



Arlington  
**COMMUNITY EDUCATION**

WINTER • 2017

explore  
the  
possibilities



Hundreds of classes for **adults, teens & kids!**

## Warm Winter Welcome

We are pleased to bring you this winter term—and with cold weather on the way, all of us at ACE would like to cordially invite you to, “Come out and play!” We know it can sometimes be hard to motivate yourself to get out on a cold winter day or night, but are sure that if you do, you won’t regret it. Mixed in with our usual array of classes we now offer Mah-jongg, chess, and a weekly game night. We’ll put the kettle on, so feel free to come in your pajamas. We only wish we had a fireplace!

One of our perennial goals is to help people make new connections, even as you try something you’ve always wanted to do. We think this term has some terrific opportunities to do so, both for adults and in our ever-expanding youth programs. So, once you’ve circled all the classes that catch your eye, open the door and come out and play!

Also, I am thrilled to take on the role of director at ACE, and though I’ve met many of you over the years, I figured I’d introduce myself anyway. I’ve lived in Arlington since 1995 and have been involved in community issues since then. I’ve worked on improving our parks, playgrounds, and schools and am committed to creating opportunities here. So working at ACE the last 2½ years has been a joy. I am honored to take over from Donna, and to work with an incredibly dedicated team. I look forward to meeting you, and don’t hesitate to send me your ideas, questions, or concerns.

Happy Holidays,



Jen Rothenberg

**See Important Information** on page 53.

Adult Classes meet at Arlington High, 869 Massachusetts Ave., Arlington unless noted otherwise. **TeenZone** classes meet at Ottoson Middle School unless noted otherwise. **KidZone** classes meet at elementary schools.

**COVER ART:** Winter Cover Art Contest winner: “Snowy Owl” by Jennifer Fuchel. Jennifer is a fine artist, graphic designer, sculptor, and craftsperson teaching at Suffolk University. Her experience and passion lead her into the realm of public art, environmental design, community art, and curating. Jennifer annually orchestrates a collaborative project in which many artists create a single panel that is then adjoined to a larger painting. “Snowy Owl” is the result of one such project. To learn more about Jennifer Fuchel visit [niftyarts.com](http://niftyarts.com).

Catalog design: Pehlke Design

## Table of Contents

**Classes for Adults (14+)**

- Around Town .....7
- Business, Technology, & Finance .....8
- Crafts ..... 11
- Daytime & Weekend Classes..... 17
- Events.....3
- Food & Drink.....14
- Home & Garden.....18
- Important Information.....53
- Instructor Bios..... 47
- Languages.....19
- Music, Art, & Photography..... 21
- Online Learning (Ed2Go)..... 46
- Recreation, Fitness, & Dance.....23
- Registration Form (Adult)..... 55
- Wellness.....27
- Writing & Literature..... 30

**Classes for Youth (K–12)**

- High School & College Prep.....33
- TeenZone (Grades 6–8).....37
- KidZone (Grades K–5).....38
- GoLingo! Language Program  
(Grades K–5).....38
- All-Town, Mixed-Age Classes..... 35
- VacationFun!.....36
- SummerFun! Sneak Preview..... 46
- Registration Form (Youth).....54

### No Class Dates\*

No evening classes will be held at Arlington High School on **February 2, 15, and 20–24.**

*\*Schedule for classes held at other locations may vary; please check class description for details.*

### 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 from Arlington and surrounding communities. Tax identification number: 046-001-070.

- Jen Rothenberg, *Director*
- Andrea Loeb, *Youth Program Coordinator*
- Nina Coles, *Business Manager*
- Tracey Dramstad, *Registrar*
- Franca Duffy, *Evening Coordinator*
- Tanya Serrao, *Evening Coordinator*
- Donna Eidson, *Program Consultant*
- Sarah Flanagan, *Promotions*

**Arlington Community Education**  
 Arlington High School  
 869 Massachusetts Avenue, Arlington, MA 02476  
[communityed@arlington.k12.ma.us](mailto:communityed@arlington.k12.ma.us)  
 ArlingtonCommunityEd.org • 781.316.3568

# EVENTS

When registering for an EVENT online, please go to the left navigation sidebar, select "EVENTS", then click on the event title for details.



## Women and Transition: Reinventing You in 2017

Linda Rossetti

A follow-up to the successful Women & Transition fall workshop at Community Education, Linda Rossetti returns with two evenings designed to help you reflect and act in 2017. Countless life events—empty nests or marriage, geographic moves or job losses, divorce or retirement—can leave us at the doorstep of transition. Join this interactive workshop designed to help women explore their approach to transition in a safe and supportive environment. We will examine the difference between change and transition; gain an understanding of the phases of transition; investigate barriers and obstacles; and acquire a set of tools specifically designed to help women navigate an opportunity to realign successfully. The sessions will help participants dignify their experiences and embrace transition as a positive, optimistic journey. The series will conclude with the introduction of accountability tools that can help attendees stay true to the action plans that will be developed during our sessions. We hope you can join this provocative and deeply meaningful start to 2017!

*Linda Rossetti is an entrepreneur, Harvard MBA, author, and former EVP of Iron Mountain, a Fortune 500 company. She focuses on women and transition. Her book, Women & Transition: Reinventing Work and Life, an Amazon top seller, features provocative new thinking about women's choices and highlights her research on transition conducted with 200 women. Rossetti also serves as managing director of Golden Seeds, LLC, an angel capital network dedicated to providing growth capital to women-led businesses. Her work has been featured on NPR, NECN, CBS/WBZ Boston, Money Magazine, and Working Mother Radio. In addition to her MBA from the Harvard Business School she holds a BA from Simmons College. Visit [womenandtransition.com](http://womenandtransition.com).*

2 Thursdays, January 26 and February 9 7:00 - 9:00 pm \$65



## This Is Who I Am: A Workshop

Colleen D. Hertel

While overseeing her mother's care from a distance, retired attorney and journalist Colleen Hertel realized that as her mother grew more dependent on her caregivers, she grew less able to communicate her own likes and dislikes or anything much about what made her tick. "I remember thinking, 'If only these people could know my mother,'" Hertel recalls. This, and the experiences of friends, led her to create *While I Remember to Tell You: This is Who I Am*, a combination guide, workbook, and journal for anyone seeking to age with dignity and control. The book features five stories of caregivers and aging or ailing friends or family members, as well as intelligent, sensitive questions to get these important conversations started. Readers have found multiple uses for the book. One woman took it to a family reunion and used some of the questions to reminisce with relatives. Another man used the questions on visits with his mother to draw her out in conversation in ways that dramatically enriched their time together. "We are an aging country living a long time, but most of us will lose our independence at some point," Hertel explains. "This book is a way of recording for ourselves and others what we care about and who we are" ... *while we remember*. The workshop will include a free copy of Hertel's workbook, exercises found in the book, and a chance to share questions, concerns, and stories with others on this journey.

Tuesday, January 31 7:00 - 8:30 pm \$20

WHEN REGISTERING FOR AN EVENT ONLINE,  
PLEASE GO TO THE LEFT NAVIGATION SIDEBAR,  
SELECT "EVENTS", THEN CLICK ON  
THE EVENT TITLE FOR DETAILS.

## EVENTS (cont.)



### Everything You Want To Know About College Planning: An Expert Panel

*Nicole Eidson of Arlington High, Jonathan Hughes of Mass. Educational Financing Authority, and Sue Wachter of Acton College Consulting*

Preparing for college has never been more perplexing and complex. This workshop seeks to provide families with clarity, strategy, and peace of mind as you navigate the application process. In addition to gaining understanding of the admission timeline and awareness of the most important steps in the process, you will receive honest, insightful answers to your questions from three experts, each specializing in a different part of the process. *AHS English teacher Nicole Eidson has helped hundreds of students prepare for standardized tests of all shapes and sizes. She designed the Verbal SAT Prep curriculum used by ACE instructors, and was recently AEF Teacher of the Year. Jonathan Hughes is assistant director of college planning and education at the Massachusetts Educational Financing Authority (MEFA). Sue Wachter guides students and families through the complex world of college admissions. She served as an admissions officer at NYU and Boston U, among others. Sue can be reached at [sue@actoncollegeconsulting.com](mailto:sue@actoncollegeconsulting.com).*

Wednesday, March 1 7:00-9:00 pm  
\$35/family



### Sing! Sing! Sing!

*Ellie Foster, with Jonathan Kessler*

Come sing fabulous three-part harmonies of popular contemporary songs set to great new arrangements. This drop-in, no-commitment singing celebration is open to anyone who loves to sing. Under the direction of an enthusiastic singer and musician, we'll begin with fun voice warm-up exercises, then learn our parts and perform together, all in one night. You won't believe how great this feels! We hope to film the event and post online. Beer and wine will be available for purchase at our new venue. Bring a friend or come make some new ones! Meet at **artlounge**, 1346 Mass. Ave., Arlington; free on-street parking. Doors open at 7:00 pm.

Thursday, February 16 7:30 - 9:00 pm  
Pre-registration is recommended, walk-ins welcome as space allows. \$10 at the door



### New Hope for Hoarders

*Gail Steketee, PhD.*

What happens when people's possessions take over their lives? Known as hoarding, the condition is three times more common than Alzheimer's in this country. Yet for years, hoarders were misunderstood and seen largely as curiosities—lazy, slovenly or incompetent. Pioneering researcher Gail Steketee of Arlington has helped change all that. Steketee and others seek to change behaviors and assumptions of hoarders by exploring the thoughts and feelings that lie behind them. She will discuss this compulsive disorder, identifying new strategies, resources, and solutions.

