

COMMUNITY EDUCATION

Lexington



AUTUMN
2026



On Our Cover

Zinnia, 2022

Acrylic on Panel
10(h) x 8(w) inches

donnacalleja.com

Instagram: @donnacallejaart

It's been my long habit to search for meaning through language. Song lyrics; poetry; philosophy; psychology; and theology have been word-based practices serving as vehicles to trigger my larger experiential engagement beyond them. Recently I have begun to more fully understand how the beautiful essence of things need not always be defined, described, or interpreted. For example, this past summer, while sitting amidst office cacophony I opened a can of seltzer water and poured it into a drinking glass. The sound of the pouring, the carbonation settling in the glass, and the scent of the flavoring became for me the largest happening in the room. Not the loudest, but the largest – tangibly creating a real and luxurious sensory oasis. The sound and scent of water pouring and bubbles fizzing without a care for the differing opinions being voiced, and poured for no known reason of its own, presented tranquility beyond definition. Donna Calleja's thoughtfully considered and masterfully painted Zinna is an artfully exquisite and simply beautiful expression of centered tranquility. I am honored to have her work featured on this cover and to have her teaching with us. People have suggested that the lettering should overlap the cover painting, but I know now that art, action, and an image itself often convey a larger message beyond the words...and you, Dear Reader, can certainly decipher the word behind the image. I happily hope to see you this Autumn as together we study, practice, and work to champion intelligence and beauty in all its forms and expressions.

— Craig Hall, *Director*

LexCE Online

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

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About Lexington Community Education

LexCE 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. LexCE provides an extensive summer children's program called Lexplorations which offers classes for creative and academic enrichment.

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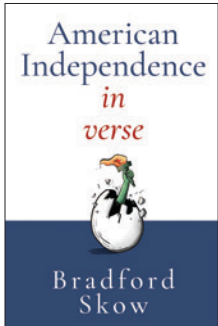
Catalog Design: Pehlke Design

Lexington Community Education presents

American Independence in Verse

WITH BRADFORD SKOW

Thursday, September 10, 2026 • 7:00-8:30 pm • Follen Church,
755 Massachusetts Ave, Lexington MA • \$20 • SAHV



The American Revolution is America's *Iliad* and *Odyssey*: this clash of soldiers and ideals, these heroes and villains, these uncertainties and reverses and triumphs, make up the story we look back to, to understand who we are. The story has been told before, but usually by historians, rarely by poets. The poems in *American Independence in Verse* tell that story through the radicals who fought for it and the Crown officials who tried to stop it. Moderates, loyalists, and fellow-travelers

also have their say. The book begins in 1765, when the Stamp Act stirred the colonies to riots and resistance, and ends in 1776, with the war begun, and Washington's troops hearing, for the first time, the Declaration of Independence read aloud.

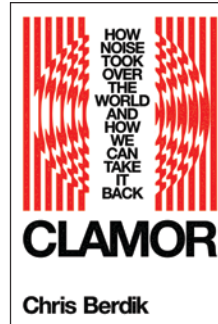


Bradford Skow is a Professor of Philosophy at MIT. His first book of poetry, *American Independence in Verse*, was published in 2025. He writes about poetry, philosophy, and the arts at mostlyaesthetics.com.

Clamor: How Noise Took Over the World—and How We Can Take It Back

WITH CHRIS BERDIK

Thursday, September 24, 2026 • 7:00-8:30 pm • Follen Church,
755 Massachusetts Ave, Lexington MA • \$20 • SCLA



We are surrounded by noise, but it is a problem many of us shrug off once the immediate annoyance passes. Yet as gifted science journalist Chris Berdik explains in *Clamor*, noise can have serious health effects, disrupting our sleep, ratcheting up our stress, and destroying our concentration. As he argues, it is one of the most pervasive, yet underacknowledged, pollutants in our daily lives—one that we neglect, both individually and systemically, at our peril.

Drawing on extensive research and original reporting, Berdik shows how a too-limited understanding of noise, focused on loud sounds and decibel counts, has undermined a century of noise-control efforts and obscured the full toll noise exacts on us and the environment. Chronic exposure to noise that falls below decibel-based thresholds—sometimes even below our conscious awareness—is linked to spikes in the risk of heart disease and other serious health ailments that contribute to premature death. Noisy classrooms hinder developing minds and delay cognitive milestones. In forests and in the depths of the ocean, a cacophony of man-made sound disrupts the natural soundscape, threatening animals' capacity to communicate, hunt, and flee predators. Yet in the battle against noise, sound doesn't have to be our enemy: Berdik introduces us to the researchers, rock stars, architects, and many others who are finding surprising ways to make our world sound not only less bad, but better. Rising above the ever-increasing racket, *Clamor* is an urgent—and ultimately inspiring—call to finally take noise seriously and harness sound's great potential.



Chris Berdik is the author of *Mind Over Mind*. His work has appeared in *Popular Science*, *Wired*, *Politico*, and elsewhere, and he has been awarded reporting grants from the Pulitzer Center and the Society of Environmental Journalists.

SPECIAL THANKS TO ANGEL PORTELLA

for her programming inspiration, marketing efforts, and representation at LexCE classes and events!

THE FIVEASH LEGACY LECTURE

Banished Women Across the Centuries

WITH SKYE SHIRLEY

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



In this illustrated lecture, we'll explore figures such as Eve, Lilith, and Pandora through the lens of Latin literature, discovering how these stories were retold, challenged, and reimagined across the centuries.

Along the way, we'll meet remarkable writers including Proba, Hildegard of Bingen, and Isotta Nogarola, and see how Renaissance feminists turned the story of Eve into a powerful argument for expanding women's roles and

opportunities. Drawing on art, architecture, history, and modern popular culture, we'll uncover why these banished women continue to captivate us, and what their stories can still teach us today.



Skye Shirley's love of Latin began at Lexington High School, where she studied under the inspirational Latin teacher Dr. Michael Fiveash. She is a proud graduate of the University of Massachusetts Boston's Latin and Classical Humanities Master's Program,

where she studied the most current and convincing research into language acquisition, and used it to inform her own Latin pedagogy. At UMass, she learned to speak Latin and to tackle systemic barriers in classical studies for many identity groups. She holds a Ph.D. in Latin from University College London, where her dissertation focused on seventeenth-century Latin poetry books written by women. In April 2018, she founded Lupercal, an international organization dedicated to Latin by and about women, which she co-directs with Lauren Downey. In 2025, she launched the Latin ReadHer, a bilingual reading app that brings women's Latin texts to a wider audience.



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

Ghosts & Legends

WITH JEFF BELANGER

Friday, Oct 9, 2026 • 6:00 - 7:30 pm • Follen Church,
755 Massachusetts Ave, Lexington MA • \$10 • **SSNE**



This ghostly multi-media program will take you on a journey through the haunts in your backyard, and around the world. Pulling from Jeff's 25 years of research for his books, podcasts,

adventures, and the various television shows he's worked on, join one of the nation's premiere storytellers for a trip through the unusual and the unexplained.



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 researcher 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 for more information.**

Your Ghost Stories!: A Moth-Style Night of Local Hauntings

HOSTED BY TIM WEISBERG

Friday, Oct 30, 2026 • 6:00 - 7:00 pm • Follen Church, 755 Massachusetts Ave, Lexington, MA • Admission is free, but space is limited and pre-registration is recommended • **SGSL**



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

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

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

Meet the Babies: A Live Farm Animal Experience

WITH ENCHANTED ANIMALS

Sunday, October 18, 2026 • 2:00-3:00 pm • The Green at the Ellen Stone Building, 755 Massachusetts Ave, Lexington MA • \$30 per child, parents join for free! • **SNDE**



Bring the whole family for a fun, hands-on adventure as the farm comes to Lexington! This interactive experience introduces children and adults to a variety of friendly farm animals while offering the opportunity to learn about their care, behaviors, and important roles on the farm. Meet adorable baby chicks, playful goats, gentle lambs, and other farm favorites up close during an engaging live

presentation led by experienced animal educators. After the demonstration, participants will have the chance to visit the petting area, where they can safely interact with many of the animals and ask questions along the way. Perfect for young animal lovers and curious minds of all ages, this educational event encourages appreciation for farm life through hands-on learning, discovery, and plenty of memorable photo opportunities. Whether it's your child's first time meeting a baby chick or you're simply looking for a unique family outing, this experience is sure to delight and inspire!

Enchanted Animal Parties is New England's premier mobile animal experience company providing professionally managed events for corporate clients, municipalities, schools, weddings, and private celebrations since 2006. enchantedanimalparties.com

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



The LCE Office has moved to Fiske Elementary School!

Recovering from Cultural Anesthesia & Returning to the Senses

WITH **PIERS KANIUKA & MICHAEL R. SPICHER**

Thursday, October 22, 2026 • 7:00-8:30 pm • Follen Church, 755 Massachusetts Ave, Lexington MA • \$20 • **SRTS**



We usually think of anaesthesia as something used in surgery. Its purpose is straightforward: to suspend sensation so that pain cannot be felt. But what if there is another kind of anaesthesia? Not physical, but cultural. Not something administered in a single moment by a physician, but something we drift into gradually through routine, distraction, efficiency, and environments that ask very little of our attention. Our fast paced culture is seemingly designed to keep a false

promise of freedom found through numbing the senses growing and going strong. Whether it be overuse and dependence on social media and devices, overspending with online shopping, or the physical vices of substance abuse and addiction – debt, depression, isolation and ultimate unhappiness are on the rise and always at the ready. This kind of cultural anesthesia results in a loss of the human capacity to fully feel. The ancient Greeks had a word that points us toward the opposite of that feeling. *Aisthesis*, the root of *aesthetics*, means perception through the senses. It is our capacity to notice, to feel, and to respond to the world around us. This evening we will talk about new ways to see and be in the world with an expert in recovery in conversation with a philosopher of aesthetics.



Piers Kaniuka, MA, MTS has been working with addicts for over thirty years. He invites you to join him in his attempt to shift the paradigm away from the medical model towards one that addresses the spiritual and the sociocultural causes of addiction.

Piers is cofounder and executive director of Maine Recovery Collective, a residential treatment program dedicated to bringing holistic modalities to underserved populations in Maine. He was also a cofounder of the Liberation Institute, 501c3, a nonprofit that brought wellness, recovery, and educational services to incarcerated men at the Maine State Prison. Piers is former Chair of the Transpersonal Psychology department at Burlington College and is core faculty at the Alcyon Center, contemplative retreat located on Mount Desert Island. Piers holds Master's degrees in Theological Studies (Bangor Theological Seminary) and Counseling Psychology (Antioch New England University).



Michael R. Spicher, PhD, is a philosopher and advisor who helps organizations and leaders use beauty and aesthetics as a strategic advantage. He works with companies and individuals to integrate aesthetic thinking into culture, brand, and leadership, and

offers philosophical counseling to those seeking greater clarity and renewed purpose. He founded Aesthetics Research Lab in 2016 as a public platform for exploring and advancing the role of aesthetics in everyday life and work.

Saxophone Colossus: A Sonny Rollins All-Star Tribute Concert

WITH **JERRY BERGONZI**

Friday, November 6, 2026 • 7:30 - 9:00 pm • Scottish Rite Museum, 33 Marrett Rd, Lexington, MA • \$30 • **SSAX**



With the recent passing of Sonny Rollins (1930-2026), we have lost one of the great masters in the history of music. Rollins had a huge impact on everybody in jazz, including local tenor titans Jerry Bergonzi and George Garzone. And although Sonny wasn't primarily a composer, a number of his catchy tunes have become standard choices—

among them *Airegin*, *Tune Up*, *Doxy*, *Oleo*, *Valse Hot* and his arrangement of the calypso song *St. Thomas*. Our all-star band of the two tenors and their rhythm section of Lewis Porter, piano, John Lockwood, bass, and a master drummer will give Sonny and his tunes a rousing send-off that you don't want to miss!



Jerry Bergonzi has performed throughout the world at all the major jazz festivals and jazz venues, with his own ensembles as well as with numerous jazz greats. His music is renowned for its innovation, mastery, and integrity. His discography includes more than 60 recordings, notably *Standard Gonz* with the Jerry Bergonzi Quartet on the Blue Note label; he also has 60 recorded song titles registered with ASCAP.



George Garzone is a member of The Fringe, a jazz trio founded in 1972. The Fringe performs regularly in the Boston and New York area and has toured around the world for many years. A veteran jazzman, George Garzone has appeared on over 20 recordings. He began on the tenor when he was six, played in a family band and attended Berklee College of Music in Boston.



Lewis Porter, pianist, educator, author, has performed across the USA and Europe. He appears on 38 albums with Dave Liebman, Marc Ribot, Gary Bartz, John Patitucci, Terri Lyne Carrington, Tia Fuller and others. Holding a Ph.D. in musicology, he is well-known as an educator and author, most notably of a celebrated book on Coltrane. His acclaimed weekly jazz essay series is on Substack, "Playback with Lewis Porter" (<https://lewisporter.substack.com>).



John Lockwood is an acoustic and electric bassist who has toured the U.S. and Europe with Joe Henderson, Freddie Hubbard, Gary Burton, the Mel Lewis Big Band, and The Fringe. He has also performed with Pat Metheny, Dizzy Gillespie, Woody Shaw, Toots Thielemans, Stan Getz, and Art Farmer.



Luther Gray has become a central figure in Boston's creative music scene, collaborating extensively with musicians including Joe Morris, Taylor Ho Bynum, Jerry Bergonzi, Jim Hobbs, and George Garzone. He has also co-founded projects that fuse free jazz with indie rock, notably his band Lawnmower.

MAGICALLY DELICIOUS PRODUCTIONS PRESENTS

Hibiscus and Yellow Trumpet Tea: A Two-Person Play

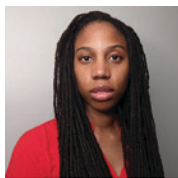
WITH SHIYANBADE ANIMASHAUN & ROSENA CORNET

Saturday, November 7, 2026 • 7:00-8:30 pm • Follen Church, 755
Massachusetts Ave, Lexington MA • \$20 • **SHBA**



Enter the world of
Adesewa (Nigerian-
American) and Roseline
(Haitian-American),
who navigate identity
and perception via a
multicultural lens. Their
journey starts with a

nerdy feud that blossoms into a beautiful friendship. Exploring
key experiences, their young and elderly versions intertwine
throughout. Storytelling, video games, dance, song, poetry,
and video devices combine with a comedic tone and themes of
relationships, race, culture, and authenticity versus vulnerability.
This play is the brainchild of Magically Delicious. Real-life friends
and first-generation women, Shiyanbade and Rosena, create
multi-form art that opens the door to challenge the status quo,
while pulling at your heartstrings. They are a comedic, contagious
force that will draw you into their magically delicious world.



SHIYANBADE ANIMASHAUN

2019, her improv troupe Bodega collaborated with the Greater
Boston Chamber of Commerce and City Awake to celebrate
Millennials of Color. She is a founder of The Nova Comedy
Collective, and an Improv Boston National Touring Company
member. Shiyanbade also leads KÉÀJQ, providing empathy
minded consulting services for technical teams and leaders.



ROSENA CORNET

Rosena Cornet is a dynamic comedic writer,
actress, coach, and producer with over a
decade of experience. As a recipient of the
2019 NBC/Second City Bob Curry Fellowship,
she wrote and performed in the Fellowship's
annual Showcase. She currently writes for
Magically Delicious, a two-woman sketch
team. Rosena is a former resident cast member of Boston's
Improv Asylum NXT and Improv Boston's National Touring
Company. She has also written and performed with several Los
Angeles-based teams, as well as performed improv with various
Boston- and LA- based teams, including Bernie Mac & Cheese
and Bodega. Rosena has had the privilege to teach and coach
students both in the States and abroad.

