom Into Spring: Floral Design Workshop – In-Person

*Instructor: Laurie Grossman*

Welcome spring with a burst of color! Create a stunning bouquet using fresh tulips, daffodils, hyacinths, greenery, and pussy willows. No experience needed—just come ready to have fun, get creative, and learn the basics of floral design. You'll leave with a beautiful spring holiday centerpiece and all materials, including vase and flowers, are provided.

**FFDW**, 1 Tuesday, 6:30-7:30 pm. Meets March 31, Lexington High School, Room 210, \$55



**BRIDGE FOR ADVANCED BEGINNERS**

with Nancy Rosenfield, this page.

## Juggling – 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. Children welcome, Ages 10+.

**KJGG**, 2 Tuesdays, 7:00-8:00 pm. Begins April 7, Lexington High School, Room 235, \$35.



Jason Schneider teaches Juggling, this page.

*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** Henry David Thoreau: The Language of the Trees – Virtual

*Instructor: Tracy Marks*

With Ken Burns' new Thoreau documentary and the approaching green glories of spring, it's time to celebrate our life-sustaining trees. We'll read and discuss *Thoreau and the Language of Trees* by Richard Higgins, containing 100 excerpts from Thoreau's 14 journals and discussing Thoreau's multi-level experience of trees. You'll also be encouraged to experience the trees of early spring more fully yourself and, optionally, to express your reactions in a journal or through creative expression. Please buy or borrow the book and read the first two chapters before we meet.

**HDTT**, 2 Mondays, 6:45-8:45 pm. Begins April 6, Zoom, \$60/Seniors \$50.

## **NEW** Greek Mythology: Ovid's Metamorphoses – Virtual

*Instructor: Tracy Marks*

Do you want to learn about Greek and Roman myths, and discover those which personally speak to you or have influenced Western culture? We'll focus upon several dozen Greek myths interpreted by the Roman poet, Ovid in his poetic, readable classic, *Metamorphoses*. Class will include mini-lecture, discussion of readings, and viewing excerpts from mythical movies and documentaries. Reading assignments will be approximately 40 enjoyable pages per week. By the first class, students should have on hand Ovid's *Metamorphoses* - preferably the Mandelbaum or Lombardo translation - and read the first chapter.

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

**NEW Impressionism:  
The Women Artists – Virtual**

*Instructor: Tracy Marks*

Berthe Morisot was the only Impressionist painter who exhibited in all the Impressionist exhibitions, receiving favorable reviews. She also married Manet's brother. Mary Cassatt, an American in Paris, was also a notable Impressionist. Lesser known but immensely talented are Lilla Cabot Perry, Marie Braquemond, Eva Gonzales and Matilda Browne. Be prepared to learn about these exceptional women and view over 75 of their best paintings.

**HWAI**, 2 Mondays, 6:45-8:45 pm. Begins June 1, Zoom, \$60/Seniors \$50.

**NEW 18th Century Female Artists: Little-Known Masterpieces – Virtual**

*Instructor: Tracy Marks*

Few women in 18th century Europe could attend art school, study anatomy or paint nude models. Yet many became virtuoso painters, although ignored over time by male art historians. Confined to the house, they usually painted portraits, family and friends, children, nature and still life. Many excelled at capturing facial features and expressions. This evening, you'll experience a narrated slideshow of paintings by six women 18th century artists, including Elisabeth Le Brun, the sisters Marie-Denise and Marie-Victoire Lemoine, and Angelica Kauffman.

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

**NEW Heavy Lies the Crown:  
The Brief & Brilliant Career of  
Basquiat – In-Person**

*Instructor: Jane Oneail*

After a privileged but troubled childhood, Jean-Michel Basquiat burst onto the 1980s art scene with vision and vitality. He was quickly recognized and earned celebrity status and friendships with leading artists like Andy Warhol. Basquiat's work often focused on subjects that were personally meaningful to him as a young black man, including race, class and police violence. Find out how his paintings, peppered with poetry and sometimes inscrutable symbols, still resonate today.

**HHLC**, 1 Wednesday, 6:30-8:00 pm. Meets June 3, Lexington High School, Room 232, \$25.

**NEW LGBTQ+ Themes on the Silver  
Screen – In-Person**

*Instructor: Nate Clark*

LGBTQ+ people have always been part of history, and that includes film history. In this class, we'll discuss how queer themes arise in movies from throughout film history, starting over 110 years ago with Charlie Chaplin. We'll watch some of the greatest hits of the century, learn behind-the-scenes details, and most importantly, learn how representation on-screen affects our lives in the real world. Be ready for pride month in June by catching up on more than a hundred years of culture.

**HGFS**, 4 Mondays, 6:00-7:15 pm. Begins May 4, Lexington High School, Room 222, \$110/Seniors \$95.

**NEW "The Moon and Sixpence"  
by William Somerset Maugham –  
In-Person**

*Instructor: Darragh Murphy*

Join us for an engaging, discussion-based exploration of *The Moon and Sixpence* by W. Somerset Maugham. We will dive into this provocative novel inspired by the life of Paul Gauguin and examine its timeless questions about art, ambition, sacrifice, and the cost of pursuing one's passion. Through guided discussion and shared reflection, participants will gain deeper insight into Maugham's storytelling, themes, and historical context, while enjoying thoughtful conversation with fellow readers.

**HMSP**, 4 Thursdays, 6:30-7:30 pm. Begins April 30, Lexington High School, Room 229, \$110/Seniors \$95.

**NEW The World of the Shining  
Prince: Navigating *The Tale of  
Genji* – In-Person**

*Instructor: Amy Franks*

While the 11th-century Japanese masterpiece *The Tale of Genji* is often celebrated for its historical importance, its true power for a modern English-speaking reader lies in its profound psychological depth. Writing nearly a millennium before the "modern" novel took shape in the West, Murasaki Shikibu—the author and a court lady—crafted a compelling narrative that captures the nuances of human desire, the ache of memory, and the complexities of social

identity with a sophistication that feels very contemporary. Reading it is not merely a trip through history; it is an encounter with a voice that understands the human heart—its obsessions, its vulnerabilities, and its resilience—in a way that transcends the boundaries of time and culture. The goal of this course is to provide a clear, engaging path through this masterpiece without getting lost in its immense scale. Using the Dennis Washburn translation, we will navigate a curated selection of fifteen of the work's fifty-four chapters, tracing the narrative from the "Shining Prince's" rise to the complex, multi-generational drama of the book's conclusion.