*Gail Steketee is dean of the Boston University School of Social Work. She has conducted NIMH-funded research on behavioral and cognitive treatments for obsessive compulsive disorder (OCD) and body dysmorphic disorder (BDD). Her recent research focuses on assessment and treatment of hoarding disorder in adults with colleagues at Smith College and Hartford Hospital. She is co-author of the best-selling *Stuff: Compulsive Hoarding and the Meaning of Things*.*

Thursday, March 2 7:00 - 8:30 pm \$10



## The Adventures of June Caprice: Arlington's Silent Film Personality

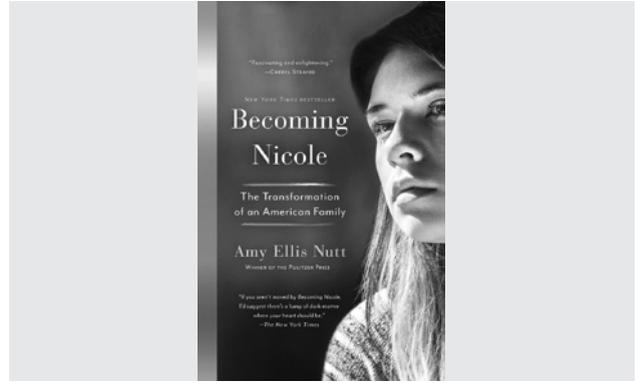
*Dee Morris*

After winning a Mary Pickford look-alike contest in 1916, Arlington's Helen Elizabeth Lawson (or Larsen) was immediately given a film contract by a Hollywood mogul who promised that she would become "the best known woman on the screen" within a year. Changing her name to June Caprice, Helen never reached the height of stardom that she had been promised. She did, however, attract a sizable following during a short career that lasted from 1916-1921. She married Harry A. Millarde, a director, while her stunning daughter became a covergirl and successful model. June's story, set against the world of silent films, traces her path from Arlington through her tinsel-town adventures which included a stint modeling for Coca-Cola calendars.

---

Wednesday, March 8 7:00 - 9:00 pm \$15

---



## Arlington Reads Together

Discussion of *Becoming Nicole:*

*The Transformation of an American Family*

Robbins Library and Arlington Community Education host this lively exploration of the themes in *Becoming Nicole: The Transformation of an American Family* by Amy Ellis Nutt, Arlington's official 2017 community read. This book is the powerful story of a middle class, politically conservative family, from rural America who experiences a transformation when one of their twin sons begins to identify as a girl. *Becoming Nicole* explores gender identity, transgender rights and history, and community, placing them in a larger social and medical context. Pick up a copy of the book at Robbins Library or check out an ebook, and come to this discussion of gender, identity, and the power of community. The evening will be hosted by Maura Deedy, assistant library director and Arlington Reads Together coordinator. This event is co-sponsored by The Friends of Robbins Library and is **free** and open to the public. Meet at **Arlington High School**.

---

Thursday, March 9 7:00 - 8:30 pm

---



## Celebrate the Vernal Equinox at Great Meadows



*Boot Boutwell*

Spring is a time of rebirth and renewal. In New England, the weather begins to moderate, the first flowers poke their heads above ground, and our days grow longer. Officially, spring arrives with the Vernal Equinox on March 20, but we'll get a jump on the day by heading into Arlington's Great Meadows in search of signs of spring. Join popular teacher/naturalist Boot Boutwell and celebrate the coming of spring. We'll begin with a little poetry and solstice lore, but the focus will be on plant identification and fun and interesting natural history. Directions to our meeting place will be sent after registration. Children ages 10 and older are welcome to register if accompanied by a registered adult; limited to 15.

---

Saturday, March 18 9:30 am - noon \$20

---



## Sing! Sing! Sing! *The Hamilton Edition*

It is time for people to stop singing in their showers and unite, in order that we may share our common passion for *Hamilton*—the soundtrack! This perfect union will be led by *Sing! Sing! Sing!*'s music director extraordinaire Ellie Foster and musician Jonathan Kessler. Join us “in the room where it happens” for a sing-along to this widely popular Broadway musical. Have fun singing the songs with piano accompaniment. All are welcome, whether you've seen the show (no bragging allowed), listened to the album, or just want to find out what the excitement is all about. *Don't say no to this!* Children ages 10 and older are welcome to register if accompanied by a registered adult. Meet at **Arlington High School**.

---

Thursday, March 23 7:30 - 9:00 pm Pre-registration is recommended, walk-ins welcome as space allows. \$10 at the door

---

# AROUND TOWN

*In Around Town, we feature events hosted by non-profits and of interest to the Arlington community. If you would like to submit an event listing, please email [communityed@arlington.k12.ma.us](mailto:communityed@arlington.k12.ma.us) for information.*

## Arlington Friends of the Drama

22 Academy Street, Arlington, MA

A hidden gem in the heart of Arlington Center, Arlington Friends of the Drama mounts four plays each season. Discover AFD this fall and winter as they bring two productions to life. You can attend the plays or volunteer to build sets, sell refreshments, or usher. Visit [afdtheatre.org](http://afdtheatre.org) or call 781.646.5922 for more information.

### Sunset Boulevard

This classic tale of faded glory and unfulfilled ambition in 1949 Hollywood centers on the relationship between down-on-his-luck screenwriter Joe Gilles and silent film star Norma Desmond, who fell out of popularity when "talkies" took over. Starring Janet Ferreri as Norma Desmond and Trey Lundquist as Joe Gillis. Directed and choreographed by Kevin Mark Kline with musical direction by Steven Bergman.

March 3 - 19

### The Graduate

Benjamin has a brilliant academic record, a brand-new college diploma, very proud parents, and, since he helped Mrs. Robinson with her zipper, a confusing future. *The Graduate* is a coming-of-age odyssey based on the novel and acclaimed 1967 film.

May 12 - 21

## ACE CLASSES MAKE GREAT GIFTS!

Call 781-316-3568 to purchase a gift certificate today.

## 2016-2017 "GREENING OF HISTORY" LECTURE SERIES:

### The Arlington Historical Society

The Arlington Historical Society, with offices in the Smith Museum, hosts a yearly lecture series as well as offering individual and group tours of the historic Jason Russell House. Through its education and outreach program, the Arlington Historical Society welcomes school classes and scout groups to explore life in colonial America.

*Programs are free for members, \$5 for non-members.*

*For more information, visit [ArlingtonHistorical.org](http://ArlingtonHistorical.org). Our regular location for Tuesday's 7:30 p.m. programs will be the Masonic Temple, 19 Academy Street (handicapped accessibility is at rear).*

### Objects of Evergreen Appeal

*Sara Lundberg and Kenton Rhodes*

Enjoy an afternoon "at home" in the Smith Museum with a pop-up exhibition of objects and images from our collection not regularly on display—it's a greening of the collective memory of Arlington! Held at the Smith Museum at Jason Russell House

Sunday, January 22 2:00 p.m.

### Mount Auburn Cemetery

*Rosemarie Smurzynski*

Take a virtual walk with a most engaging docent through one of America's oldest, most prestigious garden cemeteries, which remains in active use while growing in ways that are sympathetic to its historically significant landscape.

Tuesday, February 28 7:30 pm

### Masonic Lodges Past and Present

*Alan Jones*

Mystic Valley Lodge was created in 2004 through the merger of three historic lodges, located in the 1923 Masonic Temple on Academy Street. Enjoy many images of predecessor locations, such as Munroe Tavern and Pattee's Bakery, and observe Masonic rituals allowed for public viewing.

Tuesday, March 28 7:30 pm



## St. John's Coffeehouse

74 Pleasant Street, Arlington, MA

Here's the lineup for the coming season 2016-2017. Please check the events schedule at [facebook.com/stjohnsconcerts](https://facebook.com/stjohnsconcerts) or [saintjohns-arlington.org](http://saintjohns-arlington.org), or call 781-648-4819 as dates, times, and ticket URLs are subject to change. Tickets are \$15 in advance or \$18 at door. Students, veterans, and seniors receive a discount, and there are annual memberships and concert passes available. Concerts begin at 7:30 (unless noted).

---

**January 14:** Local talent (TBD)

---

**February 10:** Local talent (TBD)

---

**March 11:** Molly Pinto Madigan with local opener Lizzie Clackson, Singer-songwriter with a loyal New England following

---

**April 18:** Andy Cohen and Robin O'Herin

## Arlington Public Schools: Parent Forums

The Health and Wellness department presents this series of thought-provoking seminars on topics of great importance to today's parents as they navigate the social, emotional, and physical well-being of their children. Forums are held at Ottoson Middle School from 7:00-8:30 pm. All are free and open to the public. For complete details, visit: [arlington.k12.ma.us/news/pdfs/parentforums.pdf](http://arlington.k12.ma.us/news/pdfs/parentforums.pdf).

### Anxiety Disorders

December 12, Dr. Dennis Geller

### Cultural Diversity

January 11, Phil Fogelman

### Screenagers: Growing Up in a Digital Age

February 1 at the Regent Theater

### A Quilt for Their Talents

February 9 (snow date 2/15), Mary Grace Stewart

### Seeking The Middle Path: Increasing Collaboration and Decreasing Moments of Conflict within Families

March 6, Michelle Jacobo

### Eight Things You Can't Do For Your Children (But Wish You Could)

March 15, Michael Thompson

## First-Time Home Buying Essentials

Ellen Sullivan

This information-packed workshop will educate and prepare first-time home buyers for their entry into the real estate market. We will discuss how to buy smart; what to expect from a real estate agent; prioritizing your wish list in a home; how much can you afford; understanding the mortgage and closing processes; making an offer; conducting home inspections; hiring an attorney; and trends in the local real estate markets. Participants will gain a solid overview of the home-buying process. A realtor, lender, and attorney representative will lead the discussions.

---

CODE: **BT019** Tuesday, March 14 6:30 - 9:00 pm \$30

## Home Sellers' Essentials

Ellen Sullivan

Want to understand the entire home selling process? We will discuss how to select and what to expect from your agent; using a real estate agent vs. selling your home on your own (FSBO); the local real estate market (price trends, inventory, seasonality); how to effectively market a home; pricing strategies; preparing your home for sale; the offer process; buyer contingencies and sale timeline; and costs associated with selling your home. A realtor and attorney representative will lead the discussions.

---

CODE: **BT020** Wednesday, March 1 6:30 - 9:00 pm \$30

## **NEW** Start and Run a Home-Based Food Business

Mimi Fix

Earn money doing what you love. Many states, including Massachusetts, have a cottage food law that allows baking and selling in a home kitchen. With minimal start-up money, you can turn your dream into a part- or full-time business. This course will guide you through the entire process. Learn how to implement market research; price, label, and package products; find wholesale and retail customers; set up a simple bookkeeping system; and begin the process of obtaining legal permits. You'll leave with a business plan and a checklist for moving ahead.

---

CODE: **BT027** 2 Tuesdays, March 7 and 14 6:00 - 9:00 pm \$60

**NEW** Get Involved with Twitter and Facebook*Mary Ann Stewart*

Twitter and Facebook are popular news and social networking platforms. Twitter users post and read short 140-character messages called “tweets.” It’s a modern, digital shorthand. Facebook is where people share news, photos, and event information. Come learn how to get involved. We’ll cover the basics of both platforms, including etiquette and privacy and how to customize your profile.