The Writer's Life in the Age of AI

WITH WEINA DAI RANDEL

Wednesday, November 18, 2026 • 7:00 - 8:30 pm • Follen Church,
Sonin Room, 755 Massachusetts Ave, \$20 • **SWEI**



Some posit that all of life is a story,
and that we each have unique
authority to become authors in
genres both known and yet to be
written. In light of the AI revolution
the call to pursue creative work in
the arts and humanities is critically
urgent. Generative technologies
can only replace artists and authors
if creative people give up and
stop pursuing the creative human
spark. But for every important

and positive reason to write, and for every inspiration, there are
dozens more loudly trying to stifle artistic vision and voice. This
evening bestselling author and Lexingtonian Weina Randel will
dismantle some of the myths of exclusivity that keep us from
writing, and spotlight some foolproof tools that we can lean on
including emphasizing letting the story be the guide, staying true
to the core of our vision, and the importance of character and
plot development. Beyond initial inspiration, Weina will discuss
what it takes to be an author and share her experience honing
the power of perseverance in the face of writer's block, critics,
questionable editors, and the reality of rejection.

Weina Dai Randel is an award-winning, internationally
bestselling, Wall Street Journal bestselling author of six historical
novels, including *The Last Rose of Shanghai*, which was optioned
for a feature film; *Night Angels*, which was longlisted for the
Massachusetts Book Awards; *The Master Jeweler*; and the
Empress of Bright Moon duology. She is a winner of the RWA
RITA Award, a finalist for the National Jewish Book Awards,
and a two-time Goodreads Choice Awards Best Historical
Fiction nominee. She's also the recipient of the Massachusetts
Cultural Council Grant in 2023. Her novels have been translated
into seventeen foreign languages, including French, German,
Spanish, Portuguese, and Hebrew. Weina's latest, *The Lost
Kingdom of Daughters*, a suspenseful historical novel set in a
matriarchal society where marriage doesn't exist and free love
is the tradition, based on the Moso people of China, will be
published on November 1st. Born in China, Weina came to
the United States at twenty-four. She has worked as an adjunct
professor and also as the subject-matter expert for Southern New
Hampshire University's online MFA program, where she designed
the curriculum for the romance genre.

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 Other Side of Air: A Celebration, in Poetry and Music, of Rainer Maria Rilke

ON THE HUNDREDTH ANNIVERSARY OF HIS DEATH WITH
MARK S. BURROWS & DAVID WHETSTONE

Thursday, November 12, 2026 • 7:00 - 8:30 pm • Follen Church,
755 Massachusetts Ave, Lexington, MA • \$20 • **SRK**



2026 marks the 100th anniversary of the death of Rainer Maria Rilke (1875–1926). A celebrated poet in his lifetime, his writings have established him as one of the preeminent poets of our times. Rilke's vibrant vision and verse elevated him to the status of an internationally recognized writer. His revolutionary poetic gifts blend praise and lament; his writings invite deep contemplation that allow for a

type of seeing from the "inside" of things. His life story, shaped by a longing to blend solitude and community, gave birth to the groundbreaking *Book of Hours* (1915), the beloved *Letters to a Young Poet*, and the brilliant late poems: the breathtaking *Duino Elegies* and *Sonnets to Orpheus*. Join us for a magical, musical and poetic tribute to the genius of Rainer Maria Rilke as translated by Mark S. Burrows and with musical accompaniment by David Whetstone.



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



David Whetstone is a sitarist-disciple of the renowned Ustad Vilayat Khan, having begun his studies in 1971. In 1988 at the age of 34 he received an American Institute of Indian Studies Senior Research Fellowship, and has collaborated and toured for over 20 years with poet Robert Bly and Rumi translator Coleman Barks, resulting in numerous recordings and films. He co-founded and was Artistic Director of Minneapolis' Ragamala Music and Dance Theater, supplying the entire repertoire from 1992-1997. He premiered excerpts of his opera, *White Nights*, with the Rochester (MN) Orchestra and Chorus on Minnesota Public Radio. David teaches at Carleton and Macalester Colleges in Minnesota.

Two Guys Walk Into A Theatre: A Two Person Performance

WITH STEPHEN COLLINS & JERRY BISANTZ

Sunday, Nov 22, 2026 • 3:00-4:30 pm • Follen Church,
755 Massachusetts Ave, Lexington, MA • **\$2GT** • \$20

Theater veterans Stephen Collins and Jerry Bisantz take us on a journey that examines the roles of a selection of American male characters from beloved scenes from the Great American Theater including *The Odd Couple*, *I Hate Hamlet*, and *The Actor's Nightmare*, and songs from and Great American Songbook including *Almost Like Being in Love*, *Cat's in the Cradle*, *Guys and Dolls*, and *As Time Goes By*. From comic to poignant, this fast-paced performance is sure to entertain – bringing back memories, and looking into the future.



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. Over the years he has developed long-standing relationships with many institutions and audiences, and he is grateful to continue sharing his love of theatre and literature with audiences of all ages. Read more at: unlaunchedvoices.com



Jerry Bisantz is an actor, singer, theatrical producer, and playwright. Currently residing in Lowell, MA, Jerry has been active in the New England theater scene for the past thirty years. His live theatrical performances have been seen in many of the area's regional theaters, including Speakeasy Stage Company, The Publick Theater, Worcester Foothills Theatre, Stoneham Theatre, Centa-Stage, The Lyric West, The Regent Theater, Image Theater Company, The Greater Lowell Music Theatre, Deertrees Theaters and Moonbox Productions. and The Back Alley Theater.

Around Town

Transgender Topics: An Informational Workshop – In-Person

Instructor: Rev. Nate Clark

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

STRA, 1 Sunday, 3:00-5:00 pm. Meets September 27, Follen Church, *Free*, but *pre-registration is recommended*.



Rev. Nate Clark teaches Transgender Topics: An Informal Workshop, this page.

Teaching Your Own Community Education Class – In-Person

Instructor: Karen Girondel and Craig Hall

Thinking of sharing your unique knowledge, interests and expertise with the community? Teaching a class can be rewarding on multiple levels if you know where to start and have a plan on how to get content across to a diverse adult student population. Community education is inclusive and accessible to the needs of a community, and although non-traditional and non-formal with grades and credits it is rich in rewards of sharing and connecting through ideas and life experiences. With a little bit of planning, you can teach a successful course with ease and enjoyment. We will discuss methods that work for in-person and virtual classes. Karen Girondel 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 November 12, Lexington High School, Room 235, *Free*, but *pre-registration is required*.

Organized by LexCE in partnership with New Legacy Cultural Center

NEW Traditional Chinese Medicine for Everyday Health – In-Person

Instructor: Wen Wen

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.

ATCM: 1 Saturday, 9:30-10:30 am. Meets October 3, Lexington High School, Room 229, *Free* but *pre-registration is required*.

Voices on the Green presents

Chance Encounter

November 20, 2026 – 7:00 PM • First Parish in Lexington

7 Harrington Road – at the head of the Battle Green

Free parking available at rear of building; handicapped accessible

Voices on the Green, Lexington's premiere storytelling and musical event, presents its latest production, "Chance Encounters". What happens when a missed train, a wrong number, or a surprise dinner partner shape an experience that changes lives?

We'll explore the sense of possibility, human connection, and the feeling of wondering "what if..." in this engaging production. A live storytelling and musical event, Voices on the Green offers an intimate space where regular people share true, personal stories. Do you have a story about a chance encounter you'd like to share? Our deadline for proposals is September 15, 2026: voicesonthegreen@fplex.org Tickets for the event go on sale on October 1st! **Suggested donation \$20/per person.**



Remembering Karen Carstens (February 21, 1971 – April 3, 2026) A Tribute Written by Karen's 2021 – 2026 German Conversation Class Students

On April 3rd, a tragic event in Chevy Chase, MD, took the life of Karen Carstens, our beloved LCE German Conversation teacher. Always an animal lover, Karen went back into her burning house to rescue her cat and never made it out again. The news devastated our group of her longtime students.

With her beautiful Hamburg German pronunciation, Karen presided over our exchanges with her cheerful and caring disposition encouraging us to express ourselves in her paternal language while working on improving our grammar and vocabulary. But it was so much more than just a language class. Over the years, we shared opinions, likes and dislikes, cultural and political interests, travel experiences and a long list of happy and sad family events in our weekly Zoom conversations. Thus, forging a friendship bond that was relished by all. This made our small group so fond of each other that we also bonded in person outside of our Zoom class environment with nature or cultural outings and animated coffee and lunch meetings. When possible, this would include Karen. Members of our group who would travel to the D.C. area, made it a point to meet up with her for an in-person chat. In December 2022, we were so fortunate to host Karen in the Lexington area for a few days of joyful introductions, holiday celebrations, and sightseeing while witnessing her buoyant personality.

Her tragic death is inconceivable, a total shock. It is hard to comprehend that she will no longer appear on our Zoom screens with her good humor and many anecdotes. Karen's life was celebrated by her worldwide family and friends in a memorial service on May 16 in Bethesda, MD, which was live-streamed for those who could not attend.

Es wird tausend Dinge geben, durch die wir uns an sie erinnern werden; sie hat bei uns allen einen unauslöschlichen Eindruck hinterlassen, und wir werden sie schmerzlich vermissen. Ruhe in Frieden, Karen.

Thought Full: The Human Advantage in an AI World with Po-Shen Loh

October 24, 2026 | 8:00PM

In a world where artificial intelligence can now complete many of the tasks once used to measure academic achievement, Carnegie Mellon University professor, social entrepreneur, and educational innovator Po-Shen Loh invites families, educators, students, and community leaders to consider a powerful question: What skills will matter most for the next generation? Through years of teaching, listening, experimenting with new educational approaches, and traveling to nearly 100 cities annually, Loh has searched for patterns in how people learn, adapt, and grow into thoughtful, confident individuals. What he discovered challenges many conventional assumptions about education and success. These observations led Loh to develop *Thought Full*, the idea that success in the age of AI comes from the love of delighting others, even strangers, while understanding the world through your own thought. In this lecture, Loh shares why he believes the human advantage lies not in knowing more, but in our ability to imagine what could be, solve problems that matter, and leave a meaningful mark on the world around us.

The Bittersweet History of Chocolate: What Makes Chocolate Good?

with Dr. Carla D. Martin

November 21, 2026 | 8 pm

Social anthropologist Dr. Carla D. Martin will trace the bittersweet history of chocolate — from Mayan temples, to the Transatlantic Slave Trade, to the rise of iconic brands like Hershey and Nestlé, to grueling labor on cocoa farms today. For centuries, the interests of U.S. and European chocolate makers have often diverged from those of cocoa farmers and producers. As she examines the cocoa-chocolate industry, Martin highlights the often-conflicting goals that create gaps in social and environmental responsibility. Many artisanal chocolate makers today market the social values underlying their production. When it comes to chocolate, good taste is paramount, but how do we measure its social goodness, and what value does this add for consumers? Carla D. Martin is a lecturer in Harvard University's Department of African and African American Studies and Founder and Board President of the nonprofit Institute for Cacao and Chocolate Research. Her work brings her into community with workers at cocoa farms and chocolate factories worldwide. A chocolate tasting will follow the talk.

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!



CHOCOLATE AND MEDITATION

with Uma Viswanath & Vinita Deodhar, p. 10



Charles Crayton teaches Self-Defense & Awareness Training for Women, page 28.



SHADAJ AUTUMN ICM CONCERT SERIES

Pandit Vijay Koparkar (Vocal)

Friday, September 11 2026, 8 pm - 10 pm

Pandit Nayan Ghosh (Sitar), Ishan Ghosh (Tabla) Saturday,

October 24th 2026, 5pm - 8pm

Manjiri Asnare (Vocal) with Sanjay Deshpande (Tabla), Dnyaneshware Sonawane (Harmonium) Friday, November 6th 2026, 7pm - 9pm

Shadaj, a 501(c)(3) non-profit organization, aspires to preserve and nurture a rich classical music heritage that has drawn together people of diverse traditions over centuries. For more information, and tickets to concerts and events please visit: <https://shadaj.org/>



Pandit Nayan Ghosh and Ishan Ghosh perform for Shadaj, this page.

Business and Career



Fan Stanbrough of BBDS Designs teaches Get Found on Google: Local SEO for Small Business Owners, page 37.

Media Production Classes at LexMedia

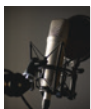
All classes at LexMedia are free and available to people who live, work or attend school in Lexington. For more information and to sign up for a class go to <https://www.lexmedia.org/events-classes/>. LexMedia is a membership-based non-profit community access media center serving the town of Lexington, 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 October 21, Lexington High School, Room 224, \$5.



PODCASTING LIKE A PRO
with Ronald Schachter, p. 25

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

Do it Yourself or Financial Advisor? – Virtual

Instructor: Glenn Frank

Can AI save the day for you? Would a ROBO make sense? Is the national trend towards private equity backed aggregators a good thing? This class offers a step by step methodical approach for an answer that fits you. The DIY or advisor consideration 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. The fundamental questions are: what is your personal preference? What are your needs? Will an advisor fill those needs? Will they add value in excess of their cost? Can you trust the advisor to put your needs over their own? Can you trust yourself to make informed and unemotional decisions? Advisors specialize. Practices are not one size fits all. If you are not a fit, it will not work. What are the tough questions to ask an advisor and yourself?

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



SEASONAL COLOR ANALYSIS
with Tara Dufour, p. 24

How to Build a Portfolio to Last a Lifetime – Virtual

Instructor: Glenn Frank

Should you start with 10 year forecasts or popular benchmarks? This is a major issue today. This workshop is for experienced investors. We will follow a 5 Step Investment Process which is comprehensive from a tax, planning, and emotional perspective. We combine academic theory with practical solutions. A spreadsheet tool is provided to construct and track portfolios. We will candidly discuss ETFs, mutual funds, annuities, paying off your mortgage, worldwide stock valuations, private investments, correlations, ESG, the

danger of fixed income portfolios, and consensus long-term forecasts. If you are simply looking to have the best chance of accomplishing your long-term financial goals, take this interactive class. Learn how to combat – FORO...Fear Of Running Out.

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

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

Instructor: Rebecca O'Brien

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

BWIL, 1 Tuesday, 6:30-8:00 pm. Meets October 6, 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 you take Medicare if you are still employed? How do you avoid late sign up penalties? Does any part of Medicare cover long-term care expenses? These questions and many more will be answered in this very important class.

BMED, 1 Wednesday, 7:00-9:00 pm. Meets September 16, Zoom, \$35.

BMED1, 1 Wednesday, 7:00-9:00 pm. Meets October 21, Zoom, \$35.

BMED2, 1 Tuesday, 7:00-9:00 pm. Meets November 10, Zoom, \$35.



BEGINNING SPANISH
with Angelica Fajardo-Flores, p. 16

The Latest Long-Term Care Asset Protection Strategies – Virtual

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

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

BLTP, 1 Tuesday, 7:00-9:00 pm. Meets October 6, Zoom, \$35.

BLTP1, 1 Wednesday, 7:00-9:00 pm. Meets November 18, Zoom, \$35.

Social Security Planning for Couples – Virtual

Instructor: Matt Carron

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

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

B2CS, 1 Thursday, 6:00-8:00 pm. Meets October 15, Zoom, \$40.

B3CS, 1 Tuesday, 6:00-8:00 pm. Meets November 17, Zoom, \$40.

BC4S, 1 Thursday, 6:00-8:00 pm. Meets December 17, 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 three 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 September 29, Zoom, \$35.

BDI2, 1 Wednesday, 12:00-1:00 pm. Meets October 7, Zoom, \$35.

BD3I, 1 Thursday, 7:00-8:00 pm. Meets October 22, Zoom, \$35.



Pedro Lilienfeld explores the concept of the Multiverse (rendering above) and more in *The New Cosmos: A Centenary of Discoveries*, page 26.

"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 The Landscape of Trees Watercolor – In-Person

Instructor: Angela Ackerman

Are you mesmerized by the awesome grace and beauty of trees and foliage? Come join in the fun as we play with watercolor and line work to create personal interpretations of the New England landscape in autumn. We will be practicing watercolor techniques, using pen lines, sponges, and a variety of other different tools. We will explore layout, color theory, and observation skills. Perfect for students with different levels of experience. A small supply list will be sent the week before the class.

