

Arlington



Community
Education

**MARCH
JUNE
2015**

**EXERCISE
YOUR
PASSION**

**Hundreds
of Classes
for Adults
Teens & Kids**



Arlington Community Ed Staff: Jen, Donna, Franca, Tracey, Nina, Sarah

What's New?

Well, thanks for asking. It's never a dull moment at Arlington Community Education, and we are thrilled with many new developments:

- 15+ NEW and fascinating instructors, including a marathon runner, retired Navy and Coast Guard Commander, a 2009 graduate of AHS, and people from around the world, including China, France and Italy. We are so proud of our instructors and the passion and talent they bring into our classrooms and to you.
- 38 NEW classes, many based upon your suggestions. Thank you!
- **NEW after-school classes for teens**, including Babysitting Basics, Digital Photography, CADD and Yoga (see page 39)

Last, but in no way least, we welcome two terrific additions to our ACE staff: Jen Rothenberg is our new program manager, working on developing new programming for adults and teens, and Sarah Flanagan manages promotions for all our programs.

Together with the rest of the ACE team, we put our hearts and souls into bringing you great courses and events that move you, excite you and open up a world of possibilities.

The pleasure is all ours.

Donna Eidson
Donna Eidson, Director

Gift Certificates Now Available



Perfect for any occasion, give an Arlington Community Education gift certificate to your favorite teacher, friend or family member. It may come in an envelope, but it's truly a gift of possibilities to learn and create. What could be more thoughtful? To purchase, please call our office at 781-316-3568.

We also accept "Shop Arlington First" Gift Certificates.



About the Cover

Two of the many great things about Arlington include how bike-friendly we are and the extraordinary views of the Boston skyline from Robbins Farm. We've combined both on our spring cover, designed by Jan Streitburger. See Jan's design work at cre8stuf.com.

Table of Contents

Around Town	8
Art & Photography	12
Business, Career & Finance	21
College and SAT Prep	17
Computers	23
Conversations	3
Crafts & Needlecrafts	14
Dance & Exercise	24
Food & Drink	29
Fun & Games	37
Home & Garden	31
KidZone	40
Languages	33
Mind, Body & Style	35
Music & Literature	11
Special Events	5
Teen Classes	39
Writing & Communication	19
Instructor Bios	46
Important Information	49
Youth Registration Form	50
Adult Registration Form	51

To Register for Classes:

Five Easy Ways: See page 49.

No Class Dates

April 3 (Good Friday)
April 20-24 (April Break)

Daytime & Weekend Classes

We offer classes on weekdays and weekends. Look for this symbol:



Arlington Community Education...

is a program of the Arlington Public Schools that is completely supported by tuition received from our courses. ACE provides affordable education and enrichment opportunities for children and adults.

Donna Eidson, *Director*
Nina Coles, *Office Manager*
Tracey Dramstad, *Registrar*
Franca Duffy, *Evening Coordinator*
Sarah Flanagan, *Promotion*
Jen Rothenberg, *Program Manager*

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CONVERSATIONS WITH DAVID WHITFORD

Join us in the Arlington High School media center for engaging conversations with influential thinkers, writers and leaders about issues that shape our world. Hosted by David Whitford, editor-at-large at Inc. magazine, these evenings feature active participation by the audience through questions and comments. Pre-registration is encouraged; walk-ins are welcome as space permits.



Margot Livesey: *A Writer's Life*

Join this conversation about the creative process and life as a writer with acclaimed novelist Margot Livesey. Raised in Scotland, she received her B.A. in English and philosophy from the University of York, then moved to Toronto where she worked for many years as a waitress while honing her writing skills. In the early 1980s, she moved to Boston after accepting her first teaching position as a creative writing instructor at Tufts University. Her first book, a collection of stories called *Learning by Heart*, was published in 1986. "After writing a terrible novel in my early twenties I vowed that I would never write another and started writing short stories," she says. "I kept my word for nearly a decade." Since 1990, she has published seven novels, the most recent, *The Flight of Gemma Hardy*, was published in 2012 and received that year's book award for fiction from the New England Independent Booksellers Association. A modern retelling of Charlotte Brontë's *Jane Eyre*, the novel also echoes Ms Livesey's own childhood, which included a difficult stepmother and a harsh boarding school. Now Senior Distinguished Writer-in-Residence at Emerson College, where she teaches graduate workshops in fiction writing, she has received grants from the National Endowment for the Arts and the Guggenheim Foundation.

CODE: SE55 Tuesday, 4/14 7:30-9pm \$10



W.D. Kay: *The Politics of Star Trek*

Star Trek premiered on NBC in the fall of 1966. Over the next 50 years, across five television series, an animated series, and twelve motion pictures, the *Trek* franchise developed a fictional universe of such depth, richness, and detail that it became the subject of books—serious, non-fiction books—by specialists from a number of academic disciplines: *The Physics of Star Trek*, *The Biology of Star Trek*, *The Ethics of Star Trek*, and many others. W. D. Kay, a political scientist at Northeastern University who specializes in science and technology policy, continues this tradition with his forthcoming book *The Politics of Star Trek*. As with earlier works, the book is partly a "mind-stretching" exercise, drawing upon current knowledge of political science in an attempt to understand how an institution like *Trek's* Federation Council—which supposedly represents some 1 trillion citizens from an untold number of different species spread over 150 planets—could possibly function. In addition, it uses characters, situations, and events from the franchise as a way of teaching about politics and government (e.g., looking at the so-called United Federation of Planets can provide some insight into the origin and operation of federal systems in our own history), as well as to point out gaffes and oversights on the part of the writers (why are so many Federation Council members wearing Starfleet uniforms?). Finally, the book addresses questions about our future in space, comparing the vision of *Trek* creator Gene Roddenberry from 1966 with the subsequent reality.

CODE: SE56 Wednesday, 4/29 7:30-9pm \$10



**‘MacArthur Genius’ Amy Smith:
*Tackling Poverty with Technology***

When Amy Smith was growing up, her father moved the family from suburban Boston to India for a year, an experience that has profoundly shaped her life. “As a very young child, I was exposed to very severe poverty,” she says, “so I always wanted to do something to help kids around the world.” An MIT-trained mechanical engineer, she has dedicated her career to addressing problems faced by rural families in the developing world, devising cheap, low-cost solutions that use local resources so communities can reproduce her efforts and ultimately help themselves. Described by *Wired* magazine as a “MacGyver for the Third World,” she and her students at MIT’s D-Lab, which she founded in 2002, have developed and implemented a wide range of ingeniously simple technologies and processes including community water testing and treatment systems, human-powered agricultural processing machines, medical devices and clean-burning cooking fuels made from agricultural waste. Along the way, she has inspired her students with her belief that engineering to alleviate poverty is as legitimate as aerospace and automotive engineering. Named by *Time* magazine as one of the 100 most influential people in the world in 2010, Ms Smith has received numerous prestigious awards, including a MacArthur Foundation “genius grant.” In October 2014 she was selected to participate on a panel with Bill Gates at the Global Health Vaccines Conference in Seattle.

CODE: SE54 Wednesday, 5/6 7:30-9pm \$10



**Learn something new in the convenience of
your own home — whenever you want.**

Arlington Community Education, in partnership with Ed2Go, offers more than 200 online courses each month. They are interactive and instructor-led. Each session runs for 6 weeks and consists of 12 lessons. Lessons are posted on the web twice weekly, and are supplemented by interactive quizzes, assignments, tutorials and online discussion groups. Students have 10 days to complete each lesson. A final exam is optional and students who successfully complete the class can download a certificate of completion. Most courses cost just \$95.

Here comes SummerFun 2015!
June 29–July 31, 2015

- Creative, fun and friendly classes for kids entering grades 1-9
- Small student:teacher ratios
- Designed and taught by experienced classroom teachers
- Half & full-day options

SCHEDULE AVAILABLE IN EARLY FEBRUARY

Go to **ArlingtonCommunityEd.org**
for more information

SPECIAL EVENTS

Note: To secure your seat, pre-registration is encouraged for these events; walk-ins are welcome as space permits.

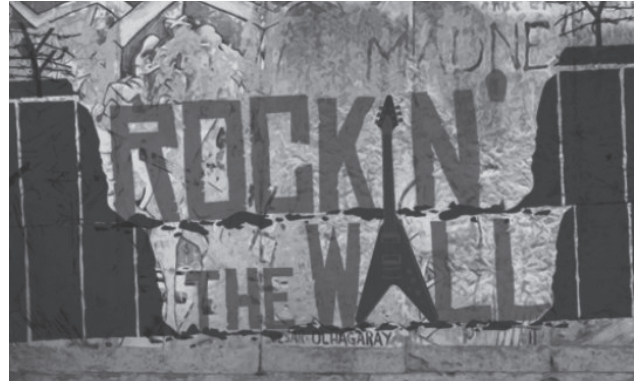


Loretta LaRoche: *Mind Your Stress*

Loretta LaRoche is a motivational and keynote speaker, stress management and humor consultant, author and PBS television star who has pioneered the use of humor as a coping mechanism for stress management. Come laugh yourself to inner peace when Loretta appears at Arlington's Regent Theatre. Discover easy, practical ways to downsize your stress, and increase your ability to live a longer more fulfilling existence. Special Offer: Purchase your ticket through Arlington Community Education and receive a complimentary signed copy of Loretta's book *Joy Journal* with the price of admission. Visit lorettalaroche.com. Use discount code REG if registering for *ONLY* this class; book will be available for pick-up at Regent Theater on night of event. **Regent Theatre, 7 Medford Street, Arlington**

CODE: **SE048.1** Thursday, 3/19 7-9pm \$45 Orchestra

CODE: **SE048.2** Thursday, 3/19 7-9pm \$35 Balcony



Rockin' the Wall: Film & Discussion

Steve Morse with Leland Stein

Last year marked the 25th anniversary of the fall of the Berlin Wall and *Rockin' the Wall* is a film documentary that argues for rock and roll's pivotal role in bringing down the Berlin Wall and smashing the Iron Curtain. Its story is told from the perspective of rockers who played at the time on both sides of the Wall and from survivors of the communist regimes who recalled the lifeline that rock music provided them. The film includes interviews with Robby Krieger (The Doors), Mark Stein and Vinny Martell (Vanilla Fudge), Rudy Sarzo (Quiet Riot), David Paich (Toto), Jimmy Haslip (Yellowjackets), and the group Mother's Finest who played in East Berlin just weeks before the Wall fell. (Running time: 83 minutes) Join former *Boston Globe* rock music critic Steve Morse and Regent Theatre co-owner Leland Stein for a viewing of the film, followed by a provocative discussion, including thoughts about music's power to affect world politics (think Pussy Riot.) **Meet at the Regent Theatre Underground Screening Room, 7 Medford St., Arlington.** Enter glass door marked "The Dance Inn" to the left of the marquee and main theater entrance. Tuition includes admission to the theater and discussion. Use discount code REG if registering for *ONLY* this class. View a trailer for the film at [FaceBook.com/video.php?v=1614797143160](https://www.facebook.com/video.php?v=1614797143160).

Steve Morse was senior rock music critic at *The Boston Globe* for three decades. During his tenure, he interviewed legends such as the Rolling Stones, Bruce Springsteen, Bob Marley, Stevie Wonder, Joni Mitchell, Chrissie Hynde, U2, Pearl Jam and Radiohead. He currently teaches a popular course on rock history for Berklee College of Music's "Berklee Online" program.

Leland Stein, co-owner of the Regent Theatre, has deep roots in the local music community. He is currently a member of the Arlington Commission on Arts and Culture and formerly a member of the Arlington Cultural Council.

CODE: **SE052** Monday, 3/30 7:30-9:30 \$15

SPECIAL EVENTS, *cont.*



Look *Fabulous* at Every Age

Doreen Dove

Image expert, stylist and author Doreen Dove shows women how to enhance their style quotient in simple, effective ways that really pay off. “The first step is to stop thinking something is wrong with your body and start recognizing something is wrong with your clothing,” says Dove. The Winchester-based stylist believes most clothing conundrums start in a woman’s own closet, where too many ill-fitting purchases reside. This evening will show you how to choose clothing that properly fits your shape, your budget and your lifestyle. Doreen will deliver tips and tricks with humor and clever insight on how to accentuate the assets and disguise the liabilities when it comes to dressing with confidence! **One lucky attendee will win a \$200 makeover session!** Doreen’s book, *Confidence is Always in Style* will be available to purchase. For information about Doreen visit DoreenDove.com.

CODE: **SE051** Wednesday, 4/8 7-9pm \$20



Seances, Mediums and Immortality

Dee Morris

Spiritualism flourished in Boston before the Civil War until the early twentieth century. Numerous clairvoyants claimed to bring messages from beyond the grave at séances and public meetings. While many earnestly believed in the movement, there were those who took advantage of naïve Bostonians. Determined to expose charlatans, world-renowned magician Harry Houdini declared the famous medium Mina “Margery” Crandon a fake. In Arlington, the Newtons of Pleasant Street were well-known in this world, Sarah Jane as a gifted medium and Alonzo as a strong proponent of its practices. Dee Morris navigates the fascinating and complex history of Boston’s spiritualist movement in her new book, *Boston in the Golden Age of Spiritualism: Seances, Mediums and Immortality*. “Spiritualism banished the fear of death for people with its emphasis on a blissful eternity and immortality of the soul,” Morris explains. “Small wonder it became so popular.” Come join us for this intriguing evening. *Dee Morris is an independent scholar and educational consultant specializing in the nineteenth-century history of Greater Boston. She presents walking tours (see her spring walking tour on page 7) and programs at libraries, schools and historical societies. Her goal is to connect people with their civic ancestors.*

CODE: **SE049** Wednesday, 4/15 7-8:30pm \$10



WALKING TOUR

East Arlington's Marathon Street Neighborhood: A Commuter's Dream

Dee Morris

When John P. Squire's farm fronting on Massachusetts Avenue in East Arlington was sold for development in the early 1900s, buyers rushed to purchase house lots. Otis E. Phelan, a builder and real estate broker, constructed several of the two-family homes that featured electric lights, polished floors and steam heat. Commuters were minutes away from Harvard Square and Boston, yet could enjoy life in a closely-knit community. The mission established at The Church of Our Saviour (Episcopal) in 1918 reached out to these new middle-class residents. This area was described as an idyllic "village" where many people spent spring evenings on their front piazzas or strolling on the "Avenue." Come stroll this historical neighborhood. **Meet at The Church of Our Saviour, 21 Marathon Street, Arlington.**

CODE: SE050 Sunday, 5/3 2-4pm \$10

Boston's Cycling Craze, 1880-1900: A Story of Race, Sport, and Society

Lorenz J. Finison

"Finison demonstrates that cycling was not immune to the popular prejudices of the day. Not only is this an informative history, but a compelling morality tale that meditates on the important intersection of sport, race, and gender in the broader spectrum of American culture."

If you think cycling is big in Boston today, you should have seen it in the late 19th century! Between 1880 and 1900, cities in the U.S. grew by about 15 million people. Many of those who helped account for the population growth of cities were immigrants arriving from around the world. Noise, congestion and traffic jams became commonplace in these cities, making the time ripe for cycling to explode as a means of transportation, recreation and sport. Boston was in on this trend from the start. The Boston Bicycle Club was the first in the nation, and the city's cyclists formed the nucleus of a new national organization, the League of American Wheelmen. Lorenz J. Finison, author of *Boston's Cycling Craze*, explores the remarkable rise of Boston cycling through the lives of several participants, including Kittie Knox, a biracial twenty-year-old seamstress who challenged the color line; Mary Sargent Hopkins, a self-proclaimed expert on women's cycling and publisher of *The Wheelwoman*; and Abbot Bassett, a vocal cycling advocate for forty years. Finison shows how these riders and others interacted on the road and in their cycling clubhouses, often constrained by issues of race, class, religion, and gender. He reveals the challenges facing these riders, whether cycling for recreation or racing, in a time of segregation, increased immigration and debates about the rights of women. *Lorenz J. Finison is a founding member of Cycling Through History and principal of the public health consulting firm SigmaWorks. The author will have books on hand to sell.*

CODE: SE053 Thursday, 5/7 7:30-9pm \$10

AROUND TOWN

In Around Town, we are pleased to feature events hosted by nonprofits and of interest to the Arlington community. If you would like to submit an event listing, please email staff@ArlingtonCommunityEd.org for more information.



Books in Bloom

Co-sponsored by the Arlington Garden Club & Friends of Robbins Library

Come join this unique fundraising event featuring floral displays depicting books at the Robbins Library. Event also includes cocktail party with entertainment by the Don Hemwall trio. Tickets are \$25 in advance and \$30 at the door. Purchase at Robbins Library or through Patsy Kraemer: patsy@patsykraemer.com. All proceeds from the event will go to the the cosponsoring organizations.

Friday, 2/27 7-9pm Robbins Library, 700 Mass. Ave., Arlington

“I am glad to find one does not need to be a resident of Arlington to take your courses.”



Rot and Roll: The Science & Art of Composting

Town of Arlington, Department of Public Works

Food waste is fleeting, composting is forever. Once you learn to create nutritious soil from your food waste, you can never go back to looking at banana peels and coffee grounds as anything other than a valuable natural resource. Join a group of enthusiastic compost coaches for this evening of learning and celebration. This is a hands-on, real-time guide to getting the most from your trash. The evening includes:

- Demonstration of best compost practices
- What's in my compost pile? Cool science for all ages
- Discounted compost bin sales, including help with assembly
- Compost give-away on a first-come basis
- Display: How gardens help reduce stormwater runoff and protect streams, lakes and river from pollution.
- Vermiculture: Make worms work for you

Thursday, 5/7 4-7pm; heavy rain cancels DPW parking lot, 51 Grove St.; FREE, no registration necessary



Arlington Historical Society—Spring Events

No pre-registration required. Free to members, \$5 for non-members at door.

Plain & Fancy: Domestic Needlework at the Turn of the Last Century

Kim Salazar, Author

Domestic needlework—from elaborate embroidery to crochet to simple sewing and mending—consumed women before World War I and the rise of ready-to-wear apparel. The styles of 1900-1914, with reference to items mentioned in the Winn family diaries (featured regularly on the *Arlington List*), will reveal how needlework was praised both as a necessity and a virtuous luxury.

Tuesday, 3/31 7:30pm Masonic Temple, 19 Academy Street, Arlington (handicapped accessibility at rear of building)

The Robbins Sisters & the Art of Giving

Doreen Stevens, Historian

Well-educated and well-traveled, Ida, Caira and Eliza Robbins contributed directly and through stewardship of the gifts of other family members to the cultural treasures contained inside and outside in the Robbins-inspired spaces of Arlington's civic block.

Tuesday, 4/28 7pm Robbins Library, 700 Mass. Ave., Arlington

Anna Bradshaw & Nora Brown: Achievements Assessed Anew

Richard A. Duffy, Historian @ Author

Two unmarried women—one of the 19th century and another of the 20th century—were remarkably influential while still firmly within the realm of traditional female roles for their times. This has created superficial and sometimes saccharine notions of their work, when in fact their efforts and influence were more far-reaching than assumed at first glance.

Tuesday, 5/26 7:30pm Masonic Temple, 19 Academy Street, Arlington (handicapped accessibility at rear of building)



St. John's Coffeehouse—Spring Series

Enjoy great live music and the fabulous acoustics of St. John's Episcopal Church. Most concerts begin at 7:30pm at 74 Pleasant St. and benefit the community outreach missions of St John's, including the Arlington Food Pantry and affordable housing (Housing Corporation of Arlington). Visit facebook.com/stjohnsconcerts for more information or call 781-648-4819. Upcoming shows include:

2/14 **Honky Tonk Masquerade**
Polish up your two-step and get your twang on!

3/14 **Lori Diamond & Fred Abatelli**, alt. folk
Berkshire duo celebrates a new album, w/special guest Oen Kennedy lorifred.bpt.me

4/11 **Susan Cattaneo**, Americana
Roll the windows down, radio on for the soundtrack of your life! www.susancattaneo.bpt.me

4/25 **Robert Bruey**, Americana
NERFA showcase favorite with a unique take on folk. www.robertbruey.com

5/9 **Claudia Nygaard**, songs & stories.
Further proof that music is one of the basic food groups for the human soul. www.claudianygaard.com

5/30 **Stefilia's Stone w/Somebody's Mother**
Carrie & Adrienne deliver mesmerizing harmonies. *Somebody's Mother trio opens.*

Schedule available in early February

2015

Arlington  Community Education

SUMMER FUN!