**HTOG**, 8 Tuesdays, 7:00-8:30 pm. Begins April 28, Lexington High School, Room 221, \$165/Seniors \$150.

**NEW Christian Antisemitism  
since 1096: Causes,  
Character, Consequences and  
Countermeasures**

*Instructor: Stephen W Van Evera*

*And if a house is divided against itself,  
that house will not be able to stand.  
– Jesus*

Although the teaching of many of Christianity's most influential thinkers throughout history intentionally fail to prioritize it, Jesus of Nazareth was unequivocally a devout Jew. From Saul turned Paul to the early Church Fathers, to Augustine, Aquinas, Luther, Calvin and modern day monastics and evangelists - the distancing from, and scapegoating of the religion practiced by Jesus has led to unspeakable atrocities. In these sessions we will examine the twisted interpretation and sanctioned misinformation about the Jewish faith and people in regards to Jesus. We will look at the roots of Antisemitism (AS) in Christian scripture and Western Church history; the amplification of mis-information and sanctioned hatred through to the Middle Ages and leading up to WWII and the Nazi Holocaust. We will conclude with an open-eyed perspective and considerations of what to do now.

**HCHA**, 4 Tuesdays, 7:00-9:00 pm. Begins May 19, Lexington High School, Room 227, \$95/Seniors \$75.



Darragh Murphy teaches William Somerset Maugham, page 23.

### Mary Oliver: Inspiring Nature Poetry – Virtual

*Instructor: Tracy Marks*

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

**HPMO**, 2 Wednesdays, 6:45-8:45 pm. Begins June 3, Zoom, \$60/Seniors \$50.

### The Poetry of Billy Collins – Virtual

*Instructor: Tracy Marks*

Billy Collins, previous U.S. poet laureate, is one of the most popular poets today. His humorous, perceptive and very accessible and relatable style has won him readers not only among poetry lovers but also among the general public. This evening, we'll read and discuss ten of his poems, learning about his craft and sharing our personal responses.

**HBCP**, 1 Thursday, 6:45-8:45 pm. Meets July 2, Zoom, \$25/Seniors \$20.

### NEW Contemporary Poetry Celebrating Nature – Virtual

*Instructor: Tracy Marks*

Apart from Mary Oliver, our country has had, in recent decades, many talented nature poets, including Arthur Sze, our current U.S. Poet Laureate. Wendell Berry, Scott Momaday and W.S. Merwin are also known for their inspiring nature poetry as well as their dedication to our environment. Together we'll read and share our personal responses to several dozen of their poems, which will be provided to students in pdf format.

**HCPN**, 2 Tuesdays, 6:45-8:45 pm. Begins July 28, Zoom, \$60/Seniors \$50.

### Ursula K. Le Guin's *The Left Hand of Darkness* – Virtual

*Instructor: Tracy Marks*

Imagine a world where people often automatically and biologically switch genders when entering the sexual phase of "kemmer." Imagine a somewhat homophobic ambassador from a federation of planets seeking to win their trust. This is *The Left Hand of Darkness*, which won the Nebula and Hugo science fiction awards in 1970. We'll read and discuss this groundbreaking, interpersonally meaningful novel in segments. Please buy or borrow and read (only) the first five chapters before we meet.

**HUKL**, 4 Thursdays, 6:45-8:45 pm. Begins May 21, Zoom, \$120/Seniors \$105.

### Ursula K. Le Guin: More Social Science Fiction – Virtual

*Instructor: Tracy Marks*

*Five Ways of Forgiveness* is one of the most beloved collections of stories by "social science fiction" master Ursula K. Guin. These five stories concern the people of planet Yeowe, who have overthrown the slave-holding class but must face war with a superpower planet that is economically threatened by their revolution. Please buy or borrow this book and read "Betrayals" and the endnotes on *Werel* and *Yeowe* before the first class, and anticipate many stimulating and thought-provoking discussions.

**HUKS**, 4 Thursdays, 6:45-8:45 pm. Begins July 16, Zoom, \$120/Seniors \$105.

### The Delightful 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 Mondays, 6:45-8:45 pm. Begins April 6, Zoom, \$60/Seniors \$50.

### NEW Reading Hemingway – In-Person

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

Celebrate the enduring resonance of literary icon Ernest Hemingway as we dig into two of his most famous works—*A Farewell to Arms* and *The Old Man and the Sea*. Together we'll explore the theatrical and often sparse worlds and discuss the man himself, whose own life was often more drama-filled than his novels. Students should come to the first class having read up to Chapter 6 of *A Farewell to Arms*.

**HRHW**, 7 Thursdays, 12:30-2:00 pm. Begins April 16, LCE Classroom at Fiske, \$180/Seniors \$165.



Nate Clark teaches LGBT Themes on the *Silver Screen*, page 23.

### NEW The Winter's Tale by Shakespeare – Virtual

*Instructor: Cammy Thomas*

Spring is coming! And it arrives in the play, too. It's a case of a powerful king with extreme jealousy for his queen. He accuses her of infidelity, to which she says, "The crown and comfort of my life, your favor, / I do give lost, for I do feel it gone." Her exile causes tragedy for all... At least, in the first half of the play. Then, after Shakespeare's most famous stage direction, "Exit, pursued by a bear," the play shifts into a more comic mode, as several nearly magical happenings bring things right. It's about marriage, and the relations of parents and children, and the power of kings. The play passes through many modes and moods—does it hang together? We'll read and discuss it over six weeks. There's no homework the first night, and then we'll do one act per week.

**HWTS**, 6 Thursdays, 7:30-9:00 pm. Begins April 2, Zoom, \$110/Seniors \$95.

## Mind & Body

### Robert Frost: America's Philosopher-Poet – Virtual

Instructor: Tracy Marks

Robert Frost, our country's most famous poet, grappled with tragic realities in his personal life and his poetry. Yet in a naturalistic style, he rose about the mundane to write, in his own words, "poetry as the first form of understanding." Together, we'll explore his world and a dozen of his poems. We'll pay particular attention to two poems which Frost claimed were frequently misinterpreted: "Stopping by Woods..." and the poem considered to be the most misunderstood poem in America, "The Road Not Taken."

**HRBF**, 2 Wednesdays, 6:45-8:45 pm. Begins August 19, Zoom, \$60/Seniors \$50.



**POETRY WRITING WORKSHOP**  
with Tom Daley, p. 33

### NEW Beyond Spring Poems – In-Person

Instructor: Barbara Thimm

Spring poems often begin in the visible world: thawing ground, tentative blossoms, longer light. Traditionally, they have been linked to renewal, rebirth, and the cyclical pattern of birth and death. Yet many modern poets use the season less as subject than as a point of entry—an occasion for thinking about loss, memory, desire, uncertainty, or hope. In this two-session class, we'll read poems that are about spring but move beyond seasonal description to explore more layered emotional and philosophical terrain. Through close reading and conversation, we'll investigate how poets such as Louise Glück, Edna St. Vincent Millay, Denise Levertov, and others enlist the imagery of spring to ask questions about change, perception, and inner life. The class invites attentive readers who are curious about poetry and enjoy attentive reading.