AKTW, 2 Tuesdays, 1:00-4:00 pm. Meets September 22, LexCE Classroom at Fiske, \$95.

NEW Nature Sketchbook Watercolor – In-Person

Instructor: Angela Ackerman

Have you ever wanted to keep a sketchbook using watercolor? Then this course is for you! We will be creating exciting two page sketchbook spreads using observational drawing and painting skills based on nature's flora and fauna. Students will activate book design skills using watercolor and line work that is personal to you. All levels welcome! A small supply list will be sent the week before the class.

ANSB, 1 Tuesday, 1:00-4:00 pm. Meets November 17, LexCE Classroom at Fiske, \$55.

Introduction to Acrylic Painting – In-Person / Virtual

Instructor: Donna Calleja

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

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

ADAC, 7 Wednesdays, 10:00 am-12:00 pm. Begins September 23, LexCE 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 LexCE Acrylic Painting for Beginners class but is open to all who have worked with acrylic paints in another program or on their own. A list of required supplies can be found online in the class description.

ADAA, 8 Thursdays, 10:00 am-12:00 pm. Begins September 24, LexCE Classroom at Fiske or Zoom, \$195/Seniors \$180.

Introduction to Dot Mandala – In-Person

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! If you already have a kit from taking a previous class with Allison please call our office to register.

AIDM, 1 Tuesday, 1:00-3:00 pm. Meets October 13, LexCE Classroom at Fiske, \$80.



A sample of the felt art of Elizabeth Stubbs who teaches Felt Making, page 15.

NEW Dot Mandala Dreidel Workshop – In-Person

Instructor: Allison Caplin

Celebrate Chanukah with this relaxing beginner-friendly dot mandala workshop. Through mindfulness practices and step-by-step instruction, you'll learn the basics of dotting technique while creating your own beautifully painted dreidel to display, use, or gift during Chanukah. 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. Please wear old clothes or bring an apron, as we'll be working with acrylic paints. If you already have a kit from taking a previous class with Allison please call our office to register.

ADMD, 1 Tuesday, 1:00-3:00 pm. Meets November 17, LexCE Classroom at Fiske, \$80.

NEW Dot Mandala Ornament Workshop – In-Person

Instructor: Allison Caplin

This relaxing beginner-friendly class is a fun introduction to dot mandala art with a seasonal twist. Through mindfulness practices and step-by-step instruction, you'll learn the basics of dotting technique while creating your own unique ornament to take home or gift for the holidays. The class fee includes a personal dotting kit to keep, so you'll have everything you need to continue exploring dot mandala at home. Please wear old clothes or bring an apron, as we'll be working with acrylic paints. If you already have a kit from taking a previous class with Allison please call our office to register.

ADMO, 1 Wednesday, 1:00-3:00 pm. Meets December 9, LexCE Classroom at Fiske, \$80.



Deborah Miller teaches Crafty Coasters, this page.

NEW Crafty Winter Coasters – In-Person

Instructor: Deborah Miller

Learn to make beautiful coasters using decorative paper napkins and ceramic tiles! All materials will be provided, including a large selection of decorative napkins to choose from. Each participant will make and take home two water- and heat-resistant coasters. Join us as we share this fun, practical craft! Great for your winter holiday gatherings, or handmade gifts for others.

AMCC, 1 Thursday, 6:30-8:00 pm. Meets November 5, Lexington High School, Room 210, \$45.

Introduction to Pysanky – In-Person

Instructor: Alona Popova

Discover the beautiful Ukrainian art of Pysanky in this beginner-friendly workshop led by a native Ukrainian artist. Participants will learn about the history, symbolism, and traditions behind these intricate decorated eggs while creating their own Pysanky using the traditional wax-resist method. Using a real chicken egg, beeswax, candle, “kistka” tool, and vibrant dyes, participants will be guided step-by-step through the process of designing and decorating their eggs. No previous experience is necessary. Emptied and cleaned chicken eggs, dyes, and all materials will be provided. By the end of the workshop, each participant will complete one or two unique pysanky eggs while gaining a deeper appreciation for this cherished Ukrainian folk art tradition. Children ages 6+ are welcome when accompanied by an adult. A \$20 material fee is payable to the instructor upon arrival.

AIPS, 1 Wednesday, 5:30 - 8:30 pm. Meets October 7, Lexington High School, Room 210, \$30.



Woodland Winter Cookie Decorating with Nicole Cohen, page 21.

Introduction to Polka Dot & Drop-Pull Pysanky – In-Person

Instructor: Alona Popova

Explore two distinctive and beautiful techniques of Pysanky artistry in this creative, hands-on workshop. Participants will begin by learning the Polka Dot (Krapanky) style, a playful technique created by layering wax dots onto the egg. We will then explore the elegant

Drop-Pull (Lemko-style) method, where molten wax is applied with a pin-head tool and gently pulled to form teardrop-shaped designs and flowing patterns. This class is perfect for beginners as well as returning Pysanky enthusiasts interested in exploring new techniques. By the end of the workshop, each participant will complete one or two unique pysanky eggs while gaining a deeper appreciation for this cherished Ukrainian folk art tradition. Emptied and cleaned chicken eggs, dyes, and all materials will be provided. Children ages 6+ are welcome when accompanied by an adult. A \$20 material fee is payable to the instructor upon arrival.

APDD, 1 Wednesday, 5:30 - 8:30 pm. Meets October 21, Lexington High School, Room 210, \$30.

Pysanky Ornaments Together – In-Person

Instructor: Alona Popova

Create a beautiful handmade Pysanka and transform it into a festive holiday ornament in this family-friendly workshop. Participants will learn the traditional Ukrainian wax-resist method using real chicken eggs, beeswax, a “kistka” tool, candles, and colorful dyes to create unique designs and patterns. During the workshop, participants will also learn several options for turning their finished pysanka into a hanging ornament perfect for holiday decorating or gifting. This class is suitable for beginners, families, and anyone looking for a cozy seasonal creative experience together. All materials are included. Children ages 6+ are welcome when accompanied by an adult. A \$20 material fee is payable to the instructor upon arrival.

APOT, 1 Wednesday, 5:30 - 8:30 pm. Meets November 4, Lexington High School, Room 210, \$30.

Tie Dye Pysanky Egg – In-Person

Instructor: Alona Popova

Discover a colorful twist on traditional Ukrainian egg decorating in this Tie Dye Pysanky workshop. Participants will learn the basics of the wax-resist method while experimenting with vibrant dye combinations to create bold and unique tie-dye inspired designs. Using real chicken eggs, beeswax, candles, “kistka”

tools, and a wide selection of dyes, each participant will create one or two finished pysanky eggs. We will work with multiple color layers chosen from a palette of over 20 dye options, allowing for endless creative possibilities. This workshop is beginner-friendly and especially fun for families. Children ages 6+ are welcome when accompanied by an adult. A \$20 material fee is payable to the instructor upon arrival.

APTD, 1 Wednesday, 5:30 - 8:30 pm. Meets November 18, Lexington High School, Room 210, \$30.



Artist Allison Caplin teaches Dot Mandala classes, page 13.

Traditional Wheat Straw Décor: Himmeli “Pavuk” – In-Person

Instructor: Alona Popova

Step into the enchanting world of traditional straw crafts as we create a Himmeli “Pavuk” decoration from natural wheat straw. Found across Northern and Eastern Europe, including Ukrainian folk traditions, these geometric hanging decorations symbolize harmony, prosperity, and the interconnectedness of the universe. Traditionally displayed in homes during the winter season, the “Pavuk” is believed to bring good fortune and happiness to the family. In this workshop, participants will learn the techniques used to construct geometric forms from straw while creating their own elegant hanging decoration to display during the holidays or year-round. No previous experience is necessary. All materials are provided. Children ages 6+ are welcome when accompanied by an adult. A \$20 material fee is payable to the instructor upon arrival.

ATWS, 1 Wednesday, 5:30 - 8:30 pm. Meets December 9, Lexington High School, Room 210, \$30.

ELL/Languages

Snowflakes Craft – Wheat Straw Decorations – In-Person

Instructor: Alona Popova

Celebrate the winter season by creating delicate wheat straw snowflake decorations inspired by traditional folk crafts. In this hands-on workshop, participants will learn how to craft beautiful straw snowflakes and stars that can be used as Christmas tree ornaments, window decorations, gift toppers, or handmade seasonal gifts. Using templates, guides, and examples, participants will create a variety of 8-point, 12-point, or 16-point straw star designs. Each participant will leave with a collection of 3–6 handmade straw decorations. All materials are included. Children ages 6+ are welcome when accompanied by an adult. A \$20 material fee is payable to the instructor upon arrival.

ASFC, 1 Wednesday, 5:30 - 8:30 pm.
Meets December 16, Lexington High School, Room 210, \$30.



Alona Popova teaches the craft of creating Wheat Snowflake decorations, above.

Felt Making – Virtual

Instructor: Elizabeth Stubbs

Felt is the oldest textile known to humankind, dating back around 8000 years. Today's handmade felt uses the same techniques, although our tools have been updated. In this class we will explore various methods of creating both flat and three-dimensional felt through weekly projects. This class is appropriate for beginners as well as those with some feltmaking experience. All materials will be provided, with a fee of \$60 payable directly to the instructor at the first class.

AFMM, 6 Mondays, 1:00 - 4:00 pm. Begins September 28, LexCE Classroom at Fiske, \$190/Seniors \$175.

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 ELL learners who have studied some English, but need to improve their grammar. We will review parts of speech (nouns, pronouns, verbs, articles, adjectives, adverbs, prepositions), verb tenses, and other rules of grammar (punctuation, capitalization, plurals), as well as sentence structure. By the end of this course, you will see improvement in your reading, writing, and conversation!

LGSL, 8 Tuesdays, 6:00 - 7:30 pm. Begins September 15, Lexington High School, Room 224, \$190/Seniors \$175.



MOVING ABROAD: POSSIBILITIES AND PRACTICALITIES

with Mathilde Bernard Funderburk, p. 24

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, 8 Thursdays, 6:00 - 7:30 pm. Begins September 17, Lexington High School, Room 224, \$190/Seniors \$175.

Beginning French – Virtual

Instructor: Barry Bridgell

Immerse yourself in the beautiful French language and gain a practical command of vocabulary and grammar. Topics will include greetings, pronunciation, counting, indefinite and definite articles, interrogatives, infinitive expressions, and several irregular verbs. The goal of the program is to provide you with the tools to conduct basic conversations and write brief paragraphs about everyday topics using the present and near future tenses. The course is conducted largely in French. Students will need to purchase the textbook: *Contacts (8th or 9th edition)*.

LBBF, 7 Thursdays, 7:45-9:00 pm. Begins October 29, Zoom, \$210.

French Conversation – Virtual

Instructor: Barry Bridgell

Join fellow French language lovers and converse in a warm, inviting setting led by an enthusiastic near-native speaker. This course is designed for students with advanced comprehension and expression skills. We will refine our French through word nuances, sophisticated locutions, figurative language, and advanced grammatical topics. Limited to 8 students.

LFCC, 4 Thursdays, 7:45-9:00 pm. Begins September 24, Zoom, \$120.

Beginning Italian – Virtual

Instructor: Barry Bridgell

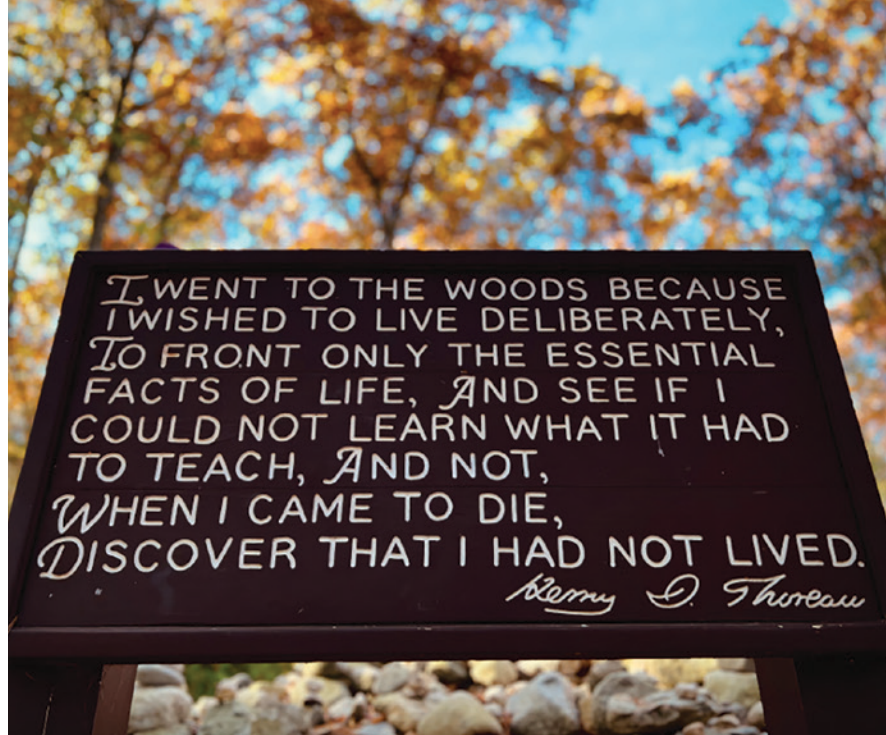
This program is designed to give beginning students a practical command of the Italian language. Upon completion of the course, you will be able to discuss everyday activities and describe situations using the present tense. You can also expect to be able to read and write elementary texts such as a simple letter. Topics include pronunciation, adjectives, expressions of date and quantity, indefinite and definite articles, and first conjugation -are verbs (Prego chapters Preliminary- Chapter 3). The course is largely conducted in Italian. You will need to purchase the *Prego* textbook (editions 6, 7 or 8).

LBIT, 7 Thursdays, 6:30 - 7:45 pm. Begins October 29, Zoom, \$210.



THE BEST INTERNATIONAL POETRY

with Tracy Marks, p 27



Author and Thoreau expert Richard Higginsteaches Exploring Thoreau's Walden, page 27.

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, 6:00 - 7:30 pm. Begins September 14, Lexington High School, Room 220, \$185/Seniors \$170.



EXCEPTIONAL PAINTINGS BY WOMEN ARTISTS

with Tracy Marks, p. 26

Continuing Spanish – In-Person

Instructor: Emilia Montero

Continuing Spanish builds on a foundation in present tense and preterite, helping students grow more confident and fluent. Through engaging readings, games, and conversation activities, students will practice listening, speaking, reading, and writing in every class. This course is ideal for students who've taken introductory Spanish and want a fun, communicative environment to keep building real-world skills.

AECS, 8 Sessions Total, Mondays and Wednesdays, 5:00-7:00 pm. Begins September 14, Lexington High School, Room 229, \$195/Seniors \$180.

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, 10 Tuesdays, 6:30-8:00 pm. Begins September 22, Zoom, \$210/Seniors \$195.

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 our listening skills we'll listen to a new song in each class with the lyrics and brief captioned videos from a variety of sources in Spain and Latin America.

LSCO, 8 Fridays, 10:00 am-12:00 pm. Begins September 25, LexCE 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 September 15, Zoom, \$175/Seniors \$160.

LHCC, 7 Wednesdays, 7:00-9:00 pm. Begins September 16, Zoom, \$175/Seniors \$160.

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 October 7, Lexington High School, Room 227, \$175/Seniors \$160.

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 greeting, self-introduction; Identify and locate people and objects; And learn numbers and basic sentence structure.

LKLI, 10 Wednesdays, 7:00 - 9:00 pm.
Begins September 16, Lexington High School, Room 232, \$250/Seniors \$235.



LEARN HOW TO TEACH AT LexCE
with Craig Hall & Karen Girondel, p.9

Japanese for Busy People – Beginner – In-Person

Instructor: Amy Franks

This course is geared toward people who plan (or would like) to visit Japan in the near future, but have little to no experience with the language and culture. Using the *Japanese for Busy People* textbook, we will learn basic Japanese grammar, vocabulary, and expressions. We will also discuss topics such as greetings, food, 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, and 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*, vol 1.