**Fun & creative summer adventures for kids entering grades 1-9
June 29– July 31, pick one or all five weeks. Half and full-day options.**

- Create a summer of fun that perfectly matches your child's interests.
- Choose from more than 100 half and full-day classes designed and taught by experienced classroom teachers.
- Children and teens will enjoy many opportunities to explore, discover, create and connect.
- Open to students in Arlington and surrounding communities.

Here's a sneak peek of some of the activities we've got in the works for Summer '15:

- CADD for Kids
- Photoshop
- Computer Animation
- Summertime Spanish Immersion
- Adventure Day Trippers
- Way Cool Cooking
- Theater Games
- Play Chess
- Cartooning
- GoLingo! Language Classes

Small class sizes / After-care available / Located at Ottoson Middle School

Insider's Guide to Ottoson: June 24–26 & August 3–5

For more information contact:

Arlington Community Education
781-316-3568 • ArlingtonCommunityEd.org



MUSIC AND LITERATURE

GLEE for Grown-ups: Sing Your Heart Out!

Sylvia Stevens

Join this fun chorus for people who love to sing and move. Inspired by the hit Fox TV show *Glee*, the group's lively repertoire features a mix of musical styles and eras along with simple movements. Our last class is a "show" for families and friends to celebrate all that we've learned and all the fun we've had! We learn music and movement through practice both in class and at home. You don't need to read music to participate. If you can carry a tune, come and join the fun!

CODE: **MU001** 9 Thursdays, 3/19-5/21 (no class 4/23), and Tuesday, 5/19 7-9pm \$135

Guitar Basics

Anthony Rizzotto

Our talented and passionate instructor will help you learn the basics of guitar and the basics of music in a fun, group-oriented format. You will acquire the tools you need to play songs with the group, or to continue learning on your own. No experience required. All you need is a guitar and 1-2 hours a week to practice. Please bring a \$5 materials fee to instructor at first class.

CODE: **MU023** 8 Tuesdays, 3/17-5/12 (no class 4/21) 7-9pm \$140

Love to Sing! Love Your Voice

Amanda Sindel-Keswick

For those who want to take their voice to the next level or simply get more comfortable singing along with the radio—or in the shower. Our skilled and patient instructor will help develop your voice and unleash your potential. Discover your true voice by learning the basics of breathing, tone and performance. These time-tested techniques not only improve your singing but also help you feel more relaxed and confident in your daily life. Instruction includes group exercises and personal attention. No prior musical experience necessary, just an open mind and a love of singing.

CODE: **MU002** 6 Tuesdays, 3/24-5/5 (no class 4/21) 7-8:30pm \$80

Beautiful Music: Singing in Harmony

Amanda Sindel-Keswick

Experience the power and pleasure of voices raised in harmony. Through group singing, we will practice the fundamentals of two-part harmony using by-ear techniques. This class is all about singing together, finding your voice and having fun. We will learn to understand harmonies and how they work by making beautiful music together. All abilities and experience levels are welcome. No music reading necessary.

CODE: **MU019** 6 Thursdays, 3/26-5/14 (no class 4/2 or 4/23) 7-8:30pm \$80

Ukulele for Beginners

Tim Mann

Have you always wished you could play a musical instrument but thought it would be too hard—or too late—to learn? Try the ukulele! In this class for beginners, it's easy to learn. Through familiar song examples, no frills explanations and demonstration of basic techniques, our instructor will have you picking and strumming in no time - playing your favorite music and maybe even leading the next sing-along. The ukulele revival is bringing people together worldwide and the instrument is growing more popular each day. Whether you are brand new to musical performance or looking to add a new twist to your act, it's time to get in on the fun. Bring a ukulele and, if you have one, a music stand. Aloha!

CODE: **MU022** 6 Tuesdays, 3/31-5/12 (no class 4/21) 7:30-9pm \$90

“I can't believe how much I learned in six weeks. The teacher was patient and carefully chose songs that developed our confidence and skills week by week. I recommend this class highly!”

Ukulele for Beginners with Tim Mann



NEW Portraiture with Personality

Leah Cirker-Stark

People are one of the most rewarding but challenging subjects to photograph well. This class will equip you with the skills and experience needed to take compelling and well-composed portraits. Students will photograph each other in class, as well as take portraits on their own each week. The focus of this class is on using students' individual skills and personalities to make photos that reflect their vision. Classes will mix group discussions and critiques with practice photo sessions. Students must have experience using their cameras on non-automatic settings; open to both beginners and beyond, the class will also review some basics in how to use both digital and film cameras. Bring your camera to each class. To view the instructor's work, visit leahcsphotography.com.

CODE: **APo49** 8 Tuesdays, 3/17-5/12 (no class 4/21)
6:30-8:30pm \$130

Beyond Auto Setting II: Intermediate Digital Photography

Emily Belz

Already know the basics of digital photography? Are you looking to take your photographic skills to the next level? This course is for intermediate level photographers who are interested in building both their creative and photographic skills. Over the course of the term each student will choose a photographic subject, or story, to explore in a series of images. Class sessions will mix group discussions and critiques with technical demonstrations and feedback. Limited to 10 students with photographic experience.

CODE: **APo23** 8 Wednesdays, 3/18-5/13 (no class 4/22)
6:30-8:30pm \$130

Digital Photography Excursions

Emily Belz

Join one of our most popular instructors for a series of Sunday photography outings! Over this two-Sundays workshop we will meet at different outdoor locations; during class time we will take pictures, share images and troubleshoot technical concerns as they arise. This workshop is a great opportunity to discover new landscapes while sharing structured shooting time with a knowledgeable instructor. Limited to 10. Please bring your digital camera to class sessions. Locations will be sent to students after they register.

CODE: **APo37** 2 Sundays, 4/12-4/19 9am-noon \$50

NEW Natural & Found Sculpture

Paul Angiolillo


Transform natural and found materials into sculptures that are beautiful, whimsical and even functional—garden sculpture, perhaps. Bring your own materials and favorite objects to this workshop and learn how to design and assemble your own works, either three-dimensional or relief. The instructor will demonstrate simple techniques for joining and mounting sculptures, including how to create bases from pieces of wood, stone or other materials. You can bring your own tools if you like (pliers, shears, wire cutters, glues, a glue gun, etc.), but the instructor will provide basic tools and adhesives, as well as some materials for inspiration and possible student use. Leave with your finished sculpture and skills you need to realize your own art projects at home. No prior art experience is necessary. Suitable for students of all ages, including children 10-14 who are accompanied by an adult. Questions? Contact the instructor at pangiolillo@gmail.com. Limited to 8.

CODE: **APo50** 3 Thursdays, 4/30-5/14 7-9pm \$50

Anyone Can Draw

Susan Funk/ Charlotte Kaplan

It's true—anyone can draw! Learning to draw is about learning to see. In this class we will learn and practice basic techniques as we draw objects and scenes using charcoal—a very forgiving and malleable medium—on newsprint. Each week the instructor will introduce a topic such as perspective, light, shade and shadow, value, and relationships, and we will draw based on the integration of those concepts. For inspiration, we'll look at examples of artists whose work demonstrates these techniques. All levels are welcome, especially beginners.

CODE: **APo41.1** 6 Mondays, 4/6-5/18 (no class 4/20) 10am-noon \$95; \$81 for seniors w. Sue Funk @ **Arlington Senior Center**, 27 Maple St. 

CODE: **APo41.2** 8 Tuesdays, 3/17-5/12 (no class 4/21) 7-9pm \$130 w. Charlotte Kaplan

ALL CLASSES MEET AT ARLINGTON HIGH
SCHOOL UNLESS OTHERWISE NOTED.

Drawing II

Adrienne Landry

This course is for students who have some drawing experience either through a basic drawing course or through personal exploration. We will develop our drawing skills through 'active observation' and will learn what makes a drawing better. We will consider use of the whole page, proportion, mark making, tone and texture. We will explore black and white media such as pencil, charcoal, conte chalk, pen and ink, and if time permits some color. We will tackle one- and two-point perspective. Areas of concentration will include still life, landscape and objects using perspective. A materials list will be emailed to students upon registration. Please bring a \$5 materials fee for additional supplies to instructor at first class.

CODE: **APo46** 8 Wednesdays, 3/18-5/13 (no class 4/22)
7-9pm \$130

Mixed Media: Many Ways to Make Art

Charlotte Kaplan

Come set your soul free by experimenting with a new art form each week! We will use paint, pencil and charcoal, then add collage, hand-printing and image transfer to help express our ideas. We will make our own stamps, printing plates and stencils to print multiple images by hand and to enhance these images with collage, color and any other (non-toxic) media available to us. We will look at some artists who have gone in this direction, such as Robert Rauschenberg, Kurt Schwitters and Saul Steinberg. This is a class for controlled experimentation! No experience necessary. Please bring a 14" x 17" bristol pad to the first class and a \$10 materials fee.

CODE: **APo42** 8 Wednesdays, 3/18-5/13 (no class 4/22)
7-9pm \$130

NEW Block Printing

Ann Wynne

A block for printing can be many things—leaf, found object or a carved piece of wood. If you can ink it, lay a piece of paper on it and press it then it can be a block! This course will explore basic printmaking techniques with an emphasis on experimentation and enjoyment. Inking the block, making ghost prints, masking and carving with simple materials will be included. We'll come away with a few finished pieces, including a simple book, a set of cards and some surprises. Hopefully we will emerge wanting to do more! **Meet at the instructor's studio**, 115 Robbins Rd., Arlington; studio door off the driveway. Please bring a \$20 materials fee to instructor at first class.

CODE: **APo48** 4 Thursdays, 3/19-4/9 7-9pm \$65

NEW Illustration Art

Dan Moynihan

Our popular watercolor instructor introduces a new class. Illustration is the art of visual storytelling, and it is an exciting form of personal expression. It's used in so many ways—in children's books, graphic novels, greeting cards and posters. In this introductory class, we'll use fun exercises to generate ideas and explore what kind of stories you want to tell. If you already have an idea, bring it in! We'll explore various aspects of illustration such as character design, composition and sequential storytelling. You don't need a lot of artistic experience to enjoy illustration. All ability levels are welcome, as long as you come ready to draw! Bring your favorite drawing tools (pens, pencils, markers, colored pencils, etc.) and paper (sketchbooks or loose paper, doesn't need to be anything fancy) to class.

CODE: **APo47** 6 Tuesdays, 3/24-5/5 (no class 4/21)
7-9pm \$95

Get your catalog *first*

Subscribe to our mailing list and receive an email the moment our catalog is posted online! Classes fill quickly, so don't miss the chance to reserve your spot.

Go to **ArlingtonCommunityEd.org** and sign up today!

ALL CLASSES ARE OPEN TO ADULTS AND STUDENTS HIGH SCHOOL AGE AND OLDER UNLESS OTHERWISE NOTED.



Watercolor Painting

Dan Moynihan

Watercolor is a versatile and transparent painting medium enjoyed by artists at all levels. Popular with fine artists as well as illustrators, it can be spontaneous and free or carefully controlled. Through in-class painting exercises, you will learn to mix colors and apply paint using techniques such as wet-into-wet, glazing and dry-brush. From this foundation, you will explore your interests and develop your own style. Do you prefer to paint from life, photo-reference or your imagination? As the course progresses, we will cover composition, color theory and value studies to help improve your paintings. Each class will include demonstrations, examples, individual instruction and of course, time to paint! No prior art experience is necessary, however basic drawing skills are helpful. A materials list will be sent to students before the first class.

CODE: **AP003** 6 Thursdays, 4/2-5/14 (no class 4/23)
7-9pm \$95

NEW Beyond Graffiti: Public Art Now

Adria Arch

In the last 30 years, an increasing number of cities and towns are finding that art in the public realm enlivens communities and drives economic growth. In these two evenings, we'll view and discuss images—from 18th-century bronze war memorials to contemporary art—that seeks to inspire with scale and materials. We'll also explore Arlington's recent foray into public art. Our second class will visit Spy Pond Park, to view and hear about the art featured in the Arlington Public Art Committee's second annual temporary exhibition called *Art Rocks Spy Pond Park*.

CODE: **AP052** 2 Tuesdays, 5/5 & 12 7-8:30pm \$25

NEW! AFTER-SCHOOL CLASSES FOR TEENS
See page 39 for more information.

Woodworking Open Shop

Frank Tassone @ Frank Rizzo

A great opportunity for aspiring or experienced woodworkers, this class is structured as an open shop so everyone can get exactly what they want out of the experience. Learn how to safely operate hand tools, power tools and other equipment. Beginners will work on a project to be determined with the instructor. More advanced students can bring their plans or choose some on the first night of class. At the first class, we'll also discuss buying wood and materials for your project. Class meets in the Woodworking Shop at Arlington High; follow signs from Main Lobby.

CODE: **CN002** 9 Tuesdays, 3/17-5/19 (no class 4/21)
7-9:30pm \$160

Knitting for Beginners

Joy Spadafora

This two-night workshop will give those new to knitting—or returning to this satisfying craft—the foundation they need to move on to independent projects. Learn how different needles, yarn, stitches and gauge affect the end result. Casting on, knitting, purling, multi-color knitting, picking up stitches and finishing will also be covered. Please bring a pair of US size 8 knitting needles and some worsted weight yarn to the first class. After this workshop, you are most welcome to continue on your knitting adventure by joining the Knitting Workshop (see below). After registering, email joyspadafora@gmail.com for projects and supply list. Limited to 8.

CODE: **CN026** 2 Wednesdays, 3/18 & 25 7-9pm \$40

Knitting Workshop

Joy Spadafora

Join this fun and welcoming knitting group led by a most knowledgeable instructor. You may bring a project of your choice, or the instructor will offer several options. These may include a baby sweater, for those with experience, or smaller projects, including mittens, a handbag, hat or scarf, for those who want the basics. After registering, email joyspadafora@gmail.com for projects and supply list. Limited to 8.

CODE: **CN008** 6 Wednesdays, 4/1-5/13 (no class 4/22)
7-9pm \$95

HANDMADE WITH JESS

Enjoy these one-night creative evenings. You'll laugh, you'll create. A great night out for friends, mothers and daughters!

NEW Hand-painted Glass Vase

Glass painting is fun and simple if you know how. Join master crafter Jess as she leads you through prepping and painting a clear glass vase, perfect as a gift or for your own windowsill, with light shining through. All materials will be provided. You'll be able to paint your vase free-hand or use stencils and painter's tape for a more precise design. Then make more vases at home once you learn the technique. Please bring an additional \$10 materials fee to instructor at class.

CODE: **CNo40** Tuesday, 4/7 7-9pm \$20

NEW Handmade Jewelry

Try your hand at making something more demure than a statement necklace. Learn how to make delicate handmade jewelry this spring with Jess. Each student will make two pieces of jewelry (necklaces, bracelets, or one of each). Please bring your own needle-nose pliers to class if you have them. Please bring additional \$16 materials fee to instructor at class. Children over the age of 9 are welcome to register when accompanied by an adult.

CODE: **CNo36** Tuesday, 4/14 6:30-8:30pm \$20

Handmade Mother's Day Cards

In May 2014 one of Jess's handmade cards appeared in *Martha Stewart Living* magazine, in fact it was a card she made for her own mother! Come make this "Martha Stewart Approved" Mother's Day card, and create two additional cards using rubber stamps, washi tape, embossing powder and more. Please bring scissors suitable for cutting paper and a \$10 material fee. Children over the age of 9 are welcome to register when accompanied by an adult.

CODE: **CNo37** Tuesday, 4/28 7-9pm \$20

Take All 3 with Jess & SAVE!

CODE: **CNo20** \$50

NEW Mosaic Art Design

Suzanne Owayda @ Betsy Rodman

Come unleash your artistic energy this spring while practicing the ancient art of mosaics! In this five-week session you will design and create a beautiful 8x10-inch mosaic art panel. Under the direction of studio owners Suzanne Owayda and Betsy Rodman, you will receive instruction in design techniques, color, materials, history of mosaics, adhesives, mosaic bases, tools and cutting techniques. Class meets at **Mosaic Oasis Studio & Supply**, 1189B Massachusetts Ave, Arlington. Tuition includes all materials. For more info, visit mosaicoasis.com.

CODE: **CNo38** 5 Tuesdays, 3/17-4/14 6:30-9:15pm \$140

DIY Upholstery

Kevin Kennedy @ Pamela Powell, Upholstery on Broadway

Do you have a dog-damaged or cat-scratched upholstered chair that needs new life? Reupholster the piece yourself and be amazed at the transformation—and at how much fun the process can be. Taught by a master upholsterer, the class covers old school and modern methods and materials for antique, 20th century and contemporary furniture. Learn to disassemble your piece and pad, cut and apply fabric in a step-by-step approach. Your piece may be stored at the shop as you work on it; please limit to chairs and other small pieces. Tuition includes a \$40 materials fee, per piece of furniture, for certain supplies, including cotton, foam, tacks and staples. (Foam, etc. for cushions is additional.) Bring to first class: magnetic tack hammer, wooden mallet, scissors, tape measure, flat screwdriver, and pliers. Tools and fabric may be purchased from the shop; fabric is available at a 20% discount for students. Please note: Smaller chairs or ottomans are recommended for this class, particularly for beginners; large armchairs often take at least two full sessions of this course (16 classes). Meet at **Upholstery on Broadway**, 205 Broadway, Arlington. Visit upholsteryonbroadway.com.

CODE: **CNo01.1** 8 Wednesdays, 3/18-5/13 (no class 4/22)
5:30-8:30pm \$390

CODE: **CNo01.2** 8 Fridays, 3/20-5/15 (no class 4/24)
5:30-8:30pm \$390

Get to Know Your Sewing Machine

Mary Kenny

Whether you have no experience or just need a refresher, bring your sewing machine and thread to class and in one night we'll cover all the basics you need to know to start sewing: proper machine threading, changing out bobbins, figuring out those daunting dial settings and more. Gain the confidence to start sewing your own clothes or home decor accessories. Perfect intro class to Sewing Basics.

CODE: **CNo05.1** Wednesday, 3/18 7-9pm \$35

CODE: **CNo05.2** Wednesday, 5/20 7-9pm \$35

Sewing Basics

Mary Kenny

For both beginning sewers and those with experience. It's never too late to learn this valuable skill—or learn new skills—from a talented and patient instructor. Save money and have fun making clothing and home accessories that express your personal style. Choose the patterns you want and then use store-bought fabric or recycled materials. Or make a copy of a favorite garment. We will cover the use of the sewing machine, sewing techniques, selection of patterns, fittings, using zippers and more. Email the instructor at marykenny1098@gmail.com before the first class to discuss what kinds of projects are suited to your skill level. Please bring a notebook, pencil, tape measure and SEWING MACHINE to the first class.

CODE: **CNo11** 7 Wednesdays, 3/25-5/13 (no class 4/22)
7-9pm \$110

Chair Caning

Kevin Smith

Create a family keepsake or rescue a chair from the trash. You will learn to re-cane and complete a chair over six weeks. For the first class, bring the chair you want to re-cane; it should be light enough to carry and have a series of holes in the wood rail around the seat opening. We'll prepare the chair, determine the cane size you need to purchase, discuss how to order materials and begin our journey. We will complete our projects over the remaining weeks.

CODE: **CNo09** 6 Thursdays, 3/26-5/7 (no class 4/23)
6:30-8:30pm \$85

NEW Quilting for Advanced Beginner & Intermediate: Stack-n-Whack Technique

Nancy Linde

Stack-n-Whack has been described as a “magical” quilting technique that results in a kaleidoscope effect. (See class description at ArlingtonCommunityEd.org to view a sample.) Simpler to create than it looks, the LeMoyné Star design will make an advanced beginner look like an expert quilter! We will make a throw-sized (55”x70”) quilt following the Stack-n-Whack process step-by-step: from preparing and cutting the fabric, piecing the blocks, assembling the top, quilting the quilt and binding the edges. Since the fabric you choose is crucial to a successful quilt, you will receive instructions (via email) shortly after you register on how to select the fabrics, how much to buy and a list of basic supplies to bring to the first class; fabric and materials will be approximately \$100. A sewing machine (in good working order) along with its manual is required for each class, and you must know the basics of how to use your machine (threading it, winding a bobbin, etc.) Limited to 7.