**HSPM**, 2 Thursdays, 6:30-8:30 pm. Begins April 30, Lexington High School, Room 229, \$65/Seniors \$55.



**SELF-DEFENSE AND AWARENESS TRAINING FOR WOMEN**  
with Charles Crayton, this page

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

### 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 Fridays, 5:30-7:00 pm. Begins May 8, Lexington High School, Room 140, \$185.

### 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 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*. You'll also each get personal guidance from the instructor for understanding one of your dreams. 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 Tuesdays, 6:45-8:45 pm. Begins August 18, Zoom, \$60/Seniors \$50.



Barbara Thimm teaches *Beyond Spring Poems*, this page.

### NEW Grief Workshop

Instructor: Camille Ciarametaro

Grief is praise, because it is the natural way love honors what it misses.

– Martin Prechtel

These losses do not just simply disappear; they move into us," she added. "They become a piece of us. They become a part of us. – Sharon Stone

Grief is an inevitable and healthy sign and symptom of having and continuing to love, even after loss. In this informal agenda free gathering we will discuss thoughts and experiences on death and loss. Everyone is welcome to take part in a respectful confidential discussion group. Those attending can bring up their own experiences of death and loss, or find solidarity and comfort by the presence and stories of others traveling on the path of grief and love.

**MGWS**, 1 Thursday, 6:00-7:00 pm. Meets April 9, Lexington High School, Room 229, \$25.

### NEW Resilient Recovery: Tips for Healing through Mindfulness, Creativity, and Practical Joy

Instructor: Natalie Cohen

Whether you are recovering—or preparing to recover—from surgery, injury, illness, or a short- or long-term health condition, this class offers practical, compassionate tools that support healing beyond traditional medical care. Through mindfulness, writing, gentle movement, creativity, and meaningful mental engagement, you'll explore ways to stay cognitively and emotionally connected while honoring your body's needs. This hands-on class guides you through a range of accessible strategies, helping you discover what feels most supportive and realistic for you to use independently. All approaches are adaptable for different energy levels and abilities, with an emphasis on enjoyable, sustainable practices that build resilience and invite moments of joy. You'll leave with tools that make recovery feel less overwhelming and more within your control.

**MRRT**, 5 Wednesdays, 7:15-8:30 pm. Begins April 29, Lexington High School, Room 242, \$110/Seniors \$100.

## Art of Living – In-Person

*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.

### **NEW** Insomnia Spiral – What Keeps You Awake in the Night – In-Person

This practical intro talk is for anyone who feels exhausted but can't switch off at night, can't fall asleep, or wakes at 2 or 3 a.m. and can't get back to sleep. Join us to understand what's driving this pattern and what helps. You'll get a clear understanding, a short guided experience, and simple next steps to restore your sleep and make your days easier.

**MISW**, 1 Saturday, 11:00 am-12:00 pm. Meets April 11, Lexington High School, Black Box, \$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 May 2, Lexington High School, Black Box, \$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 June 6, Lexington High School, Black Box, \$20

compassion, joy, and empathy through Lovingkindness (Metta) meditation. Open to all experience levels, we will explore how this practice allows us to reframe situations with the best intentions for ourselves and others. We will begin by exploring the profound interconnectedness of self and the world through guided meditation exercises, experiencing the subtle energies within and around us. We will discuss how the heart—the body's most electromagnetic organ—can create ripples of kindness that foster internal healing and radiate outward. Inspired by the teachings of the Buddha and Thich Nhat Hanh, this session will guide you to quiet the mind, gain perspective on stress, and transform habitual reactions into an appreciation for impermanence. You will learn practical tools to help calm the mind and invite focus, awareness, and gratitude into your daily life, even amidst external chaos.

**MLKM**, 1 Saturday, 10:00 am-12:00 pm. Meets May 23, Follen Church, 755 Mass Ave., Sonin Room, \$35.

### 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 June 4, Lexington High School, Room 226, \$30.

### Stress Less: Learn to Meditate - In-Person

*Instructor: Richard Geller*

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

**SLIMS**, 4 Tuesdays, 7:00-8:00 pm. Begins April 14, Lexington High School, Room 176, \$85/Seniors \$70.

### **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 April 9, Lexington High School, Room 232, \$30.

### **NEW** Lovingkindness (Metta) Meditation: Cultivating Compassion and Spreading Joy

*Instructor: Holly Collins*

This two-hour workshop offers an ancient yet accessible approach to cultivating



**LOVINGKINDNESS (METTA) MEDITATION: SPREADING JOY**  
*with Holly Collins, this page*

# Music Appreciation

## 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, 11:00 am-12:30 pm. Meets July 23, Lexington High School, Room 148, \$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.

**Spring: MCPR**, 1 Thursday, 6:00-9:00 pm. Meets April 16, Lexington High School, Room 164, \$109.

**Summer: MCPR**, 1 Thursday, 10:00 am-1:00 pm. Meets July 16, Lexington High School, Black Box, \$109.

## **NEW** Trust the Process: The Art and Music of Brian Eno – In-Person / Virtual

Instructors: Lisa Carey and Craig Hall

What if the most interesting part of making art is what you didn't plan? This workshop explores that sense of wonder through the life and work of Brian Eno — musician, producer, visual artist, and one of the most compelling systems thinkers in contemporary culture. From his art school beginnings and Roxy Music years through his groundbreaking ambient records and collaborations with David Bowie, Talking Heads, U2, and Fred Agair, to his generative visual art, light installations, and the Bloom app — Eno has spent a lifetime setting systems in motion and watching the experiment carry itself out.

**HENO**, 1 Tuesday, 7:00-9:00 pm. Meets June 2, Hybrid: Zoom or Lexington High School, Science Lecture Hall, \$30.

## **NEW** The Season of Love and Honey: Sitar and Poetry of Vidyapati

Instructor: David Whetstone

As with many of India's great mystical poets Vidyapati is known for beautifully blurring the distinction between the spiritual and the physical and artfully merging and blurring the differences of duality. His best loved poetry is a collection written between 1380 and 1406 that has become a literary and devotional masterpiece on the relationship of Radha and Krishna. This evening over zoom, musician David Whetstone will recite some of the best loved poems of Vidyapati while weaving his masterful sitar playing with the mystical verse. David Whetstone is a sitar-disciple of the renowned Ustad Vilayat Khan. He has collaborated and toured for over 40 years with poet Robert Bly and Rumi translator Coleman Barks, resulting in numerous recordings and films. He teaches at Macalester and Carleton Colleges in MN.