AAJB, 8 Wednesdays, 7:00 - 8:30 pm.
Begins September 16, Lexington High School, Room 226, \$200/Seniors \$185.



Author and chef Deborah Samuels leads A Culinary Tour of H-Mart and Cooking Class, page 23.

Japanese for Busy People – Advanced – In-Person

Instructor: Amy Franks

This course is designed for those who have taken previous LexCE courses (or who have an intermediate understanding of Japanese expressions, grammar and vocabulary), and who want to further develop speaking, listening, and reading skills in the context of everyday interactions with native Japanese speakers while visiting Japan. In addition to the topics first introduced in the previous class, topics for this course include talking about oneself (and asking questions about others), engaging in dialogues, learning and utilizing more complex grammatical patterns, and further developing listening and reading skills. Please note this class meets 2.5 hours/week (1.5 hours in-person, and 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*, vol 1, and we will begin with Lesson 21.

AAJA, 8 Thursdays, 7:00 - 8:30 pm. Begins September 17, Lexington High School, Room 226, \$200/Seniors \$185.



BOLLOS PELONES AND VENEZUELAN EMPANADAS
with Emilia Montero, p. 22

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 San Shou – In-Person

Instructor: Virginia Payne

Tai Chi San Shou, often referred to as "free hand" or "free fighting," is a choreographed two-person sparring set. This traditional training method reveals the martial arts applications of Tai Chi Chuan, focusing on sparring techniques like striking, kicking, joint locks, and takedowns. Unlike the slow Tai Chi basic form, it involves "free hand" training with a partner to apply Tai Chi principles—such as yielding and using leverage—as in self-defense. Mastering the Tai Chi San Shou forms deepens one's understanding of Tai Chi Chuan and its techniques. To truly grasp the Tai Chi basic form, one must study Push Hands and San Shou, to allow for a deeper comprehension of the art. The San Shou form is divided into two parts: Side A and Side B. It is first learned solo, then later practiced with a partner. For the autumn term, we will be learning Side A of the form - which consists of 46 moves. The pre-requisite for learning San Shou is being completely fluent and fluid in Advanced Tai Chi, and having learned Push Hands. This class is a continuation of the "Advanced Tai Chi" class, and the students will also learn Tai Chi San Shou. 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.

ETSS, 10 Thursdays, 5:15-6:45 pm. Begins October 1, Lexington High School, Room 140, \$230/Seniors \$215.



Danielle Gaudette teaches A Gentle Reset: An Introduction to EFT Tapping for Relieving Stress & Overwhelm, page 28.

Advanced Tai Chi without San Shou – In-Person

Instructor: Virginia Payne

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

EAAT, 10 Thursdays, 5:15-6:15 pm. Begins October 1, Lexington High School, Room 140, \$215/Seniors \$200.

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



Wenqin Hu teaches Saturday Rhythm of the Body Belly Dancing (p20) and Aerobic Dance (p21).

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, 10 Tuesdays, 6:00-7:00 pm. Begins September 15, Lexington High School, Room 140, \$215/Seniors \$200.

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, 10 Tuesdays, 5:00-6:00 pm. Begins September 15, Lexington High School, Room 140, \$215/Seniors \$200.

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 September 12, Lexington High School, Room 140, \$230.



TRADITIONAL CHINESE MEDICINE FOR EVERYDAY HEALTH

with Wen Wen, p. 9

Iyengar Yoga – In-Person

Instructor: Mary Wixted

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

EYEN, 13 Tuesdays, 9:15-10:45 am. Begins September 15, Hybrid: Hancock Church or Zoom, \$245/Seniors \$230.



Holly Collins leads Mindfulness & Lovingkindness, page 29.

Gentle Yoga and Yoga for Osteoporosis – In-Person

Instructor: Mary Wixted

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

EOST, 13 Tuesdays, 11:00 am-12:30 pm. Begins September 15, Hybrid: Hancock Church or Zoom, \$230.

Joyful Yoga – In-Person

Instructor: Linda Del Monte

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

EYF2, 13 Fridays, 10:00-11:15 am. Begins September 18, Hancock Church, \$250/ Seniors \$235.

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.



Laura Grandi teaches Argentine Tango, p. 20

E2HYO, 10 Mondays, 6:00-7:00 pm. Begins September 28, Follen Church, \$210/Seniors \$195.

EHYO, 10 Wednesdays, 6:00-7:00 pm. Begins September 23, Zoom, \$210/ Seniors \$195.

Chair Yoga – Virtual

Instructor: Asha Ramesh

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

ECHR, 10 Saturdays, 10:00-11:00 am. Begins September 26, Zoom, \$210/ Seniors \$195.



MASTERING PERIMENOPAUSE & MENOPAUSE

with Doreen Leupold-Mitchell, p. 28

Gentle Flow Yoga – In-Person

Instructor: Asha Ramesh

Begin the day 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.

EFLO, 10 Mondays, 9:00 - 10:00 am. Begins September 28, Follen Church, \$210/Seniors \$195.



Saturday Tai Chi Balance students, page 18.

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

Instructor: John Deming

Power 8 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 working out in socks is recommended

EPW8, 4 Monday, 5:30-6:30 pm. Begins September 14, Lexington High School, Room 140, \$90.



NATURE SKETCHBOOK WATERCOLOR

with Angela Ackerman, p. 12

Argentine Tango – In-Person

Instructor: Laura Grandi

Discover the beauty, connection, and joy of Argentine tango in this welcoming class designed for adults of all experience levels. No partner or previous dance experience is required. Beginners will learn the essential foundations of tango, including posture, walking, musicality, connection, and simple social dancing skills. Returning and more experienced students will be offered additional variations, challenges, and creative possibilities to continue developing their dance. Through a combination of individual exercises, partner work, and guided improvisation, students will explore the unique language of Argentine tango while building confidence, coordination, balance, and social connection. Whether you are stepping onto the dance floor for the first time or returning to deepen your skills, this class offers a supportive and enjoyable environment where everyone can learn, grow, and experience the magic of tango.

ETGO, 8 Mondays, 6:00-7:30 pm. Begins September 14, Follen Church, \$200/ Seniors \$185.



Astronomy & Our Universe with Paul Green, page 26.

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. 6:45-7:45 pm. Begins September 14, Lexington High School, Room 140, \$180/Seniors \$165.

Line Dance Mix – In-Person

Instructor: Carolisa of Moonlight Dj's

Move, groove, and have FUN with friends! Warm up with some of the best pop and dance classics, plus plenty of 80s and 90s; all 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 to jump in at the next wedding or party! Plus we'll learn an Irish dance, a Greek dance, a barn dance or Virginia reel, some country and more! We've added some new line dances including "new" popular dances to "old school" dance and funk classics! Wear sneakers without too much tread; bring water! Beginners welcome!

ELDM, 5 Mondays, 6:30-7:30 pm. Begins September 28, Hancock Church, \$90.

BellyDance for Beginners – In-Person

Instructor: Carolisa of Moonlight Dj's

Make it your night out with friends to try this beautiful and joyful dance! Energizing yet relaxing; fast and fiery to slow and smooth; we'll cover it all including a Greek dance and the beautiful Veil dance... all set to a fantastic mix of music! Wear comfortable stretchy clothing and thick socks or ballet- type slippers that "slide". Veils may be borrowed. Increase flexibility and work all muscles in this feel-great FUN and friendly class! Great for women of all generations and fitness levels! (18+)

EBDD, 4 Mondays, 6:30-7:30 pm. Begins November 9, Hancock Church, \$75.



WILLS, TRUSTS, & ESTATE PLANS

with Rebecca O'Brien, p. 11

Rhythm of the Body – Belly Dancing – In-Person

Instructor: New Legacy Cultural Center Instructors

Ignite your confidence and awaken your inner dancer in this vibrant, high-energy belly dance class designed for adults of all levels. Whether you're a complete beginner or have dance experience, this class offers a fun and empowering way to move your body, connect with rhythm, and build strength from the inside out. Each session blends flexibility training, core-toning isolations, graceful movements, and sizzling shimmies—all set to captivating Middle Eastern and world fusion music. You'll learn foundational belly dance techniques and fluid

Food, Cooking & Nutrition

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 September 12, Lexington High School, Room 140, \$255.

NEW Intro to Flow Arts – In-Person

Instructor: Jane Anderson

Flow arts is a term used to describe the intersection of movement and object-manipulation. Blending skill-based technique with experimentation and self-expression, flow arts can be a beautiful creative outlet and meditative practice as well as whole-body exercise. In this class we will learn to manipulate and dance with hoops and silk veil fans. Other props may be introduced later on in the session if there is interest. Hoops and silk fans will be provided.

EFLW, 7 Saturdays, 11:30 am - 12:45 pm.
Begins October 3, Lexington High School, Room 140, \$125.

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, 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, 15 Mondays, 7:00-8:00 pm. Begins September 14, Hancock Church, \$270/ Seniors \$250.



Jane Anderson teaches Intro to Flow Arts, this page.

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 September 12, Lexington High School, Room 133, \$230.

EAER, 8 Wednesdays, 7:00-8:00 pm.
Begins September 23, Follen Church, \$135/Seniors \$125.

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

NEW Fall Pumpkin Spice and Woodland Winter Cookie Decorating – In-Person

Instructor: Nicole Cohen

Get ready to unleash your inner seasonal cookie artist, no experience required! In these separate hands-on cookie decorating classes, you'll learn the techniques and tips behind creating beautifully decorated rolled sugar cookies, all while having a great time with fellow cookie enthusiasts. Get cozy and creative with festive cookies capturing crisp leaves, warm drinks, and everyone's favorite seasonal flavor in our Fall Pumpkin Spice class or create cookies that feel straight out of a winter Hallmark movie with twinkling details, cool winter tones, and a touch of holiday Woodland Winter sparkle. Whether you're a complete beginner or have dabbled in decorating before, this class is designed for all skill levels. We'll walk you through everything step by step, from working with royal icing to bringing our seasonal themed designs to life with color, detail, and a whole lot of fun. Expect a warm, welcoming atmosphere where creativity flows and no two cookies look exactly alike! *Note: All supplies are provided, and you'll leave with a gorgeous set of decorated cookies to take home. All cookies and icing are strictly Celiac-safe, gluten-free, and dairy-free, so everyone can safely join in and enjoy!*

NPSC, (Fall Pumpkin Spice), 1 Tuesday, 6:30-8:15 pm. Meets October 20, Follen Church Kitchen, \$65.

NWWC, (Woodland Winter), 1 Tuesday, 6:30-8:15 pm. Meets December 15, Follen Church Kitchen, \$65.



Rob Fitzgibbon teaches Coffee Cupping, p. 22.



RESIDENTIAL ADDITION 101
with Nancy Dickinson, p. 23

NEW Coffee Cupping/Tasting – In-Person

Instructor: Rob Fitzgibbon

From the world-wide harvesting origins of coffee beans, to types of roasting techniques, the history and culture of coffee is as fascinating, intricate, and as enjoyable as the word of tea or wine. In this interactive cupping and tasting session you will discover how coffee is grown, explore the concepts of aroma, taste, and mouth feel, and sample three different coffee types. Using the flavor wheel we will begin to develop a better understanding of coffee based on aroma and taste. Through paying attention to our senses as they are engaged by coffee we will come away with a deeper appreciation for the complexity and wonder of a drink that we both depend on yet typically take for granted in our day to day life.

NJOE, 1 Saturday, 10:30 - 11:30 am. Meets October 3, Lexington High School, Room 143, \$30.

All Things Potatoes, Indian Style – In-Person

Instructor: Shruti Mehta

Versatile and affordable, potatoes appear everywhere from base for soups, to snacks, to very eloquent curries. This class will explore the simple and exotic potato dishes that will tickle your taste buds. We will make Aloo chaat, a medley of steamed potatoes, topped with chopped onions, chickpeas, cilantro and drizzled with thinned and spiced yogurt and sweet and sour date chutney. Next, we will make a very popular and simple potato and tomato curry to accompany potato pulao, Basmati rice cooked with spiced potatoes. This is a celebration of a very humble vegetable.

NPIS, 1 Thursday, 6:00-8:00 pm. September 17, LexMedia Kitchen, 1001 Main Campus Drive, Lexington, \$95.

An Indian Dinner – In-Person

Instructor: Shruti Mehta

Come join Shruti Mehta for an evening of cooking and culture as we prepare a simple meal together. An Indian meal always consists of 4 dishes consisting of a vegetable, a lentil dish, bread and rice. A fancier meal will include something fried on the side. Come prepared for hands-on participation and get transported



Nicole Cohen teaches Fall Pumpkin Spice and Woodland Winter Cookie Decorating, p. 21.

to another world. Possible dishes may include Creamed corn and vegetable fritters (deep-fried pakoras), served with Date Chutney (sweet and sour dipping sauce made with dates and tamarind), Aloo-Gobhi, a simple curry made with Cauliflower chunks and cubed potatoes cooked with ginger, chilies, tomato and spices, Tadka dal, a medley of 3 different dals with ginger, garlic and chilies, served with steamed rice. These dishes will be served with a quick Garlic Naan, popular store-bought bread embellished with garlic and butter.

NIDD, 1 Wednesday, 6:00-8:00 pm. Meets October 14, Follen Church Kitchen, \$95.

NEW Bollos Pelones and Venezuelan Empanadas – In-Person

Instructor: Emilia Montero

We'll prepare traditional Venezuelan *bollos pelones* and *empanadas* with classic fillings, served with homemade sauce and a fresh salad. Join us in creating a dinner full of Venezuelan family flavor, made with simple ingredients and lots of care.

NCPV, 1 Thursday, 5:30-7:30 pm. Meets September 3, Follen Church Kitchen, \$95.

NEW Grandma's Soups and Stews – In-Person

Instructor: Emilia Montero

We'll prepare a comforting lentil soup, a zucchini and chicken casserole, and vegetable rice with a crunchy twist. Perfect for the cool days of autumn, this dinner brings together flavor, warmth, and tradition.

NGSS, 1 Thursday, 5:30-7:30 pm. Meets October 8, Follen Church Kitchen, \$95.

Basic Dumplings from Scratch – In-Person

Instructor: Ploy Khunisorn

Let's have fun and learn how to pinch, squeeze, and pleat delicious dumplings. We will make dumpling wrappers from scratch for a delicious chicken filling. We will use store-bought wrappers for the vegetable filling. We'll cook dumplings using several techniques and serve them with a scrumptious sauce.

NDUM, 1 Tuesday, 6:30-8:30 pm. Meets September 15, Follen Church Kitchen, \$95.



KOREAN LANGUAGE LEVEL 1
with Inho Kwan, p. 17

Home, Hobbies and Travel

Hand-Pulled Noodles from Scratch – In-Person

Instructor: Ploy Khunisorn

Hand-pulled noodles are so much fun and they are much easier to make than you would think. In this online interactive class, you will learn 2 different techniques to pull noodles. We will make 2 types of hand-pulled noodles: Biang Biang and Lamian noodles. We'll turn Biang Biang noodles into a noodle salad with chili sauce. We'll turn Lamian noodles into miso noodle soup.

NDUM, 1 Tuesday, 6:30-8:30 pm. Meets October 6, Follen Church Kitchen, \$95.

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 Thai recipes. We'll make Thai chicken salad (larb gai), stir-fried vegetables, and Thai red curry with chicken served with jasmine rice. We will make the curry paste from scratch.

NTAI, 1 Tuesday, 6:30-8:30 pm. Meets October 20, LexMedia Kitchen, 1001 Main Campus Drive, Lexington, \$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 Thursdays, 6:00-8:30 pm. Begins November 12, H-Mart, 3 Old Concord Rd, Burlington, \$65/Seniors \$55.



Angel Portella teaches Aromatherapy Artistry with Essential Oils, this page.

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

Instructor: Paul Angiolillo

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

NTEA, 1 Tuesday, 6:30-8:00 pm. Meets November 10, Lexington High School, Room 143, \$35.

Be it flower arranging, learning how to repair an automobile, 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.