CODE: **CNo39** 5 Tuesdays, 3/31-5/5 (no class 4/21)
6:30-9pm \$100

NEW Needle Felting: Fun & Easy Wool Sculpture

Anastasia Semash

Time to learn a new craft technique! Needle-felted sculpture is deeply relaxing and therapeutic. Nearly anything can be made using wool and special barbed needles. In this three-hour workshop you will learn how to turn unspun wool into your own miniature 3D creation. You'll walk away with a cute felt project and a basic felting kit to continue crafting beyond the classroom. Instruction will also include: use and purpose of various needles, techniques for making smaller features and best sources of felting materials. Needle felting is an ideal craft - it has a quick learning curve, requires minimal supplies, doesn't make any mess and can be done almost anywhere. Please bring an \$8 materials fee to instructor at class. See instructor's amazingly creative work at www.artsemash.com

CODE: **CNo41** Wednesday, 4/29 6:30-9:30pm \$25

“One of the best classes I have ever taken”

Chair Caning with Kevin Smith



COLLEGE AND SAT PREP

Kumihimo Necklace Workshop

Judith Shangold

Kumihimo is a Japanese form of braid-making used by samurai to lace their armor. Today, Kumihimo is used to make beautiful braided jewelry. During this workshop, you will learn the art of Kumihimo and complete a necklace that can also be worn as a bracelet. Kumihimo is so easy and relaxing, once you start you won't be able to stop. You will leave this workshop with the skills and basic materials to continue this satisfying craft. Please bring \$25 to instructor at class for materials and a reusable kit that includes a Kumihimo disk, bobbins, glue, binding thread, satin cord in the color of your choice and magnetic clasp. Additional beads, clasps and satin cord will be available for purchase. See samples of the finished pieces at judithshangold.com. Limited to 12.

CODE: **CNo22** Wednesday, 5/20 6:30-9:30pm \$25

**ALL SAT PREP COURSES END IN TIME FOR
MAY 2 TEST DATE.**

Arlington teachers lead the following SAT Verbal and Math Review courses. These are the top-rated SAT prep courses among AHS graduating seniors. Please register early for these popular classes. Limited to 25.

SAT Math Review

Lindsey McPherson, Clayton Jones

This six-session course familiarizes students with the math section of the SAT, and now includes a pretest, with individual analysis of where improvement is needed for each student, and a posttest to measure progress. This course covers concepts in arithmetic, algebra and geometry. The instructor will also present problem-solving shortcuts and test-taking strategies. Students will complete practice problems in all types of SAT question formats. Students **MUST** come to the first class with a **CALCULATOR** and the newest edition of *The Official SAT Study Guide*. The guide is available at a discount at The Book Rack, 13 Medford Street, Arlington.

CODE: **CS002.2** 6 Tuesdays, 3/17-4/28 (no class 4/21) 3-5pm \$160 with Lindsey McPherson

CODE: **CS002.1** 6 Tuesdays, 3/17-4/28(no class 4/21) 7-9pm \$160 with Clayton Jones

SAT Verbal Review

Paul McKnight, Nicole Eidson

This six-session course familiarizes students with the verbal section of the SAT, and now includes a pretest, with individual analysis of where improvement is needed for each student, and a posttest to measure progress. Learn how to approach the essay, sentence completion and critical reading sections. Become familiar with the types of questions and effective methods to handle them. Students will also practice test taking under time constraints and simulated conditions. Students **MUST** come to the first class with the newest edition of *The Official SAT Study Guide* AND a College Board ID and password. The guide is available at a discount at The Book Rack, 13 Medford Street, Arlington.

CODE: **CS001.2** 6 Thursdays, 3/19-4/30 (no class 4/23) 7-9pm \$160 with Paul McKnight

CODE: **CS001.1** 6 Thursdays, 3/19-4/30 (no class 4/23) 3-5pm \$160 with Nicole Eidson

Daytime Classes ✨

Write Your Legacy	19
From Poetry to Memoir	19
She Says/He Says: Writing Great Dialogue	19
Kettlebell Full-Body Workout	25
Tai Chi: Meditation in Motion	26
Yoga	27
On and Off-Road Biking	28
The French Café	34
French for Beginners	35
Mystery Walks	37
Anyone Can Draw	12
Memoirs: Discover Your Life's Stories	19
Digital Photography Excursions	12
Pruning Workshop	32
Learn the Tarot	36
Introduction to Birding	38
Walking Tour of East Arlington	7
Kayak	38

ALL CLASSES MEET AT ARLINGTON HIGH SCHOOL UNLESS OTHERWISE NOTED.

Kaplan SAT Prep

Prepare for the May 2 SAT with Kaplan's 10-session course, including 18 hours of instruction, 4 full-length practice tests in class (plus 6 timed, online tests), and Kaplan's print and online study materials. Tests are 4 hours in length and instructional sessions are 3 hours long for a total of 34 hours of classroom time. Call 1-800-KAP-TEST or go to www.kaplanatschool.com/arlington for information and to register.

CODE: **SAKA15116** 10 Tuesdays and Thursdays, 3/19-4/28
5:30-9:45pm for tests & 6-9pm instruction \$699

How to Afford College

College Funding Advisors

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 concepts and strategies to 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. 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. For more information, go to www.collegefundingadvisors.com.

CODE: **CS003** Thursday, 3/26 7-9pm \$20

College Admissions Demystified

Sue Wachter

Join a former admissions officer at NYU and BU for a behind-the-scenes perspective on the college admissions process. As you embark on school tours, this timely seminar will provide an overview of the complex college admissions process. We will discuss how to choose an appropriate list of schools, the value of college visits and interviews, the pros and cons of Early Decision, Early Action and Priority Application deadlines. With this information you will be able to create a timetable that makes sense for your student and family, along with strategies to keep your process on track. Students are encouraged to attend with their parents.

CODE: **CS006** Tuesday, 4/7 7-9pm \$25/family

College Admissions for the Student Athlete

Nick Michael, Odyssey College Search

Nick Michael is the father of two student athletes. While helping them apply for college, he gained so much knowledge that he decided to share this information so others could benefit. This two-part workshop is packed with useful information to help student-athletes and their families navigate the college search and recruiting process. We'll review factors that influence a student's college preference criteria, process timelines, define recruiting terminology, describe the differences between NCAA divisions and their impact on the student-athlete's recruitment and college life, identify what coaches are looking for, explain how to get noticed and on a "coach's list" and much more. We'll also outline specific academic and athletic action steps for each year of high school and how to develop and implement a plan that addresses the issues identified in the first session to establish a path for finding the best college for each student-athlete. You'll also learn why sophomore year is the ideal time to set this process in motion.

CODE: **CS008** Tuesday, 3/31 & Thursday, 4/2 7-9pm
\$40/family

Improve Your College Application Essay

Mindy Pollack-Fusi

Are you a rising high school senior who'd like to get a head start on your Common Application essay this summer? Come learn important tips from a college essay expert that will help you feel prepared to begin your first draft by the end of this class! You will learn do's and don'ts, topics to avoid and ways to shape the essay to make it not only informative, but lively. This class will help you break through your fear or frustration and complete your essay with passion. This is a group class but each student will have a few minutes of private consultation with the teacher about the essay topic.

CODE: **CS007.1** Wednesday, 5/13 7-9pm \$25

“I love learning a new skill and seeing the project take shape.”

Quilting with Nancy Linde, page 16



WRITING AND COMMUNICATION

NEW SINGLE-SESSION WRITING WORKSHOPS with Leslie Lawrence

Leslie Lawrence has been writing and mentoring writers for more than 30 years. Her work has appeared in a wide range of publications, including *The Boston Globe Magazine*, *Redbook*, *Prairie Schooner* and *The Massachusetts Review*. She has taught most recently at *Grub Street*, *Tufts University* and *Simmons College*. Join her for these productive, interactive workshops. Visit www.leslielawrencewriter.com

Write Your Legacy

Leslie Lawrence

Most of us take great pains to ensure that we leave something behind, be it money, property or the family silver. Sadly, few of us are as deliberate about ensuring that our stories and values live on. An “ethical will” is a document that will ensure just that. Often described as a “love letter” to those we leave behind, it is a way of creating a spiritual legacy. And it is never too early to start thinking about what we want people to know about who we are, what we’ve learned and what we stand for. In this one-session workshop, you will be guided through exercises to get you started. No writing experience necessary. **Meet at Arlington Senior Center**, 27 Maple St. *This course is co-sponsored by Arlington Council on Aging and open to students of all ages.*

CODE: **WC023** Wednesday, 3/18 10-12:30pm \$20

From Poetry to Memoir

Leslie Lawrence

The idea of writing a memoir is appealing, but starting this endeavor can be daunting. Poems—with their vividness, compression and lyricism—can provide the perfect springboard. In this workshop, we’ll read first and then dive in. You’ll leave with a better understanding of what to include in your life story, and how to make it come alive. No writing experience necessary. **Meet at Arlington Senior Center**, 27 Maple St. *This course is co-sponsored by Arlington Council on Aging and open to students of all ages.*

CODE: **WC024** Wednesday, 3/25 10-12:30pm \$20

She Says/He Says: Writing Great Dialogue

Leslie Lawrence

Whether writing fiction or nonfiction, using dialogue will bring your writing to life. In this workshop we’ll learn about the qualities of good dialogue and practice writing some. We’ll examine when to use it, how much to include, how to indicate the speaker, and more. No writing experience necessary. **Meet at Arlington Senior Center**, 27 Maple St. *This course is co-sponsored by Arlington Council on Aging and open to students of all ages.*

CODE: **WC025** Wednesday, 4/1 10-12:30pm \$20

Take All 3 with Leslie & SAVE!

CODE: **WC027** \$50

Memoirs: Discover Your Life’s Stories

Kendall Dudley

The rejuvenating spirit of spring is an ideal time to savor one’s life’s experiences. You don’t need to have a dramatic or scandal-riddled life to have a life worth writing about! What you need is a willingness to explore the adventure that is your life and to discover your unique vision of the experiences, the ideas, the loves, the dreams and the disappointments that make us all human! Fun writing prompts will jog your memory while “homework” will stimulate your hunt for stories and the juice to keep them going. **Meet at instructor’s home office**, 50 Grafton St, Arlington (near Capitol Theater in E. Arlington).

CODE: **WC013** 5 Wednesdays, 4/8-5/6 1-3pm \$80

Arlington Writes!

Kendall Dudley

Arlington Writes! is a Mass Cultural Council-funded project that invites everyone in Arlington to contribute a story from their life to an ebook that will be published in September. This class will help you get your story on the page! Using simple writing exercises, you’ll come up with story ideas, practice new ways to tell your story and then put it down on paper. You’ll come away with a draft of a story plus really useful writing tricks that will keep you writing even after your story is done. You don’t need to be a writer to get your story down, nor do you need a blockbuster life! Bring your memory and the rest will be easy. For more information, visit www.arlingtonwrites.org or contact kendall@kendalldudley.com. **Meet at instructor’s home office**, 50 Grafton St, Arlington (near Capitol Theater in E. Arlington).

CODE: **WC020** Wednesday, 4/15 6:30-9pm \$20

Why We Like It: Looking Closely at Fiction

Jennie Rathbun

Someone once famously remarked, “I don’t know much about art, but I know what I like.” Most survivors of high school English are justifiably sick of combing through literary masterpieces hunting for symbols, and have relaxed into an unquestioning attitude toward the fiction they read in book clubs and in bed. We finish a book and say we liked it, or we didn’t like it, but we can’t say much more than that. This class is for readers who want to get under the hood and see how great fiction works. A story has a plot, and characters who drive it, but writers make other choices we don’t notice unless we slow down and look, involving pacing, point of view, humor, dialogue, voice and detail. Once we become aware of these other elements, our appreciation and enjoyment increase, as well as our ability to talk intelligently about what we’ve read. We’ll read and discuss fiction by today’s masters, including Alice Munro, William Trevor, Charles Baxter, Antonia Nelson, Dan Chaon and Lorrie Moore. **Meet at Arlington Senior Center**, 27 Maple St., Arlington. *This course is co-sponsored by Arlington Council on Aging and open to students of all ages.*

CODE: **MUo27** 6 Thursdays, 3/26-4/30 11-12:30pm
\$95; \$80 for seniors

Would you like to teach?

We’re always looking for enthusiastic teachers who want to share their expertise with members of the greater Arlington community.

Take a look through our catalog to be sure we aren’t already offering the course you have in mind. If we aren’t, go to ArlingtonCommunityEd.org and click on “Propose a Class.”

Keep a Travel Journal: Capture Time Before it Flies

Kendall Dudley

Here’s a departure from the standard travel journal. Using a fast-paced, creative process, you’ll capture the entire day in a few minutes, make connections to past and present, see context for your responses to new things, and uncover the new in you. You’ll make use of simple observational tools, quick-writing, ephemera, doodling, shaped writing and layering, and things that smell, taste and create marks. Through it all, your experience of travel will deepen and some of the ways you were on the road may carry over to being at home. Bring an unlined journal, 6x9 or larger, a pen, watercolor pencils, and, if you have one, a sample of an earlier travel journal. **Meet at instructor’s home office**, 50 Grafton St, Arlington (near Capitol Theater in E. Arlington).

CODE: **WC016** 2 Mondays, 4/20 & 27 6:30-9pm \$40

Fearless Public Speaking

Dr. Gary Genard

In this experiential, four-session seminar, Dr. Gary Genard will share his practical solutions to help you tackle your fear of speaking in public. Whether it’s a conversation or a keynote, you will acquire the skills to effectively communicate your message with self-assurance—even enjoyment—in any speaking situation. Dr. Genard’s technique is based on years of experience as a stage actor, professor of communication and speech coach. Students will learn through exercises, impromptu techniques and role-plays how to gain confidence and speak with skill and influence. Dr. Genard’s book *Fearless Speaking: Beat Your Anxiety. Build Your Confidence. Change Your Life* is included in the tuition fee.

CODE: **WC026** 4 Tuesdays, 4/7-5/5 7-9pm \$65

“I loved, loved, loved my art class with Charlotte Kaplan. It was like playing with new art ‘toys’ each week.”

Mixed Media with Charlotte Kaplan, page 13



NEW Fundraising for Nonprofits

Kathryn Gandek-Tighe

One of the ironies of being a small non-profit is that your need for funding is great but your resources are limited. You, your existing staff or volunteers are stretched thin. Help has arrived. In this course, an experienced fundraiser will lead you through a practical process that shows you how to make the best use of your time and resources. Using worksheets and class time, you will assess your fundraising resources, learn how to execute your fundraising options and create a plan for your organization. For more information, visit the instructor's website at www.elementarydevelopment.com

CODE: **BF0z7** 4 Wednesdays, 3/18-4/8 7-9pm \$65

NEW Nonprofit Board Membership: Doing Good by Serving Well

Ted Coates

Are you currently on a board of a charity or considering serving on one? Far too often people find themselves on boards when they do not fully understand the mission and/or operations of the organization, and do not understand their role as a board member. Often, the result is inefficiency and frustration. This course is intended to help you determine if the board is a good fit for you, and, if so, how you can maximize your value to the organization and help promote the board's effectiveness. Through lecture, examples, best practices and discussion, you will learn to do good by serving well.

CODE: **BF0z2** 2 Tuesdays, 4/28 & 5/5 7-9pm \$35

NEW Building Confidence from the Inside Out

Karen Samuelson

Cultivating confidence is a lifelong journey, especially important when we are considering a career transition or looking for a job. Come explore specific and tangible ways to nurture inner confidence with the help of a life and career coach. Through class exercises and discussions, you will become aware of self-limiting beliefs and come to appreciate the unique strengths of your personality. You will leave this class with practical tools to help you maintain confidence in the midst of uncertainty.

CODE: **BF0z8** Thursday, 5/14 6:30-8:30 \$20

Find Work That Matters

Dorine Overmars

For most of us, work is a financial necessity. Yet as we age, it becomes more difficult to ignore our desire for work that also brings us joy and value. In his book *Outliers: The Story of Success*, Malcolm Gladwell writes that "meaningful work" heightens people's possibilities for success when they find their efforts freeing, thought-provoking and fulfilling. This interactive and energizing four-session workshop will help you bridge the gap between the economic and social benefits of work and personal fulfillment. Through both discussion and exercises, you will learn more about your talents, prioritize your values, address your fears and limiting beliefs and begin to see the possibilities before you. The experience promises to be results-oriented and fun!

CODE: **MB013** 4 Thursdays, 4/2-4/30 (no class 4/23) 7-9pm \$75

NEW Getting to Yes

Jeanne Bohem Simard

So much of life is negotiation. We negotiate with co-workers over assignments, bosses over our salary, family members over chores and spouses over...everything! Negotiation can be filled with tension, but it doesn't have to be that way. Over two nights you will learn to negotiate with anyone about anything. You will learn to see the potential win-win solutions that meet your goals and preserve the relationship, and acquire the skills and insight needed to get there. Based upon the books *Getting to Yes: Negotiating Agreement Without Giving In*, *Ask for It* and *Lean In*, this class includes discussions, interactive exercises, handouts and recommended reading. You may even end up looking *forward* to your next negotiation!

CODE: **BF0z4** 2 Wednesdays, 4/8 & 15 6:30-8:30pm \$40

Job Search Savvy

Jeanne Bohem Simard

Are you ready for a job change or looking for your first job? Job seekers of every level will learn valuable skills from an experienced career strategist. After two nights you will have a step-by-step approach to launch your job search and know how to strengthen your resume, write a compelling cover letter, use the internet to find and contact hiring managers, use your network and effective interview techniques. Meetings include discussions, interactive exercises, handouts and recommended reading.

CODE: **BF0z5** 2 Wednesdays, 5/6 & 13 6:30-8:30pm \$40

Maximize Your Social Security Benefits

Richard Belofsky CLU,® ChFC,® CFP®

Social Security is a significant part of the retirement puzzle. Learn how to get the most from your benefits and coordinate this income with your overall retirement strategy. We will talk about the current state of Social Security, what to consider when planning your benefit start date, spousal benefits, options for divorcees, buy-back strategies, tax reduction strategies and coordination with state and federal retirement plans (Windfall Elimination Provisions and Government Pension Offsets). We will also review special planning considerations for self-employed individuals.

CODE: **BF004** Wednesday, 4/1 7-9pm \$20

Long-Term Care Planning

Richard Belofsky CLU,® ChFC,® CFP®

This course is for those approaching or in retirement, as well as family members concerned about aging parents. Have you considered the impact of long-term care costs on your spouse and family? There are ways to protect your savings and home should long-term care be required. In this workshop, we will review types of care, cost and who pays for various options; the role of Medicare and Medicaid; types of insurance available to help pay for care and what to look for when evaluating policies. We will compare traditional long-term care policies with newer hybrids that can guarantee a payment for care and/or provide a life insurance benefit.

CODE: **BF016** Wednesday, 4/8 7-9pm \$20

Financial Strategies for a Secure Retirement

Richard Belofsky CLU,® ChFC,® CFP® and Amy Lampert, Financial Advisor

Expanded to two nights by popular demand, this workshop will look at the big picture: developing a hierarchy for spending and investing your money; strategies that provide a better outcome, regardless of investment performance; special rules to manage your 401(k), 403(b) and pension as you approach retirement; what you need to know about target funds; why investment strategies must be different in retirement; when a Roth makes sense; exploring the hype around annuities; forgotten financial pitfalls and alternative ways to preserve your nest egg against long-term care costs. Join Arlington resident and Five-Star Wealth Manager recipient Richard Belofsky and Five-Star Wealth Manager recipient Amy Lampert for this not-to-be missed opportunity to review your retirement finances.

CODE: **BF005** 2 Wednesdays, 4/15 & 29 (no class 4/22)
7-9pm \$40

NEW Estate Planning Essentials

David Adams, Esq.

Estate planning is not just for the wealthy—or the old. Nearly everyone has an “estate,” comprised of everything you own—your car, home, other real estate, checking and savings accounts, investments, life insurance, furniture, personal possessions. Regardless of the size of your “estate,” planning lets you control how your assets are given to the people or organizations you care most about, helps you and your heirs pay substantially less in taxes, fees and court costs and makes it easier for your loved ones to handle your affairs during a time of loss. In this class, a local attorney and estate planning specialist will address fundamentals of estate planning including: what happens if you die without a will; probate and how to avoid it; how to select a guardian, minimize estate taxes and more. With both humor and knowledge, the instructor will lead you through this information-packed evening as you learn about wills, trusts, health care proxies, advance directives and powers of attorney.