**HURM**, 1 Sunday, 7:00-8:30 pm. Meets May 17, Zoom, \$20.



### ADULT IMPROV

with Shiyانبade Animashaun, p. 29



Musician and educator J. Johnson teaches How African-American Music Influenced the Sounds of Appalachian and Bluegrass, page 29.

## **NEW** John Cage, the Avant-Garde, & the Redefinition and Expansion of the Philosophy & Fabric of Music – In-Person

Instructor: Max Rydqvist

John Cage is known to posterity as one of the most radical, yet influential composers of the twentieth century. This is no small feat as the 1900's during his lifetime had already disclosed itself as a century littered with extreme musical changes and a burgeoning stylistic diversity by far unprecedented in the known history of Western music. This lecture will trace the life of John Cage and his philosophies, with emphasis given to his works and the nature of his music. It will also place his music in a comparative lens with some of his American and European contemporaries and predecessors of the Avant-garde, hopefully revealing Mr. Cage not purely an incongruous revolutionary figure but very much a product of his time. Moreover, it will also touch upon some of the successive composers upon whom Mr. Cage's influence proved greatest.

**MCGE**, 1 Wednesday, 7:00-8:30 pm. Meets June 3, Lexington High School, Room 240, \$25.



### WE ART STARDUST: A TRIBUTE TO JONI MITCHELL

with Arlea Forbes-Prater & Quinn Eastburn p. 6

## Private Music Instrument Lessons for Every Age and Level

LCE provides excellent, convenient, and reasonably priced individual music lessons with highly qualified professional musician teachers for all interested students and adults. The following instruments are available for individual study: Baritone Horn (Euphonium), Bass, Bassoon, Cello, Clarinet, Electric and Acoustic Guitar, Erhu\*, Flute, French Horn, Guzheng\*, Oboe, Percussion (Drums/ Xylophone), Piano, Saxophone, Sitar, Trombone, Trumpet, Tuba, Upright Bass, Violin or Viola, and Voice. Lessons are held in the afternoon and evening. Each semester contains approximately 16 lessons. Students must arrange convenient weekly lesson times with the instructor. The length of lessons per week can be: 30 minutes, 45 minutes, or 60 minutes. To register: Fill out the Registration Information on our website under Music Lessons. Saturday morning lessons and end of season recital opportunities are available. \*In collaboration with (and with thanks to) New Legacy Cultural Center we are proud to offer lessons on newly added Guzheng and Erhu instruments.

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



**Jonathan Clark**  
Jazz Guitar



**Raluca Dumitrach**  
Violin



**Brenda Bishop**  
Voice



**Ethan Shin**  
Viola/Violin



**Lucas Rich**  
Bass Guitar



**Maria Dupree**  
Violin/Viola



**Ben Fox**  
Oboe



**John Tanzer**  
Percussion



**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

# Music Performance/ Theatre Arts

## **NEW** How African-American Music Influenced the Sounds of Appalachian and Bluegrass Music Today – In-Person

*Instructor: J. Johnson*

This class will take a look at the evolution of American musical styles, with an emphasis on understanding the impact that African-American music has made on modern Bluegrass. In order to arrive at a better understanding of this, we will explore the history of the migration of European and African-American music as immigrants and slaves arrived on our shores. We will talk about musical forms and traditions, and also discuss crossover between styles, as it pertains to Old Time music and Jazz. Class will consist of a presentation with musical examples followed by an open discussion amongst class participants.

**HAAM**, 4 Tuesdays, 6:30-7:45 pm. Begins April 7, Lexington High School, Room 220, \$100/Seniors \$85.

## **NEW** Spring Opera Class – Virtual

*Instructor: David Collins*

We will begin our spring opera class with Tchaikovsky's most loved opera, *Eugene Onegin*. This is part of the Metropolitan Opera's HD movie theater presentations. The opera is based on Pushkin's verse-novel of the same name. It is a story of unrequited love and its tragic consequences. Tchaikovsky's score is full of lyrical melody and enjoyable dances. In our next three classes we will focus on the development of German Romantic Opera - non Wagnerian. Mozart, Beethoven, Wagner, Strauss (Richard) - are often thought of as the only developmental line for German Romantic Opera. But is this really the case? No. Other German composers helped in this evolution. Some of them might be familiar to you such as Franz Schubert and Carl Maria von Weber; but others such as E.T.A. Hoffmann and Albert Lortzing are not so familiar. Let's learn about the contributions that these and other composers made to the development of German Romantic Opera as we explore the wealth of great music and gripping drama in these operas. We will use audio and video throughout the classes.

**HVTO**, 4 Tuesdays, 6:30-9:15 pm. Begins April 28, and meets 5/5, 5/19, and 6/2, Zoom, \$120/Seniors \$105.

*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.*

## **NEW** An Introduction to Songwriting

*Instructor: Ken Ross*

It's commonly thought that we each have unique soundtracks to our lives. Here's a chance to take authority and authorship of your own musical, biographical soundtrack. We will discuss a wide variety of songwriting tools and genres including song form, chord progressions, and melodic ideas ranging in styles. These ideas can be applied to any instrument or voice. We will also practice a bit of basic recording using free programs in order to record demos. Please bring any portable primary instrument with you to class.

**MSNG**, 4 Wednesdays, 6:30-8:30 pm. Begins May 6, Lexington High School, Room 240, \$120/Seniors \$105.

## 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 April 9, Lexington High School, Room 166, \$200/Seniors \$180.



**FOLK, JAZZ, CELTIC, LATIN, BLUES, R&B, SOUL AND MORE**  
all with *The Wicked Pickers*, p. 7

## **NEW** An Intermediate Jazz Guitar Improvisation Workshop

*Instructor: Ken Willinger*

Have you ever wanted to try to play a jazz chord melody on the guitar? Or improvise over the changes of a jazz tune? This is an opportunity to dive into the mechanics of jazz guitar. We will explore taking the melody of a single jazz standard tune and using the chords behind the melody to create a stand alone chord melody piece. At the same time we will discuss how to improvise over those same chords. It will be helpful to have an intermediate level of experience on the guitar with a fair facility with chords. Let's jump in and have some fun with jazz guitar! Bring your acoustic or electric guitar and a small amp.

**HOCJ**, 3 Tuesdays, 6:00-9:00 pm. Begins May 12, Lexington High School, Room 229, \$120/Seniors \$105.



*Jazz musician Ken Willinger leads An Intermediate Jazz Guitar Improv Workshop, this page.*

## Adult Improv – In-Person

*Instructor: Shiyabade Animashaun*

An improv class for those with exposure to dramatic and comedic improv. This class expands on introductory improv experiences 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. Learn additional improv tenets and forms. Class will culminate in a showcase for your friends and family!