NEW Aromatherapy Artistry with Essential Oils – In-Person

Instructor: Angel Portella

Discover the many benefits of essential oils and learn how they can be used as natural alternatives to products containing harsh chemicals, including perfumes, air fresheners, and household cleaners. This hands-on class explores the properties of popular essential oils, safe usage practices, and simple ways to incorporate them into your daily routine. Participants will create up to three custom essential oil blends to take home, crafting unique scents that reflect their personal preferences while learning the art of blending for both fragrance and wellness. We will utilize flower petals, herbs, crystals and other natural elements to enhance our blends. Whether you're new to essential oils or looking to expand your knowledge, you'll leave with practical tips, beautiful custom blends, inspiration for a more natural lifestyle and a few surprise goodies!

FAAE, 1 Monday, 6:30-8:00 pm. Meets November 2, Follen Church, \$30.

Residential Addition 101 – Virtual

Instructor: Nancy Dickinson

If you have been thinking of adding onto your house, but don't know where to start, this one night class is for you! Nancy Dickinson, Principal at Dickinson Architects in Concord will give an overview of the design and construction process for residential additions and renovations in Massachusetts. The class will review zoning and septic issues, programming, budgeting, whether to "move or stay", the architectural process, contractor selection, permitting and what to expect during construction. Time will be allowed for questions about your specific project.

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



BETWEEN THE ESSAY & THE POEM
with Barbara Thimm, p. 28

NEW Create Your Own Clay Gnome – In-Person

Instructor: Nate Clark

Add a touch of handmade charm to your home or holiday décor by creating an adorable gnome ornament from molding clay! In this fun, beginner-friendly class, you'll learn simple sculpting techniques to shape, assemble, and personalize your own whimsical gnome. Choose from a variety of design elements, including hats, beards, braids, textures, and seasonal embellishments to make the ornament uniquely yours. Along the way, you'll discover tips for working with molding clay, adding fine details, and creating a durable keepsake you'll be proud to display or give as a thoughtful handmade gift. No prior sculpting experience is necessary. All materials are provided, and each participant will leave with up to three finished gnome ornaments and the skills and inspiration to continue creating at home.

FCYG, 1 Sunday, 3:00-4:30 pm. Meets December 13, Follen Church, \$25.

NEW Discover the Power of Color: Seasonal Color Analysis – In-Person

Instructor Tara Dufour

Have you ever wondered why some colors make you look radiant while others leave you looking tired? Discover how the right colors can enhance your natural beauty, boost confidence, and help you create a polished, authentic look. In this engaging and interactive class, you'll learn the fundamentals of the Four-Season Color Analysis system and explore how color influences first impressions, personal style, and professional presence. Through live demonstrations, you'll see firsthand how the right shades can brighten the complexion, enhance eye color, and create a more vibrant appearance. Students will receive a personalized Four-Season Color Analysis using a professional extended draping process. Whether you're selected for a live analysis or observing from the audience, you'll gain practical knowledge you can immediately apply to your wardrobe, accessories, makeup, and personal style.

FPCA, 1 Tuesday, 6:30 - 8:30 pm. October 6, Follen Church, \$65.

NEW Fall Flower Arranging – In-Person

Instructor: Derby Farm & Garden Staff

If you love flowers and want to learn how to easily create gorgeous arrangements for your home, this is a fabulous introduction to floral design. You will learn techniques and basic design principles to help you confidently arrange flowers. There will be an abundance of seasonal flowers to choose from, as well as the vase and necessary tools.

FFFA, 1 Thursday, 7:00-8:30 pm. Meets November 12, Derby Farm Flowers & Gardens, 218 Massachusetts Ave, Arlington, MA, \$75.

Auto Repair for Everyone – In-Person

Instructor: Bruce Gerry

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

FCAR, 3 Mondays, 6:00-8:00 pm. Begins October 19, Lexington High School, Room 166, \$95.

Planning Your European Vacation – In-Person

Instructor: Wim Nijenberg

Travel to Europe has finally opened again. Making a smart plan that includes choosing the best cancellation and refund policies, and learning how to keep up to date on restrictions, is more important than ever. Wim will share his expertise, gained through creating travel experiences in Europe for over 35 years, to help you choose the best products and services - air, hotel, ground transportation, and sightseeing, whether you are traveling individually or with a tour or cruise. Learn the importance of reading the fine print, understanding payment schedules



Tara Dufour teaches Discover the Power of Color: Seasonal Color Analysis, this page.

and how to obtain many discounts and opportunities in Europe. Even if you've already made your plans, this information-packed evening can still be beneficial.

FEUR, 1 Tuesday, 6:00-8:00 pm. Meets October 20, Lexington High School, Room 221, \$30.

The Process of Selling a Home

Instructor: Jeremy Richman

Get tips on successfully selling your home in today's economic landscape and hear the latest intelligence on the local real estate market. Learn how to prepare your home for sale, what turns buyers on and off, and how to select a realtor versus selling the house yourself.

BSHO, 1 Thursday, 6:30-9:00 pm October 1, Lexington High School, Zoom, \$30/Seniors \$25.

The Process of Buying a Home

Instructor: Jeremy Richman

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

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



Maria Cue teaches American Mah Jongg for Beginner, below.

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 November 19, Lexington High School, Room 232, \$30.

NEW American Mah Jongg for Beginners – In-Person

Instructor: Maria Cue

Join us for a comprehensive introduction to American Mah Jongg. This 4-session course provides a solid foundation, starting with recognizing the different suits, winds, and flowers, followed by hands-on training on hand-building and defensive play. We will begin with an introduction to tiles, building walls, and basic terminology, and progress to reading the NMJL card, and building our first hands. The last two classes involve mastering the Charleston (swapping phase), and guided gameplay with instructor feedback. Sets are provided; attendees should bring their current year's player card.

FAMJ, 4 Thursdays, 1:00-3:00 pm. Begins October 1, LexCE Classroom at Fiske, \$130/Seniors \$115.

NEW You're On A Game Show! – In-Person

Instructor: Joshua Curhan

Do you like trivia? Have you ever seen a game show on TV and thought, "Hey, I want to be on that!" Well, here's your chance! We will play a variety of games that will test your knowledge of different topics, including books, history, math, science, sports, pop culture, and more. Games could include *Jeopardy!*, *Blockbusters*, *Wheel of Fortune*, *Family Feud*, *Who Wants to Be a Millionaire?*, and others!

FGME, 5 Mondays, 6:30-8:30 pm. Begins September 28, Lexington High School, Room 223, \$150/Seniors \$135.

NEW Podcasting Like A Pro – In-Person

Instructors: Ron Schachter & Monica Sager

Students will create a 15-minute, multi-segment, publishable audio podcast. This course will teach the fundamental elements of effective podcasting: developing content, scripting interview questions, interviewing, recording interviews, writing and editing audio scripts, voicing, digital editing, incorporating music and other sound, and assembling a final product.

FPOD, 6 Tuesdays, 6:30-8:30 pm. Begins September 15, Lexington High School, Room 235, \$145/Seniors \$130.



PARENT-CHILD CREATIVE MOVEMENT
with Jane Anderson, p. 39

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 Thursdays, 7:00 -8:00 pm. Begins October 8, Lexington High School, Room 235, \$35.

Bridge for Beginners – In-Person

Instructor: Nancy Rosenfield

Engage your brain - play bridge! An exciting card game of logic and detective work, bridge is also a great way to be social. You will learn by playing right from the very first class. You will learn all the basics of bridge, including bidding, playing, and defending hands using modern bridge techniques. You will play with a partner against another pair, so sign up with a friend or relative if you wish. Singles are always welcome and will be paired up with a partner in class. This 7-week class is ideal for beginners with no previous bridge experience as well as for those who have not played in many years and would like to get back in the game. The class will be taught according to the highly acclaimed "cards on the table" method pioneered by Audrey Grant. You will need to buy the textbook - "Audrey Grant Bridge Basics I - An Introduction" - which is widely available on many websites.

FBRG, 7 Tuesdays, 6:30 - 8:30 pm. Begins September 22, Lexington High School, Room 222, \$175/Seniors \$160.

Bridge for Advanced Beginners – In-Person

Instructor: Nancy Rosenfield

Bridge for Advanced Beginners is the ideal follow-on to the Bridge for Beginners course. This course covers a variety of topics pertaining to competitive bidding, including overcalling, advancing, preemptive bids, double and redouble bids, and cue bids. You will play with a partner against another pair, so sign up with a friend or relative if you wish. Singles are always welcome and will be paired up with a partner in class. This 7-week course is ideal for those who have completed the Bridge for Beginners course or have some experience and knowledge of bridge fundamentals. The class will be taught according to the highly acclaimed "cards on the table" method pioneered by Audrey Grant. You will need to buy the textbook - "Audrey Grant - Bridge Basics 2 - Competitive Bidding - Updated Edition - April 1, 2023" - which is widely available on many websites.

FBAG, 7 Wednesdays, 6:30 - 8:30 pm. Begins September 23, Lexington High School, Room 222, \$175/Seniors \$160.

Humanities

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

Architecture Beyond Buildings – In-Person

Instructor: Julian K. Phillips

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.

HABB, 1 Thursday, 7:00-8:30 pm. Meets November 5, Lexington High School, Room 235, \$25.

Astronomy & Our Universe – In-Person/Virtual

Instructor: Paul Green

Come ponder the universe's vast wonderland. Begin by putting everything into perspective with a grand tour of the universe from Earth to the Big Bang, then learn about the lives of stars and the key role they play in the creation of the elements that comprise our world. We will learn about galaxies, where stars flock together by the billions. Then



Julian K. Phillips teaches Architecture Beyond Buildings, this page.

we'll look at the variable sky, especially the new "movies" being made and the crazy celestial menagerie they reveal. We'll probe the simplest yet scariest objects of all, black holes, and talk about cosmology—the history and future of the universe. For the last class, we'll meet at the Harvard- Smithsonian Center for Astrophysics near Harvard Square, home of the Chandra Science Center. View the historic Great Refractor telescope dating back to the 1840s and learn about the much more recent discoveries that NASA's Chandra X-ray Observatory has made during its 26 years in orbit.

HAOU, 6 Mondays, 7:00-8:30 pm. Begins October 19, Lexington High School, Room 226 or Zoom \$135/Seniors \$120.

NEW The New Cosmos: A Centenary of Discoveries – In-Person

Instructor: Pedro Lilienfeld

This class is an attempt at summarizing the spectacular advances in our knowledge about our universe that have occurred since the breakthrough achieved by Edwin Hubble. The class will address both the technological advances during the last hundred years as well as the resulting discoveries. The crucial role of advanced telescopes, both terrestrial and space-borne, the all-new fields of infrared, X-ray and radio astronomy, space probes and landers, gravitational wave detection, and new auxiliary techniques such as adaptive optics astronomy will be explored. Finally, we will endeavor to review our overall view of the cosmos as

a result of the momentous discoveries such as exoplanets, the existence of black holes, the detection of the cosmic microwave background, the presence of dark matter and energy and, ultimately, the Big Bang and the emerging concept of the multiverse.. This class is intended to be a sequel to that given in the Fall 2025, entitled "From Aristarchus to Hubble".

HNCD, 4 Wednesdays, 6:30-8:30 pm. Begins October 14, Lexington High School, Room 223, \$125/ Seniors \$110.

NEW Exceptional Paintings by Women Artists – Virtual

Instructor: Tracy Marks

Few 18th and 19th century European and American women could attend art school, study anatomy or view nude models. Most painted portraits, family, nature and still life; only a few dared historical and mythological subjects. In this course, you'll learn about ten exceptional female painters from these centuries, as you view slideshows of more than fifty of their best paintings. Our artists, most neglected by male art historians, will include Angelica Kauffman, Elisabeth Le Brun and three Impressionists – Berthe Morisot, Mary Cassatt and Bostonian Lilla Cabot Perry, among others.

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



AMERICAN INDEPENDENCE IN VERSE

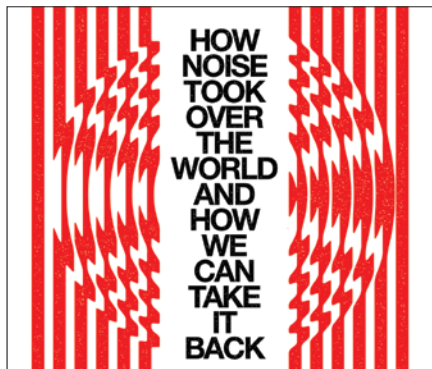
with Bradford Skow, p. 3

NEW Celebrating the Peanuts Comic Strip – Virtual

Instructor: Tracy Marks

Peanuts has been the most popular and successful comic strip worldwide since its genesis in 1950. Together, we'll learn about the personal qualities and circumstances that contributed to Charles Schulz becoming a great amusing and perceptive cartoonist. We'll discuss and view the evolution of *Peanuts* and its characters, as we appreciate their personalities, attitudes toward life and experiences. We'll consider many beloved *Peanuts* tropes such as Lucy's psychiatric booth, Snoopy's novel-writing and WWI adventures, and Charlie Brown's infatuation with the Little Red-Haired Girl. Bring your smile and prepare for good humor, comic genius and lots of laughter!

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



Science writer Chris Berdik talks about *Clamor: How Noise Took Over the World*, page 3.

NEW Ursula K. Le Guin's Wizard of Earthsea – Virtual

Instructor: Tracy Marks

Ursula K. Le Guin's award-winning *A Wizard of Earthsea* is one of the most beloved fantasy novels of all time. Lyrically written, it is also a novel of self-development, and a Jungian allegory about coming to terms with one's shadow. Together, we'll discuss the book chapter by chapter, as well as watch video clips related to the author and the story. We'll also read two *Earthsea*-related short stories. Please buy or borrow the book and read (only) chapters 1-3 before the first class.

HUGW, 4 Thursdays, 6:45-8:45 pm. Begins October 8, 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. While learning about Cummings' life and how to understand his inventive style, we'll read and share our personal reactions to 12-15 of his most famous poems. Students will receive a pdf collection of the poetry we'll discuss, and more.

HDPE, 2 Tuesdays, 6:45-8:45 pm. Begins October 20, Zoom, \$60/Seniors \$50.

God, Adam, Eve and Judas: the Gnostic Perspective – Virtual

Instructor: Tracy Marks

Gnosis is the Greek term for "knowledge" and the gnosis of the Gnostics refers to the wisdom of one's true self. But the Gnostics had more controversial beliefs: 1) that the God of Genesis is a lower manifestation of the true God, an unknowable Spirit; 2) that due to ignorance and arrogance, God created an imperfect world; 3) that Jesus gave Judas the sacred task of betraying him and bearing that infamy forever. The beliefs of the Gnostics have been defamed and distorted throughout history, but are truly revealed in the 2nd century Nag Hammadi manuscripts. We'll learn about these teachings and read excerpts from the original texts. Be prepared to find them both challenging and enlightening. Bring an open mind.

HGAJ, 2 Mondays, 6:45-8:45 pm. Begins November 2, Zoom, \$60/Seniors \$50.

NEW Great 20th Century Female Poets – Virtual

Instructor: Tracy Marks

The late 20th century was a potpourri of exceptional – and often groundbreaking – poetry by women. Together, we'll read and share our personal reactions to inspiring female poets of that era, including four winners of the most prestigious poetry awards: Adrienne Rich, Louise Gluck, Lisel Mueller, and Rita Dove. We'll also read some of the best poems

by a few other popular women poets, including Maya Angelou and Denise Levertov. Students will receive a collection of several dozen inspiring poems by these talented women poets.

HG2C, 2 Thursdays, 6:45-8:45 pm. Begins November 12, Zoom, \$60/Seniors \$50.



**LEONARD COHEN:
POET AND SONGWRITER**
with Tracy Marks, p. 32

NEW The Best International Poetry – Virtual

Instructor: Tracy Marks

Greek, Spanish, Hebrew, Iranian, Palestinian, Polish.... Together, we'll read poems by notable international poets of the 20th century. We'll learn about their lives and share our personal reactions to their poetry. Poets will include Nobel Prize winners Pablo Neruda and Wislawa Szymborska, as well as Yannis Ritsos, Abba Kovner, Forugh Farrokhzad, Czeslaw Milosz and Mahmoud Darwish.