CODE: **BF029** Thursday, 4/30 7-9pm \$20

NEW Estate Planning: Beyond the Basics

David Adams, Esq.

In this class we will delve into additional estate planning strategies, including how to protect your assets in the event you or a loved one requires long-term care, why putting your home in a trust or adding your children to your deed might be a really bad idea, preserving the family vacation home, end-of-life medical decision-making, organ donation, various end-of-life options such as green burials and cremation and ways to think about leaving a lasting legacy, no matter the size of your estate. The instructor is a partner at Pathway Law LLC (www.PathwayLaw.com) and specializes in estate planning.

CODE: **BF030** Tuesday, 5/5 7-9pm \$20

“We got lots of hands-on help from Frank and Frank. They both know a lot about the machines and helped me to design a project.”

*Woodworking Open Shop
with Frank Rizzo & Frank Tassone, page 14*



COMPUTER WORKSHOPS

Tony Holowitz, The John Anthony Group

Join these information-packed workshops. You do not sit in front of a computer; instead, Tony demonstrates the programs and shows you ways to become more productive and efficient. You also receive free access to online tutorials so you can practice at home. Find Tony at tonytheteacher.com

QuickBooks for Business

If you run a business there is a good chance that you need a tool such as QuickBooks for business accounting. Tony will walk you through simple steps on how to use QuickBooks for creating estimates, invoices, sales receipts, receivables, reports and much more. The great thing about QuickBooks is that you do not have to be an accountant or know much about accounting to use it. In this 90-minute workshop, Tony will lay the foundation for using QuickBooks by demonstrating both fundamental and advanced tools and techniques. In addition, Tony will provide free QuickBooks training resources. If you currently use QuickBooks, you will learn plenty of tips and tricks guaranteed to enhance your productivity.

CODE: **CUo28** Tuesday, 3/31 6:30-8pm \$20

MS Excel Top 20 Tips

Become more productive and efficient as you create spreadsheets and then graphs using the data in your spreadsheets. Tony will lay the foundation for using Excel by demonstrating both fundamental and advanced tools and techniques. In addition, Tony will provide free Excel training resources. If you currently use Excel, you will learn plenty of tips and tricks guaranteed to enhance your productivity.

CODE: **CUo21** Tuesday, 3/17 6:30-8pm \$20

Act! by Swiftpage

Act! is an essential tool if you own a business or are in sales and marketing. Act! manages contacts, calendar, sales and marketing activities, email and much more. In this 90-minute workshop, Tony will lay the foundation for using Act! by teaching you both fundamental and advanced tools and techniques. In addition, Tony will provide free Act! training resources and tools to help you use and implement Act! for your business or organization. If you currently use Act!, you will learn plenty of tips and tricks guaranteed to enhance your productivity.

CODE: **CUo27** Tuesday, 3/24 6:30-8pm \$20

Take all 3 with Tony & SAVE!

CODE: **CUo24** \$50

Build a Website or Blog with WordPress

Margy Rydzynski

WordPress is one of the best known and most powerful website, blog and content management systems around. It powers more than 60 million websites around the world and can be as simple or as complicated as you want. This course provides an introduction to WordPress.com (the free, hosted version of WordPress) and goes “under the hood” to show you how to create a blog; turn your blog into a website; add, edit and categorize text, photos, videos and recordings; change your blog template; optimize your site for maximum visibility and find and analyze your site statistics. We’ll also touch on blogging best practices and show you how to migrate your site to a self-hosted site if desired. Participants need an email account and must have basic computer skills, including using a mouse, creating and saving to file folders and surfing the web. We work on PCs, but the skills taught apply to Macs as well; Mac users must be comfortable using PCs. Wireless access

may be available if you want to bring your fully-charged laptop to class. Email instructor at margy@brave-new-web.com after registering to get a class account set up. Required textbook for this class is *WordPress: The Missing Manual*, published by O’Reilly and available for purchase at The Book Rack, 13 Medford Street, Arlington.

CODE: **CUo08** 6 Thursdays, 3/19-4/23 7-9pm \$110

“Small enough group,
excellent voice coaching.”

Love to Sing, Love Your Voice with Amanda
Sindel-Keswick, page 11



Excel for Beginners

Susanne Agerbak

Microsoft Excel is a powerful application for working with and understanding the numbers in your life. We will cover what you need to know to be able to make a budget and track spending, compare the options for a car purchase or forecast your favorite team's performance this season. In this course you will learn the essential basics of Excel: how to put data in, do calculations, make charts and do formatting to help show the meaning in the numbers. We will talk about the uses of Excel, look at example spreadsheets and create your own using Microsoft Excel 2010. This class is for experienced computer users with little or no experience using Excel. Students will need to be confident in these general PC skills: opening, saving and locating files, copying and pasting, moving windows and using the right mouse button menu. Ability to access Excel outside class is recommended in order to practice.

CODE: **CU010** 4 Tuesdays, 3/24-4/14 7-9pm \$80

Master Your iPad—The Basics

Stephen Weil

Taking advantage of everything the iPad has to offer starts with a thorough knowledge of how it works. This course will review everything you need to know to operate this fun and useful device and the basic apps that come loaded out-of-the-box. Over two evenings, we'll explore a variety of topics, including: controls, hand gestures, navigating screens/apps/folders, shortcuts, browsing the internet, adding contacts, email and texts, reminders and calendars. Students must bring an iPad to class. If you have questions about whether this course is right for you, email the instructor at service@macingenius.com. Limited to 10.

CODE: **CU025.1** 2 Wednesdays, 3/25 & 4/1 7-8:30pm \$40

“I loved meeting new people and exploring new bike routes. And the instructor is wonderful.”

On- & Off-Road Biking with Mary Hurley, page 28

Fabulous Zumba!

Cheryl Keane/Michelle Steele

Imagine burning up to 1,000 calories per hour as you shake, shimmy, slide and sweat your way through great music that gets your heart pumping and your body moving. Zumba is based on the simple idea that a great workout should be fun! Join this energizing and calorie-burning workout session moving to salsa, merengue, swing and more! You'll get a total workout through cardio, muscle conditioning, balance and flexibility and you won't even realize what a great workout you're getting because you'll be having so much FUN! Dances are easy to learn, fun to follow and gentle on your joints. This class is open to all fitness levels, teens and adults; no experience is necessary. Wear comfortable clothing and sneakers; bring a hand towel and water.

CODE: **DE002.1** 9 Mondays, 3/16-5/18 (no class 4/20)
6:45-7:45pm \$99 w. Cheryl @ **St. John's Episcopal Church**,
74 Pleasant St, Arlington; enter rear door.


CODE: **DE002.2** 8 Wednesdays, 3/18-5/13 (no class 4/22)
\$90 w. Michelle


NEW LaBlast® Dance Fitness

Beth Canuel

Want to shake up your workout? Get on your dancing shoes and follow LaBlast, a dance-based fitness program developed by *Dancing with the Stars* pro Louis Van Amstel, an Emmy-nominated choreographer and three-time World Dance Champion. The workout combines a wide variety of ballroom dance styles and music genres. Do the Cha Cha Cha, Disco, Jive, Merengue, Salsa, Samba, Quickstep and Lindy Hop set to everything from pop and rock to hip-hop and country – and burn fat and blast calories. Every class includes at least three dances. No experience and no partner necessary. Choose from day and evening classes. Just wear comfortable fitness clothes and sneakers, bring water and a towel. **Meet at Avalon Dance & Fitness**, 345 Trapelo Rd., Belmont. Class sessions are interchangeable and can be made up at other times during the term.

CODE: **DE063.1** 8 Mondays, 3/16-5/11 (no class 4/20)
7:30-8:30pm \$90


CODE: **DE063.2** 9 Tuesdays, 3/17-5/12 10am-11am
\$100 


CODE: **DE063.3** 9 Saturdays, 3/21-5/16 10am-11am
\$100 

Kettlebell Full-Body Workout

Joe Rindone

Come transform your body! Although kettlebells have been around for decades, only recently have they become a popular form of exercise. Kettlebells are rounded weights with a single looped handle on top. Lifting and controlling a kettlebell forces the entire body, especially the core, to contract simultaneously, building strength and stability, as it elevates the heart rate. They are a great option for getting a whole body workout in a short time. This class consists of a full body warm-up, and then progresses into foundation kettlebell lifts. No experience necessary. This workout is good for all fitness levels, men and women. Meet at Back Bay Fit, 26 Mass. Ave., Arlington. Visit backbayfit.com or tonewithrindone.com for more information. NOTE: It is highly recommended that you register for the Fundamentals beginner class (see below) if you have never done kettlebells before.

CODE: **DEo58.1** 8 Wednesdays, 3/18 - 5/13 (no class 4/22)
6-7am \$106 

CODE: **DEo58.4** 8 Thursdays, 3/19-5/14 (no class 4/23)
6-7pm \$106 

CODE: **DEo58.5** 8 Saturdays, 3/19-5/14 (no class 4/23)
10:30-11:30am \$106 

Kettlebell Fundamentals

Joe Rindone

It is highly recommended that you register for this Fundamentals beginner class if you have never done kettlebells before.

CODE: **DEo65** 8 Saturdays, 3/21-5/16 (no class on 4/25)
11:30-12:30pm \$106

Kettlebell Mix n' Match

Joe Rindone

Make your own schedule from classes listed above for a total of 15 classes

CODE: **DEo66** \$180

Barre Basics Workout

Lauren Duddy

For those new to barre workouts, learn to safely sculpt long, lean legs and flat abs using traditional ballet exercises and Pilates mat work. Check out the hottest workout around! No injuries or pregnancies, please. Bring a mat to class.

CODE: **DEo62** 6 Tuesdays, 3/31-5/12 (no class 4/21)
7:30-8:30pm \$60

From Couch Potato to 5K

Bailee Star

You like the idea of running. The trouble is it's tough to stick with a training program on your own. That's about to change! This class, taught by a most motivating instructor, will show you how to establish routines so that running is not just a short term resolution, but a lifelong habit. Geared toward all ages and abilities—whether you're getting back into running or trying it for the first time—you'll not only shed pounds, but also improve muscle tone, endurance levels and emotional well-being. In the first class, we will discuss appropriate footwear, technique, pacing and creative running strategies. Please come to all remaining classes prepared to run outdoors. Come learn motivating techniques for integrating a running regimen into your life. As part of our goal, we'll complete a 5k (3.1 miles) event at the end of the course. All ages, sizes and abilities welcome!

CODE: **DEo05** 9 Thursdays, 3/19-5/14 (no class 4/23)
6-7pm \$90

Non-Impact Aerobic Dance (NIA)

Ana Ayvazian

NIA (non-impact aerobics) is practiced barefoot and combines dance, martial arts and healing arts in a fitness routine set to music. Come enjoy a total body conditioning from your feet, up your spine and out through the crown of your head. Suited to all ages and body types, Nia instructors are trained to show students a variety of intensity levels and ways to modify movements to safely condition their bodies. Designed for all fitness levels, no experience required. Bring water and a mat, if you have one.

CODE: **DEo64** 6 Thursdays, 4/2-5/14 (no class 4/22)
6-7pm \$65

Tone & Stretch

Katina McClain

Getting our hearts pumping is a great way to keep the weight off and our hearts healthy. And, keeping our bodies toned and our muscles strong is more important as we get older. This class turns traditional ballet technique into a great tone and stretch workout for the entire body. The instructor promises you'll be an inch taller at the end of each class! Wear flexible dance shoes, ballet slippers or go barefoot. Note: This is not a barre workout.

CODE: **DEo56** 6 Wednesdays, 4/1-5/13 (no class 4/22)
7:45-8:45pm \$60

Shake it Like Shakira

Seyyide Sultan

Learn to dance like Shakira—even if you've never danced before—then use your moves in the clubs, at parties, the next family wedding! Shakira learned her moves from Egyptian-style dancers just like our instructor. You will have a great time learning and practicing the eight movements Shakira uses most; then learn a full dance to one of her songs. After five weeks, you will know how to shake your hips and move your body with confidence and style. Come have a blast in this mid-winter class. Meet in Arlington High Fitness Room; park in rear lot off Mill Street, enter courtyard through gates and follow signs.

CODE: **DEo59** 6 Thursdays, 4/2-5/14 (no class 4/23)
7-8pm \$60

Brazilian Jiu-Jitsu

Brazilian Jiu-Jitsu Academy

This beginners' program is a great way to get in shape while learning a practical approach to self-defense. The techniques allow for a smaller, weaker person to successfully defend against a larger, stronger assailant by using leverage and proper technique. Brazilian Jiu-Jitsu has proven so effective that it is being used by UFC fighters, the military and law enforcement as a staple of defensive training. Students will receive a free Gi (traditional martial arts uniform) with this program. **Meet at Mass Brazilian Jiu-Jitsu Academy, 26 Mass. Ave., Arlington.** Visit www.MassBJJ.com

CODE: **DEo33.1** 6 Mondays and 6 Wednesdays, 3/30-5/6,
6-7pm \$120

Kickboxing

Brazilian Jiu-Jitsu Academy

Are you ready to sweat? Mix up your routine with flexibility and strength building moves in this beginner kickboxing class. You'll enjoy high-intensity drills while burning 400-600 calories. This class is a cardiovascular workout consisting of jabs, crosses, uppercuts and kicks designed to get you on your way to a leaner body and a healthier state of mind. Class consists of jumping rope, heavy bag work, pad work and technical instruction. There is no sparring and no experience required. All fitness levels are welcome! Please note that this class teaches the fundamentals of kickboxing, and is not high tempo cardio with music. **Meet at Mass Brazilian Jiu-Jitsu Academy, 26 Mass. Ave., Arlington.** Visit www.MassBJJ.com

CODE: **DEo32.1** 6 Tuesdays and 6 Thursdays, 3/31-5/7,
6-7pm \$120

Tai Chi: Meditation in Motion

Judith King/ Zhantao Lin

The ultimate in no-impact aerobics, Tai Chi naturally relaxes the body, promoting calm and peace of mind while improving posture, balance and flexibility. The practice increases blood flow throughout the entire body, keeps joints flexible and restores elasticity to muscles. It is a form of exercise that actually becomes better for you as you age. This beginner class focuses on a series of short forms, each containing 10 steps or less. Through these forms, students learn fundamental skills such as stance, step patterns, basic blocking and whole body movement. Students in the daytime class will learn the first part of the Yang-style Tai Chi, one of the discipline's most popular routines. Wear loose comfortable clothing. NOTE: The 6pm class is for those acquainted with the Hwa Yu Short Form; the 7:10pm class is for those with little or no experience (7:10 class limited to 12).

CODE: **DEo12.1** 8 Wednesdays, 3/18-5/13 (no class 4/22)
6-7pm \$90 with Judith

CODE: **DEo12.2** 8 Wednesdays, 3/18-5/13 (no class 4/22)
7:10-8:10pm \$90 with Judith

CODE: **DEo12.3** 8 Tuesdays, 3/17-5/12 (no class 4/21) 9-10am
\$100 with Zhantao @ **Calvary Church, 300 Mass Ave., Arlington.** Enter far-right side door on Linwood Street, turn right and go up one flight.

Tai Chi: Level 2

Zhantao Lin

This course is for students who have experience with the first part of the Yang-style Tai Chi and who are ready to move to the second part of this practice. We will focus on accuracy, consistency and fluency to further strengthen your body's balance. **Meet at Calvary Church, 300 Mass. Ave., Arlington.** Enter far-right side door on Linwood Street, turn right and go up one flight.

CODE: **DEo35.1** 8 Tuesdays, 3/17-5/12 (no class 4/21)
10-11am \$100

“I finally have a grasp of how to use the iPad in many areas I knew nothing about!”

Master Your iPad with Stephen Weil, page 24

Tai Chi: Level 3 *Zhantao Lin*


This course is for students who have experience with the second part of the Yang-style Tai Chi and who are ready to move to the third part of this practice. We will focus on accuracy, consistency and fluency to further strengthen your body's balance. **Meet at Calvary Church, 300 Mass. Ave., Arlington.** Enter far-right side door on Linwood Street, turn right and go up one flight.

CODE: **DE048.1** 8 Tuesdays, 3/17-5/12 (no class 4/21)
11am-12pm \$90

Yoga for Every Body*Ruth Lieberherr*

This class is perfect for those just beginning or coming back to yoga. People of every fitness level, age, physical challenge or shape will find their mind, body and spirit invigorated in this welcoming class. In addition to standing poses and mat exercises, the class includes modified yoga poses using a chair. The instructor individualizes postures to suit all students. Wear comfortable clothing. Bring a yoga mat, a strap or belt and two yoga blocks.

CODE: **DE014.2** 8 Thursdays, 3/19-5/14 (no class 4/23)
6-7:15pm \$100

Morning Yoga *Linda Del Monte / Haley Belofsky*

Morning yoga classes ease you into your day with poses that connect the mind, body and spirit. Particular attention is given to helping each student understand and work with their body to strengthen balance, increase flexibility and properly align the body. Regular practice of yoga brings calm, focus, increased flexibility and strength to your life. Bring a yoga mat, blocks if you have them, a blanket if you like and wear comfortable clothing. **Meet at Calvary Church, 300 Mass. Ave., Arlington.** Enter far-right side door on Linwood Street, turn right and go up one flight.

CODE: **DE010.3** 9 Mondays, 3/9-5/11 (no class 4/20)
9-10:15am \$108 with Linda

CODE: **DE010.1** 10 Wednesdays, 3/11-5/13 9-10:15am
\$120 with Linda

CODE: **DE010.2** 10 Fridays, 3/13-5/15 9-10:15am
\$120 with Haley

Yoga @ Noon *Eric Bornstein*

A sensible yoga practice will create a body that is strong, flexible and balanced. Our spine and the muscles surrounding it should be kept strong and flexible in order to sustain a thriving and active lifestyle. The instructor will guide you through poses (asanas), in a mindful flow designed to discover the power and beauty of movement. We will practice strategies to lengthen stubborn hamstrings and hips; eliminate pain and compression in your lower back and neck; and create openness and flexibility in your upper back and shoulders. Bring a yoga mat, straps, blocks (if you have them) and a blanket. Suitable for all levels. **Meet at St. John's Episcopal Church, 74 Pleasant St, Arlington;** enter rear door.

CODE: **DE051** 10 Thursdays, 3/12-5/14 noon-1:15pm \$120

Hatha Yoga*Bettina Velona/Ruth Lieberherr*

This moderately paced yoga class encourages students to move with meditative awareness and attention to alignment and breathing. Class may include active and physically challenging poses as well as more passive, longer holds. Students are continually encouraged to explore their inner flow and turn within for guidance—on and off the mat. Regular practice of hatha yoga brings calm, focus, increased flexibility and strength to your life. Bring a yoga mat and a yoga strap or belt and wear comfortable clothing. Suitable for beginners as well as more experienced students.

CODE: **DE015.1** 9 Mondays, 3/30-6/8 (no class 4/20, 5/25)
7:15-8:30pm \$108 with Bettina @ **Fox Library, 175 Massachusetts Avenue (on the corner of Cleveland Street)**

CODE: **DE015.2** 8 Thursdays, 3/19-5/14 (no class 4/23)
7:30-8:45pm \$100 with Ruth

“The instructor obviously knew the subject matter well. He explained everything clearly, without rushing too much.”

Top 20 Excel Tips with Tony Holowitz, page 23

On- & Off-Road Biking

Mary Hurley

Local back roads and trails take on a new look as you round each curve on a bike. Explore on and off-road trails during our rides through Lexington, Concord, Bedford and other nearby towns. We'll rendezvous by car at a different starting point each week. A recently tuned hybrid bike is best for these rides, and helmets are required. We can ride up to 25 miles over two hours, so please be sure you feel capable of keeping this pace. After registering, email maryhurley@comcast.net for meeting locations. **First ride meets at the North Bridge parking lot in Concord**, off Monument Road. Weather cancellations are made up at end of term as needed.

CODE: **DEo09.1** 8 Tuesdays, beginning 3/31
9:30am-noon \$99

CODE: **DEo09.2** 8 Thursdays, beginning 4/2
9:30am-noon \$99

CODE: **DEo09.3** 8 Fridays, beginning 4/3
9:30am-noon \$99

Swing Dance for Beginners

Julie Kaufmann

Swing is hot again, and as fun as ever. Learn triple rhythm and basic six-count moves, the foundation for all Swing styles, including Lindy, Jitterbug and Jive. Whether you like Big Band or Big Bad Voodoo Daddy, George Strait or Dire Straits, oldies or new generation, you can swing to them all. Come with a partner, or come alone.