**HIMC**, 10 Tuesdays, 6:00-7:30 pm. Begins April 7, Lexington High School, Black Box, \$230/Seniors \$215.

# Technology

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

## **NEW** Level Up with GenAI: A Hands-On Workshop for Real-World Impact – In-Person

*Instructor: Kim McCormick & The AI Collective Team*

If you've been using ChatGPT, Claude, or Gemini to draft an email or brainstorm ideas, you've probably wondered if there's more these tools can do. (There is. A lot more.) This small-group, hands-on workshop is designed for people who already understand the basics and are ready to move past the surface level. It's about learning how to think with GenAI to get real, useful work done faster, better, and with more creativity. Across three in-person sessions, you'll practice the techniques that separate casual users from confident, capable ones. You'll learn how to: Build multi-step prompts that think through problems with you, not just respond to them. Create your own custom GPTs, Gemini Gems, or Claude Projects designed around your work and goals. Use GenAI to test ideas, analyze options, and handle complex or strategic challenges. You'll leave with a personalized GenAI workflow that fits your style and needs. These tools are something you can use right away to save time, sharpen decisions, and lighten your load. If you've already taken AI Essentials with The AI Collective Group (or have similar experience), this is your next step. It's for curious learners and professionals who want to make GenAI a genuine partner, not just a clever assistant. Real projects. Real practice. Real results.

**CAIL**, 3 Wednesdays, 6:30-8:00 pm. Begins April 8, Lexington High School, Room 235, \$155.

## **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, keeping your device backed up so you don't lose your contacts or photos, and keeping your device updated.

**CS&T**, 1 Wed., 6:00-9:00 pm. Meets April 8, Lexington High School, Room 221, \$45.



Kim McCormick & The AI Collective Team show how to Level Up with GenAI, this page.

## **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 April 15, 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 May 6, Hybrid: Zoom or Lexington High School, Room 221, \$45.

## **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 May 13, Hybrid: Zoom or Lexington High School, Room 221, \$45.

## **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 May 20, Hybrid: Zoom or Lexington High School, Room 221, \$45.



## **JUMPSTART YOUR JOB SEARCH**

*with Kristin Snyder, p. 11*

## **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 June 3, Hybrid: Zoom or Lexington High School, Room 221, \$45.

## 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 June 10, 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 AI-Powered E-Commerce: Launch & Supercharge Your Online Shop – Virtual

Instructor: BBDS Design

Who doesn't love a side hustle? If you want to sell products or services, an eCommerce site can boost your income. This beginner-friendly course shows you how to use AI to find niches, build a site, and market smartly—no coding needed! Learn about domains, hosting, WooCommerce, AI market analysis, and marketing strategies. Get ready to start or grow your online business with confidence!

**CAIP**, 1 Tuesday, 7:00-9:00 pm. April 28, Zoom, \$35.



### TRUST THE PROCESS: THE ART AND MUSIC OF BRIAN ENO

with Lisa Carey and Craig Hall, p. 27



The Brief & Brilliant Career of Basquiat with art historian Jane Oneil, page 23.

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

Instructor: BBDS Design

If you offer services or sell products, a website can boost your income. This hands-on course teaches you to build a site and use AI tools to promote it creatively and efficiently. Whether starting fresh or updating your site, you'll learn essentials like choosing domains, hosting, platform options, and AI-driven marketing strategies. No experience needed—just bring your curiosity!

**CHPM**, 1 Tuesday, 7:00-9:00 pm. May 12, Zoom, \$35.

## Blue Sky: A Benign Social Network – Virtual

Instructor: Tracy Marks

At Bluesky, a relatively new social media platform, consideration prevails and you



Fan Stanbrough of BBDS teaches AI-Powered E-Commerce, this page.

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

**CBSI**, 1 Thursday, 6:45-8:45 pm. Meets April 9, 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 - 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. Selling through Amazon Marketplace will also be covered. Students will have the opportunity to submit an item description for eBay and get brief constructive feedback.

**CBAY**, 2 Mondays, 6:45-8:45 pm. Begins May 11, Zoom, \$60/Seniors \$50.

# Writing

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

## **NEW** Opening Lines and Titles – Virtual

*Instructor: Tracy Marks*

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

**WOLT**, 1 Wednesday, 6:45-8:45 pm. Meets April 15, Zoom, \$30/Seniors \$20.

## **NEW** 5 Stories in 5 Weeks – In-Person

*Instructor: Rachel Lloyd*

In this fun and fast-paced writing class, you will develop new short stories (between 300-1,500 words) in a supportive and experimental workshop environment. By the end of the course, you will have 5 short story drafts, a well of new ideas and inspiration, a consistent writing habit, and an understanding of essential craft elements such as plot, structure, theme, setting, character, and language. Most importantly, you will leave with a sense of how to get from the initial spark of inspiration to a fully formed publishable short story. This class invites you to experiment with new work and take bold strokes about what you write and where you find inspiration. We will draw on published short stories of all lengths by writers like Kelly Link, Lauren Groff, and Stuart Dybek as well as from one another. In each class we will explore essential craft elements, discuss published short stories, give and receive feedback on our writing, and work towards publishing our own stories. This class is for writers of all levels Ages 18+.

**WFSF**, 5 Thursdays, 6:00-8:00 pm. Begins May 14, Zoom, \$180/Seniors \$165.



### **ORAL HISTORIES OF JEWS LEAVING THE SOVIET UNION**

with Yanina Kisler, p. 4



*Chandrayee Lahiri teaches Story Telling-Writing Support Group and Workshop, see below.*

## **Journal Writing for Personal Growth – Virtual**

*Instructor: Tracy Marks*

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

**WJPG**, 4 Tuesdays, 6:45-8:45 pm. Begins June 30, Zoom, \$120/Seniors \$105.

## **Story Telling-Writing Support Group and Workshop – Virtual**

*Instructor: Chandrayee Lahiri*

In this writing group, work on developing true stories from your life into engaging, thought provoking stories that can convey your messages and insights. Each class will include a warm-up where the instructor will share tips on writing and story telling then conduct a short session of timed, prompt-based writing. Each student can then opt to share their drafts to get feedback from the instructor and use other students as a sounding board. Alternatively, they can learn from the critiques of other students' pieces and quietly work on their own. Bring short pieces you have written or generate new ideas and drafts and build a community of supportive, creative minds that share the common goal of developing their

unique style. No previous experience necessary: just a desire to find your voice and mine your memories for insight and meaning. More about the instructor at [www.chandreyelahiri.com](http://www.chandreyelahiri.com). Enrollment is limited to 6 students.