HBIP, 2 Mondays, 6:45-8:45 pm. Begins November 23, Zoom, \$60/Seniors \$50.

NEW Exploring Thoreau's Walden – In-Person

Instructor: Richard Higgins

Walden is Thoreau's spirited guide to a higher life. Written in chiseled poetic prose, it is one of the greatest works in American literature. Thoreau's call from the barnyard roof to live more simply, use nature's resources more wisely, preserve wildness and resist mindless consumerism is more relevant today than ever. It invites us to show up for our own lives and live in a more intimate relationship with nature. We will explore it over five weeks, beginning with the long opening chapter, "Economy." We will follow the book's seasonal cycle, from summer to the following spring, as Thoreau moves from his dense but humorous critique of conformity and materialism in America to his soaring and life affirming conclusion, which suggests the possibility of a resurrection in our lives now, while we yet live.

HETW, 5 Thursdays, 6:30-8:00 pm. Begins October 8, Lexington High School, Room 221, \$150/Seniors \$135.

Mind & Body

NEW Shakespeare's *Julius Caesar* – Virtual

Instructor: Cammy Thomas

The people want the great general Julius Caesar to become their king, but he turns down the crown—three times. Still, his fellow holders of power are suspicious that he will bring the treasured Roman Republic to an end, in favor of a monarchy headed by himself. Caesar receives many signs that he should not go to speak in the Senate—signs from a seer and from his own wife—and yet he goes, and is betrayed, even by his friends. Now what? How will Rome be ruled? Who gets to decide? And in a larger sense, what is our relationship to Fate? What is the meaning of honor? Of friendship? Come and discuss this great early play, and its possible relevance to contemporary concerns. We'll look at some film clips. No experience necessary. No homework the first night, then we'll read one act per week.

HSJC, 6 Wednesdays, 10:00-11:30 am. Begins September 16, Zoom, \$110/Seniors \$95.

NEW Between the Essay and the Poem – In-Person

Instructor: Barbara Thimm

We tend to think of essays as pieces of writing that lay out an argument. In this class, we explore essays that may contain an argument — but one that is not always stated outright. Instead, the argument may be embodied in the writing itself. Similarly, we tend to think of poems as expressing feeling or image rather than making a case. Yet poems can suggest an argument, even if not in the linear, step-by-step way we associate with argumentative writing. In this class, we explore the overlap between essayistic and poetic expression. We will read texts by Charles Baudelaire, Ira Sukrungruang, Lydia Davis, Anne Carson, Eula Biss, and others, and consider the nuanced ways in which they work across — and between — these two forms. For those who are interested, there will also be writing prompts to explore these ideas through your own work.

HBTE, 2 Thursdays, 6:30-8:30 pm. Begins September 17, Lexington High School, Room 229, \$65/Seniors \$55.

LexCE 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 October 2, Lexington High School, Room 140, \$185.

Breathing: Your Best Medicine – In-Person

Instructor: Lisa Jones

Harness one of the most powerful tools for health and well-being: your breath. This immersive course introduces participants to proven mindful and yogic breathing practices that enhance stress resilience, optimize energy, improve focus, and support nervous system regulation. Under the guidance of a seasoned breathwork practitioner with 30 years of experience, you will learn practical techniques that can be immediately applied to improve physical, mental, and emotional well-being. Whether your goal is to enhance resilience, well-being, and personal growth, you will leave with a toolkit of actionable breathing strategies to support lasting positive change. This course offers information for a pathway to unlock the restorative and empowering potential of intentional breathing. Please bring a yoga mat.

MBBM, 1 Saturday, 11:00 am-1:00 pm. Meets October 10, Lexington High School, Room Black Box, \$35/Seniors \$30.



TEA-TASTING: ELIXIR OF THE EAST
with Paul Angiolillo, p. 23

NEW A Gentle Reset: An Introduction to EFT Tapping for Relieving Stress & Overwhelm – In-Person

Instructor: Danielle Gaudette

In this three-session series, we will explore Emotional Freedom Techniques (EFT) to gently help release stress, soften overwhelm, and create space inside to breathe again. EFT Tapping combines the principles of acupressure with mindful attention to help calm the nervous system while processing uncomfortable emotions. Research has shown it can significantly reduce stress and cortisol levels, restoring a greater sense of balance in the body and mind. This series is for those who feel overwhelmed and are looking for a gentle, supportive way to calm their nervous system. EFT is most beneficial to adults open to holistic, energetic and mind-body approaches, and who are curious about tools that help them process emotions rather than suppress them. This series is especially supportive for sensitive, self-aware individuals who are comfortable to share about their feelings, and who are looking for a gentle way to calm their nervous system and shift their energy.

MAGR, 3 Wednesdays, 6:30-7:30 pm. Begins October 3, Lexington High School, Room 240, \$150.

NEW Deliberate Lifestyle for Mastering Perimenopause and Menopause – In-Person

Instructor: Doreen Leupold-Mitchell

Perimenopause is a transitional phase leading up to menopause, characterized by fluctuating estrogen levels. This phase can begin for some women as early as their late 30s and can last for several years until a woman reaches full menopause. Many women (but not all) experience the unanticipated symptoms of perimenopause and many reach menopause without clear information or practical support on how to manage and understand the changes to their bodies. This workshop is designed for women who want to understand what's happening in their bodies (or learn ahead of time) and feel empowered by this knowledge to explore and adopt realistic lifestyle style strategies designed to lead to long-term health and vitality. The series will explore how naturally shifting hormones

during perimenopause, menopause and postmenopause can affect metabolism, bone and heart health, muscle strength and body composition, pelvic floor function, sleep, mood and brain clarity. Five core lifestyle strategies will be reviewed in depth, along with practical ways to implement them. Women will have an opportunity to create their own PMMP (Personal Menopause Mastery Program) as part of this workshop series.

MDLM, 3 Wednesdays, 7:00-8:30 pm. Begins November 4, Follen Church, \$65.

NEW Crystal Sound Bath & Chakra Healing: A Journey to Deep Relaxation - In-Person

Instructor: Elyssa Glassman

Join an immersive sound healing experience designed to promote deep relaxation, energetic balance, and inner harmony. This restorative journey features the healing vibrations of crystal singing bowls tuned to each chakra, along with the grounding rhythm of the drum, the gentle resonance of chimes, and the cleansing energy of rattles. As you rest comfortably, these soothing sounds and vibrations help calm the nervous system, encourage emotional release, restore energetic flow, and invite a profound sense of peace and renewal. Relax, reset, and reconnect with yourself in a welcoming and supportive environment. No experience is necessary.

MCSB, 1 Tuesday, 7:00-8:00 pm. Meets October 13, Follen Church, \$25.



Wen Wen teaches Everyday Traditional Chinese Self-Care and Wellness, this page.



Coreen Leupold-Mitchell teaches Deliberate Lifestyle for Mastering Perimenopause and Menopause, p. 28.

NEW Mindfulness & Lovingkindness: A Foundation for Peace and Mental Clarity – In-Person

Instructor: Holly Collins

In our fast-paced world, it is easy to become “tied in knots” by the demands of daily life. This workshop series provides a clear, accessible path to finding stillness, reducing stress, and fostering a deeper sense of connection with yourself and your community. This program is structured into three progressive sessions: We begin with the fundamentals of basic meditation, creating a quiet space to observe the mind. We will then transition into the practice of Lovingkindness (Metta), an ancient technique used to cultivate compassion, joy, and emotional resilience. We will build on our foundation by exploring how our thoughts physically manifest as tension in the body. Using insights from behavioral neuroscience, we will identify and reframe habitual, unhelpful thought patterns, offering you actionable tools to navigate challenges with grace, physical ease, and mental flexibility. Whether you are a beginner looking to establish a practice or an experienced student seeking to integrate new cognitive and compassionate techniques into your routine, these classes offer a supportive environment to explore how meditation can bring harmony to your daily life.

MM&L, 3 Saturdays, 10:00 - 11:00 am. Begins September 19, Lexington High School, Black Box, \$75/Seniors \$65.

NEW Everyday Traditional Chinese Self-Care & Wellness – In-Person

Instructor: Wen Wen

Discover practical, easy-to-learn techniques from the rich tradition of Chinese wellness practices. This course introduces participants to a variety of self-care methods designed to support mobility, relaxation, body awareness, and overall well-being. Each session includes an introduction to the principles and applications of the featured technique, followed by guided hands-on practice. Participants will learn skills they can safely incorporate into their daily wellness routines. Topics include guided movement; self-massage methods; Gua techniques; and therapeutic movement exercises. Participants will leave with practical techniques that can be used at home to support everyday health and well-being. No prior experience is required.

MTCW, 9 Saturdays, 9:30-10:30 am. Begins October 17, Lexington High School, Room 229, \$200.



Author and addiction recovery expert Piers Kaniluka discusses Recovering from Cultural Anesthesia & Returning to the Senses, page 6.



Stephanie Burke teaches *Reincarnation & Past Lives*, this page.

NEW Reincarnation & Past Lives – In-Person

Instructor: Stephanie Burke

Have you ever felt an unexplained connection to a particular place, time period, or culture? Do certain fears, talents, or interests seem to have no clear origin? Drawing from documented case studies, historical accounts, and years of experience, we will explore and discuss the concepts of reincarnation and the patterns many people associate with past-life experiences. Topics include recurring fears, natural abilities, strong emotional connections, déjà vu, and the intriguing ways these experiences may shape our present lives. The evening concludes with a relaxing guided meditation designed to help participants explore the possibility of their own past-life memories in a reflective and supportive setting. Whether you approach the subject with curiosity, skepticism, or a lifelong interest in spirituality, this thought-provoking program offers an engaging look at one of humanity's oldest and most enduring mysteries.

MRPL, 1 Sunday, 5:00 - 6:30 pm. Meets October 25, Follen Church, \$20.



GHOSTS & LEGENDS
with Jeff Belanger, p. 4

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.

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 September 12, Lexington High School, Blackbox, \$20.

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 December 10, Lexington High School, Room 232, \$30.



COFFEE CUPPING
with Rob Fitzgibbon, p. 22

NEW From Sound to Silence: Chanting and Meditation – In-Person

Join this session to unwind your busy mind and connect with the inner silence. Experience the transition from sound to silence through chanting of powerful ancient mantras followed by a deep guided meditation. You will also learn about the impact of various sounds on our energy centers.

MSSC, 1 Saturday, 11:00 am-12:00 pm. Meets October 17, Lexington High School, Blackbox, \$20.

NEW Stretch the Body, Calm the Mind – In-Person

Join this session to recharge your body with gentle yoga stretches followed by breathwork and a guided meditation. You will learn more about the secrets of breath and how simple breathwork can have a powerful impact on the body-mind complex. Yoga stretches in the beginning will be very gentle - all fitness levels welcome.

MSTB, 1 Saturday, 11:00 am-12:00 pm. Meets November 14, Lexington High School, Blackbox, \$20.

NEW The Resonant Voice: Exploring the Ancient Practice of Seed Sounds – In-Person

Instructor: Char Willingham

This experiential workshop introduces participants to the ancient yogic practice of Seed Sounds (Bija Mantras), simple vocal sounds traditionally used to cultivate presence, focused attention, and embodied awareness. Through breath, gentle chanting, mindful listening, and moments of silence, participants will explore how sound and vibration can support a deeper relationship with themselves and the world around them. Accessible to all experience levels, this practice emphasizes curiosity, resonance, and direct experience rather than musical ability.

MSED, 1 6:00-7:30 pm. Meets Tuesday, December 8, Follen Church, \$30.

Reiki for Self Care – In-Person

Instructor: Carol Neal

Reiki (pronounced ray-key) means "Universal Life Energy" and originated in Japan. It is a gentle and comforting touch therapy practiced all over the world, including in hospitals and hospice. Reiki can calm the mind and bring about an overall sense of well-being. Many have benefitted from this simple yet effective touch therapy. In this class participants will practice Reiki hand placements and how best to use Reiki to calm the mind, thereby relieving stress and anxiety, and encouraging the natural body's healing ability. We will practice a relaxing breathing technique to start and then you will learn how to use Reiki on yourself and incorporate it into daily life. This will be done while seated. During the practice we will also use guided, calming imagery to deepen the relaxation. You will leave class feeling more relaxed than when you arrived.

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

Reiki Healing Circle: Rest, Relax & Restore – In Person

Instructor: Elyssa Glassman

Experience the gentle yet powerful healing energy of Reiki in a peaceful group setting with Reiki Master Elyssa Glassman. During this deeply relaxing session, participants will rest comfortably while receiving Reiki energy to support stress relief, energetic balance, emotional well-being, and deep relaxation. Group Reiki offers a beautiful opportunity to slow down, reconnect with yourself, and allow your body's natural healing process to be supported in a calm and nurturing environment. No prior Reiki experience is necessary. Everyone is welcome.

MRCH, 1 Tuesday, 7:00-8:30 pm. Meets November 10, Follen Church, \$30.

Decompress Your Stress with Laughter! – In-Person

Instructors: Linda and Bill HAmaker

Bring more laughter into your life and the life of others. Laughter Yoga combines guided laughter exercises with breathing exercises to bring more oxygen to the body's cells. This oxygen boost gives



Char Willingham teaches *Exploring the Ancient Practice of Seeds Sounds*, page 30.

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

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



CLAMOR: HOW NOISE TOOK OVER THE WORLD

with Chris Berdik, p. 3

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

Instructor: Kierstin Pane



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

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

M2CPR, 1 Thursday, 6:00-9:00 pm. Meets December 3, Lexington High School, Room 164, \$109.

Music Appreciation

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

Instructor: Elaine Bachelder and Craig Hall

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

MNCE, 3 Tuesdays, 7:00-8:30 pm. Begins October 27, Lexington High School, Room 164, \$85/Seniors \$70.

NEW Alice Coltrane: Her Early Years as a Jazz Piano Virtuoso – Virtual

Instructor: Lewis Porter, Ph.D.

Most people know that Alice McLeod—her birth name—was a professional pianist before she met John Coltrane. But few know what a high-level artist she was. Learn about her family and her early history, hear her early jazz—and pop!—recordings, and see rare videos of her on French television! Of course we will talk a bit about her life and work with and after John as well.

HURM, 1 Thursday, 7:00-8:30 pm. Meets October 22, Zoom, \$30.



Saxophone Colossus: A Tribute to Sonny Rollins, page 6.

NEW The Mystical, Musical Genius of Hildegard von Bingen – In-Person

Instructor: Max Rydqvist

Hildegard von Bingen (also known as Hildegard of Bingen) is not only one of the earliest known female musicians but also one of the very first documented composers in the history of Western music. A polymath and intellectual anomaly within her society, Hildegard remains one of the most renowned musical figures of the Middle Ages. She not only composed an astonishing amount of music for her time, but also practiced as an active poet, scholarly writer, and medical scientist. This lecture will present an overview of Hildegard's life and travels, her professional practices and their intimate relationship with her spiritual and religious values. It will also examine her relationship with the Christian Church and how the latter influenced the course of her career. It will delve into both Hildegard's music and poetry, which became increasingly interlinked, defining the character of her compositions throughout her career. It will explore the relationships between the genres of music that Hildegard utilized with her other practices and philosophies, as well as how her music compared and contrasted with the ecclesiastical musical fashions of her time. It will also touch upon some of her biographical and scientific writings and examine the social and political forces that allowed her versatile mosaic of lifelong work to blossom.

HBIN, 1 Wednesday, 7:00-8:30 pm. Meets October 21, Lexington High School, Room 235, \$30.