CODE: **DEo29** 8 Wednesdays, 3/18-5/13 (no class 4/22)
6:30-7:45pm \$95

Swing Dance Plus

Julie Kaufmann

For those comfortable with the triple step, here's your chance to add to your repertoire and improve your Swing style. We'll introduce 8-count moves, including a Lindy turn. Learn to become a better leader/follower. Come with a partner, or come alone. Add to your fun and get some terrific exercise!

CODE: **DEo13** 8 Wednesdays, 3/18-5/13 (no class 4/22)
7:45-9pm \$95

Social Dance I: Smooth Moves

Beth Canuel

Come learn the basics of popular social dances. You will be amazed at how smooth you can move and how much fun you can have on the dance floor. You'll learn popular social dances such as the waltz, foxtrot, rumba, cha-cha and swing. *No experience or partner required.* You'll explore footwork, timing and dance etiquette while having fun, fun, fun! What are you waiting for?

CODE: **DEo07** 8 Thursdays, 3/26-5/14 (no class 4/23)
8-9pm \$90

Social Dance II: Fancy Footwork

Beth Canuel

For those with some dance experience. Maybe you learned a few steps for your wedding dance many years ago? Or maybe you just want to take your footwork to the next level. We'll swing, waltz, foxtrot, rumba, cha-cha and work on timing and the all-important 'lead and follow.' Learn proper posture, swing and sway, how to create bigger shapes and more! Sweep your dance partner off their feet! *No partner required.*

CODE: **DEo08** 8 Thursdays, 3/26-5/14 (no class 4/23)
7-8pm \$90

“Haley is a wonderful teacher. She was always offering help with poses, each class was different, but always within the context of moving our practice forward.”

Morning Yoga with Haley Belofsky, page 23



FOOD AND DRINK

Cooking for Couples: Healthy French Dinner Party

Jeannette Pothier

Jeannette stirs up some romance in the kitchen with a dinner party featuring her healthy and delicious take on classic French foods. Together you and your partner will learn to prepare a wonderful dinner party you can replicate at home. The romantic menu features Chicken Provencal, rice asparagus pilaf and chocolate mousses. You will practice updated and healthy French cooking techniques. Love at first bite, anyone? Bring your knives, apron and a smile. Please bring a \$20 food fee *per couple* to the instructor. Limited to five couples.

CODE: **FD062** Tuesday, 3/17 6:30-9pm \$40/pair

South Indian Cooking

Shruti Mehta

The food of South India remains a secret to much of the world. Unlike the cuisine of the north, South Indian cuisine emphasizes rice as the staple grain, coconut and curry leaves. It is more vegetarian-friendly and uses fewer spices and simpler ingredients. Come explore this cuisine and learn to make *Dosai* (rice and lentil crepes) accompanied by onion and potato bhaji (stew) and a spicy lentil and vegetable soup called *Sambar*. Other possible dishes may include *Tamarind rice*, *Pachadi* (cucumber and yogurt) and a popular dessert drink called *Payasam* or *Kesari* (cream of wheat Halwa). You are welcome to bring along a beverage and containers for leftovers. Tuition includes \$15 food fee.

CODE: **FD067** Thursday, 3/19 6:30-9pm \$50

NEW Knife Skills

Jeannette Pothier

Come dice, chop, and slice your way to more confidence, safety, speed and skill. This hands-on class will help you become a faster, more efficient cook. While preparing food, we will practice different cutting methods, and learn how to hold and use a chef's knife efficiently. We'll go over which knives are used for which cuts and how to sharpen and care for knives, then enjoy the fruits of our labor. Bring an apron, a paring knife and a 6- to 10-inch chef knife, if you have one. Please bring a \$10 food fee to the instructor.

CODE: **FD061** Tuesday, 3/24 6:30-9pm \$25

NEW Make Fresh Mozzarella

Monica Massironi

The first time you taste fresh mozzarella, you may not know what it is; it tastes so unlike mozzarella most Americans are used to. Fresh mozzarella uses rich, all-natural curds. Mild and milky, smooth and silky: any way you stretch it, we love fresh mozzarella! In this hands-on crash course you'll learn how to make it at home. First we'll explain coagulation—how milk turns from fluid to firm curds. Then we'll roll up our sleeves to turn curds into beautiful balls of fresh mozzarella. Please bring an \$8 food fee to the instructor.

CODE: **FD070** Wednesday, 3/25 6:30-8:30pm \$25

NEW Whoopie Pies

Susan Callahan

Is it a cookie, a pie or a cake? Ask a Mainer, since the Whoopie pie is said to have originated there; it's even the official state treat. Join Susan Callahan of Goodies Homemade and learn step-by-step how to create the chocolate cake and whip up the fluffy, sweet frosting. It's the perfect comfort food! This is a hands-on cooking class. Each student will receive a list of small utensils to bring to the class. Tuition includes a \$9 food fee. Visit www.goodieshomemade.com.

CODE: **FD069** Thursday, 3/26 7-9pm \$30

NEW Cinnamon Rolls & Sticky Buns

Pam Kanavos

These two wonderful treats are easier to make than you think. Surprise your family and friends with freshly baked cinnamon rolls and sticky buns. In this "make and take" class, you'll learn how to mix and shape a batch of each breakfast treat and get them ready for your freezer. Just thaw overnight and pop them in the oven first thing in the morning! You'll be a hero for the day! Please bring a \$14 food fee to the instructor.

CODE: **FD064** Wednesday, 4/1 6-9pm \$27

NEW Indian Spice Box*Shruti Mehta*

With its array of exotic spices and herbs, even a simple Indian dish can seem daunting. This class will unlock the mystery behind the cuisine. You'll be introduced to and become familiar with a variety of spices such as cumin, coriander, turmeric and ginger, to name a few. Every spice works in conjunction with other spices. As a result the dish can be sweet, sour, hot and spicy all at once. We will prepare a basic Indian dinner incorporating a variety of ingredients and techniques to create a world of taste. You are welcome to bring along a beverage and containers for left-overs. Tuition includes \$15 food fee.

CODE: **FD068** Tuesday, 4/7 6:30-9pm \$50

NEW Bread Baking 101*Abigail Anderson*

This one-night workshop will cover the basics of yeasted bread-making. We will delve into the history of bread and yeast and learn the science behind how yeast works. The instructor will demonstrate techniques of kneading, shaping, proofing and baking, focusing on two different styles of bread: *lean* and *enriched*. After learning about *lean* breads—essentially flour, yeast and water, the class will make a simple country-style loaf. While waiting for the breads to rise, students will make *enriched* breads which contain butter and eggs by making scones (or biscuits). Please bring an \$8 food fee for the instructor.

CODE: **FD066** Thursday, 4/9 6-9pm \$30

NEW Triple Chocolate Raspberry Ice Cream*Walter Plante*

What could be more fun than chocolate ice cream? How about *triple chocolate* raspberry ice cream! This recipe takes traditional chocolate ice cream to new limits by using three types of chocolate plus raspberries. In this hands-on class, you'll learn to make incredible, rich ice cream at home -- with or without a machine. Together, we'll make a couple of batches using two methods. We'll also work with dark chocolate to make another dessert to compliment the ice cream. We'll end the evening by enjoying the fruits of our labors. An \$8 food fee is included in the tuition. Open to adults and children eight and over when accompanied by adult. Bring an apron (optional) and your love of chocolate to the class. The instructor holds the enviable position of chief tasting officer at New Leaf Chocolates at newleafchocolates.com.

CODE: **FD059** Thursday, 4/16 6-8pm \$25

NEW Pasta Making*Pam Kanavos*

Who would have thought that three simple ingredients—flour, eggs, and water—could produce such a delicious result? Fresh pasta is the ingredient that transforms a good dish into a great dish. In this hands-on class you will learn basic dough techniques and how to cut pasta the old-fashioned way, by hand. You'll make a few different types of pasta as well as learn how to make ravioli. Gain the confidence and skills to create a beautiful meal of fresh pasta that will make your sauce proud! Please bring a \$12 food fee to the instructor.

CODE: **FD063** Wednesday, 4/29 6:30-9:00pm \$25

NEW Celebrate Spring Vegetables*Danielle Schertzer*

After our long New England winter, we crave fresher, more flavorful produce. Starting in May, farmer's markets and supermarkets will tempt us with tender spring vegetables. Danielle will share favorite vegetable recipes and techniques from her native France and from her cooking classes in Asia. In this hands-on class, you will learn to make easy-to-prepare vegetable dishes with a twist that you and your family will love.

CODE: **FD060** Tuesday, 5/5 7-8:30pm \$20

NEW Adults & Kids Cooking Together: Brinner, Anyone?*Chelsea Ekenseair*

Breakfast for dinner always spells fun! Join us as together we make nutritious and delicious fluffy "green" eggs, whole grain muffins from scratch and sunny yogurt parfaits with homemade granola. The techniques we learn in this class are the perfect gateway for kids to gain independence in the kitchen and an appreciation for healthy food that is delicious, too! Limited to 8 pairs (adult & child). Please bring a \$10 food fee *per pair* to the instructor.

CODE: **FD065** Wednesday, 5/6 5:30-7:30pm \$30/pair



NEW French Madeleines

Dorothee Van Thong

Come learn to make the iconic French pastry with the classy literary reputation in a class led by a native of France. *Les petites Madeleines* are a butter cake that most people think of more as a cookie. So inspirational, they served as Proust's muse in *Remembrance of Things Past*. Like most muses, however, madeleines appear to be simple but actually require a fair amount of patience and careful following of instructions. In the end, though, you are rewarded with a truly unique little cake, browned and crispy on the outside and spongy and soft on the inside. A perfect accompaniment to your afternoon cup of tea. We will eat what we make. Please bring a \$5 food fee to the instructor.

CODE: **FD058** Wednesday, 5/13 7-9pm \$20

Thrill of the Grill

Prime Butcher Shop

Just in time for Memorial Day, join Executive Chef Scott Carta in this information-packed and flavorful evening. He'll cover the pros and cons of gas versus charcoal and the best ways to add flavor to grilled meats. He will discuss, prepare and have you sample ideal cuts of beef, pork, chicken, a variety of seafood and other exotic meats. You'll learn why rib-eye is his favorite grilled meat, and just the right way to carve and serve your grilled foods. There will be time for questions and answers between bites of food! **Meet at Prime Butcher Shop**, 1398 Mass. Ave., Arlington. Limited to 20.

CODE: **FD022** Tuesday, 5/19 7:30-9pm \$30

“It was a great introductory class. Lots of insight, suggestions for further reading and study, and plenty of experience and participation in class.”

Mindfulness Meditation with Kimber Green, page 35

You Can Fix It, Too!

Marie Leonard

Spend an evening with professional “Handywoman” and author Marie Leonard and learn how to successfully complete many of the projects on your own “to-do” list. Marie will introduce you to a basic tool kit, explaining how to use the most common tools you'll need to fix everything in your home. Learn how to use a drill and how to install the right wall anchors for hanging curtain rods, towel bars and more. See what is inside your toilet tank and how simple it is to fix without calling a plumber. Take a faucet apart and discover the basics of how to repair or replace it. Learn how to patch holes in a wall and use a caulking gun. You will leave with the information and practical advice you need to successfully take on and complete basic home improvement and repair projects. Tuition includes a signed copy of Marie's book, *Marie's Home Improvement Guide*.

CODE: **HG015** Tuesday, 3/31 6:30-9pm \$40

Kitchen Design with a Pro

Mary Courville

Kitchens are the most popular renovation project in American homes today. This course will help you think through your kitchen design project and avoid costly mistakes. We'll discuss current trends in kitchens, including floor plans, cabinets, counters, flooring and appliances, and cover the basics of kitchen design to help you start planning your project. You will also learn how to properly budget for your project, how to hire contractors and how to select cabinetry and appliances.

CODE: **HG008** Tuesday, 4/7 7-9pm \$20

Renovate & Rejuvenate Garden Beds

Bruce Wenning

If you have inherited an old and neglected perennial garden—or created one of your very own—don't despair! Learn the necessary ‘ecological’ steps for bringing your perennial garden beds back to life. We will cover plant and soil basics, plant and site evaluations, soil pH, proper planting techniques and how to decide which plants to keep and which to prune or remove. We will also discuss how to choose appropriate plants for your site – from ground covers to small trees – and the kinds of plants you can add to extend the bloom time of your garden from spring to fall. Class notes will be emailed to participants before the first meeting.

CODE: **HG018** 2 Wednesdays, 4/8-15 7-9pm \$30

HOME HARVEST SERIES

Arlington native and AHS grad Ben Barkan founded HomeHarvest after working on organic farms throughout New England, Hawaii, California, New Zealand and Australia. HomeHarvest designs, builds and maintains high-yield and beautiful edible gardens by applying organic and sustainable techniques. He shares his expertise in urban gardening in a series of workshops.

Understanding Sustainable Agriculture

Ben Barkan

We see the term, but what does sustainable gardening even mean? Is it the same as organic or 'natural' gardening? The answers are not always clear. In this provocative discussion-based class, we'll talk about the principles of sustainability, why they matter and how to apply them to care of your own garden and landscape. This class ties together concepts presented in our soil and garden workshops, but those workshops are not prerequisites. *Co-sponsored by Sustainable Arlington.* www.sustainablearlington.org.

CODE: **HGo23** Tuesday, 5/5 7-9pm \$20

It's All About the Soil

Ben Barkan

With a backyard garden, you can grow sweeter and more nutritious produce than anything you can buy in the supermarket. But it's essential that you start with soil

that is healthy and rich in micro-life. Come learn what it takes to develop and maintain soil that produces bumper crops. We'll discuss soil properties including texture, pH, plant nutrients and organic matter. Learn how to test your soil and interpret the results. Especially important in this area, learn how to deal with lead contamination caused by paint chips from our older houses. The class will help those interested in growing food in an urban/suburban landscape while using sustainable and organic practices

CODE: **HGo19** Tuesday, 3/31 7-9pm \$20

Yard to Table: Edible Garden Design

Ben Barkan

You've decided to create a food garden, Now learn how to design attractive gardens filled with both ornamental plants and nutrient-dense edibles. We'll discuss site considerations, the design process, sustainable land-use techniques, companion planting, how to incorporate both perennial and annual edibles and how to maximize garden productivity. Our It's All About the Soil workshop provides lots of useful background for this class, but is not a prerequisite. *Co-sponsored by Sustainable Arlington.* www.sustainablearlington.org.

CODE: **HGo20** Tuesday, 5/12 7-9pm \$20

Take all 3 with Ben & SAVE!

CODE: **HGo26** \$50

Composting 101

Jeremy Marin

This 90-minute class will demystify the process and answer all your compost questions, from basic to advanced. Spend as much or as little time as you want "tending" your compost, it will still rot, turning organic household waste into a valuable, sweet-smelling and nutritious additive soil for your garden beds, household plants and lawn. Composting saves money, reduces waste and lowers your carbon footprint - and that doesn't stink! Note that we will not address vermicomposting ("worm composting") in this class. Each participant will receive a coupon for \$10 off (i.e., 20% off) the price of a compost bin available for purchase through Arlington's Department of Public Works. *Co-sponsored by the Department of Public Works and Arlington's Conservation Commission.*

CODE: **HGo21** Wednesday, 4/8 7-8:30pm \$15

**Join Jeremy on 5/7, from 4-7pm for a composting demonstration at the DPW yard on Grove Street. Free compost available. See Rot & Roll in the Around Town section of this catalog.*

Pruning Workshop

Bruce Wenning

This workshop will cover the basics of pruning woody plants and the tools needed to do the job. The instructor will demonstrate correct pruning of various woody plants to correctly reduce size, fix unbalanced shapes and remove dead branches. We will also discuss the proper time to prune to promote flowering. A registered student interested in "volunteering" their yard as the site for this workshop should live in Arlington and have shrubs and a small tree or two that need pruning to reduce size, or correct cross branching, and/or to remove damaged branches from winter damage. If interested, please email tdramstad@arlington.k12.ma.us after registering for this class; exact location will be emailed to students before workshop date.

CODE: **HGo22** Saturday, 4/18 9-11am \$25

Raindate: Sunday, 4/19



NEW Floral Design: Must Love Flowers

Misty Florez

Learn some of the secrets and techniques of professional floral designers, so you can create beautiful, professional-looking arrangements on your own. Fresh flowers are the perfect decor element, whether in your home or as a thoughtful gift. In this class, you will learn from a professional designer how to create an elegant, giftable European hand-tied bouquet and a beautiful table centerpiece. All tools, packaging (ribbon, vase, wrapping) and flowers will be provided. Take home your beautiful creations at the end of each class. A materials fee of \$50 is included in tuition.

CODE: **HGo25** 2 Tuesdays, 4/28 & 5/12 7 - 9pm \$90

Get your catalog *first*

Subscribe to our mailing list and receive an email the moment our catalog is posted online! Classes fill quickly, so don't miss the chance to reserve your spot.

Go to ArlingtonCommunityEd.org and sign up today!

“The recipes were easy to follow and delicious. The teacher was very interesting, knowledgeable and friendly. She told many interesting stories about India.” ”

Indian Cooking with Shruti Mehta, page 29

Beginner/Early Intermediate ESL: Learn English as a Second Language

Rosemary Previte

This course is for adults with little or no knowledge of English. The focus is on speaking and listening. Emphasis will be on language for everyday situations such as asking for directions, completing forms, making appointments and communicating at work or at school. The goal is to have fun while practicing communication skills. Financial aid is available; call 781-316-3568 for information.

CODE: **LA017** 8 Tuesdays, 3/17-5/12 (no class 4/21)
6:30-8pm \$88

Intermediate/Advanced ESL

Laura Bergan

This course is for adults with some knowledge of English. The focus will be on speaking and listening as well as some reading and writing. Topics will include current events and will follow the interests of the class participants. The goal is to improve communication skills in a relaxed environment. Some homework may be given. Financial aid is available; call 781-316-3568 for information.

CODE: **LA022** 8 Thursdays, 3/19-5/14 (no class 4/23)
6:30-8pm \$88

Spanish for Beginners I

Katina McClain

Come learn beginning Spanish in a dynamic classroom environment. Through fun activities you will learn and practice the alphabet, numbers, greetings, gender agreement, simple present tense of regular verbs, basic vocabulary and more! No textbook is used in this course; handouts will be provided for use during class time and for practicing at home during the week.

CODE: **LA007** 8 Wednesdays, 3/18 -5/13 (no class 4/22)
6-7:30pm \$110

Spanish for Beginners II

Kiera Gordon

A continuation of Spanish Beginning I or for students who have some familiarity with the Spanish language. Learn more conversation skills to enhance expressive language in Spanish. Students work with fellow students in teacher-led conversation groups to gain more confidence to speak and be understood. Each week we explore new concepts in grammar, pronunciation, and cultural awareness. Come join us in a relaxed environment to refine and build your language skills! The title of the required textbook will be emailed to students after they register.

CODE: **LA021** 9 Thursdays, 3/19-5/14 6:30-8pm \$125

Italian for Beginners I

Teresa Soccio, Native Speaker

Cominciamo con l'ABC!—Let's start with the ABC's! This course, taught by a native speaker, is perfect for students with little or no previous experience with the Italian language. We will learn how to read, write and communicate in Italian with simple sentences. We will learn Italian greetings, the alphabet, the present tense of verbs, nouns, adjectives, pronouns and gender agreement. Simple reading, games and conversation will be used to learn weekly material.

CODE: **LA012** 8 Wednesdays, 3/18-5/13 (no class 4/22)
6-7:30pm \$120

Italian for Beginners II

Teresa Soccio, Native Speaker

Andiamo! Parliamo Italiano!—Let's go! Let's speak Italian! This course, taught by a native speaker, is for students who have completed Italian for Beginners I or who have a basic knowledge of Italian grammar and who want to improve their skills. We will continue to focus on simple grammar and proper pronunciation, while expanding our everyday vocabulary and learning the past tenses of verbs. More complex reading, songs and videos will be used to help us master the material.

