

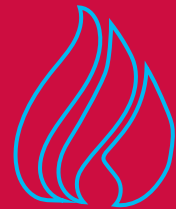
CABIN FEVER CURES

CHOCOLATE
TRUFFLES
To Melt the
HEART

SHAKE
IT LIKE
SHAKIRA



Some Like it Hot
Couples Cooking



Soups &
Stews to
Warm the
Soul

Learn
Spanish,
Italian
or French



FACIAL
YOGA



Hot-hot-hot
Kettlebell
Workouts



CROSS
COUNTRY
Skiing

Fly Tying



and MUCH
more

Have a case of cabin fever?

Try one of our NEW courses and chase the blahs away!

- The Poetry of Mary Oliver
- Handmade Valentine's Day Cards
- Fly Tying for Beginners & Beyond
- Finding Internships & First Jobs: How a Parent Can Help
- Kettlebell Full-Body Workout
- Shake it Like Shakira
- Winter Soups and Stews
- Rice Bowls: Perfect One-Pot Meals
- Valentine's Day Chocolate Truffles
- Adults & Kids Cooking Together: Greek Night
- Get Curried Away
- Couples Cooking: Some Like it Hot
- Feng Shui for Every Room
- Kids School Vacation Ski School (ages 6 to 10)
- French for Beginners: Level II
- Mindful Eating Workshop
- Yoga for Runners
- TV and Video Production Workshop

Gift Certificates Now Available



Perfect for any occasion, give an Arlington Community Education gift certificate to your favorite teacher, friend or family member this season. It may come in an

envelope, but it's truly a box 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

Our cover was designed by Arlington-based Jan Streitburger. See Jan's design work at <http://cre8stuf.prososite.com>

To Register for Classes:

Five Easy Ways: See page 22.

No Class Dates

Monday, January 19 (MLK Day)

Monday, February 16 (President's Day)

Daytime & Weekend Classes


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

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Senior Discount Credit

In this catalog, we offer three classes eligible for discounts to seniors residing in Arlington (*Anyone Can Draw, French for Travelers, Wednesday Morning Yoga*). If you register for one of these three classes, a 10% credit will be applied to your account with us and can be used on **any** future classes. After registering, call 781-316-3568 and leave us your name and birthdate. If you qualify, we will deposit the value of the discount as a credit into your account with us, to be applied automatically to courses you take in the future.

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.

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Nina Coles, *Office Manager*

Mary Ellen DeNatale, *Conversations*

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Catalog design: Pehlke Design



MUSIC AND LITERATURE

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, Antonya Nelson, Dan Chaon and Lorrie Moore.

CODE: **MUo27** 6 Thursdays, 1/8 -2/12 6:30-8pm \$75

Writing as Centering

Cathie Desjardins

Writing is uniquely human, enabling us to record, reflect and report on our experience and the world at large. As E.M. Forster said, "How do I know what I think until I see what I say?" Writing creates a space for our stories, memories, reflections and observations. Putting pen to paper (or fingers to keyboard) can bring order to what may seem a disorderly life, creating something that didn't previously exist. Our goal is to develop a mini-writing community, sharing responses to weekly exercises and seeing what we have to say.

CODE: **WCoo4** 6 Thursdays, 1/8 -2/12 7-9pm \$85

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

GLEE for Grown-ups: Sing Your Heart Out!

Sylvia Stevens

Join this fun show chorus for people who love to sing and move. Inspired by the hit Fox TV show *Glee*, the group's repertoire features a mix of musical styles and eras along with simple choreography. This 6 week course will revisit some of the songs from previous course sessions just for the fun of singing with a group! Students 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, join the fun!

CODE: **MUo01** 6 Thursdays, 1/8 -2/12 7-9pm \$85

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: **MUo19** 4 Thursdays, 1/8-1/29 7-8:30pm \$55

NEW The Poetry of Mary Oliver

Sharon Heermance

"Around me the trees stir in their leaves and call out, 'Stay awhile.' The light flows from their branches. And they call again, 'It's simple,' they say, 'and you, too, have come into the world to do this, to go easy, to be filled with light, and to shine.'"

"When I am Among the Trees," by Mary Oliver

Mary Oliver's poetry offers an eloquent bridge between our human experience and the natural world. With an accessible style, Oliver invites keen attention and deep listening. Poetry, at its most powerful, is heard; therefore we will read aloud selected poems from this Pulitzer Prize-winning poet. As a group, we will discuss the imagery and ideas in Oliver's poems to access a richer understanding of ourselves and the world around us. No prior reading is necessary; the instructor will provide copies of the poems. Together we will provide each other with an evening of rich discussion.

CODE: **MUo30** Thursday, 2/5 7-9pm \$20



Anyone Can Draw DAYTIME CLASS

Susan Funk

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 pencils and sketch paper. Each week, the instructor will introduce a topic such as perspective, light, shade and shadow; value and relationships. Drawings will be based on the integration of these concepts. For inspiration, the instructor will focus on the examples of artists whose works demonstrate these techniques. This class welcomes beginners and all levels. Please bring the following supplies to the first class: #2 pencils, colored pencils, 8 x 10 sketchbook, a kneaded eraser and a paper stump for blending.

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; senior credit applies (see inside front cover).

CODE: **APo41** 6 Mondays, 1/5-2/23 (no class 1/19, 2/16)
10am-noon \$95

Mixed Media: More Ways to Make Art

Charlotte Kaplan

Why limit yourself to paint, pencil and charcoal when making pictures? Add collage, hand-printing and image transfer to help express your 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** 6 Wednesdays, 1/7-2/11 7-9pm \$95

“Everything about this experience was excellent.”

Splendid Pleasures of Tea with Paul Angiolillo

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: **APo03** 6 Thursdays, 1/8-2/12 7-9pm \$95

Beyond Auto Setting: Photography & Your Digital Camera

Emily Belz

Many people stick to the most basic settings of their digital cameras because they never learn how to use the great options, buttons and settings these cameras possess. Come discover the marvels of photography and your digital camera! In this introductory course, we explore the basics of photography and photographic composition and settings common to most digital cameras. We use short assignments both in class and between classes to help get you comfortable with your new skills, and we review your photographs as a group. Our discussions focus on both photographic aesthetics as well as technical considerations. By the end of the course, you will have the confidence and knowledge to take your cameras off auto setting and use them to take strong, dynamic photographs. Please bring a digital camera and camera manual (if you have it) to the first class.