**WPST**, 6 Mondays, 7:00-8:30 pm. Begins April 6, Zoom, \$180/Seniors \$165.

## **NEW** Writing from the Five Senses – Virtual

*Instructor: Tracy Marks*

You have undoubtedly heard of the haiku, but maybe not the Japanese senryu, gogyokha, tanka, katauta and sedoka. These non-rhyming poetic forms, mostly based on counting sound-units or syllables, are short - only 3-6 lines each. Together, we'll learn about them, read and discuss examples, and practice writing them – no previous poetry writing experience necessary.

**WFFS**, 3 Wednesdays, 6:45-8:45 pm. Begins April 29, Zoom, \$90/Seniors \$80.

## **Generative Memoir: Write Your Life – In-Person**

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

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

**WCGM**, 6 Mondays, 11:00-12:30 pm. Begins April 13, LCE Classroom at Fiske, \$180/Seniors \$165.



*Resilient Recovery with Natalie Cohen, page 25.*

# College Planning & Test Preparation

## Memoir Writing – Virtual

Instructor: Tom Daley

*Memory is not an instrument for exploring the past but its theatre.*

— Walter Benjamin

Whether you intend to share your written remembrances with family and friends or a broader audience, you will find this a collegial and supportive workshop in which optional weekly exercises will help you to transform the rich material of your life into unique works of art, including memoir pieces, personal essays and even the beginning of a book-length memoir. All work will be written outside of the workshop and brought for a critique by other participants and the instructor, during which time techniques for better writing will be explored. Be prepared to share something you have written of a memoir nature—a journal entry, a paragraph describing a relationship, a letter recounting some memorable incident in your life—to the first meeting of the workshop. The piece should be 750 words or less.

**WMEM**, 8 Wednesdays, 4:00-6:00 pm. Begins April 15, Zoom, \$225/Seniors \$210.

## Poetry Writing Workshop – Virtual

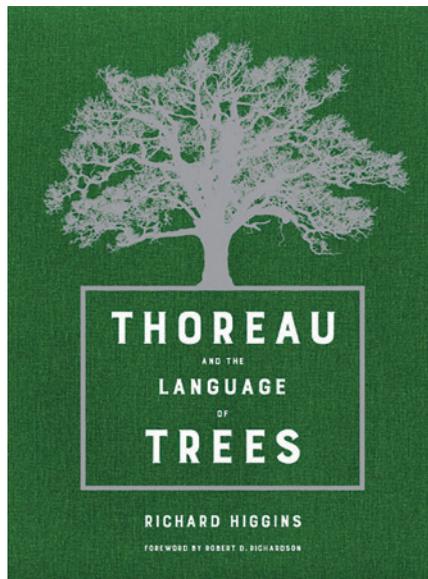
Instructor: Tom Daley

*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



Historian Benjamin Remillard discusses *Revolutionary War Patriots of Color and the Northeast*, page 8.



Tracy Marks explores Thoreau and the Nature of Trees, page 22.

other poets in a collegial and supportive environment. We will concentrate on sharpening the impact of your poems through careful consideration of their strengths and their limitations. Optional take-home writing exercises will give you the opportunity to explore the myriad forms poetry can take. Be prepared to share a recent poem (no more than two pages long) at the first session.

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

## 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**, 6 Thursdays, 6:30-8:00 pm. Begins April 9, Lexington High School, Room 225, \$180/Seniors \$165.

## Driver Education – Registration for Driver Education programs is Online

**CLASSES (& PARENT CLASSES) WILL BE HELD IN-PERSON AT LEXINGTON HIGH SCHOOL**

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](http://www.lexingtoncommunityed.org) for details and dates. New classes begin in March, April, May, and June. 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



## Reading & Writing SAT Prep – In-Person

Instructor: Rachel Lloyd

Develop inferential reading skills, vocabulary, info-graphic interpretation as well as skills in grammar, usage, word choice, sentence structure, and passage organization. Also, learn valuable test-taking wisdom and testing strategies. Instruction will include practice, review, and analysis of tests. To each class, please bring *The Official SAT Study Guide, Second Edition*. The Summer intensive sessions will give students extra structured time for practice tests.

**Spring: PESA**, 5 Tuesdays, 3:30-6:00 pm. Begins May 12, Lexington High School, Room 226, \$210.

**Spring: P2SA**, 5 Wednesdays, 3:30-6:00 pm. Begins May 13, Lexington High School, Room 226, \$210.

**Summer: PESA**, 5 Days, 9:30 am-12:30 pm. Begins July 6, Lexington High School, Room 174, \$250.

**Summer: P2SA**, 5 Days, 9:30 am-12:30 pm. Begins August 10, Lexington High School, Room 174, \$250.



Laurie Grossman offers another opportunity to create and share floral arrangement fun with Mommy and Me, this page.

## 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 Thursday, 6:30-8:00 pm. May 21, Lexington High School, Room 221, \$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 college applications. These three sessions will get you moving, 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 1st 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 5 weeks time. Students should bring a laptop, pen/pencil, hard copy of resume (if you have one, even if it's out-of-date), and a list of colleges you are interested in applying to.

**PJFJ**, 3 Days, 6:30-8:00 pm. Meets May 28 plus two additional 30-minute private sessions, Lexington High School, Room 221, \$155.

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

*Instructor: Don Anderson*

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

**PMFA**, 1 Wednesday, 6:30-8:30 pm. Meets April 15, Lexington High School, Room 225, \$30.



### A SLEIGHT OF HAND MAGIC SHOW FOR ALL AGES

*with Ken Wax, p. 3*

## Courses for Children

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

### NEW Magic Tricks with Ken Wax – In-Person

*Instructor: Ken Wax*

Learn amazing tricks and have fun with award-winning Magician Ken Wax. Imagine rubber bands jumping at your command and coins and balls vanishing and reappearing -- and even going through a table! Each class is filled with great magic and you'll take home tricks that will amaze people!

**KMGC**, 4 Saturdays, 11:00 am-12:30 pm. Begins April 11, Lexington High School, Room 220, \$120.



### PSYANKY TOGETHER (MOTHER'S DAY SESSION)

*with Alona Popova, p. 13*

### NEW 'Mommy and Me' Mother's Day Flower Arranging Class – In-Person

*Instructor: Laurie Grossman*

Join this one-hour family class to celebrate Mother's Day with Ox Bow Decor. Learn how to make a special floral bouquet in a pocketbook with beautiful spring blossoms to present to that important person for the holiday. No experience is needed and all of the materials are provided. Leave class with a wonderful gift to enjoy at home or for a special someone.

**KMFA**, 1 Sunday, 1:30-2:30 pm. Meets May 3, Follen Church, \$60.



INNOADDI Teaching Staff teach 3D Printing for Kids, page 35 and 36.