---

 CODE: **BT025** Wednesday, March 15 6:30 - 9:00 pm \$30
 

---

**NEW** Intro to WordPress*Mary Ann Stewart*

WordPress is a free, powerful tool for building clean, beautiful websites that are flexible and functional. In this introductory, hands-on course you will learn to develop a basic website or blog using a free WordPress site, then learn how to personalize the look and feel of it with the addition of text and photos. You will create a basic free site; learn how to create pages; and how to organize the site in a logical way. Class meets in a computer lab, so no need to bring your own computer. This class is for beginners; basic computer and internet skills are required. It is recommended that you come with an idea for a basic website or blog.

---

 CODE: **BT023** 4 Wednesdays, January 18 - February 8  
 7:00 - 9:00 pm \$85
 

---

**NEW** Managing Photos on Apple Devices*Howard Loewinger*

Finally learn how to manage all those photos on your iPhone, iPad, and Mac! Learn how the iPhone and iPad organize photos for you and how you can organize photos yourself. Learn various ways to share photos; when photos are on your device and when they are in the “cloud”; and how to tell when you delete a photo on one device if it’s deleted on your other devices. We will look at editing tools, import photos onto a Mac, and use the Mac’s photo app to explore options such as making books, calendars, cards, and ordering prints from Apple. Bring a MacBook if you have one, or use a desktop Mac in our lab.

---

 CODE: **BT024** 2 Tuesdays, February 28 and March 7  
 7:00 - 9:00 pm \$45
 

---

**Microsoft Word: The Basics***Janet Smith*

Microsoft Word is one of the most popular word processing software programs used today. In this two-session workshop you will learn how to do basic word processing tasks such as creating documents, formatting and editing text, and fixing mistakes. We will explore the Word screen and click lots of the buttons to see what they do. We will also cover how to create lists with numbers and bullets; change margins; modify the page layout; add pictures and page numbers; use a template; and more. Students must be familiar with the basics of how to use a personal computer. Computers will be provided. A discount is available for students who sign up for both Word courses.

---

 CODE: **BT006** 2 Thursdays, February 9 and 16  
 7:00 - 9:00 pm \$45
 

---

**Microsoft Word: Beyond Basics***Janet Smith*

Go beyond the basics in this two-session workshop on Microsoft Word 2010. Discover the joy of managing pictures in a document; creating and formatting tables; modifying line and paragraph spacing; and adding headers and footers to a document. Learn some formatting tricks using the Paste-Special and Format Painter commands; explore styles; create a table of contents; and more. Students must be familiar with how to use a personal computer and be comfortable with the basics of Microsoft Word. Computers will be provided. A discount is available for students who sign up for both Word courses.

---

 CODE: **BT015** 2 Thursdays, March 2 and 9 7:00 - 9:00 pm \$45
 

---

**Take both Word courses and save**


---

 CODE: **BT016** \$85
 

---

“One of the best writing instructors I’ve ever encountered.”

*Writer’s Workshop* with Alissa Butterworth

## Sharpen Your Internet Skills

Howard Loewinger

Get more Internet savvy. Learn loads of search tips and tricks and explore browsers (Firefox, Internet Explorer, Safari, and Chrome) and some essential settings. You will learn how to refine search terms so you get results more quickly and focus your searches for images, videos or books, movie times, and flight information in Google. Become familiar with other Google services such as Maps, Play, Google+, and Google Drive. We will go over the basics on how to keep you and your computer safe on the Internet. We will also survey various social media websites and what they offer. Optional: bring your fully-charged laptop or tablet. 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: **BT002** 2 Tuesdays, January 31 and February 7  
1:00 - 3:00 pm \$45; \$40 Arlington Seniors

## Where's the POWER? What's the POINT?

Karen Drummey

Never be guilty of boring PowerPoint presentations again! Learn how to create more engaging presentations even if you don't have a designer's eye. You'll learn about the "6Ps" of the presentation design process and design tips. The remainder of this hands-on workshop will focus on lesser-known easy PowerPoint tricks to make your slides more engaging. You'll wish you learned all this years ago! The class is PC-based for intermediate users who already have basic PowerPoint and computer skills. Use a computer in our lab (and bring a flash drive to take your work with you) or bring your own laptop with PowerPoint.

CODE: **BT026** 2 Tuesdays, January 24 and 31  
7:00 - 9:00 pm \$45

**IF YOU WAIT UNTIL THE  
LAST MINUTE TO REGISTER**

your class may be cancelled.  
Please register early.

## 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, and 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; how to 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, healthcare proxies, advance directives, and powers of attorney.

CODE: **BF029** Thursday, March 2 7:00 - 9:00 pm \$25

## Estate Planning: Protect Your Home from Long-Term Care Costs

David Adams, Esq. and Liane Zeitz, Esq.

For many, a home is one of the most significant assets in their estate. For many, the costs of long term care (whether at home or in a skilled nursing facility) may deplete the bulk of their resources either upon or after their death. In this class, we will look at various legal options both to leverage your home for your own lifetime needs, as well as to protect this asset as an inheritance for your loved ones. We will discuss why putting your home in a trust or adding your children to your deed might be a really bad idea; how transfers to trust or by “life estate” can be excellent planning tools in some situations; MassHealth eligibility rules that will allow you to become eligible (or keep you from becoming eligible) for long term care benefits; and the pros and cons of reverse mortgages for long term health care planning. In this class we will look at several real life examples, both good and bad, to help you apply planning concepts to your own situation.

CODE: **BF033** Thursday, March 9 7:00 - 9:00 pm \$25



## Invest Your Money: The Basics

*Amy Lampert*

Make your money work for you! If investing your money is something you want to do but are unsure where to begin, this two-night workshop will give you the information and confidence you need to get started. With the help of an experienced investment professional, you will come to understand and differentiate the advantages and disadvantages of stocks, bonds, mutual funds, options, and other investment options; why diversification is important in investing, and how to design portfolios that match your needs. Your in-class questions will further shape course content.

CODE: **BT021** 2 Wednesdays, February 1 and 8  
7:00 - 8:30 pm \$35

## You Can Afford College

*Don Anderson, College Funding Advisors*

Financial aid goes to families who plan and act in advance—before December of the child's sophomore year of high school. Learn how to maximize your financial aid by understanding the process and why 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, please visit [collegefundingadvisors.com](http://collegefundingadvisors.com)

CODE: **CS003** Thursday, March 9 6:30 - 8:30 pm \$30/family

## 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](http://arlingtoncommunityed.org) and select "Contact Us" to sign up.

## **NEW** Adult Coloring with Guided Meditation

*Suzan Baltozer-Fisher*

The popularity of adult coloring is no surprise in our hectic, overbooked lives. Coloring is creative, fun, and helps ease the mind, body, and spirit into a calm, almost meditative state. Research shows that mindful meditation reduces stress, slows aging, increases self-acceptance, and makes us happier. Each week we will color pictures that illustrate and explore aspects of nature and wisdom. While coloring, we will be led through guided meditation with music to deepen the experience of serenity. You will walk away calmer, happier, and amazed by the beautiful art you create and the insight and wisdom you gain from this simple yet powerful experience. Crayons and colored pencils will be provided, and you are encouraged to bring your own selection.

CODE: **MA049** 4 Tuesdays, February 7 - March 7  
(no class 2/21) 7:00 - 8:30 pm \$60

## **NEW** Creative Textile Design

*Christine Jansen*

Create your own unique textiles for clothing or home décor. We will explore shibori (an ancient Japanese hand-dyeing technique which dates from the 8th century), screen printing, and stamping to create our one-of-a-kind fabrics. Learn how to use fiber-reactive dyes and textile mediums successfully and safely. Bring inspiration from home or channel your inner designer during class. You will take home samples and detailed instructions each week to continue your work at home. Tuition includes a \$40 materials fee.

CODE: **CN056** 4 Wednesdays February 1 - March 8  
(no class 2/15, 2/22) 6:30 - 9:00 pm \$100

## **NEW** Explore Colored Pencils

*Sue Funk*

Explore the beauty of color through colored pencils. Following a brief review of color theory (primaries, secondaries, etc.), we will move on to composition (how to make a pleasing drawing) and shading (creating the illusion of depth). The magic begins as we start to experiment with colored pencils. What happens to the color when we press down hard with a pencil? What happens when we "color in" lightly? Blending colors, contrasting colors—we will do it all in this fun, experimental 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: **MA048** 6 Wednesdays, January 25 - March 8  
(no class 2/22) 10:00 - noon \$120; \$108 Arlington seniors

## **NEW** Jewelry Making for Beginners and Advanced Beginners

*Sue Doctrow*

This three-session workshop will teach the fundamental skills of beading and simple wire-wrapping, while also providing design ideas and guidance. Appropriate for students with some jewelry-making experience as well as beginners, this course provides the opportunity to create beaded necklaces or bracelets, apply simple wire-wrapping skills for making earrings and clasps, and practice pearl and bead knotting. Do you have random beads cluttering your jewelry box? An “open studio” format will encourage students to work on their own projects and combine some personal materials into one-of-a-kind creations. Tuition does not include tools and materials; a list of required tools (estimated cost \$50, though inexpensive “starter” tool sets are available online) and materials (beads, wire, etc) will be provided to students upon registration

CODE: **CNo57** 3 Tuesdays, February 28 - March 14 7:00 - 9:00 pm \$60

## **NEW** Keepsake Valentine’s Day Cards

*Ann Bausman*

Legend has it that the practice of sending Valentine’s Day cards began in this country when a Mt. Holyoke College student received a card from her beau in England. The daughter of a stationery manufacturer, she convinced her father of the business potential behind this idea. Thus, the Valentine’s Day card was born. Come join an evening of handmade, heartfelt fun. Using rubber stamps, paper punches, decorative tape, 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. This workshop is ideal for friends and adult/child (aged 12+) pairs. Please bring scissors suitable for cutting paper; tuition includes a \$10 materials fee.

CODE: **CNo34** Wednesday, February 1 7:00 - 9:00 pm \$30

## Knitting Workshop

*Joy Spadafora*

Join this fun and welcoming knitting group led by a knowledgeable and patient instructor. You may bring a project of your choice, or the instructor will offer several options. These may include a scarf, hat, wrist warmers, or a handbag for those who want the basics. After registering, email [joyspadafora@gmail.com](mailto:joyspadafora@gmail.com) for projects and supply list.