CODE: **APo07** 6 Thursdays, 1/8-2/12 6:30-8:30pm \$95

ALL CLASSES MEET AT ARLINGTON HIGH SCHOOL UNLESS OTHERWISE NOTED.



NEW Mosaic Workshop: Tempered Glass Collage

Mosaic Oasis co-owners Suzanne Owayda @ Betsy Rodman

Safety glass or crash glass, formally known as tempered glass, can be used to create a stunning piece of art especially when combined with collage and mosaic technique. A fun and quick way to preserve pictures and mementos, this is a great beginner class since it requires no mosaic experience. Start by covering a board with metallic papers, tissue, foils, glitter, Mylar and more. Students are encouraged to bring a variety of personal paper images, photos or text to include in their mosaic. This is the perfect medium to permanently incorporate printed imagery and have your treasures underneath revealed through the sparkly glass. **Meet at Mosaic Oasis Studio & Supply**, 1189B Massachusetts Ave, Arlington. Tuition includes all materials.

CODE: **CNo32** 3 Tuesdays, 1/27-2/10 6:30-9:30pm \$130

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) to complete. **Meet at Upholstery on Broadway**, 205 Broadway, Arlington. Visit www.upholsteryonbroadway.com.

CODE: **CNo01.1** 8 Wednesdays, 1/7-2/25 5:30-8:30pm \$390

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 10.

CODE: **CNo08** 6 Wednesdays, 1/7-2/11 7-9pm \$85

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, 1/7 7-9pm \$25

Sewing Basics: Make a Tote

Mary Kenny

Come learn essential sewing basics such as cutting fabric, using a pattern and assembling pieces using your sewing machine and some hand sewing. We will practice these skills while making a simple reversible cotton tote bag. The skills you practice will enable you to begin sewing on your own. Pattern is provided. Please bring the following to the first class: a *working* sewing machine, thread, scissors and a \$5 materials fee. Students will receive instructions for purchasing their fabric.

CODE: **CNo35** 5 Wednesdays, 1/14-2/11 7-9pm \$75

“I feel incredibly lucky to have a teacher of this caliber in Arlington.”

Tai Chi with Zhantao Lin



NEW Handmade Valentine's Day Cards

Jess Jaeger

Legend has it that the practice of sending Valentine's Day cards began in this country when a Mt. Holyoke College student received one such card from her beau in England. The daughter of a stationery manufacturer, she convinced her father of the business potential behind this idea; and thus, the Valentine's card was born! Come join Jess for an evening of handmade heartfelt fun. Using rubber stamps, embossing powder, paper punches and more, you will create at least two *one-of-a-kind* cards that express your creativity. Once you learn how simple and rewarding it is to make your own cards, you'll never again settle for store-bought. Please bring scissors suitable for cutting paper and a \$10 material fee.

CODE: **CNo34** Thursday, 2/5 7-9pm \$20

Hand Embroidery

Joetta Maue

Explore the wonderful versatility and beauty of hand needlework. Learn basic stitches and techniques. For inspiration, we will take a look at contemporary artists and their interpretations of this traditional craft. Walk away with the tools to make your own unique works of stitched art. We will have plenty of time for group and individual stitching. No experience necessary. A materials list will be sent to students prior to the first class. See the instructor's work at www.joettamaue.com.

CODE: **CNo23** 2 Thursdays, 2/5 & 2/12 6:30-9pm \$40

NEW Fly Tying for Beginners & Beyond

Joe Burns

Winters can be long when you are a fisherman. What better way to fend off cabin fever than learning the basic skills needed to start tying a variety of patterns for catching trout, salmon and striped bass. We will begin with some basic trout patterns to master technique; and progress to more difficult patterns of dry flies, nymphs and streamers. We'll discuss the various natural and synthetic materials available, the seemingly endless variety of hooks and how these come together to make effective patterns. We'll learn about the craft of fly fishing and fly tying, revel in the techniques and philosophies of some of the great fly tyers past and present and swap fish stories. This class is suitable for beginners as well as those with moderate experience. Vises, tools, materials and fish tales will be provided, but please bring your own vise if you have one. Limit 10 students. A \$15 materials fee is due to the instructor at first class.

CODE: **CNo33** 4 Thursdays, 1/22- 2/12 7:30-9:30pm \$60

NEW Who Am I Now?

Kendall Dudley

As our roles in life change—children move out, we retire, switch careers or change relationships—we can find ourselves making decisions about work, love and play based on who we used to be. Finding language that reflects the changes in our lives and our new selves helps better guide those decisions. What's alive in you today? What helps you be more present to the calling of your nature? We'll look at roles, memories, "ought-tos", joys, wounds, visions and lapsed dreams to see what is asking to be expressed in our lives now. Readings, writings, and recordings will deepen the work. **Meet at 50 Grafton St, Arlington.**

CODE: **WCo21** 2 Mondays, 2/2 & 2/9 7-9:30pm \$40

NEW New Ways to Think About Work

Kendall Dudley

We know the work world is constantly changing, but do your ideas and imagination keep up? If you're willing to think anew, then come to be immersed in possibilities. We'll engage in a variety of exercises to get our creativity flowing, such as reading articles, watching TED talks, writing about our lives and our vision. Before you take this course, consider taking *Who Am I Now?* (Consumer Alert! This course is not a job search class!) **Meet at 50 Grafton St., Arlington.**

CODE: **WCo22** 2 Mondays, 2/23 & 3/2 7-9:30 pm \$40

NEW Finding Internships & First Jobs: How a Parent Can Help

Jeanne Bohem Simard

Helicopter parenting isn't good for anyone, but there are specific and appropriate actions you can take to help your offspring land their first job or internship. A career strategist who helped her two sons—both AHS grads—turn internships into full-time job offers will share personal and professional advice on what you can—and should *not*—do to help. After the class, you will be equipped with tools you can turn into practical strategies for your adult child. Course consists of discussions, interactive breakouts, handouts and recommended reading. Come prepared to take notes.