### 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 May 27, Lexington High School, Room 224, \$5.

### 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 April 9, Diamond Middle School, \$100.



*Kelly Mara teaches Yoga and Mindfulness for Teens, this page.*



*Local designer Shubhra Chandra teaches Fashion Illustration and Ideation for High School Students, page 37.*

### 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 Tuesdays, 4:30-6:00 pm. Begins April 7, Lexington High School, Black Box, \$250.

**KIMC**, 4 Days, 9:00 am-3:00 pm. Meets April 21-24, Lexington High School, Black Box, \$375.

### 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 Wednesday, 9:00 am-1:00 pm. Meets April 22, Lexington High School, Room 164, \$140.

### 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 Friday, 9:00 am-1:00 pm. Meets April 24, Lexington High School, Room 164, \$140.

### Weekend 3D Design & Printing For Beginners – In-Person

*Instructor: INNOADDI Teaching Staff*

Kickstart your child's journey into the world of creativity and technology with our beginner-friendly 3D Design & Printing class at Lexington High School! Perfect for elementary-age students who are new to 3D design, this course introduces young creators to how everyday products, toys, and tools come to life through modern technology. Through fun, hands-on lessons, students learn the basics of 3D modeling, how 3D printers work, and how to turn their own ideas into real printed objects. Students build confidence as they create simple, exciting projects, develop problem-solving skills, and explore STEM concepts in an engaging and supportive environment. Weekend scheduling provides flexibility for busy families while allowing learners to move at a comfortable pace. All materials—including printers, laptops, and filament—are provided. Every student will bring home completed projects and a solid foundation in today's design and maker technology.

**K3BD**, 9 Saturdays, 11:00 am-12:30 pm. Begins April 4, Lexington High School, Room 183, \$399.

### 3D Design & Printing Enrichment – In-Person

*Instructor: INNOADDI Teaching Staff*

Unlock your child's imagination and technical skills with our engaging 3D Design & Printing Enrichment program! Kids discover the world of digital modeling, real-world problem solving, and bring their own creative ideas to life with 3D printers. Every class is hands-on - students design, customize, and print real objects, learning valuable STEM and STEAM skills along the way. The program is facilitated by professionals who work in 3D design and 3D printing every day and are award-winning MA STEM Teachers. It is a fun, supportive environment where children build confidence and resilience while expressing themselves through technology, and each student goes home with their own custom 3D-printed projects to show family and friends. All 3D printers, laptops, and filament materials included. Customized curriculum aligned with STEM standards.

**K3SD**, 8 Saturdays, 9:00-10:30 am. Begins April 11, Lexington High School, \$360.

**K3DS**, 8 Thursdays, 3:30-5:00 pm. Begins April 16, Fiske Elementary School, \$360.

### NEW LEGO Challenges (Grades 1-3) – In-Person

*Instructor: Right Brain Curriculum*

In this fast-paced building class, students take on a new LEGO challenge each day using creativity, teamwork, and problem-solving skills. Challenges may include designing rescue vehicles, building space-themed creations, or constructing imaginative scenes that put students' ideas to the test. Working individually or in small groups, students plan, build, and refine their designs within a set time frame. After completing each challenge, students share their creations with the group, practicing how to explain their ideas and design choices. The class emphasizes collaboration, creativity, and clear communication while encouraging students to think on their feet and enjoy the building process.

**KRBC**, 4 Days, 9:00 am-12:00 pm. Meets April 21-24, Fiske Elementary School, \$250.



### NEW Beginner Chess Class (Age 7+)

*Instructor: NLCC Teaching Staff,  
Anil Ahuja*

 This beginner chess class is designed for Elementary students ages 7 and up who are new to chess or have little experience. Through step-by-step instruction, guided practice, and fun mini-games, students will learn the fundamentals of chess while developing logical thinking, focus, patience, and sportsmanship. By the end of the course, students will understand how the game works, how each piece moves, and how to play a complete game independently with confidence and good chess etiquette.

**KBCC**, 6 Saturdays, 10:40–11:40 am. Begins May 2, Lexington High School, \$230.

### 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 if your child will stay at school until the start of class.*

**KBOW**, 7 Mondays, 3:30-5:30 pm. Begins April 27, Bowman School, \$280.

**KBOT**, 7 Thursdays, 3:30-5:30 pm. Begins April 30, Bowman School, \$280.

**KBRI**, 7 Mondays, 3:30-5:30 pm. Begins April 27, Bridge School, \$280.

**KBRT**, 7 Thursdays, 3:30-5:30 pm, Begins April 30, Bridge School, \$280.

**KEST**, 8 Tuesdays, 3:30-5:30 pm. Begins April 28, Estabrook School, \$320.

**KESA**, 7 Thursdays, 3:30-5:30 pm, Begins April 30, Estabrook School, \$280.

**KFIF**, 7 Fridays, 1:30-4:00 pm. Begins May 1, Fiske School, \$350.

**KFIT** (Transition Block), 7 Fridays, 12:30-1:30 pm. Begins May 1, Fiske School, \$140.

**KHAT**, 8 Tuesdays, 3:30-5:30 pm. Begins April 28, Hastings School, \$320.

**KHAW**, 7 Wednesdays, 3:30-5:30 pm. Begins April 29, Hastings School, \$280.

**KHAS**, 7 Fridays, 1:30-4:00 pm. Begins May 1, Hastings School, \$350.

**KHST** (Transition Block), 7 Fridays, 12:30-1:30 pm. Begins May 1, Hastings School, \$140.

**KHAR**, 8 Tuesdays, 3:30-5:30 pm. April 28, Harrington School, \$320.

**KHAH**, 7 Thursdays, 3:30-5:30 pm. Begins April 30, Harrington School, \$280.

**KHAF**, 7 Fridays, 1:30-4:00 pm. Begins May 1, Harrington School, \$350.

**KHTR** (Transition Block), 7 Fridays, 12:30-1:30 pm. Begins May 1, Harrington School, \$140.



## NLCC/LCE Weekend Classes

### Weekend Ongoing Levelled Mandarin Classes

 We also offer ongoing **Levelled Mandarin Classes (Level K–Level 3)** for elementary school students, held on Saturdays at Lexington High School throughout the academic year. These classes provide a structured, continuous learning path for students to build upon their Mandarin language skills over time. Students may join mid-year based on availability and language proficiency. For more information or to inquire about mid-year enrollment, please contact [LCE@lexingtonma.org](mailto:LCE@lexingtonma.org).