CODE: **CNo08** 4 Wednesdays, January 18 - February 8 7:00 - 9:00 pm \$75

## Learn to Knit

*Holly Czapski*

Knitting is huge on the modern craft scene, and it’s easy to learn. Together we’ll work on a simple project to practice a variety of skills. Learn how different yarn, stitches, and gauge affect the end result. Casting on, knitting, purling, changing colors, picking up stitches, binding off, and finishing will be covered. Please bring a pair of U.S. size 8 knitting needles, either straight or circular, and some worsted-weight yarn in a mid-to-light toned color to the first class; at this class, the instructor will review supplies you will purchase for our small project. Class is open to both new and returning knitters who want to refresh their basic skills. 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: **CNo48** 8 Mondays, January 23 - March 20 10:00 - 11:30 am \$115; \$104 for Arlington seniors

## Needle Felting Basics

*Anastasia Semash*

Looking for a new craft technique? 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. Nearly anything can be made using wool and special barbed needles. In this workshop, you’ll learn how to make an adorable 3D wool object—a pet, a decorative flower, or a fruit. You’ll be surprised what you can create out of a fluffy pile of wool. Students are provided with a basic felting kit that includes needles, felting mats, and wool of various colors. Instruction will also include: use and purpose of various felting tools, fiber sculpting tips, techniques for making smaller features, and best sources for felting materials. This is a great adult/child class, too. Tuition includes all materials.

CODE: **CNo41** Thursday, March 9 6:30 - 9:00 pm \$35

“Critiques are gracious and thought-provoking.”

*Digital Photography with Suzi Grossman*

## 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](mailto: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 in good working order to the first class.

---

CODE: **CN011** 6 Wednesdays, January 25 - March 15  
(no class 2/15, 2/22) 7:00 - 9:00 pm \$115

---

## SoulCollage® Workshop

Joanne Rothstein

SoulCollage® is a joyful and creative process for accessing your intuition. You do not need to be artistic or creative to enjoy this revelatory process. Using collage, you create a deck of cards in which each card represents an aspect of your authentic self. You then learn to use these cards to tap into your intuition and inner wisdom. The series begins with the process of creating and working with collage cards; returning students will use this time to delve deeper into card-making. Subsequent evenings will focus on themes of nature as you build your personal SoulCollage® card deck and deepen your familiarity with the process of self-inquiry. Each class is led by a certified SoulCollage® instructor and will begin with a short guided meditation. A great experience alone or with friends. Please bring scissors and a glue stick to class. For more information, visit [soulcollage.com](http://soulcollage.com)

---

CODE: **WE002** 3 Wednesdays, February 8, March 1 and 15  
6:00 - 9:00 pm \$105

---

## NEW Stonecarving

Scott Cahaly

Come learn the fascinating ancient medium of carve stone (alabaster). You will learn the process of stone carving—from beginning chisels and files through the finishing process. You are encouraged and helped to produce the type of work that captures your interest. More advanced students can pursue new creative directions or revisit current ones. Class discussion and demonstration accompany many peaceful hours of working and connecting with the stone. No previous experience required. Tools are included for beginners; stone is an additional cost, dependent on size. Meet at Scott's Stone Carving, 80 Loomis Street, Bedford. [stonecarvingdust.blogspot.com](http://stonecarvingdust.blogspot.com). (Please note: classes will meet on January 16 and February 20.)

---

CODE: **MA051.1** 10 Wednesdays, January 4 - March 8  
7:00 - 10:00 pm \$515

---

CODE: **MA051.2** 10 Mondays, January 9 - March 13  
10:00 am - 1:00 pm \$515

---

CODE: **MA051.3** 10 Tuesdays, January 10 - March 14  
10:00 am - 1:00 pm \$515

---

CODE: **MA051.4** 10 Tuesdays, January 10 - March 14  
7:00 pm - 10:00 pm \$515

---

## Woodworking Open Shop

Frank Tassone @ Frank Rizzo

A great opportunity for aspiring or experienced woodworkers, this class is structured as an open shop so all students 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** 8 Tuesdays, January 17 - March 14  
(no class 2/21) 7:00 - 9:30 pm \$190

---

ALL ADULT CLASSES MEET AT ARLINGTON HIGH SCHOOL UNLESS OTHERWISE NOTED.



*Food fees often provide for ample leftovers; bring containers, just in case, and an apron.*

## Adults and Kids Cooking: Valentine's Treats

*Claudia Catalano*

Forget about love. It's red velvet cupcakes and chocolate truffles that make February 14 a magical day, especially when these elegant treats are homemade. Great for your budding baker and a way to spend Valentine's Day together, come learn tricks to making a perfectly moist and delicious cupcake (and the beloved cream cheese frosting that tops it off) and secrets behind achieving perfectly luxurious truffles in just two steps. Bring aprons and a container to bring home your goodies. Tuition includes a \$15 food fee per pair.

CODE: **FD134** Tuesday, February 14 4:00 - 6:00 pm \$45/pair

## Browning Makes It Better

*Kimi Ceridon*

In 1912, French chemist Louis Camille Maillard wrote an article titled "Formation of Melanoidins in a Methodical Way" in which he described the reaction between amino acids and reducing sugars at elevated temperatures that causes browning in foods. Known as the "Maillard Reaction," this phenomenon not only browns, but releases a variety of delicious flavors and aroma compounds. In this hands-on cooking class, we will create a three-course meal using the principles of this wondrous chemical reaction including a sweet, nutty French onion soup, toasted grain pilaf bowls with roasted vegetables and mushroom sauce, and brown-butter cookies. Yum. Tuition includes a \$20 food fee.

CODE: **FD137** Thursday, January 19 6:00 - 9:00 pm \$59

## Candy Science: Sugar + Heat

*Kimi Ceridon*

From tender fudge to chewy taffy, sugar is the culinary chameleon behind our most revered confections. This sugar "shape-shifting" is coaxed out with heat. During this hands-on cooking class, we will learn what happens as sugar turns into candy at a molecular level. Then, we will observe the candy stages in our kitchen laboratory by making salted caramels, chocolate fudge, coffee candies, and nut- and chocolate-covered toffee. Note: This class heats sugar to 300F, so please be prepared to be safe and observant. Tuition includes a \$20 food fee.

CODE: **FD146** Wednesday, March 15 6:00 - 9:00 pm \$59

## Easy and Delicious Indian Cooking

*Shruti Mehta*

Do you love Indian food but fear tackling it at home? Do the foreign spices and not-so-familiar list of beans and legumes intimidate you? Prepare to tackle some *quick, easy, and delicious* Indian recipes that incorporate traditional techniques and ingredients. We will learn to make rajma curry with paneer, potatoes in tomato gravy, khichdi (rice and dal cooked to a risotto-like consistency), cucumber and mint raita, and mango kulfi. This is homemade comfort food that will leave you craving more. Tuition includes a \$20 food fee.

CODE: **FD138** Tuesday, March 7 6:30 - 9:00 pm \$55

## Every-Day Gluten Free

*Anina Kostecky*

Whether it's for health reasons or lifestyle preference, a gluten-free diet can prove challenging when cooking at home or dining out. Learn how to work with different GF flours and make your favorite dishes—gluten free! We will discuss texture, flavor, and ingredient substitutions that can be applied every day toward living gluten free. Recipes will include: puff pastry, chicken pot pie, fresh pasta with lemon sauce, and roasted grape and ricotta socca. Tuition includes a \$15 food fee.

CODE: **FD139** Thursday, February 9 6:00 - 9:00 pm \$55

## Fabulous French Macaron

*JoAnn Ignelzi*

You'll be surprised by how easy it is to make delicate, colorful, and delicious French macarons. We'll make various flavors and fillings that you can bring home to wow friends and family. Bring an apron and a container to bring home your goodies. Tuition includes a \$10 food fee.

CODE: **FD088** Thursday, February 16 6:00 - 9:00 pm \$50

## Flavor-Filled Baking with Whole Grains

*Claudia Catalano*

Everyone knows that compared to the white stuff, whole grain flours bring a lot more nutrition to the table. But do you know that they can also add *much* more flavor to baked goods? Come learn how to enhance classic bread and pastry recipes with "ancient grain" flours such as spelt, kamut, oat, and amaranth. Together we will prove that treats can indeed be healthful *and* delicious. Recipes may include rye scones with whiskey glaze, chewy spelt chocolate chip cookies, and savory cheddar kamut biscuits. Tuition includes a \$15 food fee.

CODE: **FD135** Wednesday, January 25 6:00 - 9:00 pm \$55

## From Assams to Oolongs: Great Teas

*Paul Angiolillo*

Some countries are known for their coffee connoisseurs, others for wine aficionados or beer enthusiasts. But almost every culture has its tea lovers—whether they're into robust Indian Assam, fragrant Chinese Keemun or Formosa Oolong, brisk Ceylon, delicate Darjeeling, smoky Russian Caravan, or classic English blend. We'll sample at least eight top-quality teas from some of the world's great tea-growing regions. Sweet and savory foods will complement the tastings and you'll take home plenty of samples. Please bring one or two of your favorite tea cups to the class. Together we will sip and savor. Tuition includes a \$4 food fee.

CODE: **FD098** Thursday, February 16 7:00 - 8:30 pm \$25

## High Protein Vegan

*Lisa Kelly*

Eating plant-based doesn't mean you have to sacrifice your protein intake. Contrary to popular belief, it's super easy to get enough nutrition, including protein, when you eat a vegan diet. We'll create delicious meals that include tempeh walnut meatballs, roasted tofu kale Caesar salad, Thai quinoa salad, and lentil mixed bean chili—no meat necessary! Tuition includes a \$20 food fee.

CODE: **FD151** Tuesday, January 24 6:00 - 9:00 pm \$59

## Homemade Treats for Happy Dogs

*Mimi Fix*

Leave them begging for more! Show your pets just how much you love them by treating them to homemade doggie treats! Elevate your pooch's palate by learning to make healthy, homemade, and delectable dog treats, such as bones, biscuits, and doggie muffins. Return home with recipes and treats for your special companion. You'll save money and know exactly what your dog is eating. Tuition includes a \$12 food fee.

CODE: **FD149** Thursday March 16 6:00-9:00 pm \$50

## Inspired Biscotti and other Italian Cookies

*Francesca Montillo*

Biscotti encompass all sorts of cookies, not just the twice-baked almond type we're used to seeing in Italian bakeries. In this class, we will have our way with biscotti. Recipes may include the traditional almond biscotti as well as wine taralli, amaretti, and pizzelle. Bring a container to take home your sweet confections! Tuition includes a \$20 food fee.