CODE: **BFoz6** Wednesday, 1/14 6:30-8:30pm \$25

COMPUTER WORKSHOPS

Tony Holowitz, The John Anthony Group

Join Tony Holowitz for these information-packed 90-minute 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 your new skills at home. Register for one, two or all three! **Tony Holowitz** is a small business owner, computer trainer, software and business consultant, and web designer based in Arlington. Find him at tonytheteacher.com

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: **CU021** Wednesday, 1/28 6:30-8pm \$30

NEW 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: **CU027** Wednesday, 2/4 6:30-8pm \$30

NEW 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: **CU028** Wednesday, 2/11 6:30-8pm \$30

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, 1/21 & 1/28 7-8:30pm \$40

Online and Under Budget: Web Marketing on a Shoestring

Margy Rydzynski

Get solid advice for conducting effective web marketing campaigns with minimal hits to your time and your wallet. Both are often in short supply, especially if you're a one- or two-person business or small nonprofit. We'll focus on social networking, email marketing and event promotion, using such tools as Facebook, Twitter, LinkedIn, Constant Contact, Eventbrite, Mailchimp and more. You'll find out which ones are best for your business. Through presentation and demonstration, we will concentrate on best practices and ways of crafting your message to reach and expand your audience.

CODE: **BF015** Thursday, 1/22 7-9PM \$25

How to Purchase a Home

Laurie Crane

A real estate agent, attorney and mortgage lender together present this interactive introduction to home buying. They will review each step of the process to help you feel knowledgeable and ready to purchase your first or next home. Bring your questions.

CODE: **BF019** Thursday, 2/12 7:30-9pm \$20

ALL CLASSES MEET AT ARLINGTON HIGH
SCHOOL UNLESS OTHERWISE NOTED.

Coming Soon: Registration for



Kidzone

After-School Enrichment for Grades K–5 February–May, 2015

Arlington Community Education offers a great selection of after-school programs at elementary schools throughout town. Classes meet once a week for up to eight weeks, and you can register for programs at any school. These fun and engaging classes taught by Arlington Public School staff, parents, community members and other qualified professionals enable students to extend their learning beyond the classroom in a relaxed and fun environment.

LOOK FOR YOUR KIDZONE CATALOG IN JANUARY 2015.



After-School Language Classes for Grades K–5

Golingo! integrates music and movement into Spanish, French, Italian and Mandarin Chinese language classes. The program is based on the principles of child development and language learning, and offers 12 one-hour classes at elementary schools throughout town.

**LOOK FOR THE FEBRUARY–MAY GOLINGO! SCHEDULE
COMING SOON TO ArlingtonCommunityEd.org**



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** 7 Mondays, 1/5-3/2 (no class 1/19, 2/16)
6:45-7:45pm \$69 **Meet @ St. John's Episcopal Church,**
74 Pleasant St, Arlington; enter rear door.

CODE: **DE002.2** 6 Wednesdays 1/7-2/11 7-8pm \$59
Meet @ Arlington High, 869 Mass. Ave.

Kettlebell Full-Body Workout DAYTIME CLASS

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, 965 Mass. Ave., Arlington.** Any further info about the class can be found at: www.backbayfit.com or tonewithrindone.com. **Instructor's note:** It is highly recommended that you attend the FREE, one-hour seminar on Saturday, 1/10 at 8:15am to learn Kettlebell basics. If you are unable to attend, please email tone.with.rindone@gmail.com for access to instructional videos.

CODE: **DE058.1** 6 Wednesdays, 1/14-2/18 6-7am \$80

CODE: **DE058.2** 6 Saturdays, 1/17-2/21 8:15-9:15am \$80

CODE: **DE058.3** 6 Wednesdays and 6 Saturdays \$140

Intro to Barre DAYTIME CLASS

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! Group classes are rigorous and designed for healthy students; no injuries or pregnancies, please. Bring a mat to class. **Meet at Calvary Church, 300 Mass Ave., Arlington.** Enter far-right side door on Linwood Street, turn right and go up one flight.

CODE: **DE062** 7 Mondays, 1/5-3/2 (no class 1/19 or 2/16)
8:15-9:15am \$70

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: **DE056** 6 Wednesdays, 1/7-2/11 7:45-8:45pm \$60

NEW 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: **DE059** 5 Thursdays, 1/15-2/12 6-7pm \$50

Coming Soon: Registration for SUMMERFUN! 2015

Creative and enriching learning adventures for kids entering grades 1–9

Choose from one to five weeks:

- June 29
- July 6
- July 13
- July 20
- July 27

Choose half or full-day options

- 8:30–11:30am
 - 12:30pm–3:30pm
- or
- 8:30am–3:30pm

Teacher-led after-care: 3:30–5:30pm, Monday–Thursday

- Small classes
- All classes designed and taught by experienced classroom teachers
- Open to students from Arlington and beyond
- **NEW! More classes for middle-schoolers this year**

“The CD they got to take home is amazing! My son LOVES it and keeps listening to it and sharing it with his friends, and keeps dancing, too.” — *Dance, Dance, Dance*

“Our girls love the SummerFun programs.”

“My daughter had the best time! She has enjoyed all the support and guidance from the instructor while still feeling very independent and accountable. Thanks so much for such a great class!” — *Make a Mark, Paint a Mural*

Many fun classes to choose from, including:

- World of Crafts
- Way Cool Cooking
- Creative Cartooning
- Theater Games
- Fun & Fit for All
- Yoga
- Glee

...and much, much more!

LOOK FOR THE SUMMERFUN CATALOG IN YOUR CHILD'S BACKPACK OR
ONLINE AT ArlingtonCommunityEd.org IN EARLY FEBRUARY 2015.
REGISTRATION FOR THESE PROGRAMS BEGINS WHEN CATALOG IS POSTED ONLINE.