### **NEW** Fashion Illustration and Ideation for High School Students – In-Person

*Instructor: Shubhra Chandra*

Every season fashion designers and illustrators come up with unique clothing designs. This April, it's your turn! In this creative week, you will be immersed in art, fashion and global inspiration while learning about fashion designing and illustration. This course will give high school students the opportunity to explore fashion design and illustration by creating mood boards, sketching with templates, and illustrating sketches with watercolors, markers, pencils and other mediums. You will learn how to create a custom design clothing collection on paper. This is a hands-on course that

is specifically designed for those who want to work on fashion illustration and for students who are interested in art, drawing, and fashion illustration. It's also great for those considering the pursuit of fashion as a college subject. We will not be working with computer aided design.

**KFAS**, 4 Days, 9:00 am-12:00 pm. Meets April 21-24, Lexington High School, \$250.

## 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](http://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.

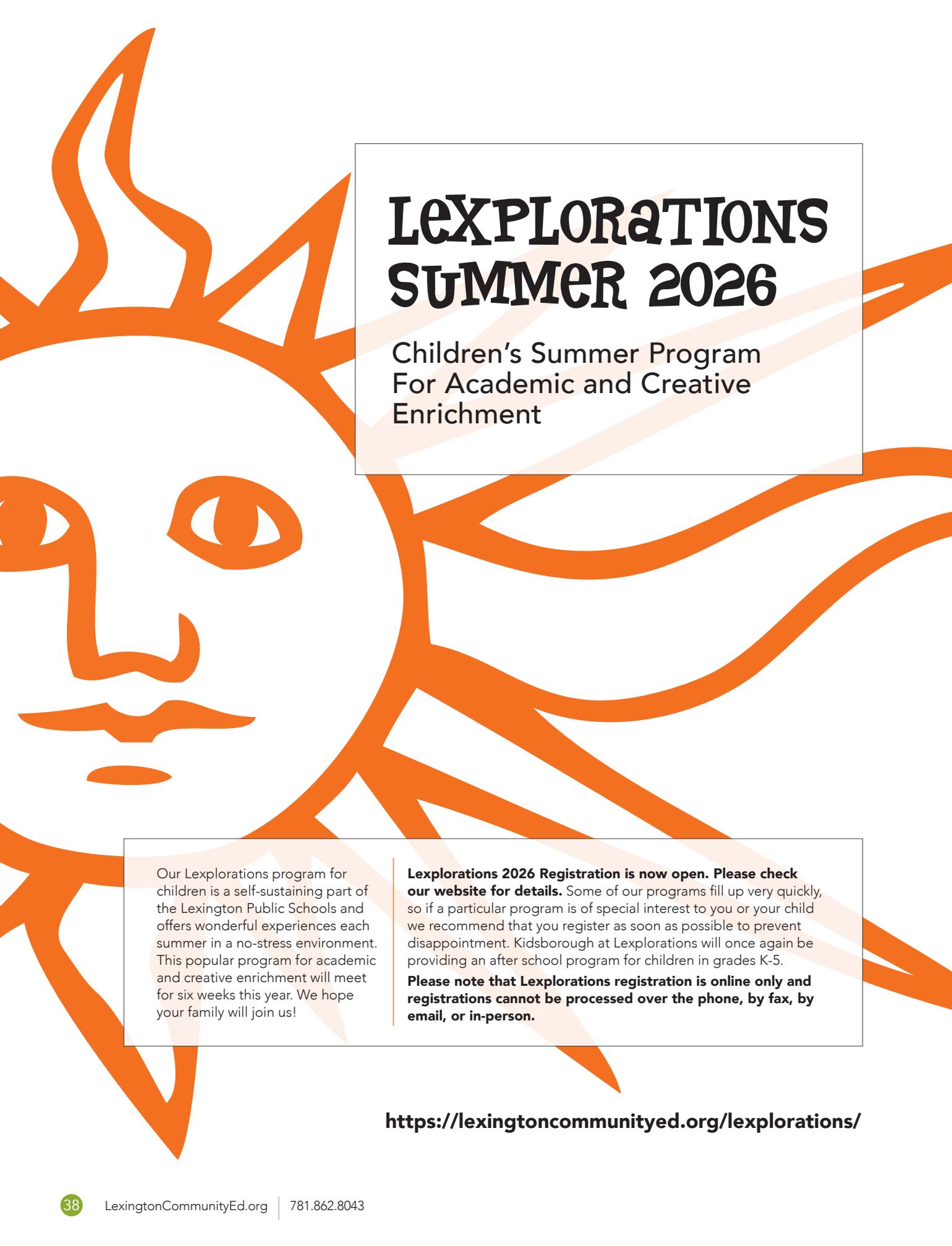
**Email Us.** We love hearing from you! Let us know what you enjoy and what you'd like to see offered in the future. Your feedback helps us better serve your interests—and the broader Lexington learning community.

**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.





# LEXPLORATIONS SUMMER 2026

Children's Summer Program  
For Academic and Creative  
Enrichment

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

**Explorations 2026 Registration is now open. Please check our website for details.** Some of our programs fill up very quickly, so if a particular program is of special interest to you or your child we recommend that you register as soon as possible to prevent disappointment. Kidsborough at Explorations will once again be providing an after school program for children in grades K-5.

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

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

# 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](http://www.Lexingtoncommunityed.org)

## How to Register

**Online:** Registration is available online at [www.lexingtoncommunityed.org](http://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 April 3, April 20-24, or May 25.

When Lexington Public Schools are closed due to weather, the LCE in-person classes are canceled. If Lexington Public Schools have a late start (2 hour delay), any in-person, day-time classes starting before 11am will be canceled. If a class is canceled due to weather, a makeup class is typically added to the end of the sessions.

Remote Zoom and off-site classes may remain in session during school snow days or secondary holidays. Please check with your instructor for confirmation on specific dates related to your class.

You may call LCE at 781.862.8043 for a recorded announcement.

## Cancellation and Refund Policy

There are no refunds for LCE Presents (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 less than 3 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 and Classroom

Lexington Community Education is located at Fiske Elementary School. 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. Please do not drive down the firelane. 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: <https://www.lexmedia.org/about/directions/>

## Directions to Follen Church

Follen Church is located at 755 Massachusetts Ave in East Lexington, near the intersection of Massachusetts Ave and Pleasant St.

## Directions to Hancock Church

Hancock Church is located at 1912 Massachusetts Ave in Lexington, across from the historic Lexington Battle Green.

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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 Information

Lexington Community Education  
Fiske Elementary School  
55 Adams Street  
Lexington, Massachusetts 02420  
Phone: 781.862.8043  
Email: [LCE@lexingtonma.org](mailto:LCE@lexingtonma.org)  
[www.lexingtoncommunityed.org](http://www.lexingtoncommunityed.org)  
 [www.facebook.com/lexingtoncommunityed](https://www.facebook.com/lexingtoncommunityed)



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