CODE: **FD136** Thursday, March 9 6:00 - 9:00 pm \$59

## Israeli Vegetarian Home Cooking

*JoAnn Ignelzi*

Many cultures influence Israeli home cuisine. Most dishes are vegetarian, and reflect a "Mediterranean" diet that is healthy for the heart. Learn about the spices and ingredients used to flavor these colorful dishes. We'll make some typical home-cooked dishes found throughout the country, accompanied with store-bought pita, hummus, and tahini sauce. This is a vegetarian class, using eggs and dairy. Recipes will include: Israeli chopped salad with cabbage, carrot and pecan salad, eggplant baladi, falafel, shakshouka (spicy sauteed red pepper tomato sauce with poached eggs), and kitchari (rice with red lentils). Please bring an apron, large knife, and containers for leftovers. Tuition includes a \$12 food fee.

CODE: **FD140** Wednesday, March 1 6:00 - 9:00 pm \$50

## Italian Favorites for Vegans

*Lisa Kelly*

Italian food may be known for its meats, cheeses, and heavy pasta entrees, but it is also possible to capture many of these pungent and traditional Italian flavors in a vegan meal. In this course we will "veganize" many favorites like pasta fagioli, baked spinach arancini, eggplant rollatini, and white bean artichoke crostini. If you are a vegan or simply want to learn how to put a healthier twist on Italian cuisine, this is an excellent class for you. Mangia, the plant-based way! Tuition includes a \$20 food fee.

CODE: **FD150** Tuesday, March 14 6:00 - 9:00 pm \$59

## Knife Skills: Slice and Dice 101

*JoAnn Ignelzi*

Come dice, slice, chop, and chiffonade 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. You'll learn the basics of knife safety, how to choose a knife that works for you, and how to keep your knives sharp. We'll use a variety of different fruits and vegetables for practice. Bring an apron, a paring knife (three- to five-inch), and your favorite large (six- to ten-inch) chef knife, if you have one. Tuition includes a \$10 food fee.

CODE: **FD079** Wednesday, January 18 6:00 - 9:00 pm \$50

FOOD FEES OFTEN PROVIDE FOR  
AMPLE LEFTOVERS, BRING CONTAINERS,  
JUST IN CASE, AND AN APRON.

## Light and Lazy Italian Soups

*Francesca Montillo*

Nothing feels quite so comforting on a winter's night as a warm and nutritious bowl of soup. With the gluttonous holidays behind us, now's the time to think about lighter soups and broths to replace those heavy meals. We will prepare several easy soups; recipes may include: lentil and turkey sausage soup; easy chicken soup with bowtie pasta; and Tuscan ribollita. Bring containers for leftovers. Tuition includes a \$20 food fee.

CODE: **FD141** Thursday, January 26 6:00 - 9:00 pm \$59

## Love at First Bite

*JoAnn Ignelzi*

This is a true story. A couple who met the first time we ran *Love at First Bite* has been married more than ten years and today have three children. This is a recipe that works. Why bother with Internet dating when you can try "cook-dating"? Come prepare a great meal with other singles. Cook-dating began in Paris where singles meet over the stove—a recipe for, if not love, then at least the next dinner party. For this evening, you will prepare a meal under the capable direction of Chef JoAnn, who will make everyone comfortable. The menu will feature seared scallops with an orange beurre blanc; grilled breast of chicken with wild mushroom pancetta; orzo pilaf with roasted asparagus; and chocolate soufflé with Grand Marnier crème anglais. By the time you sit down to a delicious meal with wine, there may be more than food chemistry at work. Come on, register. You know you want to. All food and beverages are included. Please bring an apron, large kitchen knife, and containers for leftovers.

CODE: **FD142** Wednesday, February 1 6:00 - 9:00 pm \$65

## Make Your Own Baby Food

*Nicole Patience*

Starting solid foods is an exciting time and a great opportunity to play a loving role in the preparation of your own baby food. In this hands-on workshop you will learn creative ways to minimize prep time and make safe and delicious baby food. Return home with a week's worth of organic baby food you prepared. We will also discuss ways to foster a positive and encouraging food setting for those first bites. Tuition includes a \$23 food fee and 4 BPA- phthalate-free ice cube trays to take your food home to freeze. Bring your own immersion (stick) blender.

CODE: **FD143** Tuesday, February 28 7:00 - 9:00 pm \$49

## Meat 101

*Scott Carta, Prime Butcher Shop*

Are you overwhelmed by all the choices at the meat counter? Can't decide what to purchase for your dinner party this weekend, the holiday meal, or just a family weeknight meal? Or maybe you eat less meat and want to make sure you buy the best quality and most flavorful cut when you do. Come learn from Prime Butcher's Executive Chef Scott Carta how best to buy, handle, and prepare meats. He'll teach you about the various cuts of beef, grading, and flavor profiling. You'll learn the best cooking methods (moist vs. dry), temperature ranges for particular cuts, and how to safely handle raw meat in your kitchen. There will be plenty of time for a "meaty" discussion with handouts, a Q & A, and tasty samples. Meet at **Prime Butcher Shop**, 1398 Mass Ave., Arlington.

CODE: **FD049** Monday, January 30 7:30 - 9:00 pm \$25



## Mindful Eating Workshop

*Nicole Patience*

In our food-abundant, diet-obsessed culture, eating can sometimes feel mindless, consuming, and guilt-inducing. Mindfulness is tuning into the present moment without judgment. In this workshop, led by a registered dietitian/licensed nutritionist, we will conjure up curiosity about food choice, mealtime habits, and what motivates us to eat. We will focus on basic mindfulness techniques to explore a healthier relationship with food and eating. The instructor will reach out by email before the first class, to accommodate any food allergies or intolerances. The workshop will include exercises using real food. Tuition includes a \$4 food fee.

CODE: **WE007** 2 Tuesdays, March 7 and 14  
7:00 - 8:30 pm \$40

## Oh-So-Easy Artisan Bread

*Mimi Fix*

For those who prefer homemade bread, hot from the oven. No knead. No fuss. No muss. Learn to bake bread the fast, easy way. Bring an apron. Tuition includes a \$12 food fee.

CODE: **FD144** Thursday, March 2 6:00 - 9:00 pm \$50

“The instructor was great.”

*Dude Food Goes Vegan with Lisa Kelly*

## Pastissima!

*Francesca Montillo*

Pasta is a great weeknight option for busy home cooks with limited time, yet is versatile enough to be prepared more elaborately for a weekend dinner. We will prepare some Italian-inspired dishes that will have you running to the pasta aisle. Recipes may include: Bucatini All' Amatriciana; farfalle with sausage, peas, and mushrooms; and pasta e fagioli. Bring containers for leftovers. Tuition includes a \$20 food fee.

CODE: **FD145** Tuesday, February 7 6:00 - 9:00 pm \$59

## Start and Run a Home-Based Food Business

*Mimi Fix*

Earn money doing what you love. Many states, including Massachusetts, have a cottage food law that allows baking and selling in a home kitchen. With minimal start-up money, you can turn your dream into a part- or full-time business. This course will guide you through the entire process. Learn how to implement market research; price, label, and package products; find wholesale and retail customers; set up a simple bookkeeping system; and begin the process of obtaining legal permits. You'll leave with a business plan and a checklist for moving ahead.

CODE: **BT027** 2 Tuesdays, March 7 and 14 6:00 - 9:00 pm \$60

## Tastes of Western India

*Sarita Bhagwat*

Americans continue to explore new cuisines, apparent in the number of ethnic restaurants emerging throughout towns like Arlington. When it comes to Indian cuisine, it's time to look beyond the proverbial chicken tikka masala (in fact, a British invention), naan, and paneer and head west towards Mumbai. Spice blends and ingredients can shift every few miles. You will delight in the simplicity and intensity of flavors from west India. We will make batata bhaji (a tempered potato side dish); masoor amit (curried black lentils); kolambi kalvan (sweet and sour shrimp curry); kakdi koshimbir (cucumber and peanut salad with rice and chapati); and a traditional regional sweet made with Greek yogurt. The instructor will teach you where to find ingredients, including items you already might have in your freezer. Bring an apron and take-home containers. Tuition includes a \$18 food fee.

CODE: **FD147** Wednesday, February 8 6:00 - 9:00 pm \$59

## The Almighty Egg

*Kimi Ceridon*

Eggs are nature's most versatile cooking ingredient. Alone, they are a nutritional powerhouse. Packed with protein and nutrients, they are a staple on the breakfast plate. Inside those delicate, calcium shells, is a scientific wonder that makes so many things we eat great. The unique molecular structure of eggs binds cakes while making them moist. With a whip and a little effort, they knit themselves into a network that can coax water and oil into coexisting or hold air to bring dishes to new heights. During this hands-on class, we will explore the enriching science of the egg through three all-star recipes: a real Caesar dressing over romaine and croutons; a savory bread pudding; and a decadent crème brulee. Bring three or four 6-ounce ramekins from home if you have them. Tuition includes a \$20 food fee.

CODE: **FD148** Wednesday, March 8 6:00 - 9:00 pm \$59

## Daytime and Weekend Classes

Art and Soul . . . . .	23
Celebrate the Vernal Equinox . . . . .	6
Essentrics . . . . .	25
Explore Colored Pencils . . . . .	11
Fitness for Active Aging Adults . . . . .	25
French Cafe: Conversation and Culture . . . . .	20
Full-Body Conditioning with Kettle Bells . . . . .	26
Jane Austen's <i>Pride and Prejudice</i> : Character and Conflict . . . . .	30
Joyful Morning Yoga . . . . .	28
Learn the Tarot: Mirror of the Soul . . . . .	28
Learn to Knit . . . . .	12
Realistic Drawing for Beginners . . . . .	22
Sharpen Your Internet Skills . . . . .	10
Spanish Cafe: Conversation and Culture . . . . .	20
Sunrise Dance Party . . . . .	26
Tai Chi . . . . .	29
Why We Like It: Looking Closely at Fiction . . . . .	31
Yoga for Every Body and Every Age . . . . .	29

“I can't think of any way to improve on perfection. She also has a very charming personality.”

*Watercolor Painting* with Eileen Murphy McNamara



## **NEW** Decorating 101: Fall in Love with Your Home Again

Allison Tilly Carswell and Andrea Canty  
Red Door DesignWorks

How do you pick the right paint color when the options seem endless? Do you decide on the rug first, *then* the color of the walls? Hide the TV, or not? And *oh dear*, what about the window treatments? Decorating your home should not be a painful experience, but rather a fun and artistic expression of you and your family. Learn how to work with what you already own and create a coherent color scheme with accessories. Explore ways to place an inherited family heirloom to create visual interest. We will also share how to hang a gallery wall and pictures and mirrors at the correct height. Please bring your design questions (and room photos if you like) for a lively evening filled with insider tips and expert decorating advice.