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 not high tempo cardio with music. This amazing workout focuses on kickboxing technique. **Meet at Mass Brazilian Jiu-Jitsu Academy, 965 Mass. Ave., Arlington. www.massbjj.com**

CODE: **DE032.1** 6 Mondays and Wednesdays, 1/5-2/16 (no class 1/19) 6-7pm \$120

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, 965 Mass. Ave., Arlington. www.massbjj.com**

CODE: **DE033.1** 6 Tuesdays and Thursdays, 1/6-2/12 6-7pm \$120

“The instructor was very interesting and added a lot to the experience. She was very knowledgeable, and even better, made it loads of fun.”

Walking Tour of West Medford
with Dee Morris


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. Limited to 12.

CODE: **DE012.1** 6 Wednesdays, 1/7-2/11 6-7pm \$70 with Judith @ **Arlington High**

CODE: **DE012.2** 6 Wednesdays, 1/7-2/11 7:10-8:10pm \$70 with Judith @ **Arlington High**

CODE: **DE012.3** 8 Tuesdays, 1/6-2/24 9-10am \$90 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: **DE035.1** 8 Tuesdays, 1/6-2/24 10-11am \$90

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

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: **DEo48.1** 7 Mondays, 1/5-3/2 (no class 1/19 or 2/16)
9:30-10:30am \$80

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: **MB023** Wednesday, 1/21 7-8:30pm \$20

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: **DEo15.1** 7 Mondays, 1/5-2/23 (no class 1/19)
7:15-8:30pm \$85 with Bettina @ **Fox Library**, 175 Massachusetts Avenue (on the corner of Cleveland Street)

CODE: **DEo15.2** 6 Thursdays, 1/8-2/12 7:30-8:45pm
\$75 with Ruth @ **Arlington High**, 869 Mass. Ave.

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.

CODE: **DEo10.1** 8 Wednesdays, 1/7-2/25 9-10:15am
\$96 with Linda; **meet at Arlington Senior Center**, 27 Maple St (ground floor Mural Room). *This course is open to students of all ages; senior credit applies (see inside front cover).*

CODE: **DEo10.2** 7 Fridays, 1/23-3/6 9-10:15am
\$85 with Haley; **meet at Calvary Church**, 300 Mass. Ave., Arlington. Enter far-right side door on Linwood Street, turn right and go up one flight.

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: **DEo51** 8 Thursdays, 1/8-2/26 noon-1:15pm \$96

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, if you have them.

CODE: **DEo14.2** 6 Thursdays, 1/8-2/12 6-7:15pm \$75



FOOD AND DRINK

NEW Yoga for Runners & Other Active Adults

Connie Mooney

Yoga has transformative powers when it comes to helping runners and others loosen tight hips and hamstrings, sooth that pesky IT band and even prevent or alleviate other aches and pains. Come learn yoga stretching and myofascial release techniques, core strengthening poses and mindfulness exercises you can then make part of your regular routine. Perfect for active adults of all levels. No yoga experience is necessary. Led by a local Arlington yoga instructor, former marathoner and occasional bike path warrior who loves to share her love of breath and movement. Bring a mat to class.

Code: **DEo61** 4 Wednesdays, 1/21-2/11 7-8pm \$60

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** 6 Wednesdays, 1/7-2/11 6:30-7:45pm \$72

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** 6 Wednesdays, 1/7-2/11 7:45-9pm \$72

“I loved the instructor’s ability to integrate the use of chairs in the seated exercises & poses.”

Yoga for Every Body with Ruth Lieberherr

Zuppe Italiane

Toni Galasso

Italian soups are hearty and healthy. Back by popular demand and just in time for the cooler months, we will learn to create quick and easy soups from all over Italy. We'll make ribollita—a Tuscan soup made with bread and vegetables; papazoi—a corn, barley and bean soup from Trento; roasted garlic and onion soup from Marche; minestra from Naples—and more. We will eat what we make, with bread and cheese as accompaniments. Bring some small containers in case there are leftovers. If you would like to have a glass of wine with the meal, bring a bottle to class to share. All food and equipment will be supplied by the instructor, but bring an apron if you'd like! Limited to 6. A food fee of \$40 (\$20 per class meeting) is due instructor at class. **Meet at 6 Campbell Park Pl., W. Somerville.**

CODE: **FDo47** 2 Wednesdays, 1/7 & 1/14 6:30-8:30pm \$40

NEW Get Curried Away

Shruti Mehta

Indian food aficionados—forget the take-out and get ready to cook! Curries come in many varieties and have exotic, unique flavors, but they're not too complicated for you to make on your own. We will prepare three different kinds of savory and spicy curries such as *Vegetable Tikka Masala*, *Chhole* (chickpeas stewed in ginger, tomato, and onion gravy), and a quick mushroom and peas curry. We'll serve all these dishes with aromatic rice flavored with saffron, spices, and nuts. Please bring a non-alcoholic beverage of choice and containers for leftovers. Tuition includes a \$15 food fee.

CODE: **FDo51** Thursday, 1/8 6:30-9pm \$45

NEW Rice Bowls: Perfect One-Pot Meals

Hema Gopalan

For the hurried cook, there is nothing simpler or more satisfying than rice bowls. Inspired by recipes from the Indian subcontinent, these dishes are nutritious, delicious and ideal for feeding a family. We will learn to cook three complete meals: steamed rice with fragrant mixed vegetables cooked in a delicate coconut sauce; aromatically spiced rice served with kidney beans and fried egg, and paneer cooked with cilantro rice in a savory cashew-based sauce. Get ready to cook away the winter blahs and fill your kitchen with rich fragrance. This is primarily a demonstration and sampling class. Bring an apron, notebook and pencil to class. Tuition includes \$15 food fee.