**BANISHED WOMEN:
ACROSS THE CENTURIES**
with Skye Shirley, p. 4

NEW Fall Opera Class – Virtual

Instructor: David Collins

The Boston Lyric Opera and the New York Metropolitan Opera contribute to this Fall's spectacular French and Italian opera season. Our class will launch the season with Rossini's final opera William Tell. Love, freedom and tyranny all come together in this rarely performed opera. The vocal, scenic and orchestral demands of this

opera still challenge any opera company. Next we look at Mozart's opera about sexual fidelity, *Così fan tutte*. Using lyrical beauty, dramatic intensity and ensemble interaction, Mozart probes the inner strength of two couples' love. Though frowned upon in the nineteenth century as immoral and frivolous this opera has become more relevant today. We continue with Verdi's *Macbeth*, the first of his three Shakespearian operas. The intense and dramatic vocalism for Lady Macbeth was unknown for the time. Using the famous "sleepwalking scene" we will compare different singers' success in this role. Bizet's *Carmen* follows next. Sadly, Bizet died before this opera became world famous. Let's revel in its famous musical numbers i.e. *Carmen's Habanera*, *Escamillo's Toreador Song*, *Don José's Flower aria* and the *Toreador March*. We end with Saint-Saëns' biblical opera *Samson et Dalila* (*Samson and Dalilah*). The composer uses melody and dance to depict the contrast between the austere Hebrews and the pleasure loving Philistines. The sensuous and seductive Dalilah successively seduces Samson as she sings the famous aria "Mon coeur s'ouvre à ta voix" (*My Heart at Your Sweet Voice*). Join us as we prepare for an exciting operatic bonanza this Fall. We will use audio and video in this five session zoom class.

HVTO, 5 Tuesdays, 6:30-9:15 pm. Begins September 22, and meets 9/29, 10/13, 11/10 and 12/1, Zoom, \$150/Seniors \$135.

NEW Leonard Cohen: Poet and Songwriter – Virtual

Instructor: Tracy Marks

Leonard Cohen, one of the most brilliant songwriters of all time, was also an accomplished poet. His lyrics, often complex and sometimes highly personal, can best be appreciated and understood when related to the chronology of his life. Together, we'll learn about Cohen, read and discuss sixteen of his lyrics, and watch him perform these songs. Be prepared to be inspired!

HLCP, 2 Thursdays, 6:45-8:45 pm. Begins September 24, Zoom, \$60/Seniors \$50.



**CELEBRATING RAINER MARIA
RILKE'S JUBILEE YEAR**
with Mark S. Burroughs &
David Whetstone, p. 8

Music Performance/ Theatre Arts

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

Instrumental Camerata for Adults – In-Person

Instructor: Shant Arakelian

This class is designed for adults with a wide range of skills who are interested in playing chamber music together. We will explore different pieces from the classical repertoire, and address both the technical and musical components of ensemble playing. Whether you are a beginner or someone who has taken an extended break from playing but would like to resume (and need a motivational program to help!), this is sure to be a rewarding experience. The class is open to violinists, violists, cellists, bassists, oboists, flutists, 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, 10 Thursdays, 6:45-9:00 pm. Begins September 17, Lexington High School, Room 166, \$230/Seniors \$215.

Basic Blues: Guitar Jam – In-Person

Instructor: R.L. Hegarty

Throughout American music history the Blues and the guitar go hand-in-hand. The five notes of the pentatonic scale can go a long way in moving listeners without needing too much knowledge in advanced music theory. As the name suggests, the form of the music relies on feel over technical facility. This class is a little bit of history, a little bit theory, and a whole lot of playing. Each week, we'll delve into the archetypal structures, patterns, and songs that define this genre, briefly touching upon the shared elements that show its influence on the development of Rock and Jazz, all practiced within a lively group jam context. Before you jam: Any style of working guitar is welcome. If bringing an electric guitar please also come equipped with a portable amplifier. This is an ALL



Magically Delicious Productions presents Hibiscus and Yellow Trumpet Tea: A Two-Person Play with Shiyانبade Animashaun and Rosena Cornet, p. 7

Levels class: If you can comfortably play an E chord and an A chord, you're ready to join! All players with a basic level of guitar playing familiarity are welcome.

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

An Intermediate Jazz Guitar Improvisation Workshop – In-Person

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 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. Please note: Class meets every other week.

HOCJ, 3 Tuesdays, 6:00-9:00 pm. Begins October 6 and meets 10/20 and 11/3, Lexington High School, Room 240, \$120/Seniors \$105.



**INTRODUCTION TO
SCREENWRITING**
with Douglas Folsom, p. 38

Improvitational Theatre for Judgment-Free Communication, Adults – Virtual

Instructor: Shiyانبade Animashaun

An engaging, introductory improv class teaching dramatic and comedic skills to help you become more decisive, improve communication, sharpen awareness and listening, think more quickly, and overcome the fear of failure. This class of applied improv tenets requires no improv or acting background. In 6 weeks, attendees will share a supportive environment and: Learn how the improvisational foundation of 'Yes, And' improves collaboration. Discover tools to close communication gaps, and increase efficiency. Overcome anxieties around public speaking, in meetings with colleagues and clients alike. Improve listening skills by kicking away the voice of judgement.

HITJ, 6 Tuesdays, 4:00-5:30 pm. Begins October 27, Zoom, \$150/Seniors \$135.

Adult Improv – Virtual

Instructor: Shiyانبade Animashaun

An introductory improv class 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. Beginners welcome! Learn additional improv tenets and forms.

HIMC, 6 Tuesdays, 6:00-7:30 pm. Begins September 15, Lexington High School, Room 225, \$150/Seniors \$135.

Private Music Instrument Lessons for Every Age and Level

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

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



Jonathan Clark
Jazz Guitar



Raluca Dumitrach
Violin



Brenda Bishop
Voice



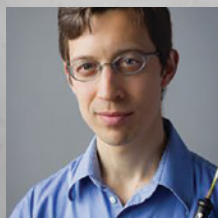
Ethan Shin
Viola/Violin



Lucas Rich
Bass Guitar



Maria Dupree
Violin/Viola



Ben Fox
Oboe



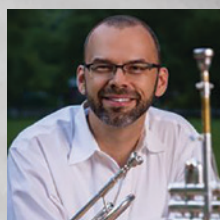
John Tanzer
Percussion



Brian Kane
Saxophone



Ellen Donohue-Saltman
French Horn



Greg Gettel
Trumpet



Max Rydqvist
Voice, Piano



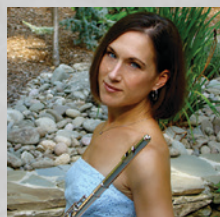
Rui Xu
Double Bass



Minyung Suh
Cello



Jerry Vejmolá
Sax, Clarinet



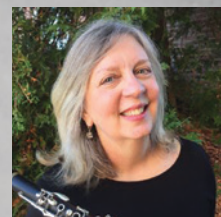
Jessica Lizak
Flute



Libor Dudas,
Piano



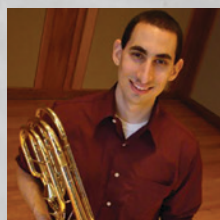
Jim Lattini
Drumset/Percussion



Nancy Radnofsky
Clarinet



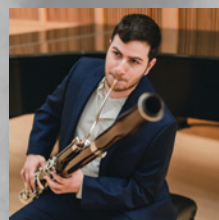
Julia Chung
Piano



Phil Hyman
Trombone/
Euphonium



Pauline Jung
Flute



Shant Arakelian
Bassoon

Technology

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

NEW AI Edge: A hands-on workshop for choosing, using, and trusting today's AI tools – In-Person

Instructor: Kim McCormick & The AI Collective Team

Most people who've used ChatGPT think they understand AI. Most of them are wrong and it's not their fault. They just haven't been shown what they're missing. Yet. In three focused sessions, you'll stop guessing and start using ChatGPT, Claude, Perplexity, and Gemini the way people who get results do, with strategy, confidence, and zero wasted time. You'll leave excited to keep going. This isn't about dabbling. It's about building AI fluency that compounds your effectiveness every single day, whether you're at work, running a business, or just want AI to work for your life. You'll develop: Smart tool selection, knowing exactly which AI handles specific tasks best. Strategic prompting skills that consistently deliver results you actually need. Seamless workflow integration for research, communication, and problem-solving. Privacy safeguards and legal awareness so you can innovate without risk. Efficiency breakthroughs that free up hours for what matters most. Your outcome: A personalized AI toolkit, practical techniques you'll use immediately, and the confidence to keep evolving as these tools do. You'll think differently about what's possible. Three 90-minute sessions. Laptops work best for hands-on practice. Mobile phones are not recommended.

CAEI, 3 Tuesdays, 6:30-8:00 pm. Begins September 8, Lexington High School, Room 235, \$155.



Architecture Beyond Buildings with Julian K. Phillips, page 26.



Bestselling author Weina Dai Randel discusses The Writer's Life in the Age of AI, page 7.

NEW AI Advantage: Move from capable to commanding with personalization, workflow, and control – 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 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 Gems, Notebooks, and Projects designed around your work and goals. Real redaction for AI goes beyond hiding words, learn how to protect your information. And 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 Edge 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. Three 90-minute sessions. Laptops work best for hands-on practice. Mobile phones are not recommended.

CAAM, 3 Tuesdays, 6:30-8:00 pm. Begins October 20, Lexington High School, Room 235, \$155.

NEW Go Language Computer Programming – In-Person

Instructor: Luke Immes

This course covers GO syntax, data structures, and studying two moderately sized applications (already written). Prerequisites are familiarity with the command line, e.g., running programs, editing *.txt files, using GIT, and installing software. Operating system that student will use: Linux, Mac or Windows 10(or 11). Finally, students can implement their own project.

CGLC, 10 Tuesdays, 5:00-8:00 pm. Begins September 15, Lexington High School, Room 232, \$350.

Smartphone & Tablet 101 – In-Person

Instructor: Kristen Butler

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

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



Kim McCormick and the AI Collective Team teach AI Advantage, 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 September 23, Hybrid: Zoom or Lexington High School, Room 221, \$45

Managing Your Photos – In-Person/Virtual

Instructor: Kristen Butler

Photos, Photos, Everywhere! Photos on your phone, photos on your iPad, photos in your email, photos in your texts, photos on your wall, photos on slides or photos in a box. Your photos are everywhere. Come learn how to organize them on your computer so that you can find them and even put them into albums to share.

CPHO, 1 Wednesday, 6:00-9:00 pm. Meets October 7, 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 October 14, 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 October 21, Hybrid: Zoom or Lexington High School, Room 221, \$45.

Protecting Your Home Network – In-Person/Virtual

Instructor: Kristen Butler

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

CPYN, 1 Wednesday, 6:00-9:00 pm. Meets November 4, Hybrid: Zoom or Lexington High School, Room 221, \$45.



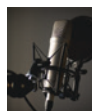
Melissa Dorsky teaches Canva with Confidence, below.

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 November 18, Hybrid: Zoom or Lexington High School, Room 221, \$45.



PODCASTING LIKE A PRO
with Ronald Schachter, p. 25

Purchasing a New Computer – In-Person/Virtual

Instructor: Kristen Butler

This course demystifies the computer-buying process by teaching you how to decode technical specs like RAM, processors, and storage to match your budget and needs. You will leave with a step-by-step checklist to confidently evaluate options, avoid costly marketing traps, and choose the perfect laptop or desktop.

CPNC, 1 Wednesday, 6:00-9:00 pm. Meets December 2, Hybrid: Zoom or Lexington High School, Room 221, \$45.

NEW Canva with Confidence – Virtual

Instructor: Melissa Dorsky

Whether you're just getting started with Canva or looking to sharpen your skills, we will walk you through practical, hands-on tips, including: Getting comfortable with templates, elements, filters, and search tools; setting up and using your Brand Kit — logos, fonts, colors, and organized folders; tailoring templates for social media posts, presentations, and marketing materials; exporting your work, keyboard shortcuts, and other time-saving tricks; and plenty of time for questions and answers.

CCWC, 1 Wednesday, 7:00-8:30 pm. Meets November 4, Zoom, \$25.

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 LexCE office at 781.862.8043.

Writing

NEW Is Your Website Helping or Hurting Your Business? A Practical Website, SEO & Lead-Generation Workshop for Small Business Owners – Virtual

Instructor: BBDS Design

Many small-business websites look fine but fail to bring in enough calls, forms, bookings, or qualified inquiries. In this practical class, business owners will learn how to evaluate whether their website is helping or hurting their growth. We will look at website messaging, local SEO, calls to action, mobile usability, page speed, Google visibility, analytics, trust signals, and basic maintenance. Students will leave with a simple website improvement checklist and a clearer understanding of what to fix first.

CIYW, 1 Tuesday, 7:00-9:00 pm. October 6, Zoom, \$35.

NEW Get Found on Google: Local SEO for Small Business Owners – Virtual

Instructor: BBDS Design

Many small-business websites look fine but fail to bring in enough calls, forms, bookings, or qualified inquiries. In this practical class, business owners will learn how to evaluate whether their website is helping or hurting their growth. We will look at website messaging, local SEO, calls to action, mobile usability, page speed, Google visibility, analytics, trust signals, and basic maintenance. Students will leave with a simple website improvement checklist and a clearer understanding of what to fix first. Students will leave with a simple local SEO checklist and a clearer understanding of what they can improve on their own website and Google presence.

CGFG, 1 Tuesday, 7:00-9:00 pm. October 20, Zoom, \$35.



Author Richard Higgins teaches Exploring Thoreau's Walden, page 27.

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

Wordcraft: Make Your Writing Sparkle – Virtual

Instructor: Tracy Marks

Do you want your writing to sparkle with vivid sensory detail and imagery, capturing the essence of your message? For it to have greater precision, clarity and originality, while also containing rich similes, metaphors and alliteration? For your use of active verbs to enable your words to come alive on the page? Whether you write fiction, memoir, nonfiction or poetry, the examples we'll read in class and the creative writing exercises we'll do will help you make your writing sparkle.

WWCS, 4 Tuesdays, 6:45-8:45 pm. Begins November 17, Zoom, \$120/Seniors \$105.

NEW Improve Your Language, Empower Yourself – Virtual

Instructor: Tracy Marks

Did you know that using "I am" statements and the "to be" verb form can restrict your sense of yourself, creating self-fulfilling prophecies? We are, after all, processes, not selves fixed in time. We can begin countering distortions of truth by speaking and writing words and sentences that more accurately reflect reality. Using active verbs can also help us to gain more control over our lives. This evening, your instructor—counselor, self-help author and an editor of Laurence Weinstein's *Grammar for a Full Life*—can help you make small changes in your speech and writing that will increase your self-empowerment..

WIYL, 1 Thursday, 6:45-8:45 pm. Meets December 3, Zoom, \$30/Seniors \$20.

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 storytelling 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.chandreyeealahiri.com. Max Enrollment of 8 Students.

WPST, 6 Tuesdays, 7:00-8:30 pm. Begins September 15, Zoom, \$180/Seniors \$165.



Chandrayee Lahiri teaches Story Telling-Writing Support Group and Workshop, this page.

NEW Generative Fiction: Short Story – In-Person

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

This class is for those writers looking to explore their creative storytelling personas! We will study flash fiction, short stories and the beginnings of novels, learning techniques to craft your best stories. Come to imagine! Come to write!

WGFS, 8 Mondays, 10:30 am-12:30 pm. Begins September 28, LexCE Classroom, \$200/Seniors \$185.



THE WRITER'S LIFE IN THE AGE OF AI

with Wenina Dai Randel, p. 7



College Planning & Test Preparation

Math SAT Prep – In-Person

Instructor: Sachin Jain

In SAT Math, students will review mathematical operations and learn test strategies necessary for success on the SAT. Students will take 2 practice tests and receive targeted help. Class consists of 8-10 mini lessons that cover common issues/test taking strategies and each student will receive individualized help in each class on a topic they are struggling with. Required Text for class: *The Official SAT Study Guide, Second Edition, published by the College Board (2025).*

PSAM, 6 Saturdays, 9:00 - 11:00 am.
Begins September 19, Lexington High School, Room 221, \$200.

Reading & Writing SAT Prep – In-Person

Instructor: Rachel Lloyd

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

PESA, 6 Tuesdays, 3:30-5:30 pm. Begins September 15, Lexington High School, Room 220, \$200.