CODE: **HGo50** Wednesday, March 8 7:00 - 9:00 pm \$25

## Feng Shui: Create a Home with Heart and Harmony

Linda Varone

Set the stage for life changes. Bring new energy into your home and your life. Feng Shui is more than how a place looks; it's how a space *feels*. The goal is to create a home that feels "right," supporting family connection and personal relaxation. Learn about Chi energy, the Bagua template, and the Nine Cures from a Best of Boston® award-winning consultant and experienced speaker. Simple changes can make a profound impact on how you feel and function in your space. Generously illustrated with photo slides, handouts, and real-life examples.

CODE: **HGo36** Wednesday, February 1 7:00 - 9:00 pm \$25

## **NEW** Indoor Organic Composting: Vermicomposting

Ray Pourli

Yes, *indoor!* Imagine a healthy indoor compost bin at work during winter months and beyond: one that is virtually odorless and very easy to maintain. You will be able to compost coffee, tea, some junk mail, egg containers, fruit and vegetable peels, and more. Learn all the steps and take home a compost starter kit which contains all the micro and macro organisms you need to start a healthy, organic, functioning compost bin. You will also learn how to harvest compost, and how to make a rich compost tea used to feed plants all year long. Your plants will

love you, the trees will love you, and our planet will thank you for taking such a green initiative. Tuition includes a complete compost starter kit.

CODE: **HGo47** 2 Thursdays February 9 and 16  
6:00 - 9:00 pm \$65

## 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: **HGo08** Tuesday, February 28 7:00 - 9:00 pm \$25

## **NEW** Organize Your Space, Time, and Life

Sally Chvany

Do you have problems with a disorganized and cluttered space, difficulty keeping track of your time, or keeping your everyday life organized? Working with an experienced professional organizer, we will explore tangible steps you can take to get your space, time, and life organized and on track—today!

CODE: **HGo40** Thursday, February 9 7:00 - 9:00 pm \$25

## **NEW** Taking the Rains: Rainwater Harvesting and Reuse Workshop

Trevor L. Smith

Water simultaneously manages to be the stuff of majesty and part of our a daily routine. We use it to cook, wash dishes, and brush our teeth. But who hasn't lost themselves watching the ocean's breakers roll in? In the face of climate change, we contend increasingly with water bans, flooding, and erosion. This workshop will acquaint you with simple ways to capture and reuse rainwater. We will discuss rain harvesting, permeable pavements, green roofs, and rain gardens. Imagine that one inch of rainfall on a 2,000 square foot residential roof can generate 1,250 gallons of water that can be reused to get an idea of the potential of rainwater harvesting.

CODE: **HGo49** Wednesday, January 25 7:00 - 8:30 pm \$20



## Accent Improvement Workshop

*Diane Winkelman*

Accent modification is about speaking with more confidence and being more easily understood in professional and social situations. Learn to hear and correct accented speech sounds that can contribute to misunderstood speech in a supportive, interactive learning environment. Learn how to interact smoothly and effectively during misunderstandings. This class is geared toward non-native English speakers who are fluent in English and are interested in improving their accent so that they are understood more clearly at work and during social interactions.

CODE: **LA030** 4 Tuesdays, February 7 - March 7  
(no class 2/22) 7:00 - 8:30 pm \$60

## American Sign Language

*Ali Schmalenberger*

Signing is a useful skill that can open up a new world of relationships and understanding. A visual gestural *language*, ASL is expressed through the hands, body, and face and is perceived through the eyes. This course is for those who have no experience with ASL or who need a refresher on the basics. Learn the Manual Alphabet, numbers, greetings, and other basic conversational tools. Vocabulary videos and worksheets posted online will assist your practice at home.

CODE: **LA038** 7 Wednesdays, January 18 - March 15  
(no class 2/15, 2/22) 7:00 - 8:00 pm \$80

## English as a Second Language (ESL) Level 1A

*Andrea O'Leary*

In a friendly classroom setting, learn to understand, speak, and write American English. This course is for those who have little or no knowledge of English. We will review the alphabet and work on spelling, pronunciation, and vocabulary. Letters, words, basic vocabulary for daily living, and common phrases will also be discussed. We will use worksheets and practice pronunciation, listening, and conversation skills in class.

CODE: **LA017** 6 Thursdays, January 26 - March 16  
(no class 2/2, 2/23) 6:00 - 7:30 pm \$70

## English as a Second Language (ESL) Level 1B

*Andrea O'Leary*

This course is for those who have completed Level 1A or have studied American English at a low-beginner level. Simple verb tenses, pronouns, prepositions of place and time, and common idioms are included. Vocabulary for shopping, traveling, asking questions, and responding appropriately are taught. You will be speaking, listening, and practicing the correct pronunciation and usage of American English.

CODE: **LA039** 6 Thursdays, January 26 - March 16  
(no class 2/2, 2/23) 7:30 - 9:00 pm \$70

## English as a Second Language (ESL) Level 2

*Rosemary Previte*

This class is a continuation of the Level 2 class offered in the fall term. Building on what was covered previously, we will continue working on additional units from the textbook *All Star 1*. This course is for those who have studied some basic English and who want to improve grammar, vocabulary, pronunciation, and conversation skills. Topics will include parts of speech; simple present, present progressive, and past tenses; and subject and object pronouns. We will use a textbook and worksheets, and we will practice pronunciation, listening, and conversation skills in class. This course will improve your understanding of American English, as well as your speaking and writing skills. Purchasing the textbook is optional.

CODE: **LA022** 6 Thursdays, January 26 - March 16  
(no class 2/2, 2/23) 6:30 - 8:00 pm \$70

## French for Beginners

*Erica Adelson*

Lay the foundations to become a confident French speaker by learning pronunciation, vocabulary, basic grammar, and present tense verbs in this first level course. Emphasis will be on useful, everyday words and phrases including greetings, numbers, weather, travel, and food. This class is for beginners or those who wish to review the fundamentals. Tuition includes all materials.

CODE: **LA027** 7 Wednesdays, January 18 - March 15  
(no class 2/15, 2/22) 7:00 - 8:30 pm \$105

**SOME CLASSES FILL QUICKLY**

Register early to avoid disappointment.

## The French Café: Conversation and Culture



Madeleine Buehler

The language of love and one of the five Romance languages (modern languages that descended from spoken Latin), French is the language of 75 million native speakers today. This class, taught by a native speaker, offers conversation and culture for those who want to refresh their French, take it to the next level, or those who just miss speaking the language. We will improve our spoken French and vocabulary as we enhance our knowledge and appreciation of all things French: literature, music, cuisine, and—if we dare—politics! To enjoy this class, students should have some experience with conversational French. 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, January 26 - March 16  
2:30 - 4:00 pm \$125; \$114 Arlington seniors

## Italian for Beginners

Rita Bruno Abela

For students who have no (or limited) experience with Italian language, we will start with the basics, the ABCs, and 1-2-3s, and progress towards expressing greetings, idiomatic expressions, descriptions, and daily activities. Come and join us to learn the fundamentals of this exciting language. Teacher will provide copies of activities and exercises.

CODE: **LA024** 5 Tuesdays, February 9 - March 14  
(no class 2/21) 6:00 - 7:30 pm \$75

## Italian for Beginners II

Rita Bruno Abela

For students who have previously studied the Italian language and wish to practice their skills in a conversational setting, this course will focus on various cultural topics to help facilitate conversation and help students gain a deeper understanding of the Italian language. This course is open to people who have already taken Italian for Beginners. We will continue to study grammar through simple and short conversations; we will work on the four skills of speaking, listening, reading, and writing, focusing especially on oral proficiency. Teacher will provide copies of activities and exercises.

CODE: **LA036** 5 Tuesdays, February 9 - March 14  
(no class 2/21) 7:30 - 9:00 pm \$75

## Learn Spanish

Cinthya Soto

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 Tuesdays, January 17 - March 14  
(no class 2/21) 7:00 - 8:30 pm \$125

## The Spanish Café: Conversation and Culture

Cinthya Soto

Spanish is the most widely-spoken Romance language in the world today, with 410 million native speakers. This convivial class is taught by a native speaker and offers conversation and culture for those who want to refresh their Spanish, take it to the next level, or who just miss speaking the language. We will improve your spoken Spanish and vocabulary by encouraging discussions in a variety of topics involving the culture of Spanish-speaking countries: art, literature, music, cuisine, travel, and current events. To enjoy this class, students should have some experience with conversational Spanish. Morning class meets at **Arlington Senior Center**, 27 Maple St., Arlington, and is co-sponsored by Arlington Council on Aging and open to students of all ages.

CODE: **LA031.1** 7 Wednesdays, January 18 - March 15  
(no class 2/15, 2/22) 7:00 - 8:30 pm \$110

CODE: **LA031.2** 8 Wednesdays, January 18 - March 15  
(no class 2/22) 10:00 - 11:30 am \$125; \$114 Arlington seniors



“Boot is such a personable and knowledgeable leader. He tied everything together and held the attention of every participant.”

Nature Walks with Boot Boutwell



## MUSIC, ART, & PHOTOGRAPHY

### Introduction to Guitar

Phillip Grannan

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 one or two hours a week to practice. Note: A \$5 materials fee will be collected at the first class.

CODE: **MU023** 7 Tuesdays, January 24 - March 14  
(no class 2/21) 6:00 - 7:25 pm \$115

### Continuing Guitar

Phillip Grannan

This course is perfect for anyone who has completed *Introduction To Guitar* or who has been playing guitar for a while. Come join us if you are looking for a fun and supportive environment to continue learning and playing. We will focus on developing stronger musical skills through playing individually and with the group.

CODE: **MU031** 7 Tuesdays, January 24 - March 14  
(no class 2/21) 7:30 - 9:00 pm \$115

### Play Ukulele

Phillip Grannan

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, you will learn basic strumming patterns and common chords. Through familiar song examples, no-frills explanations, and demonstration of basic techniques, you will be picking and strumming in no time. Whether you are brand new to musical performance or looking to add a new twist, it's time to get in on the fun. Bring a ukulele and, if you have one, a music stand. Aloha!