CODE: **FDo52** Wednesday, 1/14 6:30-9pm \$45

The Splendid Pleasures of Tea

Paul Angiolillo

Quick, what's the second most popular drink in the world, after water? (Hint: not craft beer.) It's tea, of course. And its popularity keeps growing as more people discover its rich aromas, stimulating qualities and healthful benefits. Like wine, all tea comes from a single plant (*camellia sinensis*); herbal teas are properly called infusions. We'll taste at least nine top-quality teas from the finest tea-growing regions in the world. You'll also take home samples. Teas are provided by local importer Upton Tea Imports. Snacks will complement the tastings. Please bring a porcelain tea cup. A \$5 food fee is included in the tuition. Limited to 12.

CODE: **FD028** Wednesday, 1/28 6:30-8pm \$20

NEW Valentine's Day Chocolate Truffles

Pam Kanavos

On Valentine's Day, profess your love with elegant decadence. Instead of heading to the nearest chocolate shop, come learn a no-fail technique for achieving perfectly luxurious truffles in two steps. First we make chocolate ganache centers, then we dip them into tempered chocolate. There is something really special about being able to create a delicious and meaningful Valentine's Day gift. Please bring an apron and a box to bring home the goodies. An \$18 food fee is due instructor at class.

CODE: **FD053** Thursday, 2/12 6-9pm \$25

NEW Soups and Stews to Warm the Soul

Chelsea Ekenseair

There's nothing like a nutritious soup or stew simmering away on your stove to take the chill out of winter. A properly prepared soup or stew is truly the perfect dish and is great for entertaining or busy families. Join Chef Chelsea and master a few basic techniques and learn how to make a chicken noodle soup like your mom made, a warm and hearty beef stew and more! Come in, warm up and enjoy! Limited to 12. A food fee of \$15 is due instructor at class.

CODE: **FD054** Thursday, 1/22 6-9pm \$30

NEW Couples Cooking: Some Like it Hot

David Vos

Spice up your life with a couples cooking class featuring fiery small plates you'll both love. Learn how to pair simple appetizers with sauces of varying heat from around the globe. We'll travel to Asia, Italy and South America to learn about spicy peppers like the Serrano, Thai Dragon, Habanero and even the Ghost Pepper (the hottest pepper on the planet!) That'll 'wow' your date for sure! You'll make Pasta Arrabiata, steam some dumplings, make fried plantains and empanadas to accompany your sauces. This is a hands-on class with plenty of tasting! Perfect for couples of all skill levels. A \$20 food fee per couple is due to the instructor at class. Bring aprons and your beverage of choice.

Code: **FD055** Thursday, 2/5 6:30-9pm \$40/couple

NEW Adults & Kids Cooking Together: Greek Night

Pam Kanavos

Opa! It may be the dead of winter here at home, but we'll transport you to the blue seas and rocky hillsides of the Greek coast where ingredients such as fresh herbs, lemon, rosemary, olives and feta cheese are considered foods of the gods. Along with your favorite sous chef, you'll learn how to make authentic Greek Salad, Spanakopita, Gyros and more. Join us for this fun and festive class and learn how to make one of the most flavorful cuisines in the world! Who knows, we may even break some dishes! Please bring aprons, a knife, and a container for leftovers. A \$20 food fee per pair is due the instructor at class.

CODE: **FD056** Wednesday, 1/21 5:30-8pm \$15 per person

NEW Incredible Cookies: The Ultimate Chocolate Chip

Susan Callahan

Some days a homemade cookie and a glass of milk are all it takes to remind us how sweet life is, and making cookies is America's favorite kind of baking project. Susan Callahan of GOODIES Homemade will share her secrets to making a perfect and perfectly delicious cookie. In this one night baking class, we will create a chocolate chip cookie dough that can be used to make different variations of this old fashioned favorite. This is a hands-on cooking class. Before the class, students will receive a list of small utensils to bring. Tuition includes a \$9 food fee. Visit www.goodieshomemade.com.

CODE: **FD057** Thursday, 1/29 7-9pm \$30



Indian Vegetarian Dinner

Shruti Mehta

Unravel the mystery behind Indian food under the skilled tutelage of a native of Mumbai. Learn about the colors and tastes of this flavorful cuisine and how just a few simple spices and ingredients can turn an ordinary dish into an exotic and colorful entree. The class will serve as an introduction to Indian cooking using basic ingredients and simple to follow directions. We will prepare three dishes, including a curry, a vegetable dish and rice with spices and nuts. We will also make a quick garlic Naan and sit down and have a meal. The class will end with sweet Lassi or Mango Lassi, a sweetened yogurt drink. Tuition includes \$15 food fee. Please bring a non-alcoholic beverage of choice and containers for leftovers.

CODE: **FDo2o** Wednesday, 2/11 6:30-9pm \$50

Driver Education @ AHS

Students who are at least 15.9 years old can take Driver Ed classroom instruction at AHS right after school with CS Driving School of Lexington. For more information and to download an application, go to arlingtoncommunityed.org

UPCOMING SESSIONS:

3 days a week (T, W, Th.) from 3-6pm

- December 2 - December 22, 2014
- January 20 - February 10, 2015
- March 10 - March 31, 2015
- May 6 - May 27, 2015

"My daughter got so much more out of the classes with CS Driving School than my son did when he took it with another school. And she even enjoyed herself!"

Spanish for Beginners

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: **LAo07** 6 Wednesdays, 1/7-2/11 6-7:30pm \$85

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: **LAo12** 6 Wednesdays, 1/7-2/11 6-7:30pm \$85

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: **LAo24** 6 Wednesdays, 1/7-2/11 7:45-9:15pm \$85

ALL CLASSES MEET AT ARLINGTON HIGH SCHOOL UNLESS OTHERWISE NOTED.



NEW French for Beginners: Level II

Dorothee Van Thong

This class is open to students who already have some knowledge of French. Emphasis is placed on building up communication skills with listening comprehension and oral expression through authentic dialogues from everyday situations and topics. Increase your vocabulary and improve grammar in context. In a friendly environment, get ready to laugh with fun expressions and speak French with confidence.