CODE: **LA024** 8 Wednesdays, 3/18-5/13 (no class 4/22)
7:45-9:15pm \$120

NEW French Pronunciation Made Easy

Dorothee Van Thong

French can be tricky when it comes to pronunciation. It is a musical language with sounds that do not exist in English and words melted together to form harmonious and flowing tones. With the help of a native speaker, you will learn to identify different sounds and how to pronounce them the right way. Let's get familiar with the "French flow" and learn to say challenging phrases—*Je n'aime pas les cuisses de grenouilles!* (I don't like frog legs!)—like a native. A fun and enjoyable experience guaranteed.

CODE: **LA029.1** 8 Mondays, 3/23-5/18 (no class 4/20)
1-2:30pm \$120; \$102 for seniors @ **Arlington Senior Center**,
27 Maple St. 

CODE: **LA029.2** 7 Wednesdays, 3/18-5/6 (no class 4/22)
6:30-8pm \$105

NEW The French Café:

Conversation & Culture

Madeleine Buehler

This class offers conversation and culture for those who want to refresh their French or take it to the next level or who just miss speaking the language. We will improve your spoken French and vocabulary as we enhance our knowledge and appreciation of all things French: its literature, music, cuisine and—if we dare—politics! To enjoy this class, students should have some experience with conversational French. Please bring a \$5 materials fee to instructor at first class. **Meet at Arlington Senior Center**, 27 Maple St., Arlington. *This course is co-sponsored by Arlington Council on Aging and open to students of all ages.*

CODE: **LA026** 8 Thursdays, 3/19-5/7 2:30-4pm
\$120; \$102 for seniors

“I liked the size of the class and the enthusiasm of the instructor.”

Italian with Teresa Soccio



MIND, BODY AND STYLE

French for Travelers: *Bon Voyage!*

Dorothee Van Thong

Planning a trip to France or to a French speaking country? This course, taught by a native speaker, will give you the practical and valuable tools you need to communicate in travel situations. You will learn everyday phrases and expressions through authentic and lively scenarios based on the following topics: getting around, asking for information and directions, buying a ticket, ordering at a restaurant (including how to read typical dishes on a French menu), going shopping, sightseeing and reading common signs. As we progress, you will also get a chance to improve your pronunciation with place names and food items to help make you better understood. Finally, you will catch a glimpse of some social customs of France. *Et voilà!* At the end of the class, you will feel much more comfortable interacting with the locals!

CODE: **LAo25** 8 Tuesdays 3/24-5/12 (no class 4/21)
6:30-8pm \$120

French for Beginners: *Oui, c'est facile!*

Dorothee Van Thong

Bienvenue à bord! This class is an introduction to the French language. It is for students with no previous knowledge of French or for those who feel rusty and want a refresher. With the help of a native speaker, you will learn the fundamentals of communicating in French. This beginner level is organized around everyday topics such as greeting people, using “vous” versus “tu” courtesy, numbers, places, weather, time, seasons, essentials questions and answers as well as amusing familiar expressions. The class will include activities such as role-plays and practice exercises. By the end of the class you will be able to understand basic conversations and interact with others.

CODE: **LAo27.2** 8 Tuesdays, 3/24-5/12 10:30am-noon
\$120; \$102 for seniors @ **Arlington Senior Center**, 27 Maple St.



CODE: **LAo27.1** 8 Thursdays, 3/26-5/14 (no class 4/23)
6:30-8pm \$120 @ **Arlington High**, 869 Mass. Ave.

NEW Mandarin Chinese for Beginners

Konwen Yuen

Mandarin Chinese is one of the major world languages, spoken by 20 percent of people worldwide. In this class taught by a Chinese native, we will focus on pronunciation and vocabulary and use an audio-lingual approach to learn greetings, introductions and acquire the ability to ask and answer simple questions. Our instructor will interweave her culture and its traditions into your work together.

CODE: **LAo28** 8 Thursdays, 3/19-5/14 (no class 4/23)
7-8:30pm \$120

Midlife Dating, the Internet & Beyond

Kate Kavanagh

Are you 50ish, single and pondering how to go about dating again? Things have changed since the last time you dated, with new rules, strategies/pitfalls and opportunities. You keep hearing about Match, Fish and OKCupid, but don't have a clue if this is right for you. Join us for this uplifting and enlightening interactive workshop. You'll assess your readiness for dating and the best avenues; learn how to create a winning online profile with text and photos; determine which dating service (internet or otherwise) suits you; and discuss options beyond internet dating, such as meetups, house singles parties and more. It's a brave new world—learn how to rock it! We welcome male and female participants; discussion between the genders can be the best part.

CODE: **MBoo8** Tuesday, 3/17 7-9pm \$20

Mindfulness Meditation: One-Night Workshop

Kimber Green

Most of the time we are unaware of the incessant chatter that goes on in our heads. It can distract us and contribute to stress and anxiety. Mindfulness meditation helps us still this unconscious chatter so that we can appreciate the fullness of each moment. This workshop provides an overview of mindfulness meditation: what it is, how it works, how to establish a regular practice. We will also experience this restful practice together. Wear comfortable clothing and bring a blanket and meditation cushion or pillow, if you have one. Chairs will be available for those who prefer not to sit on the floor. This workshop is a perfect introduction to Kimber's 6-week class (see below).

CODE: **MBo17** Wednesday, 3/25 6:30-8:30pm \$20

Mindfulness Meditation

Kimber Green

“Presence is a state of inner spaciousness”—Eckhart Tolle

These sessions will provide the foundation of mindfulness meditation and then gradually build on your understanding and practice of these concepts. We will learn how to make meditation a regular practice, and how to bring it into our daily lives in ways that calm and enrich us. Sessions include meditation, suggestions for home practice between classes, handouts and readings. Please wear comfortable, loose clothing and bring a blanket and meditation cushion or pillow, if you have one. Chairs will be available for those who prefer not to sit on the floor during our practice.

CODE: **MBo19** 6 Thursdays, 4/2-5/14 (no class 4/23)
7-8:30pm \$80

NEW Expand Your Intuition through Mindfulness

Jeanne Mayell

The practice of mindfulness—a focused awareness of the here and now—has many benefits. One is that you can become more intuitive...if you know how. In this class, our instructor, a professional intuitive and psychotherapist with training in mindfulness, will show you how to use mindfulness to access intuition. Students will learn how to relax deeply, then use this state of mind to access a level of consciousness they never thought possible. Come with an open and curious mind and you may have an experience you will never forget. Beginning to advanced students of mindfulness and/or intuition are welcome. Read about the instructor at www.jeannemayell.com.

CODE: **MBo33** Wednesday, 3/18 6-8:45pm \$30

NEW Adult, Infant & Child CPR with AED

Sarah Bott Lee, AHS Nurse

Heartsaver CPR AED is an intensive, three-hour course that covers adult/child CPR and AED, adult/child/infant choking, and infant CPR. Following the course, participants will be comfortable assessing a victim, checking for breathing, performing rescue breaths and chest compressions, and activating the emergency response system. This course also teaches participants how to help someone who is choking, how to respond in other emergency situations and how to use an AED. Upon completion of the class, participants receive their workbooks along with wallet reminder cards and a face shield. A course completion card good for two years will be mailed to participants following the class. Please bring a \$20 materials fee to instructor at class. Limited to 7.

CODE: **MBo01** Thursday, 4/2 6-9pm \$30

“Oakes makes birding so much fun. What a fantastic class.”

Come Birding with Oakes Plimpton, page 38

Facial Yoga Workshop

Ruth Lieberherr

Pamper yourself with a facial yoga class. Learn from an experienced yoga instructor how to use facial yoga poses to tighten and tone face muscles, helping to reduce wrinkles and leaving your skin rejuvenated. You will also learn eye exercises to alleviate eye strain. Wear comfortable clothing and bring a yoga mat or large towel to sit or lie on. If you are not comfortable on the floor, you may stay in a chair. No prior yoga experience is necessary.

CODE: **MBo23** Wednesday, 4/1 7-8:30pm \$20

Find Work That Matters

Dorine Overmars

For most of us, work is a financial necessity. Yet as we age, it becomes more difficult to ignore our desire for work that also brings us joy and value. In his book *Outliers: The Story of Success*, Malcolm Gladwell writes that “meaningful work” heightens people’s possibilities for success when they find their efforts freeing, thought-provoking and fulfilling. This interactive and energizing four-session workshop will help you bridge the gap between the economic and social benefits of work and personal fulfillment. Through both discussion and exercises, you will learn more about your talents, prioritize your values, address your fears and limiting beliefs and begin to see the possibilities before you. The experience promises to be results-oriented and fun!

CODE: **MBo13** 4 Thursdays, 4/2-4/30 (no class 4/23) 7-9pm \$75

Learn the Tarot: Mirror of the Soul

Jeanne Mayell

Learn to use one of the most powerful and ancient divination tools—the Tarot. A set of beautiful illustrations filled with myths of the ages, the Tarot stimulates your imagination and psychic power as you never thought possible. Our instructor, a gifted Tarot reader and teacher, will teach you how to read the cards intuitively so you won’t have to look up the meanings in a book. Students will give and receive readings to and from each other while guided by the instructor, and leave with an unforgettable experience. Bring the Thoth Tarot Deck or purchase one from the instructor for \$27 (large size). If you prefer a different deck, by all means bring it! **Meet at Theosophical Society**, 21 Maple St. (behind 19 Maple St), Arlington. Read about the instructor at www.jeannemayell.com.

CODE: **MBo11** Saturday, 4/11 9:30-3:30pm \$70



NEW Boating Safely

US Coast Guard Auxiliary Division 5—Metro Boston

For all boaters, this beginner boating class will give you the knowledge needed to obtain a boat license or safety certification in many states. Many boat insurance companies will offer discounts on boating insurance to boaters who successfully complete *About Boating Safely*. We will cover a wide range of topics, including boating safety, safety equipment, navigation, boating law, boating problems, trailering, storing and protecting your boat, hunting and fishing, water-skiing and river boating. An optional text is available for purchase in class. For more information on course content, go to <http://cgaux.org/boatinged>.

CODE: **FG001** 4 Wednesdays, 3/18-4/8 7-9pm
\$45/person; \$70/immediate family

NEW How to Read a Nautical Chart

US Coast Guard Auxiliary Division 5—Metro Boston

For all boaters, this three-hour seminar will help you unravel the mystery of charts. When navigating on *land* you use a map. By identifying landmarks and following routes, you reach your destination. At sea there are no equivalent landmarks, and no routes. Nautical charts give us the “landmarks of the sea” – buoys, markers, shoreline features, water depth, bottom type, magnetic compass variation and the latitude and longitude of these features. By knowing our latitude and longitude, we can locate our position anywhere on earth. Charts also warn us of dangerous areas, enabling us to determine safe passage—if we know how to read the chart and use the information we find there. This course will provide the navigator with the knowledge to interpret a chart’s contents to navigate safely to his or her destination and return to port. Text and training chart are included. For more information on course content, go to <http://cgaux.org/boatinged>.

CODE: **FG040** Thursday, 4/30 6:30-9:30pm \$45

Mystery Walks

Mary Hurley

Discover new places to hike and hear tales about Native American settlers and esteemed writers such as Alcott and Emerson. We walk four to five miles, rain or shine. Enjoy the camaraderie of fellow walkers as we learn and have fun. After registering, email maryhurley@comcast.net for meeting locations. Weather cancellations are made up at end of session as needed.

CODE: **FG003** 8 Wednesdays, 4/8-5/27 9:30am-noon \$99

Bike Repair & Maintenance

Justin Haber

In just two hours, you can learn the essentials of bike repair and maintenance from the head mechanic at Arlington’s hometown bike shop. This hands-on class will teach you how to fix a flat, adjust gears and brakes, and other topics dictated by the interest of the group. Bring your bike to class. **Meet at Quad Cycles**, 1043 Mass. Ave., Arlington. Limited to 8.

CODE: **FG020** Tuesday, 4/14 7-9pm \$20

Keep a Travel Journal: Capture Time Before it Flies

Kendall Dudley

Here’s a departure from the standard travel journal. Using a fast-paced, creative process, you’ll capture the entire day in a few minutes, make connections to past and present, see context for your responses to new things, and uncover the new in you. You’ll make use of simple observational tools, quick-writing, ephemera, doodling, shaped writing and layering, and things that smell, taste and create marks. Through it all, your experience of travel will deepen and some of the ways you were on the road may carry over to being at home. Bring an unlined journal, 6x9 or larger, a pen, watercolor pencils, and, if you have one, a sample of an earlier travel journal. **Meet at instructor’s home office**, 50 Grafton St, Arlington (near Capitol Theater in E. Arlington).

CODE: **WC016** 2 Mondays, 4/20 & 27 6:30-9pm \$40

Walk the British Isles

Mary Hamilton

England, Scotland, Wales and Ireland have extensive networks of well-maintained and well-marked long-distance walking paths that provide the pleasure of visiting idyllic sites at your own pace. There are companies that charge hefty fees to set up these trips and itineraries; why bother? Learn from an experienced walker who will share a wealth of tips to make your trip unforgettable. Come prepared to learn about best routes, maps and guidebooks, B&Bs, travel etiquette, public transportation and what to pack and carry for your perfect adventure.

CODE: **FG011** Thursday, 4/30 7:30-8:30pm \$20

Come Birding: Spring Migration

Oakes Plimpton

Come along on early-morning guided walks with a life-long birder during the spring migration. We'll visit the Arlington Reservoir (4/26), Mystic Lakes (5/3), Audubon's Habitat Sanctuary in Belmont (5/10), Horn Pond in Woburn (5/17) and Mt Auburn Cemetery, the birding mecca (5/24). The beauty of spring warblers, orioles, tanagers and even sparrows is amazing, and we'll learn some bird songs, too. Good binoculars are the secret to birding - so bring a pair if you have one. School-aged children accompanied by adults are welcome. The first morning we meet at the Arlington Reservoir parking lot on Lowell Street. Contact the instructor at opoakes@gmail.com or 781.648.5117 for additional information. Registrants will be notified of specific meeting locations via email; locations subject to change due to whim, weather or bird flight patterns.

CODE: **FG016.1** 4 Sundays, 4/26-5/17 @ 7-9am & Sunday 5/24 @ 11am-1pm \$40

CODE: **FG016.2** 4 Sundays, 4/26-5/17 @ 7-9am & Sunday 5/24 @ 11am-1pm \$60/family

CODE: **FG016.3** 1 Sunday of your choice \$15

Boston Skyline by Kayak

Charles River Canoe @ Kayak

Revel in the best view of Boston's skyline—from a kayak on the Charles River! Our tour begins and ends at the T-accessible Kendall Square location (www.paddleboston.com/kendall.php). We'll begin with a quick introduction to kayak strokes, then we'll launch our double kayaks and begin our paddle along the Cambridge shoreline. After passing the Great Dome of MIT, we'll cross the Charles to the Esplanade, stopping mid-river to take in the skyline, including the Hancock and Prudential Buildings, Citgo Sign, State House Dome, and the Financial District. We'll continue our relaxing paddle under the numerous footbridges of Storrow Lagoon, passing by the Hatch Shell (site of the Fourth of July Pops Concert) and under the Longfellow ("Salt-and-Pepper") Bridge back to Kendall Square. Your guide will entertain you with tales of Boston and Cambridge, and talk about the history of the area. Paddlers of **all abilities are welcome**, even those who have never paddled before! Open to those 16+. Tour is run in **double kayaks** and are booked per person; if you book one spot, you are booking one spot in a double kayak and will be paired with another person.

CODE: **FG041** Saturday, 5/30 11am-1pm \$49

Boston Harbor by Kayak

Charles River Canoe @ Kayak

Our tour begins and ends at the T-accessible Kendall Square location (www.paddleboston.com/kendall.php). This tour will begin with a quick introduction to kayak strokes, then we'll launch our double kayaks and begin our paddle toward the Museum of Science. We'll glide through the old locks of the original Charles River Dam (built in 1910), then paddle past the Nashua Street Park and under the Zakim Bunker Hill Bridge. We'll pass through the locks at the current dam (built in 1978) and enter Boston's Inner Harbor! In the Harbor, we'll paddle to Charlestown Navy Yard to view the U.S.S. Constitution, U.S.S. Cassin Young, and other ships berthed there. From the Navy Yard, we'll enjoy the amazing waterfront skyline view, including Old North Church and the Financial District. After returning through the locks, we'll explore the narrow, winding channels at North Point Park before heading toward the Esplanade. If time allows, we'll explore Storrow Lagoon and take in the river skyline, including the Hancock and Prudential Buildings, Citgo Sign, and the State House Dome. Your guide will entertain you with tales of Boston and Cambridge, information on the role that the Charles River and Boston Harbor have played in our history, and plenty of landmark sightings. Even if you've lived here your whole life, you'll learn something new, funny, and exciting. Open to those 16+. Tour is run in **double kayaks** and are booked per person; if you book one spot, you are booking one spot in a double kayak and will be paired with another person.

CODE: **FG042** Sunday, 5/31 2-5pm \$75

“Cheryl was great at figuring out all of the different ability levels in the class, and coming up with routines we could either keep up with or adapt to our own level of Zumba-ness.”

Zumba with Cheryl Keane, page 24



CLASSES FOR TEENS

All classes for teens meet at Ottoson Middle School unless otherwise indicated; room numbers will be emailed to students before start date of class.

Please use Youth Registration form (page 50) to register for Teen classes.

Babysitting Basics • Grades 6-9

Va Shon Wallace-Hiltbold, 4-H Youth @ Family Development

The excellent 4-H Babysitters' Program is designed to better prepare young people for babysitting and childcare by educating them to become capable, caring, responsible babysitters. Students will come to understand the responsibilities of babysitting and learn the skills needed to become good babysitters. You will develop confidence in handling situations you may encounter when babysitting. Upon completion of this course, you will receive a Babysitter's ID card and a certificate of completion. Please bring \$8 for the instructor to the first class to cover the cost of a member's guide. Note students must be *at least 12 years old*. 15 student maximum.

CODE: MS006 2 Tuesdays & 2 Thursdays, 5/5-5/14
2:45-4:45pm \$80

DSLR Photography: Get Out of 'Auto' Mode • Grades 6-8

Renee Cameron

Do you want to get out of "auto mode," take an intro photo course or learn the features of your DSLR camera to take more interesting photos? This course will introduce you to the mechanics of a digital SLR camera and photographic technique including aperture, shutter speeds, depth of field, white balance, exposure and the various types of digital files. Each student will work to achieve a greater understanding of their camera by learning what these terms mean, what they look like and how certain settings affect an image. In addition, we'll have interesting weekly assignments related to techniques discussed in class. Each student should have a DSLR camera and at least one lens (preferably 35 or 50 mm). Bring your camera (with fully charged batteries), memory card, camera manual and any connection cords to each class. Renee is a graduate of Boston University Center for Digital Imaging Arts, where she earned a professional Photography Certificate. She is currently a freelance photographer who focuses on portraiture, but also enjoys landscapes, events, photojournalism and storytelling.

CODE: MS002 4 Mondays, 3/16-4/6 2:45-4:15pm \$60

Middle School Running • Grades 6-8

Meaghan Bassett @ Mark Regan

Learn to run a 5K! Join a team of Arlington teachers who have years of running experience and learn to run in a fun, non-competitive atmosphere. During this six-week program, students will build confidence as well their physical and mental endurance. No experience necessary! We will wrap up the course by running a 5K event together in the spring.

CODE: MS001 Tuesday & Thursdays, 3/24-5/7 (no class on 4/16, 4/21 or 4/23) 2:45-4pm \$88

Mosaic Art for Teens • Grades 6-8

Mosaic Oasis, Betsy Rodman co-owner

Learn the ancient art of mosaics. This class will introduce teens to the process of creating mosaics—from the use of color and placement of tile to composition, as well as the technical aspects of grouting and completing the piece. Students will learn while doing, through demonstration and lots of hands-on time. You will make a beautiful mosaic art project, such as a 10"-round or square mirror, address plaque /house numbers or wall plaque of your choice. Tuition includes all materials.

CODE: MS003 4 Mondays, 3/16-4/6 2:45-4:15pm \$95

Vinyasa Yoga for Teens • Grades 6-8

Sarah Barkhuff

Power Vinyasa is a very athletic form of yoga. Perfect for teens, it is challenging and fun! We will begin each class with five minutes of focused breathing, go through an energetic yoga class, then end with a relaxing guided meditation. Bring a yoga mat. Sarah Barkhuff has been practicing yoga for many years and teaching for the last three years. She loves to work with teens.