CODE: **MU022** 6 Thursdays, January 26 - March 16  
(no class 2/2, 2/23) 6:00 - 7:25 pm \$96

### Continuing Ukulele

Phillip Grannan

The ukulele revival is bringing people together worldwide and the instrument is growing more popular each day. This class is designed for the ukulele player who has taken our *Fundamentals* class or has already played for a while. Learn new, complex strumming patterns, basic fingerpicking technique, and expand your repertoire. Students in this class will be exposed to various tempos, styles, and basic elements of music theory. Bring a ukulele and, if you have one, a music stand.

CODE: **MU033** 6 Thursdays, January 26 - March 16  
(no class 2/2, 2/23) 7:35 - 9:00 pm \$96

### Sing! Sing! Sing!

Ellie Foster, with Jonathan Kessler

Come sing fabulous three-part harmonies of popular contemporary songs set to great new arrangements. This drop-in, no-commitment singing celebration is open to anyone who loves to sing. Under the direction of an enthusiastic singer and musician, we'll begin with fun voice warm-up exercises, then learn our parts and perform together, all in one night. You won't believe how great this feels! We hope to film the event and post online. Beer and wine will be available for purchase at our new venue. Bring a friend or come make some new ones! Meet at **artlounge**, 1346 Mass. Ave., Arlington; free on-street parking. Doors open at 7:00 pm.

EVENT Thursday, February 16 7:30 - 9:00 pm Pre-registration is recommended, walk-ins welcome as space allows.  
\$10 at the door

### Sing! Sing! Sing! *The Hamilton Edition*

It is time for people to stop singing in their showers and unite, in order that we may share our common passion for *Hamilton*—the soundtrack! This perfect union will be led by *Sing! Sing! Sing!*'s music director extraordinaire Ellie Foster and musician Jonathan Kessler. Join us “in the room where it happens” for a sing-along to this widely popular Broadway musical. Have fun singing the songs with piano accompaniment. All are welcome, whether you've seen the show (no bragging allowed), listened to the album, or just want to find out what the excitement is all about. *Don't say no to this!* Children ages 10 and older are welcome to register if accompanied by a registered adult. Meet at **Arlington High School**.

EVENT Thursday, March 23 7:30 - 9:00 pm Pre-registration is recommended, walk-ins welcome as space allows.  
\$10 at the door

### Botanical Drawing

Anastasia Semash

The natural world provides endless opportunities for creating art for those captivated by the myriad details that flowers, fruit, and trees provide. Come discover techniques to illustrate nature using pen, ink, and all kinds of colored pencils on paper and hone your observational skills as we draw together. We'll work both from observation and from photo sources. All skill levels welcome in this introductory class. A materials list will be emailed to you upon registration.

CODE: **MA044** 6 Wednesdays, January 25 - March 15  
(no class 2/15, 2/22) 7:00 - 9:00 pm \$110

## Drawing: Beyond Fundamentals

Adrienne Landry

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 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 with registration. A \$5 materials fee will be collected at class.

CODE: **APo46** 6 Thursdays, January 26 - March 16  
(no class 2/2, 2/23) 7:00 - 9:00 pm \$110

## Explore Colored Pencils

Sue Funk

Explore the beauty of color through colored pencils. Following a brief review of color theory (primaries, secondaries, etc.), we will move on to composition (how to make a pleasing drawing) and shading (creating the illusion of depth). The magic begins as we start to experiment with colored pencils. What happens to the color when we press down hard with a pencil? What happens when we “color in” lightly? Blending colors, contrasting colors—we will do it all in this fun, experimental 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: **MAo48** 6 Wednesdays, January 25 - March 8  
(no class 2/22) 10:00 am - noon \$120; \$108 Arlington seniors

## Realistic Drawing for Beginners

Anastasia Samash

Drawing is a skill that can be developed with practice, and the more you learn, the more fun it is. This class introduces basic drawing techniques and is designed to increase your observation skills. You'll discover how to realistically represent what you see through studies in contour drawing, perspective, value, and texture rendering. Looking at the illustrations from great master's drawings, we'll analyze the artists' approach to basic drawings problems. We'll draw both from observation and from photo references, using various pencils, pastels, and charcoal on paper. A materials list will be emailed to you upon registration. 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: **MAo52** 6 Fridays, February 3 - March 17 (no class 2/24)  
9:30 - 11:30 am \$120; \$108 Arlington seniors

## Still Life Painting and Composition with Acrylics

Anastasia Semash

Learn what it takes to make a great still life painting; what makes an interesting still life composition; and how to draw fruit, flowers, draperies, and household objects. We will draw and paint from observation and also look at examples of great masters' works. Classes will include studying lights and shades, exciting color theory exercises, and monochrome painting using acrylic paints. A materials list will be emailed to you upon registration.

CODE: **MAo43** 7 Tuesdays, January 24 - March 14  
(no class 2/21) 7:00 - 9:00 pm \$125

## Winter Watercolor Painting

Eileen Murphy McNamara

Explore the beauty of the winter palette—orange sunsets, purple shadows, white snow drifts, green pines, and brilliant blue skies. In this four-week workshop, with winter as our muse, we will explore the exceptional qualities of watercolor—transparency, fluidity, and versatility—as we create compositions of our winter landscape. A materials list will be sent after registration.

CODE: **MAo50** 4 Wednesdays, January 18 - February 8  
7:00 - 9:00 pm \$80

## Digital Photography: An Introduction

Suzi Grossman

Are you still not sure what all the buttons on your digital camera mean? This course is for those who want to move off “auto” setting and learn what their digital cameras can do. We'll explore your camera's features and menus and then cover basic elements of photography including shutter speed, aperture, metering, focus, and ISO speed. We'll build on these basics, adding lighting and composition, and apply them to common subject matter, such as portraits and landscapes. Please bring your digital camera and instruction manual to the first class; cameras should have a “manual” mode that allows adjustment of both shutter speed and aperture settings.

CODE: **APo56** 6 Wednesdays, January 25 - March 15  
(no class 2/15, 2/22) 7:00 - 9:00 pm \$110

ALL CLASSES MEET AT ARLINGTON HIGH SCHOOL UNLESS OTHERWISE NOTED.



## Adult, Infant and Child CPR with AED

*Jeffrey Bruno*

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. A \$20 materials fee will be collected at class.

CODE: **MB001.1** Thursday, February 9 6:00 - 9:00 pm \$60

CODE: **MB001.2** Wednesday, March 15 6:00 - 9:00 pm \$60

## Art and 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, artistic, 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](mailto:MaryHurley@comcast.net) to receive a list of meeting places and directions. Please note that museums may charge additional entrance fees, generally in the \$5-\$10 range.

CODE: **FG006** 6 Wednesdays, February 15 - March 29  
(no class 2/22) 10:00 am - 1:00 pm \$89

## Barre Basics Workout

*Amber Breimeir*

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. Class meets in the Fitness room at AHS. *Enter class through courtyard gate off of lower parking area behind AHS. See map on page 56.*

CODE: **DE062** 6 Wednesdays, January 25 - March 15  
(no class 2/15, 2/22) 7:00 - 8:00 pm \$72

## Board Game Night!

*Sean Faeth*

Board games offer a healthy distraction—a way to unwind, relax, and reduce stress—and keep the mind active and healthy by building memory formation and cognitive skills. Plus, they are just plain fun! If you love board games or want to explore this world, please take a seat at our table. What’s your passion? *Catan*, *Dominion*, *Star Wars: Imperial Assault*? Maybe you prefer to outlast and outwit the zombie horde in *Dead of Winter*, or the magic and might in *Arcadia Quest*? Board game enthusiast Sean Faeth invites players to sit down and play some exciting board games. He will provide games, such as those mentioned above and others like: *7 Wonders*; *Pathfinder Card Game: Rise of the Runelords*; *Ascension: Return of the Fallen*; *Emergents: Genesis*; *Star Realms*; and more. You may already know how to play some of these games and may discover new ones. Bring your favorite board game and recruit new players. Try new games, teach new players, and meet new people. Open to ages 14+; pre-registration is required.

CODE: **RF015** 5 Thursdays, February 9 - March 16  
(no class 2/23) 6:00 - 9:00 pm \$75

## Celebrate the Vernal Equinox at Great Meadows

*Boot Boutwell*

Spring is a time of rebirth and renewal. In New England, the weather begins to moderate, the first flowers poke their heads above ground, and our days grow longer. Officially, spring arrives with the Vernal Equinox on March 20, but we’ll get a jump on the day by heading into Arlington’s Great Meadows in search of signs of spring. Join popular teacher/naturalist Boot Boutwell and celebrate the coming of spring. We’ll begin with a little poetry and solstice lore, but the focus will be on plant identification, and fun and interesting natural history. Directions to our meeting place will be sent after registration. Children ages 10 and older are welcome to register if accompanied by a registered adult; limited to 15.

EVENT Saturday, March 18 9:30 am - noon \$20

“Class was fun and creative as well as providing a way of thinking deeper.”

*SoulCollage Workshop with Joanne Rothstein*

## Learn to Play Chess

*John Sadoff*

Chess engages our minds and memory and challenges us to tap into our creative thinking, problem solving, and reasoning skills. Learn to play chess well from an experienced and patient chess teacher who travels the world to play this game of kings. Each week you will learn how a new piece of the chessboard moves and practice fundamentals such as controlling the center of the board, protecting the king, and developing your pieces. Learn playing strategies through puzzles and practice your new skills with your classmates. At the end of this course you will be a King of the Chessboard!

CODE: **FGo44** 7 Wednesdays, January 18 - March 15  
(no class 2/15, 2/22) 7:00 - 7:50 pm \$77

## Play Chess Now

*John Sadoff*

*“Chess, like love, like music, has the power to make one happy.”*  
—The Game of Chess

For those who already play chess, this course will strengthen your skills over the chessboard. Master the art of checkmating. Learn the three principles of the opening. Fight your way through a king and rook endgame. Solve puzzles from real chess games. Play friendly competitive games against other students. Learn from an experienced chess teacher who travels the world to play this game of kings. At the end of this course you will have conquered the fundamental strategies of chess and won't be able to wait to find your next opponent!

CODE: **FGo45** 7 Wednesdays, January 18 - March 15  
(no class 2/15, 2/22) 8:00 - 8:50 pm \$77

## **NEW** Learn to Play Mah-jongg

*Jui-Fei Childers*

Mah-jongg, a traditional Chinese game, is great for families and friends to play together. Played by four and easy to learn, it is fun and challenging at the same time. This strategic tile-based game uses “suits” like rummy. It's addictive, so once you've learned you'll want to play again and again. Each session will include instruction and supervised play. Bring a family member or a friend and learn it together. If you plan to bring your own Mah-jongg set, let us know when you register so our instructor can check to make sure it's complete.