CODE: **LAo20.1** 6 Wednesdays 1/7-2/11 6:30-8pm \$85

French for Travelers: *Allons-y!* DAYTIME CLASS

Dorothee Van Thong

Planning a trip to France or a French speaking country? Join us and boost your communication skills through a variety of interactive activities. This course, taught by a native speaker, will give you handy tips and tricks with an emphasis on listening and speaking. Each session focuses on real-life travel situations, using visual media and role-playing activities in the following areas: asking information, getting around, ordering at a restaurant, going shopping, visiting places and expressing requests, complaints and personal likes and dislikes. The course also includes basic grammar as well as a touch of French culture, with funny idiomatic expressions that will make you sound like a native speaker. *Et voilà!* This class will set you on your French travel path while having lots of fun!

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; senior credit applies (see inside front cover).*

CODE: **LAo25** 6 Tuesdays, 1/13-2/17 1-2:30pm \$75

“The instructor was so well organized and displayed excellent knowledge of the subject. I really learned.”

Master Your iPad with Stephen Weil

Mindfulness Meditation: One-Night Workshop

Kimber Green

Much of the time we are unaware of the incessant chatter that goes on in our heads. The problem is that this mental “noise” can cause us to miss out on important moments: a colleague’s request for help, a friend’s desire for connection, a child’s need for our complete attention. It can also contribute to stress and anxiety. Mindfulness meditation helps us notice what is going on in our minds and slow this unconscious chatter so that we can appreciate the quiet, rich fullness of each moment. This one-night workshop provides a great overview of mindfulness meditation: what it is, how it works and how to establish a regular meditation practice. We will also experience this restful practice together. 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. This workshop is a perfect introduction to Mindfulness Meditation (see below).

CODE: **MB017** Wednesday, 1/7 6:30-8:30pm \$20

Mindfulness Meditation

Kimber Green

“Presence is a state of inner spaciousness”

—Eckhart Tolle

These sessions will lead you to a deeper foundation in mindfulness meditation by gradually building on your understanding and practice. We will learn how to make meditation a regular practice, and how to bring these concepts into our daily lives in ways that enrich and calm 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: **MB019** 6 Thursdays, 1/8-2/12 7-8:30pm \$80



NEW **ESP for Skeptics & Believers**

Jeanne Mayell

If you're open to the possibility that psychic phenomena exist, come learn about scientific evidence to support its existence. If you're already convinced, come discover how this phenomena works. Learn about the new reality that combines quantum physics with psychology and neuroscience, challenging old notions of who and what we are. During this evening, a professional intuitive will guide the class in a "wondrous" exercise of reading each other. This class will change the way you understand the universe and your place in it. Open to all who come with a curious mind.

CODE: **MB031** Wednesday, 1/14 6-9pm \$30

NEW **Mindful Eating Workshop**

Connie Mooney

Eating is a natural, healthy and pleasurable activity for satisfying hunger. However, in our food-abundant, diet-obsessed culture, eating is often mindless, consuming and guilt-inducing. Mindful eating can help you resolve this love-hate relationship with food. This workshop, led by a yoga teacher and registered dietitian/licensed nutritionist, will focus on introducing you to some basic mindfulness techniques to help you develop a healthier relationship with food and eating. It's often not what we eat but *how* and *why* we eat that leads to problems. Learn more about the hunger and stress hormones that can trigger overeating and influence your insulin response. Dress comfortably for a brief meditation practice. Please email connie_mooney@msn.com if you have any food allergies or intolerances as the workshop will include exercises using real food!

Code: **MB030** Wednesday, 1/14 7-9pm \$20

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

NEW **When Ice Was Hot:
Spy Pond's Frozen Treasure**

Dee Morris

By the 1850s, Spy Pond ice was being harvested as a valuable cash crop. Grocers and meat purveyors came to depend on it as much as housewives. Frederic Tudor, the Ice King, made a fortune shipping ice to tropical ports of call, while Arlington's William Wood manufactured nationally-known tools used in the booming industry. Spy Pond's crystal blocks were transported 'round the world to meet the growing demand as Victorians discovered the value of frozen water. Come recall the glory days of the Spy Pond ice industry.

CODE: **SE047** Thursday, 1/15 7-8:30pm \$10

NEW **Play Chess with Others**

Brooks Harrelson

Playing chess on a wintery night with a worthy opponent sounds about perfect. In this four-session workshop, participants will be sent a self-rating system before the first class so that they may be paired with players of similar experience. Each hour will include 15 minutes of tactic theme puzzles (fork, pin, remove the guard, etc.) and 45 minutes of play. Bring your own chessboard if you have one.

CODE: **FG035** 4 Thursdays, 1/8-2/29 7:30-8:30pm \$35

Beginner Adult Cross-Country Ski 

Weston Ski Track

This series of two 2-hour introductory lessons is the most effective way to learn cross-country skiing. Each week, as new skills are added, feedback from your instructor strengthens what you have learned. Through this series of lessons, combined with the benefit of unlimited practice time for three full weeks, you will emerge a more confident and capable skier. Cost includes instruction and a complimentary trail pass valid anytime for three weeks; rentals are an additional \$45, payable at the start of the first class. Class meets on the lighted **Weston Ski Track**, 190 Park Road, Weston. Limited to 5. Fee does not include rentals; rentals are available on-site on first day of class for \$45 for both days.

CODE: **FG036** 2 Sundays, 1/4 & 11 9:30-11:30am \$99

NEW TV & Video Production Workshop *Arlington Community Media, Inc. Staff*

Whether you dream of a future in broadcasting or just want to ensure that your home videos are more watchable, this introductory course is your first big step towards that goal. In these six sessions of hands-on instruction and practice, you will learn the basics: from camera operation to field and studio production; proper lighting and obtaining the best audio; properly setting the stage for your shoot, scripting to editing the final product. ACMI is a digital state-of-the-art facility. Classes will be held in ACMI's Studio B, equipped with the latest media technology, located across Mass Ave., across from the high school. Studio B will be our home base and launching pad for various practical video projects and our students will learn in the most effective way we know - by doing! Limited to 12. **Meet at ACMI's Studio B located at 892 Mass. Ave.**

CODE: **FG037** 6 Thursdays 1/8-2/12 6:30-8:30pm \$150

Kids School Vacation Ski School
(ages 6 to 10) *Weston Ski Track*

This program introduces children to beginner and intermediate skiing skills. Instruction combined with game playing, having fun and three days of practice time allows kids to develop their ski skills and an appreciation of the sport. Held three consecutive days during February school vacation week, these classes are one hour each day. A single adult receives a free trail pass valid for the three class days when accompanied by the student. Limited to 5. Fee does not include rentals; three-day rentals are available on-site on first day of class for \$24.