CODE: MS00 5 Wednesdays, 3/18-4/15 2:45-3:45pm \$40

CADD for Kids: Computer Aided Drafting & Design & 3D Printing • Grades 4-12 @ Arlington High

Kambiz Vatan, Mathematics Teacher, AHS

This class is for students interested in using computers to digitally design and build their ideas while exploring the world of architectural and mechanical drafting and design. This class can go in different directions depending upon the choice of the student. In project-based curriculum, students work on hands-on, computer-oriented projects, generating final products sparked by their own interests. CADD is a great class for anyone, whether or not they have been exposed to digital design. Meet in Room 403 @ Arlington High, 869 Mass. Ave. Limited to 15 students

CODE: MS005 5 Wednesdays, 3/18-4/15 3-4:30 pm \$100



KidZone

Open to elementary-age students from Arlington and surrounding communities. Classes meet 10 minutes after the end of the school day and last for one hour, from 2:25-3:25pm (or as noted).

- KidZone coordinators at each site meet children in designated waiting areas, take attendance and ensure students find their classes. Students are dismissed by their instructor according to the pick-up plan you identify on the registration form.
- Scholarship assistance is available to students who receive free or reduced lunch; call 781-316-3568 for more information.

To register for KidZone, go to ArlingtonCommunityEd.org or use the YOUTH registration form at the back of this catalog. Call 781-316-3568 for more information.

KidZone

CLASSES FOR GRADES K-5

Bishop School

Classes run from 2:25-3:25pm, unless otherwise noted

Superhero Science

Wicked Cool for Kids Staff

Grades 1-3

What makes a superhero super? Physics! Conduct gravity experiments to learn what it would take for Superman to leap over tall buildings in a single bound. Create optical illusions to understand how Wonder Woman's jet can disappear. Investigate how Spiderman (and real spiders) can walk up walls. Examine Batman's super gadgets that help him fight crime. Morph into the world of superheroes using the science that could make superheroes a reality.

CODE: **BPo1.S15** 6 Tuesdays, 3/17-4/28; early release 4/14
class meets 1:10-2:10 (no class 4/21) \$125

LEGO® Engineering FUNDamentals

Play-Well Tek Staff

Grades 3-5

Power up your engineering skills with Play-Well TEKologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars and the Battletrack! Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level.

CODE: **BPo3.S15** 8 Thursdays, 3/19-5/14 (no class 4/23)
2:25-3:55pm (note longer class time) \$190

Fit Girls

Kim Piggott & Anna Rey

Grades 4-5

Fit Girls is a non-competitive fitness initiative that hopes to inspire active lifestyles, female friendships, personal growth and the confidence that comes from working toward and achieving goals. Fit Girls is a national curriculum being used in schools all over the country (www.fitgirls.org). Through this program, participants will meet twice a week for fun and energizing sessions that will prepare the girls to participate in a 5K road race together as the culminating event of the season. Over the course of six weeks, Fit Girls will build their physical and mental endurance, share great books and learn about how they can make a difference in their communities. Cost of T-shirts is included in the class fee. This is an outdoor program so please dress for the weather.

CODE: **BPo4.S15** 6 Wednesdays & Fridays, 3/25-5/8 (no class 4/22, 4/24) \$95

Brackett School

Classes run from 2:25-3:25pm, unless otherwise noted

LEGO® Engineering Jr.

Play-Well Tek staff

Grades 1-3

Let your imagination run wild with tens of thousands of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. This is an ideal way to prepare young builders for the challenge of Engineering FUNDamentals.

CODE: **BRo1.S15** 8 Mondays, 3/16-5/11 (no class 4/20)
2:25-3:55pm (note longer class time) \$190

Superhero Science

Wicked Cool for Kids Staff

Grades 1-3

What makes a superhero super? Physics! Conduct gravity experiments to learn what it would take for Superman to leap over tall buildings in a single bound. Create optical illusions to understand how Wonder Woman's jet can disappear. Investigate how Spiderman (and real spiders) can walk up walls. Examine Batman's super gadgets that help him fight crime. Morph into the world of superheroes using the science that could make superheroes a reality.

CODE: **BRo3.S15** 6 Wednesdays, 3/18-4/29 (no class 4/22) \$125

Theater, Song and Dance

Eleni Kmiec

Grades K-2

Save the *drama* for the Stage! In this fun class, we will explore the basics of performing through improvisation, acting, singing, dancing, storytelling and dramatic play. We will engage in performance games and exercises. Students will build confidence, show off, play, learn to create a character and story for the stage, and have fun! The final class will include a brief 15-minute presentation demonstrating what the children have learned in the eight weeks. 6 student minimum. *Eleni Kmiec has been working with children in many different areas of performing for the last four years.*

CODE: **BRo4.S15** 8 Fridays, 3/20-5/22 (no class 4/3, 4/24) \$105

NEW! AFTER-SCHOOL CLASSES FOR TEENS
See page 39 for more information.

Fit Girls

Tracy Breen @ Alison Caruso
Grades 4-5

Fit Girls is a non-competitive fitness initiative that hopes to inspire active lifestyles, female friendships, personal growth and the confidence that comes from working toward and achieving goals. Fit Girls is a national curriculum being used in schools all over the country (www.fitgirls.org). Through this program, participants will meet twice a week for fun and energizing sessions that will prepare the girls to participate in a 5K road race together as the culminating event of the season. Over the course of six weeks, Fit Girls will build their physical and mental endurance, share great books and learn about how they can make a difference in their communities. Cost of T-shirts is included in the class fee. This is an outdoor program so please dress for the weather.

CODE: **BR05.S15** 6 Tuesdays & Thursdays, 3/31-5/14 (no class 4/21 or 4/23, early release 4/14) class meets 1:10-2:10 \$95

Dallin School

Classes run from 2:25-3:25pm, unless otherwise noted

Cooking With Chef!

Chelsea Ekenseair
Grades K-3

Eat your homework! Cooking with Chef brings fun and nutritious cooking projects that expand culinary horizons! In this hands-on class, students learn real techniques and skills to make food with recipes to bring home. \$15 food fee is included in class price. 6 student minimum. *Chelsea Ekenseair has taught cooking and nutrition to children and has been in the hospitality industry for over a decade.*

CODE: **DA02.S15** 8 Wednesdays, 3/18-5/13 (no class 4/22) \$120

Brazilian Jiu-Jitsu

Mass Brazilian Jiu-Jitsu Academy Staff
Grades 2-5

This kids' program is an introduction to learning a practical approach to self-defense. The techniques of Brazilian Jiu-Jitsu allow for a smaller, weaker person to successfully defend against a larger, stronger assailant by using grappling for leverage with proper technique. Brazilian Jiu-Jitsu has proven so effective that it is being used by UFC fighters, the military and law enforcement as a staple of defensive training. BJJ is also a fun sport.

CODE: **DA04.S15** 6 Thursdays, 3/19-4/30 (no class 4/23) \$120

Video Game Design

Empow Learning Staff
Grades 3-5

Kids have fun playing video games, but they have even more fun playing games they make themselves! Students learn the fundamentals of object-oriented programming through video game design while creating their own game. All students work at their own pace, making this a great workshop for both new and more experienced game makers. Don't tell the kids, but while creating the games, they will be learning math, geometry, design, logic and object-oriented programming. Games can be played at home (MS-Windows-only) and software used in class is available for free download (MAC and PC) for those who want to continue working on their games at home. Our non-violence policy is enforced. 8 student minimum.

CODE: **DA06.S15** 8 Fridays, 3/20-5/22 (no class 4/3 or 4/24) \$175

Beyond Beginner Chess

Brooks Harrelson
Grades 3-5

Chess is a great game whose difficulty is greatly exaggerated. It's engaging, intelligent and keeps your mind sharp. This class is for students who already know how to play the game and who want to learn to play *better* chess through puzzles, discussion and examples. Get ready to have fun! 6 student minimum. *Brooks Harrelson has been playing chess since he was 12. He loves to solve multiple chess puzzles most days.*

CODE: **DA07.S15** 8 Fridays, 3/20-6/5 (no class 4/3, 4/24, 5/22) \$90

Fit Girls

Meagan Burke @ Jill Connor
Grades 4-5

Fit Girls is a non-competitive fitness initiative that hopes to inspire active lifestyles, female friendships, personal growth and the confidence that comes from working toward and achieving goals. Fit Girls is a national curriculum being used in schools all over the country (www.fitgirls.org). Through this program, participants will meet twice a week for fun and energizing sessions that will prepare the girls to participate in a 5K road race together as the culminating event of the season. Over the course of six weeks, Fit Girls will build their physical and mental endurance, share great books and learn about how they can make a difference in their communities. Cost of T-shirts is included in the class fee. This is an outdoor program so please dress for the weather.

CODE: **DA08.S15** 6 Mondays & Wednesdays, 3/23-5/6 (no class 4/20 or 4/22) \$95

Hardy School

Classes run from 2:25-3:25pm, unless otherwise noted

Habitat's Nature Detectives: *Getting Warmer*

Habitat Staff Naturalists
Grades K-2

Sharpen your detective skills and explore the mysteries of nature as winter shifts to spring. Longer days signal amphibian and reptile activity, more insects, bird migration and plants budding. Come find out more! We'll observe animal visitors and search the schoolyard and nearby Minuteman Bike Path to see how plants are changing and what animals can be found. *By registering for this class, parent/guardian gives permission for their child to leave the school grounds with Mass Audubon Habitat instructors and use Minuteman Bike Path as their outdoor classroom for 3 or more of the class meetings. Students will return to Hardy School in time for dismissal. PLEASE NOTE: If your child has allergies or asthma, put this information on the registration form—we will be touching plant and animal specimens (possible pollen, animal fur and feather exposure) and could encounter bees.*

CODE: **HA02.S15** 8 Thursdays, 3/19-5/14 (no class 4/23) \$125

Arlington Children's Theater

Matthew Lundeen
Grades K-2

One of our most popular classes! We will explore an introduction to the dramatic arts. We will spend class time playing theater games that work on voice, movement, improvisation, character and confidence as we prepare a final production. Ensemble work is strongly encouraged as students add their ideas to everything, including scene creation. The class ends with a short performance. 12 student maximum. *Matthew Lundeen is the artistic director of ACT.*

CODE: **HA03.S15** 8 Fridays, 3/27-5/29 (no class 4/3 or 4/24) \$105

NEW! AFTER-SCHOOL CLASSES FOR TEENS
See page 39 for more information.

“My child loved the course and wished it was held every day after school.”

Video Game Design

Fit Girls

Amy Hrobak
Grades 4-5

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CODE: **HA04.S15** 6 Wednesdays, 3/25-5/6 (no class 4/22) \$55

Peirce School

Classes run from 2:25-3:25pm, unless otherwise noted

Cooking With Chef!

Chelsea Ekenseair
Grades K-3

Eat your homework! Cooking with Chef brings fun and nutritious cooking projects that expand culinary horizons! In this hands-on class, students learn real techniques and skills to make food with recipes to bring home. \$15 food fee is included in class price. 6 student minimum. *Chelsea Ekenseair has taught cooking and nutrition to children and has been in the hospitality industry for over a decade.*

CODE: **PR02.S15** 8 Mondays, 3/16-5/11 (no class 4/20) \$120

Habitat's Nature Detectives: *Getting Warmer*

Habitat Staff Naturalists
Grades K-2

Sharpen your detective skills and explore the mysteries of nature as winter shifts to spring. Longer days signal amphibian and reptile activity, more insects, bird migration and plants budding. Come find out more! We'll observe animal visitors and search the schoolyard and nearby Minuteman Bike Path to see how plants are changing and what animals can be found. *By registering for this class, parent/guardian gives permission for their child to leave the school grounds with Mass Audubon Habitat instructors. PLEASE NOTE: If your child has allergies or asthma, put this information on the registration form—we will be touching plant and animal specimens (possible pollen, animal fur and feather exposure) and could encounter bees.*

CODE: **PR01.S15** 8 Tuesdays, 3/17-5/12 (no class 4/21), early release day 4/14, class meets 1:10-2:10 \$125

LEGO® Animation

Empow Studios Staff
Grades 3-5

Bring your story to life! Students develop their appreciation for great storytelling by developing and filming their own stop-motion movies. Children work in pairs to create their own stories using elements of plot, setting, rising action, conflict and resolution. Once characters and backgrounds are made, students use computers, webcams and special software to bring their stories to life! Movies are available to take home. A strict non-violence policy is enforced. 8 student minimum.

CODE: **PRO4.S15** 8 Thursdays, 3/19-5/14 (no class 4/23) \$175

Fit Girls

Heather Dooley
Grades 4-5

Fit Girls is a non-competitive fitness initiative that hopes to inspire active lifestyles, female friendships, personal growth and the confidence that comes from working toward and achieving goals. Fit Girls is a national curriculum being used in schools all over the country (www.fitgirls.org). Through this program, participants will meet twice a week for fun and energizing sessions that will prepare the girls to participate in a 5K road race together as the culminating event of the season. Over the course of six weeks, Fit Girls will build their physical and mental endurance, share great books and learn about how they can make a difference in their communities. Cost of T-shirts is included in the class fee. This is an outdoor program so please dress for the weather.

CODE: **PRO5.S15** 6 Mondays & Wednesdays, 3/23-5/6 (no class 4/20 or 4/22) \$95

Stratton School

Classes run from 2:25-3:25pm, unless otherwise noted

Anatomy Academy

Wicked Cool for Kids Staff
Grades 1-3

Attention future doctors! The Anatomy Academy is now in session. We'll delve into the human body's fascinating system of cells, tissues and organs. Create a model of blood, skin and tour the digestive system. Build a working representation of the lungs and make a creepy cool model of the eye. You'll learn you are smarter than you think when we learn all about the brain and how it works.

CODE: **STO1.S15** 6 Mondays, 3/16-4/27 (no class 4/20) \$125

Arlington Children's Theater

Matthew Lundeen
Grades K-2

One of our most popular classes! We will explore an introduction to the dramatic arts. We will spend class time playing theater games that work on voice, movement, improvisation, character and confidence as we prepare a final production. Ensemble work is strongly encouraged as students add their ideas to everything, including scene creation. The class ends with a short performance. 12 student maximum. *Matthew Lundeen is the artistic director of ACT.*

CODE: **STO2.S15** 8 Tuesdays, 3/24-5/19 (no class 4/21), early release 4/14 class meets 1:10-2:10 \$105

Nathan's Ninjas

Nathan Porter
Grades K-5

Back by popular demand! This dynamic class is known for its fun games and teamwork-oriented environment. You will learn a mix of traditional Kempo Karate with elements of sport karate, tumbling and grappling. This class will give you a true self-defense perspective, all while you're having fun and building confidence. New students will receive a belt at the beginning of the class. 12 student maximum. *Nathan Porter is a certified black belt and runs New England Movement Arts in Burlington (nemovementarts.com).*

CODE: **STO3.S15** 8 Fridays, 3/20-5/22 (no class 4/3 or 4/24) 2:25-3:25pm \$125

CODE: **STO4.S15** 8 Fridays, 3/20-5/22 (no class 4/3 or 4/24) 3:35-4:35pm \$125

Fit Girls

Patricia Mangaudis & Meghan Milner
Grades 4-5

Fit Girls is a non-competitive fitness initiative that hopes to inspire active lifestyles, female friendships, personal growth and the confidence that comes from working toward and achieving goals. Fit Girls is a national curriculum being used in schools all over the country (www.fitgirls.org). Through this program, participants will meet twice a week for fun and energizing sessions that will prepare the girls to participate in a 5K road race together as the culminating event of the season. Over the course of six weeks, Fit Girls will build their physical and mental endurance, share great books and learn about how they can make a difference in their communities. Cost of T-shirts is included in the class fee. This is an outdoor program so please dress for the weather.

CODE: **STO5.S15** 6 Mondays & Wednesdays, 3/23-5/6 (no class 4/20 or 4/22) \$95

Thompson School

Classes run from 2:25-3:25pm, unless otherwise noted

Habitat's Nature Detectives: *Getting Warmer*

Habitat Staff Naturalists

Grades K-2

Sharpen your detective skills and explore the mysteries of nature as winter shifts to spring. Longer days signal amphibian and reptile activity, more insects, bird migration, and plants budding. Come find out more! We'll observe animal visitors and search the schoolyard and nearby Minuteman Bike Path to see how plants are changing and what animals can be found.

By registering for this class, parent/guardian gives permission for their child to leave the school grounds with Mass Audubon Habitat instructors. PLEASE NOTE: If your child has allergies or asthma, put this information on the registration form—we will be touching plant and animal specimens (possible pollen, animal fur and feather exposure) and could encounter bees.

CODE: **THo1.S15** 8 Mondays, 3/16-5/11 (no class 4/20) \$125

“My son had a great time and I think the extended time benefitted the creative process.”

Lego Engineering

“My child was always excited about the class. I will be signing her up again.”

Habitat's Nature Detectives

LEGO® Animation

Empow Studios Staff

Grades 3-5

Bring your story to life! Students develop their appreciation for great storytelling by developing and filming their own stop-motion movies. Children work in pairs to create their own stories using elements of plot, setting, rising action, conflict, and resolution. Once characters and backgrounds are made, students use computers, webcams and special software to bring their stories to life! Movies are available to take home. A strict non-violence policy is enforced.

CODE: **THo3.S15** 8 Wednesdays, 3/18-5/13 (no class 4/22) \$175

Arlington Children's Theater

Matthew Lundeen

Grades K-2

One of our most popular classes! We will explore an introduction to the dramatic arts. We will spend class time playing theater games that work on voice, movement, improvisation, character and confidence as we prepare a final production. Ensemble work is strongly encouraged as students add their ideas to everything, including scene creation. The class ends with a short performance. 12 student maximum.

Matthew Lundeen is the artistic director of ACT.

CODE: **THo2.S15** 8 Thursdays, 3/26-5/21 (no class 4/23) \$105

“I'm really happy we signed up for this course. My daughter really enjoys it. She is more adventurous with trying new foods.”

Cooking with Chef

COMMUNITY EDUCATION INSTRUCTOR BIOS

David Adams, Esq. is a partner at Pathway Law LLC (www.PathwayLaw.com) where he specializes in estate planning.

Susanne Agerbak is a researcher who has been using Excel for more than two decades in science, project management, budgeting, sales and decision-making.

Abigail Anderson holds a master's degree in education from Cambridge College and has been a high school health teacher for over ten years. Her love of baking resulted in a professional certificate in pastry arts from The Cambridge School of Culinary Arts.

Paul Angiolillo is a long-time tea connoisseur who has also worked at Upton Tea Imports in Holliston, MA, a major purveyor of fine loose-leaf teas. He has lectured on The Tea Route, and stocks his pantry with many varieties of black, oolong, green and white teas, as well as herbal infusions.

Adria Arch is an Arlington-based mixed media artist who is currently chair of Arlington Public Art, a town committee of Vision 2020.

Ana Ayvazian has been teaching dance and movement for wellness for over 20 years. The Nia Technique is a vital part of her physical well-being. She is passionate to share Nia's healing potential with others.

Ben Barkan has worked at more than 30 organic farms around the world. He has installed more than 140 organically and sustainably managed custom edible gardens in Greater Boston. Visit www.homeharvest.biz.

Haley Belofsky grew up in Arlington and received her yoga instructor certification in Honolulu, HI, where she discovered the practice of yoga as a tool for transformation through mind-body connection.

Richard Belofsky has more than 25 years of experience in financial services. He is a Certified Financial Planner® and Financial Advisor with The Bulfinch Group LLC.

Emily Belz has a BA in photography and history from Hampshire College and an MA in art and design education from the Rhode Island School of Design. She has taught at Boston University's Center for Digital Imaging Arts.

Laura Bergan is an Arlington resident who has been teaching English as a Second Language to adults, children and teenagers for more than 25 years.

Jeanne Bohan Simard is a career strategist with a national client base with extensive experience recruiting, training, leading multi-million dollar negotiations, career mentoring and coaching.

Eric Bornstein is a master-mask maker with an MLA in Fine Arts from Harvard, a nationally-certified jiu jitsu instructor, and a Kripalu-certified yoga instructor. Visit www.behindtheface.org.

Madeleine Buehler is a native of France and an experienced language teacher.

Susan Callahan is the owner of Goodies Homemade, a mail-order company that ships fresh, all-natural, made-from-scratch cookies all over the country. Visit www.goodieshomemade.com

Beth Canuel has been dancing since the age of eight. She is a professional dancer, instructor and co-owner of Avalon Dance and Fitness in Belmont.