P2SA, 6 Wednesdays, 3:30-5:30 pm. Begins September 16, Lexington High School, Room 220, \$200.

Planning Ahead for College Applications – In-Person/Virtual

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

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 LexCE. Students must be at least 15.9 years old to begin the program. Please see the LexCE website at 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

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, 7 Wednesdays, 4:00-6:00 pm. Begins October 14, Zoom, \$200/Seniors \$185.

Poetry Writing Workshop – Virtual

Instructor: Tom Daley

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

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

WPWW, 8 Wednesdays, 6:30-8:30 pm. Begins September 16, Zoom, \$225/Seniors \$210.

Introduction to Screenwriting – In-Person

Instructor: Douglas Folsom

Have a movie or TV idea you'd love to develop? Whether you're starting from scratch or revisiting an unfinished script, this six-week course introduces the fundamentals of screenwriting. Learn story structure, character development, formatting, and pitching while exploring scenes from classic films and discovering how AI can support the creative process. Students are encouraged to share pages of their work for constructive group feedback. The emphasis is on learning, experimentation, and building confidence—not pressure or perfection.

WISW, 6 Thursdays, 6:00-7:30 pm. Begins September 17, Lexington High School, Room 225, \$180/Seniors \$165.

Courses for Children

also receive a 15-minute private follow-up consultation

PACL, 1 Thursday, 6:30-8:00 pm.
November 12, Lexington High School,
Room 221, \$45.

PA2L, 1 Tuesday, 6:30-8:00 pm. November
24, Zoom, \$45.



SELF DEFENSE FOR WOMEN

with Charles Crayton, p. 28

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

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.

PJFJ, 3 Days, 6:30-8:00 pm. Meets
September 17 plus two additional
30-minute private sessions, Lexington
High School, Room 221, \$165.

P2JJ, 3 Days, 6:30-8:00 pm. Meets
October 22 plus two additional 30-minute
private sessions, Zoom, \$165.

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

Instructor: Dr. Bruce Johnson from BKJ College Application Consulting

Admissions officers read hundreds of applications — make sure yours stands out! This class will help you write your college essays with less stress and more success. Instructors will provide guidance through brainstorming, freewriting and individual feedback. With in-class writing sessions and homework, coupled with timely feedback for revisions, you will

learn to craft essays that memorably introduce you. Depending on need, we can focus on the personal essay or supplementals. Whether you have begun writing but are now stuck or you've yet to begin, we can help you create winning college essays! Following the small group sessions, each student can receive three more rounds of written feedback on drafts and three private online coaching sessions (25 minutes per session). Please note that this class is appropriate for high school seniors.

PEST, 7 days, 5:30-7:30 pm. Begins
Thursday, September 24 and meets 9/25 ,
9/30, 10/7, plus three additional 25-minute
private sessions, Zoom, \$585.



HOW TO THINK LIKE AN ENTREPRENEUR

with Sophie Su, p. 40

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.

PMFA, 1 Tuesday, 6:30-8:30 pm. Meets
October 6, Lexington High School, Room
229, \$30.



TWO GUYS WALK INTO A THEATRE

with Stephen Collins and
Jerry Bisantz, p. 8

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

NEW Parent-Child Creative Movement (for Kids ages 2-5 and their Grown-ups!) – In-Person

Instructor: Jane Anderson

In this class we will create a joyful space for parents and children to move, play, and connect from the heart. Families will develop a toolkit of new games and movement prompts that can be woven into routines and playtime at home. Children will have the chance to develop gross motor skills and body awareness, while adults will get a full-body workout! Jane incorporates props, storytelling, and a diverse range of music into her classes. All families with young children are welcome to come dance and play!

KCMK, 4 Saturdays, 10:00-11:00 am.
Begins October 3, Follen Church, \$75 per
parent/child pair.

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
October 21, Lexington High School, Room
224, \$5.



Rachel Lloyd teaches Reading & Writing SAT Prep, facing page.

High School Improv – 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 class is great for those with no or little improv or acting background.

KHHI, 6 Tuesdays, 4:30-6:00 pm. Begins September 15, Lexington High School, Room 225, \$150/Seniors \$135.

Middle School Improv – In-Person

Instructor: Shiyabade Animashaun

For those in grades 6-8. 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 class is great for those with no or little improv or acting background.

KMSI, 6 Wednesdays, 4:30-6:00 pm. Begins September 16, Lexington High School, Room 225, \$150/Seniors \$135.

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

Instructor: Emergency Medical Educators



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

KCPR, 1 Saturday, 9:00 am - 1:00 pm. Meets October 24, Lexington High School, Room 164, \$140.



Nate Clark teaches Create Your Own Clay Gnome for Ages 10 +, page 24.

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

Instructor: Emergency Medical Educators

The Child and Babysitting Safety program gives teenagers and young adults everything they need to know for safe and successful babysitting. The program teaches how to get started with a business, working with parents and children, and key safety, caregiving, and first aid tips. At the end of the course, students will leave with a course completion card, student workbook, and worksheets to help students build their babysitting business.

KBAB, 1 Saturday, 9:00 am - 1:00 pm. Meets November 7, Lexington High School, Room 164, \$140.

NEW How To Think Like An Entrepreneur – In-Person

Instructor: Sophie Su

Take a journey into solving the world's big or small problems using business skills! This course teaches students from 8 to 12 years old how to solve the world's problems (big and small) using business skills. We'll cover: What social entrepreneurship is, how to identify social issues you want to address, how to explore and find solutions, and how to create your product/services. We'll navigate questions concerning shares, ownership, employees and shareholders, and explore how to market your social enterprises, as well as raising money. Students will have a social entrepreneurial project to work with at the end of the course.

KHTE, 4 Saturdays, 10:30 am - 12:00 pm. Begins September 19, Lexington High School, \$100.

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

Instructor: INNOADDI Teaching Staff

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

K3SD, 8 Saturdays, 9:00-10:30 am. Begins September 5, Lexington High School, \$320.

K3DS, 13 Thursdays, 3:45 - 5:15 pm. Begins September 10, Fiske Elementary School, \$520.

K3DH, 13 Fridays, 3:45 - 5:15 pm. Begins September 11, Hastings Elementary, \$520.



Fun for the Family! Meet the Baby Animals Live Farm Animal Experience, page 5.



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

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

*Instructor: New Legacy Cultural Center
Instructors*

 The Mandarin Immersion Program provides students with a language-rich environment that strengthens their listening, speaking, reading, and writing skills. Through stories, games, projects, and guided interaction, students learn Mandarin in a natural, engaging, and meaningful way. This program is open to all students who wish to enhance their Chinese language abilities. With consistent exposure and active language use, students build confidence and develop real fluency over time. Our warm and encouraging classroom environment helps learners move beyond understanding to truly using Mandarin with ease. This immersion program is separated into two levels: Foundation and Developing.

The **Foundation Level** builds essential Mandarin skills through a language-rich, supportive environment. The course focuses on early literacy development, especially systematic Pinyin learning, to prepare students for future independent reading. Classes follow a topic-led, project-based structure. Students learn through teacher-guided activities, games, and interactive tasks that encourage natural language use. Instruction emphasizes listening, speaking, and foundational literacy skills.

The **Developing Level** supports students who already have foundational literacy and are ready to expand their skills. The course uses age-appropriate content and teaching methods that encourage students to apply Mandarin in meaningful and purposeful ways. Instruction focuses

on reading, writing, speaking, and expressing ideas with increasing depth and accuracy.

For families seeking a more structured and leveled progression in reading and writing, we recommend pairing this program with our Friday and Saturday leveled Mandarin classes. *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.*

Mandarin Immersion – Foundation – In-Person

KBRI, 13 Mondays, 3:30-5:30 pm. Begins September 14, Bridge School, \$515.

KHAT, 17 Tuesdays, 3:30-5:30 pm. Begins September 8, Hastings School, \$665.

KFIS, 13 Wednesdays, 3:30-5:30 pm. Begins September 9, Fiske School, \$515.

KBOT, 12 Thursdays, 3:30-5:30 pm. Begins September 10, Bowman School, \$480.

KESA, 12 Thursdays, 3:30-5:30 pm, Begins September 10, Estabrook School, \$480.

KHAF, 14 Fridays, 1:30-4:00 pm. Begins September 11, Harrington School, \$685.

KHTR (Transition Block), 7 Fridays, 12:30-1:30 pm. Begins September 11, Harrington School, \$290.



COOKIE DECORATING
with Nicole Cohen, p. 21

Mandarin Immersion – Developing – In-Person

KBOW, 13 Mondays, 3:30-5:30 pm. Begins September 14, Bowman School, \$515.

KHAR, 17 Tuesdays, 3:30-5:30 pm. Begins September 8, Harrington School, \$665.

KEST, 17 Tuesdays, 3:30-5:30 pm. Begins September 8, Estabrook School, \$665.

KHAS, 13 Wednesdays, 3:30-5:30 pm. Begins September 9, Hastings School, \$515.

KBRT, 12 Thursdays, 3:30-5:30 pm, Begins September 10, Bridge School, \$480.

KFIF, 14 Fridays, 1:30-4:00 pm. Begins September 11, Fiske School, \$685.

KFIT (Transition Block), 14 Fridays, 12:30-1:30 pm. Begins September 11, Fiske School, \$290.

Chinese Language Learning Immersion Class (Grades K-5) – In-Person

*Instructor: New Legacy Cultural Center
Instructors*

 The CSL Immersion class provides a dynamic, engaging environment where students build confidence and fluency in Mandarin through meaningful, real-life use of the language. Designed for learners with little prior exposure, the program emphasizes listening and speaking while reinforcing foundational skills in reading and writing. This program is also designed as a supplemental program to a structured, CSL Level Series program. Through interactive activities—such as games, role-playing, storytelling, songs, and project-based learning—students are immersed in a natural language environment that encourages communication and cultural connection. Lessons are thoughtfully structured to make language learning both effective and enjoyable.

KCSL, 13 Wednesdays, 3:30-5:30 pm. Begins September 9, Bridge School, \$515.

MeiZhou Chinese Level 1 and 2 – In-Person

*Instructor: New Legacy Cultural Center
Instructors*

 **MeiZhou Chinese** is the whole school year for early elementary students who have completed introductory Mandarin study, such as Level K. Using the **MeiZhou Chinese Level** textbooks and practice materials, this course helps students strengthen their listening and speaking skills while beginning to develop reading and writing abilities in Chinese. Through a structured yet engaging approach, students will expand their vocabulary, learn to recognize and write basic Chinese characters, and form simple sentences. Lessons are presented through short stories, songs, cultural activities, and games to make learning meaningful and fun.

KMZ1 (Level 1), 33 Fridays, 4:00-5:30 pm. Begins September 11, Fiske School, \$960.

KMZ2 (Level 2), 33 Fridays, 4:00-5:30 pm. Begins September 11, Harrington School, \$960.



NLCC/LexCE Weekend Classes

Weekend Mandarin Classes for Elementary Students – In-Person



We offer additional leveled Mandarin Classes 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. Please find the full course descriptions for each level on our website.

Pre-K Fun Mandarin (Ages 4-6)

KPKM, 30 Saturdays, 9:00-10:30 am.
Begins September 12, Lexington High School, \$755.

MeiZhou Chinese (Level K-4)

KMZZ (Level K), 30 Saturdays, 9:00-10:30 am.
Begins September 12, Lexington High School, \$725.

KMCD (Level 1), 30 Saturdays, 9:00-10:30 am.
Begins September 12, Lexington High School, \$725.

KMZE (Level 2), 30 Saturdays, 9:00-10:30 am.
Begins September 12, Lexington High School, \$725.

KMZ3 (Level 3), 30 Saturdays, 9:00-10:30 am.
Begins September 12, Lexington High School, \$725.

KMZ4 (Level 4), 30 Saturdays, 9:00-10:30 am.
Begins September 12, Lexington High School, \$725.

Mandarin Ma Li Ping Chinese (Level 1-5)

KMLP (Level 1), 30 Saturdays, 10:40 am-12:10 pm.
Begins September 12, Lexington High School, \$725.

KM2P (Level 2), 30 Saturdays, 10:40 am-12:10 pm.
Begins September 12, Lexington High School, \$725.

KM3P (Level 3), 30 Saturdays, 10:40 am-12:10 pm.
Begins September 12, Lexington High School, \$725.

KM4P (Level 4), 30 Saturdays, 10:40 am-12:10 pm.
Begins September 12, Lexington High School, \$725.

KM5P (Level 5), 30 Saturdays, 10:40 am-12:10 pm.
Begins September 12, Lexington High School, \$725.

Chinese as a Second Language Beginner Mandarin

KCSM, 30 Saturdays, 10:40 am-12:10 pm.
Begins September 12, Lexington High School, \$725.

Beginner Chess Class (Age 7+) – In-Person

*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, 13 Saturdays, 10:40–11:40 am.
Begins September 12, Lexington High School, \$475.



CELEBRATING THE PEANUTS COMIC STRIP

with Tracy Marks, p. 27

NEW Intermediate Chess Strategy & Tactics (Ages 7+) – In-Person

*Instructor: NLCC Teaching Staff,
Anil Ahuja*



Ready to take your chess game beyond the basics? This intermediate-level course is designed for students who already know the rules and are comfortable playing complete games. Players will strengthen their strategic thinking and tactical skills through focused lessons, guided practice, and game analysis. Students will learn to identify opportunities on the board, calculate variations, and develop winning plans with greater confidence. The course emphasizes critical thinking, decision-making, and sportsmanship while helping players become stronger and more competitive chess players.

KBC2, 13 Sundays, 9:30-10:30 am.
Begins September 13, Lexington High School, \$475.



Educator Angela Carpenter leads the Children's Community Chorus, see below.

Children's Community Chorus 2026-2027

Director: Angela Carpenter

Children's Community Chorus (CCC) is an inclusive and non-auditioned chorus for students in Grades 4 and 5. 5th Graders enrolled in CCC during the 2026-2027 season are welcome to join! CCC is a wonderful opportunity for excited singers to come together and share in the joy of making music together as a community! Every rehearsal, singers collaborate as a music community, developing their skills in choral music reading, listening, and, of course, singing! CCC performs a Winter and a Spring Concert, and an annual Winter Concert for the residents of Brookhaven at Lexington. CCC has also received invitations to perform at various community events, so it is expected that other performances will be added to our 2026-2027 calendar! Invitations have included: CAAL's Lunar New Year Gala and Lantern Festival, LexSeeHer Monument Dedication Ceremony, Master Singers of Lexington Pops Concert, "Love Now" Concert with Mary Ross, Lex250 "Parker's Prelude" Festival and the Lex250 Battle Green Rededication Ceremony! No audition is required (all skill levels are welcome!) and you do not need to be a Lexington resident to join CCC! Upon your registration, Ms. Angela Carpenter, CCC Director and Lexington Public Schools K-12 Performing Arts Coordinator (and former Harrington Music Specialist), will reach out with an information packet with more details about the Children's Community Chorus.

Rehearsals will be on Thursdays from 4:30 - 6:00 PM at Pilgrim Church in Lexington. Tuition is \$700 for the entire school year. All CCC singers also receive a CCC t-shirt to wear for performances!

Important Information

ONLINE PROGRAM PLATFORM

We have heard from many of you that online LexCE 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 LexCE Instructor bios can be found along with their class descriptions online at www.Lexingtoncommunityed.org

HOW TO REGISTER

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

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

DISCOUNTS AND SCHOLARSHIPS

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

NO-SCHOOL DATES

There will be no classes on September 7, September 21, October 12, November 11, or November 26-27.

When Lexington Public Schools are closed due to weather, the LexCE 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 LexCE at 781.862.8043 for a recorded announcement.

CANCELLATION AND REFUND POLICY

There are no refunds for LexCE 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 LexCE 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 LexCE OFFICE AND CLASSROOM

Lexington Community Education is located at Fiske Elementary School. From the Adams Street side of the school, the LexCE 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 LexCE entrance. Please do not drive down the firelane. The LexCE 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 LexCE 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.

LexCE 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 LexCE class, is solely that of the instructor. LexCE 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
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