CODE: **FG038** Tuesday, 2/17, Wed., 2/18 & Thursday, 2/19 11am-noon \$59

ALL CLASSES MEET AT ARLINGTON HIGH SCHOOL UNLESS OTHERWISE NOTED.

NEW Feng Shui for Every Room *Sara Burd*

Feng Shui is an ancient Chinese art designed to help you open yourself to greater wealth and health. When applied to interiors, the principles of feng shui help us align our home or office with various elements of the universe to create harmony. This class will cover major rooms within the home, all the sections of the bagua (energy map) as well as the use of elements and chi (yin and yang energy). Through interactive classes with hands-on activities, participants will select a room of their own to assess and remedy using feng shui principles. Come join us and make improvements to your space and your life today!

CODE: **FG034** Wednesday, 2/4 7-9pm \$20

Art & Soul: Six Intriguing Museums *Mary Hurley*

Visit six "off the beaten track" museums in our area. We carpool from our different towns and meet for a docent-led tour of an intriguing variety of historic, artist and educational venues. Discover where we live through museums and what they tell us about our place in history. Docent tours add a new dimension to the museum-going experience. After registering, send an email to MaryHurley@comcast.net to receive a list of meeting places and directions.

CODE: **FG006** 6 Wednesdays, 2/25-4/1 9:30am-1:30pm \$89

Get your catalog *first*

Classes fill quickly, so don't miss out.
Subscribe to our email list and receive an email notice as soon as our catalog is posted.

Go to arlingtoncommunityed.org and click "Mailing list sign-up" at top of page.

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.



Your Town, Your Future!

Planning Department, Town of Arlington

The Redevelopment Board and the Master Plan Advisory Committee will host a public hearing on the proposed Arlington Master Plan which contains options to guide the community for the next generation. Come hear about the plan, its goals and plans for implementation. More than 1500 individuals have participated in the 18-month process. For information, contact Joey Gluskho at 781-316-3093 or go to www.arlingtonma.gov/departments/planning-community-development/master-plan.

Monday, 1/12 (snow date: 1/15) 7 pm Town Hall Auditorium,
730 Massachusetts Avenue

Arlington EcoFest 2015

EnergyWise: Sparking Local Solutions

Our community celebration of the environment will focus on energy—how we make it, use it, measure it and conserve it. All kinds of energy are up for exploration, and harvesters, explainers, innovators and entrepreneurs will be there to engage with the public. New this year: a forum on local energy solutions, featuring Arlington Town Manager Adam Chapdelaine. Come hear how the Town is saving money and energy, and how residents can apply energy efficiency concepts at home. All are invited to this free community event, which will include musical entertainment for the family, the Food Link Cafe, a raffle and annual *Trashformations* Recycled Art Exhibit. For more information, please visit: arlingtonma.gov/ecofest

Saturday, 3/7 10am-2pm Town Hall Auditorium,
730 Massachusetts Avenue

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."

ALL CLASSES MEET AT ARLINGTON HIGH SCHOOL UNLESS OTHERWISE NOTED.

AROUND TOWN, *cont.*



ARLINGTON HISTORICAL SOCIETY

Arlington: A Century of Postcards

Jeanne Meister, Society Board of Directors

Come take a virtual walking tour through the streets of Arlington, as seen in 100 years of postcards from the Society's Bill Mahoney Collection.

Sunday, 1/25 2pm Smith Museum at Jason Russell House,
7 Jason Street, Arlington



ARLINGTON HISTORICAL SOCIETY

The Chewed Leg & the Empty Collar: Mementos of Pet Ownership in New England

Nancy Carlisle, Historic New England

A deep look at surprising pet-related artifacts, drawn from a survey of collections held by 40 local historical societies and museums, reveals fascinating attitudes about men and women and about their relationships with pets.

Tuesday, 2/24 7:30pm Masonic Temple, 19 Academy Street
(handicapped accessibility at rear of building), Arlington

INSTRUCTOR BIOS

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 teas.

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.

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.

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 jujitsu instructor, and a Kripalu-certified yoga instructor. Visit www.behindthemark.org.

Sara Burd graduated from the New York Institute of Art and Design. She is a longtime student of interior design and Feng Shui, with a background in social work and counseling. Sara has worked for the past seven years in homes, dormitories and in offices providing consultations to large non-profits, individual home owners, office employees and college students. Visit www.sbdesignconsulting.com

Joe Burns is an avid fisherman, who took up fly fishing and fly tying in 1989 while attending the University of Montana. Joe has fly fished across the country for a variety of fish species, freshwater and salt and has tied flies with legends such as Jack Gartside, Chris Helm and Lefty Kreh.

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

Laurie Crane is an agent with Coldwell Banker in Arlington. She is a member of the Massachusetts Association of Realtors and is a Certified Relocation Agent and Accredited Buyers Representative.

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

Cathie Desjardins is a published journalist and writer who has taught writing to people of all ages. She taught the most consistently popular writing course at the Boston Center for Adult Education for more than 12 years.

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 and journal writing for more than 20 years at the Cambridge Center for Adult Education, national conferences and retreat centers. He leads journal and life-direction trips to Morocco and works with individuals and organizations through the Grafton Street Writing Center in Arlington. 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.

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.

Toni Galasso was born in Italy and raised in the United States. Her paternal grandfather was a chef who briefly worked for the Italian royal family. Toni received her training in cooking from family and in Italy as an apprentice. She enjoys sharing her passion and love for cooking with all.

Hema Gopalan is a finance professional and the chef and owner of the Spice Canteen.

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. This work provided the foundation for her practice and teaching of mindfulness meditation. She is passionate about trail running and has experienced increased enjoyment and success in long distance running by using the principles of meditation.