Leah Cirker-Stark is a graduate of Arlington High and a Somerville-based freelance photographer and videographer with a BFA in Photography from the Art Institute of Boston. Visit her at <http://leahcsphotography.com/>

Ted Coates is a retired Navy and Coast Guard Commander who has headed three non-profits as executive director. He has also served on numerous boards and committees not only for non-profits, but for homeowners associations, government agencies, and schools, as well as private clubs.

Mary Courville is an interior designer/kitchen designer and principal of Mary Courville Designs in Winchester. She is a member of the National Kitchen & Bath Association and has worked as a designer at Weston Kitchens in Wellesley.

Linda Del Monte is a 30-year yoga practitioner, with 14 years of teaching experience. She brings joy and spirituality into her classes. Visit her at www.lindadelmonte.com

Doreen Dove is a Winchester-based stylist and author empowers women to use style as a tool to take strategic control of their image. She is author of *Confidence is Always in Style*. Visit DoreenDove.com.

Lauren Duddy discovered pilates and barre in 2013 and immediately fell in love with this style of workout. She is a trained dancer with more than 20 years' experience, was captain and is now assistant coach of the nationally ranked Endicott College Dance Team.

Kendall Dudley has been teaching autobiography, journal writing and career design for more than 20 years. He leads journal and lifework-direction trips to Morocco and works with individuals and organizations through the Grafton Street Writing Center in Arlington on writing and worklife. Visit www.kendalldudley.com.

Chelsea Ekenseair holds a bachelors degree from the University of Arkansas and is a graduate of the Le Cordon Bleu College of Culinary Arts Austin. She has spent 13 years in the restaurant business and has several years experience in teaching children and adults cooking and nutrition through fun and empowerment.

Misty Florez took her first floral design course at Rutgers University and upon graduation moved immediately to Boston to pursue her passion with flowers. More than 11 years later, she is an avid gardener and owner of Nectar Floral Design in Woburn. Visit <http://bynectar.com>

Sue Funk is an exhibiting artist and a Massachusetts certified teacher. She has taught art classes in community education programs in Newton, Acton, Sudbury and Littleton.

Kathryn Gandek-Tighe has worked for thirty years in development starting at a large local university, then as a volunteer and currently as a consultant to small nonprofits. She maintains a website with basic fundraising information for small nonprofits at www.elementarydevelopment.com.

Kiera Gordon has a master's degree to teach Spanish from Tufts University and has been teaching adults, teens and elementary students for 15 years.

Kimber Green has been a speech-language pathologist for more than 20 years, working primarily in the area of cognition: attention/concentration, processing of information and memory. She is also a license and board certified massage therapist and has a private practice in Lexington www.kimbergreentherapies.com.

Justin Haber is head bike mechanic at Quad Cycles, Arlington.

Mary Hamilton has walked the British Isles many times with her husband and friends.

Brooks Harrelson has been playing chess since he was 12. He loves to solve multiple chess puzzles most days.

Tony Holowitz is a small business owner, computer trainer, software and business consultant and web designer based in Arlington. Find him at tonytheteacher.com

Mary Hurley is a beloved leader of on- and off-road biking and walking adventures.

Jess Jaeger writes the lifestyle blog stylebyjess.com where she writes about her passions: her family, crafting, cooking, style, and life! She lives in Arlington with her husband and two young children.

Charlotte Kaplan has been creating works on paper and sculpture for many years, following a career in architecture. She teaches drawing classes at the Boston Architectural College and adult education programs in the Boston area and has completed commissions for the Boston Children's Museum, Logan Airport, and the Massachusetts Division of Conservation and Recreation.

Pam Kanavos is a pastry chef, chef instructor and food blogger. Her Greek heritage has not only shaped her cooking, but also vastly contributed to her culinary personality. Being a lover of all things sweet and savory, Pam cooks, bakes, tastes and luckily shares her recipes with her students and on her blog [Sucree](http://Sucree.com).

Julie Kaufmann offers a wide range of dance instruction programs, including group classes, private lessons, parties and events, wedding choreography, workplace exercise, senior programs and movement class for cancer survivors. Visit www.jkdance.com.

Kate Kavanagh has an extensive professional background coaching and training adults. Divorced for nine years, actively dated both online and off, fixed up friends and proud host of singles house parties and events, Kate looks forward to sharing her wisdom with those about to venture onto the scene.

Cheryl Keane is a certified Zumba instructor.

Kevin Kennedy is co-owner of Upholstery on Broadway in East Arlington, where he uses his many talents as Master Upholsterer on custom projects and as a gifted upholstery teacher in the shop. **Pamela Powell** is co-owner of Upholstery on Broadway, where she uses her training as a ship's captain to run a tight ship.

Mary Kenny is a sculptor and animator with an MFA from the California Institute of the Arts. She has been sewing for 20 years and has taught art at the college level and sewing at the Maud Morgan Center for the Arts in Cambridge.

Judith King originally took up Tai Chi to help alleviate the pain of a chronic illness. She has been teaching for five years.

Amy Lampert is a multi year recipient of the Five Star Wealth Manager Award as published in the February 2013 issue of *Boston Magazine*. Amy has developed and delivered financial literacy workshops to over 10,000 people and recently developed a series of educational materials and workshops on the "10 Dimensions of Financial Literacy."

Adrienne Landry is an Arlington artist who is best known for her Arlington Street Scenes. She studied studio art at Concordia University in Montreal and art education at Mass Art. Visit her website at adriennelandry.com

Marie Leonard is the owner of her own home repair business, Marie's Home Improvement, a company committed to empowering homeowners by giving them the skills and confidence to do basic home improvement projects.

Ruth Lieberherr has practised yoga for almost 30 years and has been teaching yoga for more than 10 years. Registered with the Yoga Alliance as an experienced yoga teacher, she brings compassion, joy and humor to her teaching

Zhantao Lin is a professional Tai Chi teacher, a sixth-generation disciple of Yang Style Tai Chi, and president of the Yang Style Tai Chi Association.

Nancy Linde has been quilting for more than twenty years. She's a member of the Quilter's Connection, one of the oldest and largest quilting guilds in the country, and lives in Belmont.

Tim Mann has been teaching ukulele to children and adults since 2005. He has played tenor ukulele as part of a ukulele trio fronted by Greg Hawkes, keyboardist for The Cars and ukulele virtuoso. Tim recently opened for ukulele wizard Jake Shimabukuro.

Jeremy Marin is an avid vegetable gardener and compost-maker, letting the bacteria do most of the work in the garden and in the compost bin. This frees him up to experiment with and learn more about compost.

Jeanne Mayell is a Boston-area psychic and psychotherapist. With master's degrees in public health and education from Harvard University and a masters in counseling psychology, Jeanne bridges conventional and alternative fields. She has been featured on radio and television programs and regularly blogs about intuition, the Tarot, mindfulness, positive psychology and her visions for society. Visit www.jeanneamayell.com.

Katina McClain is a dance instructor and Spanish teacher in the Boston Public Schools.

Shruti Mehta is a native of India and a cooking enthusiast. Shruti enjoys teaching others how to prepare Indian vegetarian dishes, and has taught cooking courses for several adult education programs.

Monica Massironi is a native of Italy and has been living in the States for the past 17 years. She has worked at a local Italian food shop for the past eight years making the most delicious mozzarella fresh, every day.

Dee Morris is an independent scholar and educational consultant specializing in the nineteenth-century history of Greater Boston. She presents walking tours at Forest Hills Cemetery (Jamaica Plain) and programs at libraries, schools and historical societies. Her goal is to connect people with their civic ancestors.

Mosaic Oasis Studio & Supply co-owners **Suzanne Owayda** and **Betsy Rodman** offer mosaic classes and workshops, and sell tools, supplies and materials. Visit www.mosaicoasis.com

Dan Moynihan is a graphic designer, illustrator and cartoonist. Dan has created comics for Nickelodeon Magazine; his first children's book, *Hiding Dinosaurs*, will be published in 2015.

Dorine Overmars has a background in corporate law. Ten years ago she made a dramatic shift into the field of psychology, counseling and coaching.

Mike Pellegrino is an instructor in the Brazilian Jiu-Jitsu program at www.MassBJJ.com. He is a 2nd-degree black belt in Brazilian Jiu-Jitsu and also has his Doctor of Physical Therapy degree.

Walter Plante is a chocolate importer, educator, world traveler and chief tasting officer at NewLeaf Chocolates, newleafchocolates.com.

Oakes Plimpton is a life-long birder and a co-founder of the Menotomy Bird Club. He has compiled two volumes about Arlington history: *Robbins Farm Park, a Local History* and *Stories of Early 20th Century Life, an Oral History of Arlington*.

Mindy Pollack-Fusi is the owner of CollegeApplicationEssayCoach.com and The Place for Words & Workshops in Bedford, MA. After a career in public relations, she now focuses on coaching students on the college application essay and supplements, teaching creative writing, and freelance writing. She has published more than 50 articles and essays in *The Boston Globe* and *The Boston Globe Magazine*. Visit www.collegeapplicationessaycoach.com.

Jeannette Pothier earned her professional chef and culinary arts teaching diploma from Madeleine Kamman of Modern Gourmet and has taught classes in classic French foods, including French baking.

Rosemary Previte has a Master's degree in Reading and Language and several years of experience teaching English as a Second Language. She is also a published editor, with nearly 20 years of experience as a writer, an editor, and a proofreader.

Jennie Rathbun is a short story writer and book reviewer who lives in Arlington. She has published stories in ten journals and holds an MFA from the Bennington Writing Seminars.

Joe Rindone has been in the health and fitness industry for a many years. His passion for fitness has motivated him to become one of the top personal trainers in Arlington and in Boston. Visit www.tone.with.rindone.com.

Frank Rizzo and Frank Tassone are veteran woodworking teachers at Arlington High.

Anthony Rizzotto is an accomplished performer, composer and guitar educator. He works for Berklee College of Music and maintains an active teaching studio in Arlington and Belmont.

Margy Ryzdyski is a web marketing and communications consultant. She also conducts training sessions, webinars and seminars on social media, email marketing, writing, website design and business marketing topics.

Karen Samuelson is a career and life coach with a private practice in Arlington. She has advanced degrees in teaching and communication and is a certified Global career development Facilitator and a life coach.

Danielle Schertzer is a French chef, owner of Everyday Bistro, a personal chef service and is a certified Integrative health coach.

Judith Shangold has been a weaver and knitter for more than 40 years. See samples of her work at judithshangold.com.

Amanda Sindel-Keswick holds a master's degree in vocal performance from the Longy School of Music and teaches voice lessons in Boston.

Anastasia Semash is an artist and teacher with a university degree in philosophy from St Petersburg State University, Russia. She currently teaches art at the Russian Center of Languages and Arts in Brookline. View her work at www.artsemash.com.

Kevin Smith has been an elementary teacher for more than 35 years. He has been caning chairs even longer and still loves it!

Teresa Soccio is a licensed Italian teacher and a native Italian speaker. She is a public school teacher and has been teaching Italian for five years.

Joy Spadafora has more than 20 years of knitting experience. She designs scarves, mittens and hats and regularly donates knitwear to local charities.

Bailee Star has more than 30 years of competitive running experience, most recently completing six trail-running half marathons. She also has more than 10 years of experience as an educator and currently works as an education director. She lives in Arlington with her husband and two children.

Michelle Steele loves to teach a fun, energetic, booty-shaking Zumba class, full of many different dance styles. She also works as a special education teacher and enjoys spending time with her two dogs.

Sylvia Stevens is an alumna of Arlington High's fantastic Performing Arts program and has sung for years with area ensembles, including a competitive a cappella chorus. She was a member of the original Glee for Grown-ups 2010 show chorus class.

Seyyide Sultan is a belly dance instructor, performer and choreographer who also taught for MIT Health and Fitness Center and Pingree High School. Her classes were named Finalist Top Five in the Boston A-List Best Dance Classes in 2012, 2013 and 2014.

Dorothee Van Thong is a French native, born and raised in Paris. French language and culture has always been her passion and she has been teaching for more than 15 years in the US.

Bettina Velona has been practicing yoga since 1994 and teaching since 2009. She continues to attend workshops to deepen her practice and inform her own teaching, and is a 500-hour level certified yoga instructor.

Sue Wachter is founder and president of Acton College Consulting. For the past ten years she has worked with students and families on the complex and ever changing college admissions process. She served as an admissions officer at New York University and Boston University among others.

Stephen Weil is an early adopter of all things Apple and has been teaching friends, colleagues, and clients how to make the most of their apple iDevices for the last 15 years. He's the owner of MacInGenius and makes house calls supporting iPhones, iPads, Apple TVs, and Macintosh computers.

Bruce Wenning is horticulturalist at The Country Club in Brookline. He has used eco-conscious gardening and landscaping practices for more than 25 years.

David Whitford is host of Arlington Community Education's *Conversations* series and editor-at-large at *Inc.* magazine,

Ann Wynne is a preschool teacher and runs after school classes for K- middle school students in her home studio, *A Room for Art*. She is a bookbinder, likes to make cartoons and experiments with a wide range of media including watercolor and printing.

Konwen Yuen is a native of China who has lived in the area for 30 years. She teaches Mandarin at Arlington High.

Important Information

How to Register

Five Easy Ways:

1. **ONLINE** registration is available at ArlingtonCommunityEd.org.
2. **CALL** 781-316-3568 to register by phone. (Not available for youth classes.)
3. **MAIL** the registration form to Arlington Community Education, 869 Massachusetts Ave., Arlington, MA 02476.
4. **FAX** your registration to us at 781-316-3381. Be sure to include your MasterCard or VISA info. KidZone and GoLingo registration forms **MAY NOT** be faxed.
5. **VISIT** us at Arlington High School, 869 Massachusetts Ave., Arlington. Call 781-316-3568 for current office hours.

Who Can Enroll?

Both residents of Arlington and non-residents are welcome to enroll in our classes at the same low tuition. Registration opens as soon as the catalog of classes is posted online and continues until the first meeting of any class, as space permits. Under-enrolled classes are cancelled, so register early.

Confirmation

You are officially enrolled as soon as we receive your registration form and payment. If you provide us with your email address, you will receive a confirmation.

Registration Fee

A \$5 registration fee is charged once per person per term to help fund scholarships so that all can participate.

Scholarships and Discounts

Classes eligible for discounts to seniors residing in Arlington are indicated throughout the catalog. Please call 781-316-3568 before you register to receive the 15% discount.

Partial tuition scholarships are available for those in need of financial assistance. Disabled veterans and persons on Social Security Disability (SSDI) or receiving AFDC receive a 30% discount on tuition upon presenting a letter of verification or veterans' identification. Scholarships are available for students who receive free or reduced lunch. Please call 781-316-3568 for more information.

Handicapped Access

Arlington High School is handicapped accessible. If you need assistance with access to Community Education classes, please call our office at 781-316-3568 at least 24 hours before your class to make arrangements.

Refund Policy

1. Full refunds are given when a class is cancelled due to low enrollment OR the course requested is already full.
2. Students withdrawing from a class at least five full business days before the start date will receive a voucher minus a \$5 processing fee.
3. No other refunds will be granted.

How Credit Card Charges Work

Credit card charges appear on statements as charges from Town of Arlington.

Our Location and Hours

ACE is at Arlington High School, 869 Massachusetts Ave., Arlington. Call 781-316-3568 for our current office hours. Classes meet at Arlington High unless noted otherwise. Teen Classes meet at Ottoson Middle School unless noted otherwise. KidZone classes meet at elementary schools.

Parking

There is limited parking in the lighted parking area in front of the high school; all spaces are available to students during evening hours. Parking is also available on Mass. Ave, directly in front of the school.

Room Assignments

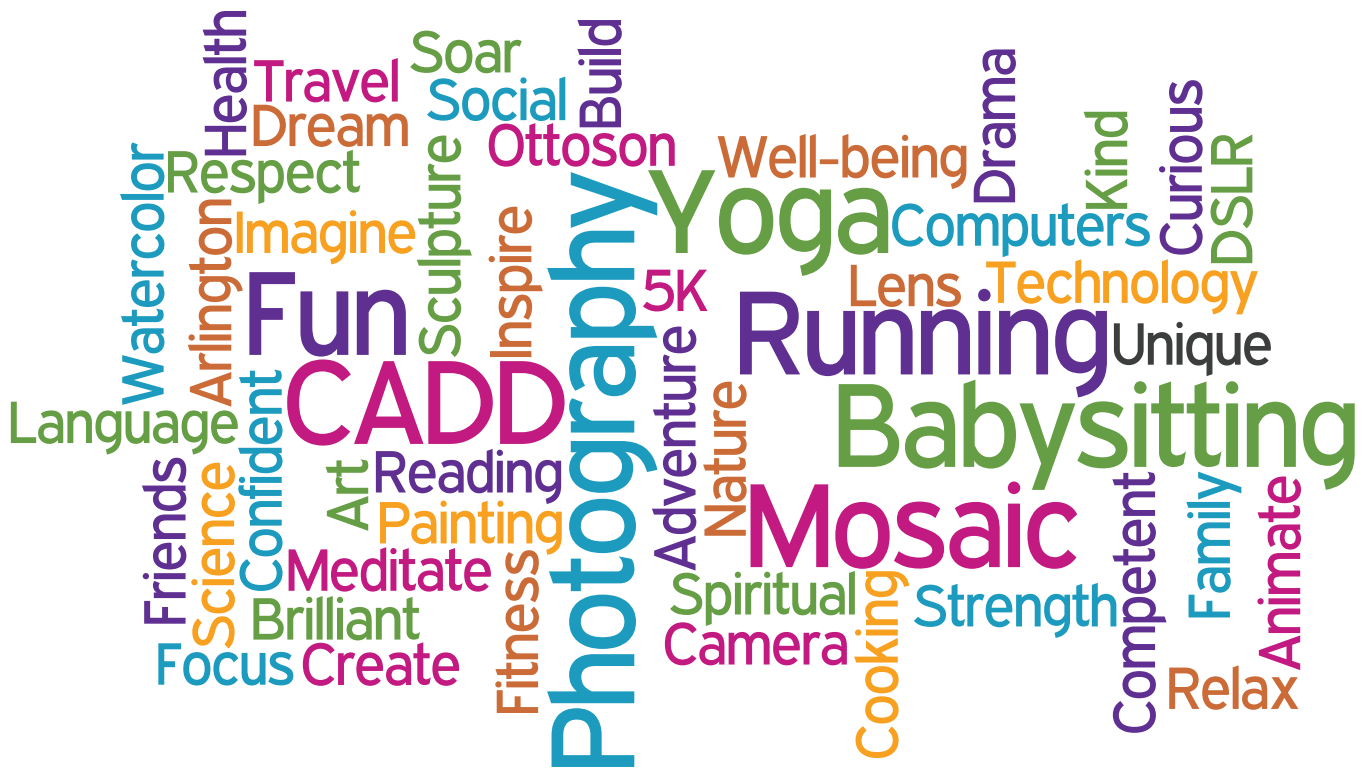
Assignments are posted in the high school's main lobby each class night.

Holidays & Closings

If the Arlington Public Schools are closed during the day due to holiday, school vacation or inclement weather, there will be no classes. If school is held and weather becomes inclement during the day, cancellations will be announced on major TV and radio stations.

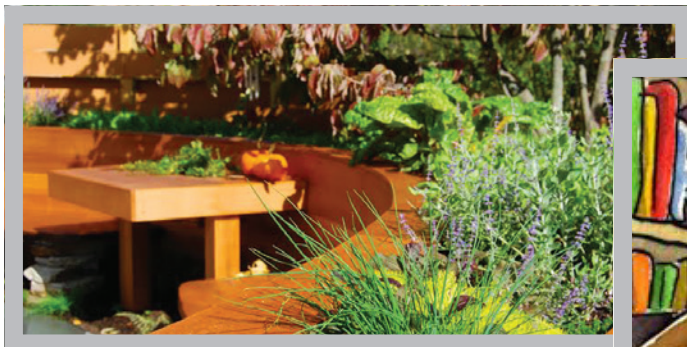
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NEW! AFTER-SCHOOL CLASSES FOR TEENS ■ See page 39 for details!



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ArlingtonCommunityEd.org



Ben Barken owner of HomeHarvest design helps customers design, build and maintain high-yielding beautiful edible gardens. Check out page 32 for his classes.



Dan Moynihan is a graphic designer, illustrator and cartoonist. See pages 13 & 14 for his classes.