Brooks Harrelson has been playing chess since he was 12, a loooong time ago. While never a 'serious' chess player, he loves to solve multiple chess puzzles most days. His teaching background is primarily in the field of Computer Science, but he's thrilled to be teaching others a game he loves to play.

Sharon Heermance, is a psychologist in Arlington. Her practice emphasizes developing a compassionate, mindful stance toward the many parts of ourselves.

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 likes to add style to everything she enjoys—cooking, crafting, decorating and fashion. She lives in Arlington with her husband, daughter and son.

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 Sucrée.

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.

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.

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. Kevin is also an avid pursuer of historical truths, particularly American history; he loves to connect lore with reality, as in his discovery of the Babe Ruth piano.

Pamela Powell is co-owner of Upholstery on Broadway, where she uses her training as a ship's captain to run a tight ship. She manages the business, the classes, the website and fabric and tool sales, and co-teaches with Kevin in many of the upholstery classes.

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.

Ruth Lieberherr is registered with the Yoga Alliance as an experienced yoga teacher on the 200-hour level. Visit www.ruth-yoga.com.

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.

Joetta Maue is a full-time artist primarily using photography and fibers. She received a BFA from Ohio State University and an MFA from UMass. Her work has been shown in galleries and museums throughout the country.

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.

Constance Mooney has more than 10 years of running experience including 8 marathons (including 4 Boston marathons) and was an active member of the L Street Running Club in South Boston from 2002–2010. She is also a Registered Dietitian/Licensed Dietitian/Nutritionist.

Dee Morris is an author and historian specializing in Greater Boston lore.

Dan Moynihan is a graphic designer, illustrator, and cartoonist. He has a BA in art/semiotics from Brown University.

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.

Margy Rydzynski 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.

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

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.

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.

David Vos has been cooking for most of his life, trained by grandmothers, Cuban and French masters. He has cooked in hotels and restaurants in San Juan, Puerto Rico and Boston. His cooking features bold flavors and fresh ingredients, many from his own garden. Raised in the tropics David was introduced to spicy foods at a young age and now grows an assortment of hot peppers.

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.

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** 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.
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

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 credit less the \$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. We do not retain credit card information.

Our Location and Hours

ACE is at Arlington High School, 869 Massachusetts Ave., Arlington. Call 781-316-3568 for our current office hours. Adult classes meet at Arlington High 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

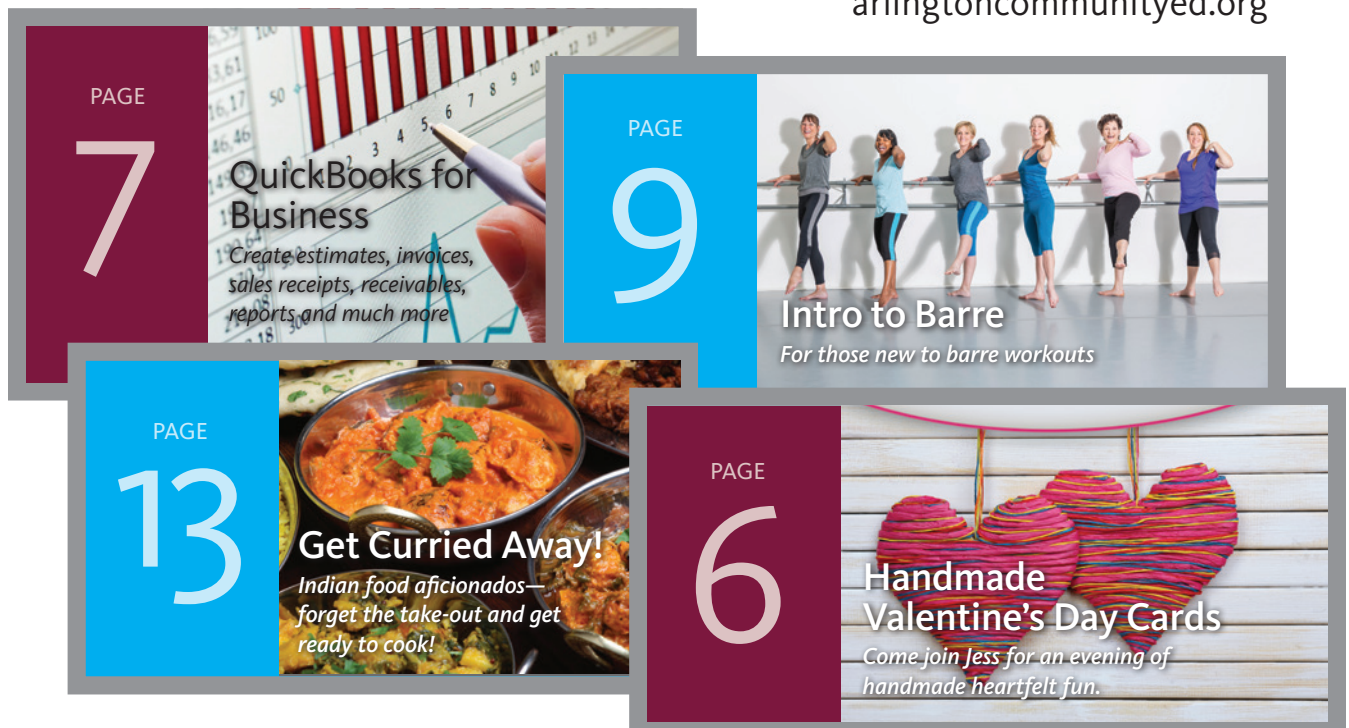
Assignments are posted in the high school's main lobby each class night.

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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Arlington, MA

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arlingtoncommunityed.org



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QuickBooks for Business
Create estimates, invoices, sales receipts, receivables, reports and much more

PAGE 9
Intro to Barre
For those new to barre workouts

PAGE 13
Get Curried Away!
Indian food aficionados—forget the take-out and get ready to cook!

PAGE 6
Handmade Valentine's Day Cards
Come join Jess for an evening of handmade heartfelt fun.