CODE: **RFo17** 3 Tuesdays, February 28 - March 14  
6:30 - 8:30 pm \$75

## **NEW** Storytelling Wow!

*Brendyn Schneider*

You've heard *The Moth*. You've been to a *Massmouth* show. Maybe you have a presentation coming up, but you're trapped in the icy grip of stage fright. Don't panic. Learn your story! Delve into the mechanics of storytelling, explore a presentation's must-haves such as body language and elocution. Unlock the secrets behind conveying humor, tragedy, romance, anger, and more. We'll talk about a story's trip from the page to the stage, and how nervous energy, posture, and practice are the presenter's allies. Where can you perform? How do you promote yourself? How can you get paid for storytelling? By the end of the course, you'll know! We will conclude with an in-class performance of YOUR presentation. Notebook recommended but not required.

CODE: **RFo16** 6 Wednesdays, January 25 - March 15  
(no class 2/15, 2/22) 7:00 - 8:30 pm \$90

## **NEW** BollyX Dance Fitness

*Maitri Buch*

Have a blast with BollyX! A Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world, it's 50 minutes of cardio that cycles between higher- and lower-intensity dance sequences that get you moving, sweating, and motivated. BollyX draws inspiration from the music and dance of Bollywood, the film industry of India, and is all about infectious energy, expression, and movement.

CODE: **RFo19** 5 Tuesdays, February 7 - March 14  
(no class 2/21) 7:00 - 8:00 pm \$60

## Country Western Line Dance

*Julie Kaufmann*

What's more fun than country-western line dance? Come alone, or with a partner. Young and old, men and women, athletes and couch potatoes—everyone can have a great time. You'll also get low-impact exercise as we dance to (mostly) country-western music. No experience needed. Just bring your two left feet, because in line dancing there are no mistakes!

CODE: **DEo67** 6 Wednesdays, January 25 - March 15  
(no class 2/15, 2/22) 6:30 - 7:45 pm \$90

## Essentrics Full-Body Workout

*Severina Gates*

Essentrics is a full-body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong, and flexible muscles with immediate changes to your posture. Ideal for physically active men and women, this program re-balances the body, prevents and treats injuries, and unlocks tight joints. The Essentrics workout draws on the flowing movements of tai chi and ballet to create a balanced, flexible, and pain-free body. This course moves at a faster tempo than *Aging Backwards*. Please bring a yoga mat, towel, and water.

CODE: **DEo72** 7 Thursdays, January 19 - March 16  
(no class 2/2, 2/23) 7:00 - 8:00 pm \$86

## Essentrics: Gentle Stretching

*Severina Gates*

Formerly *Essentrics: Aging Backwards*; same class, new title. A gentle way to lubricate joints and elongate tight muscles, *Essentrics: Gentle Stretching* can help you feel better and more mobile than you have in years. This full-body technique lengthens and strengthens every muscle in the body, creating greater joint mobility. A completely original workout that draws on the flowing movements of tai chi for health and balance, the strengthening theories behind ballet, and the healing principles of physiotherapy, which, when combined, help to produce a pain-free body. For men and women of all ages and fitness levels who are looking for a gentle, slow-tempo class. Please bring a yoga mat, towel, and water. Meet at **Arlington Senior Center**, 27 Maple St., Arlington. *Co-sponsored by Arlington Council on Aging and open to students of all ages.*

CODE: **DEo69** 8 Fridays, January 27 - March 17  
11:45 am - 12:45 pm \$99; \$89 Arlington seniors

## Fabulous Zumba!

*Cheryl Keane*

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. Meet at **St. John's Episcopal Church**, 74 Pleasant St., Arlington; enter rear door.

CODE: **DEo02** 8 Mondays, January 23 - March 20  
(no class 2/20) 6:45 - 7:45 pm \$96

## Fitness for Active Aging Adults

*Joe Rindone*

We all want to be strong, independent, and fully functioning adults as we age into our 60s, 70s, and beyond. Strength training is one proven way to achieve this goal. Just like younger adults, aging adults should continue to build flexibility and balance. Done regularly, strength training builds bone and muscle and helps to preserve strength, independence, and energy. These exercises are safe and effective for women and men of all ages, including those who are not in perfect health. Learn how to train using smooth, slow, and controlled movements that will increase your balance and flexibility. Meet at **Back Bay Fit**, 180 Mass. Ave., Arlington.

CODE: **DEo74.1** 8 Mondays, January 23 - March 20  
(no class 2/20) 9:30 - 10:30 am \$116

CODE: **DEo74.2** 8 Wednesdays, January 25 - March 15  
9:30 - 10:30 am \$116

CODE: **DEo74.3** 8 Mondays and 8 Wednesdays, January 23 - March 15 9:30 - 10:30 am \$210

“There was no wasted time, yet she took time to answer all our questions.”

*Invest Your Money: The Basics* with Amy Lampert

ALL CLASSES MEET AT ARLINGTON HIGH SCHOOL UNLESS OTHERWISE NOTED.

## Full-Body Conditioning with Kettlebells

*Joe Rindone*

Come transform your body! 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. We will work conditioning drills, and ab circuits in addition to strength training with kettlebells. You will be moving for nearly the entire half hour. No experience necessary. Good for all fitness levels.

Meet at **Back Bay Fit**, 180 Mass. Ave., Arlington.

CODE: **DEo65** 9 Fridays, January 20 - March 17  
8:30 - 9:00 am \$130

## LaBlast® Dance Fitness

*Beth Canuel*

LaBlast® is a fun-filled, high energy dance fitness class that will both challenge and inspire people of all ages and fitness levels. Developed by *Dancing with the Stars* pro Louis Van Amstel, the workout combines a variety of dance styles with music of all genres. Do the cha cha, disco, jive, merengue, salsa, samba, Viennese waltz, and tango set to music of all genres—while you burn fat and blast away calories. No experience or partner necessary. Just wear comfortable fitness clothes and sneakers; bring water and a towel.

CODE: **DEo63.1** 7 Tuesdays, January 24 - March 14  
(no class 2/21) 7:00 - 8:00 pm \$98

CODE: **DEo63.2** 7 Thursdays, January 19 - March 16  
(no class 2/2 and 2/23) 7:00 - 8:00 pm \$98

CODE: **DEo63.3** 7 Tuesdays and Thursdays, January 19 - March 16  
7:00 - 8:00 pm (no class 2/2, 2/21, 2/23) \$190

## Parkour

*Parkour Generations Boston*

Parkour, also known as freerunning and l'art du déplacement, originated outside Paris in the late 1980s and has since become one of the fastest growing sports in the world, largely due to the popularity of viral videos and action film stunt sequences. Parkour practitioners, known as traceurs, learn to navigate their environment and overcome mental and physical challenges in a safe and creative manner. Traceurs learn to look at the world through the lens of "parkour vision," turning any environment into a playground for movement and physical challenge. Classes are designed to accommodate a wide range of fitness and ability levels, and are all taught by ADAPT-certified instructors. Open to ages 14+. Drop-ins welcome for evening class; \$20.

CODE: **RFo12** 7 Tuesdays, January 24 - March 14  
(no class 2/21) 7:00 - 8:30 pm (ages 14+) \$126

## Social Dance: Salsa and Club Latin

*Beth Canuel*

Hola! Come immerse yourself in dynamic and exciting Latin dances, including Salsa, Merengue, Bachata, & Cha Cha. Once you learn the basic steps, you'll be able to spice up any dance floor you step on! Classes feature a strong focus on partnering, styling, and the characteristics of each dance. No partner required.

CODE: **RFo13** 7 Tuesdays, January 24 - March 14  
(no class 2/21) 8:00 - 9:00 pm \$90

## Social Dance I: Smooth Moves

*Beth Canuel*

You will be amazed at how smooth you can move and how much fun you can have on the dance floor. You'll learn the basic patterns of popular social dances such as the Waltz, Foxtrot, Rumba, Cha Cha, Tango, and Swing. You'll explore footwork, timing, and etiquette while having fun, fun, fun! What are you waiting for? Take that first step toward being confident on the dance floor! No experience or partner required.

CODE: **DEo07** 7 Thursdays, January 19 - March 16  
(no class 2/2, 2/23) 8:00 - 9:00 pm \$90

## StrongWomen, Strong Bones

*Nancy Webber*

Based on Dr. Miriam Nelson's *StrongWomen* series, this course will teach you safe exercises using simple handheld weights. You will build muscle mass to help you to lose or maintain weight and bone mass to prevent osteoporosis, improve balance, and decrease the risk of falling. Best of all, you can continue this program on your own. Exercises are adaptable to all fitness levels. Please wear comfortable fitness clothes; bring water and a yoga mat if you have one.

CODE: **RFo09** 5 Tuesdays, February 7 - March 14  
(no class 2/21) 7:00 - 8:00 pm \$70

## Sunrise Dance Party

*Sara McCabe*

Wake up and dance! At this low-key, low-impact morning dance party, there's no pressure to learn routines, wear stylish outfits, or impress anyone. We'll dance to music from 60s soul to current pop, combining classic aerobic moves with creative new steps, as well as an occasional line dance. Open to all fitness levels; no experience necessary. Wear comfortable clothing and sneakers and bring water. 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: **RFo18** 6 Thursdays, January 26 - March 16  
(no class 2/23) 7:30 - 8:30 am \$75; \$65 Arlington seniors



## 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: **DE029** 6 Wednesdays, January 25 - March 15  
(no class 2/15, 2/22) 7:45 - 9:00 pm \$90

## The Belly Dancer's Workout

*AC Calcaterra*

Come rock the Kasbah! Join a fun workout that will whittle your waist, tone your belly, and shape your arms. Learn movements specific to this style like belly rolls, hip lifts, and snake arms. After a warm up, we'll drill individual dance moves and then learn how to put it all together so you can continue your belly dance workout at home. Strengthen your muscles while enjoying the creativity of a dance class. Easy and fun to learn, you'll be sore in places you forgot you had. Come work out like a belly dancer! Open to all levels of fitness as all movements can be modified. Wear comfortable, loose fitting clothing; hip scarves will be provided!

CODE: **DE070** 6 Tuesdays, January 31 - March 14  
(no class 2/21) 7:00 - 8:00 pm \$70

“I LOVE *Sing! Sing! Sing!* Ellie is not only a gifted teacher but also a delightful entertainer. The music that she pulls out of a motley crew is quite a feat! I think we sounded very harmonious by the time we sang the finale!”

*Sing! Sing! Sing!* with Ellie Foster

## **NEW** Adult Coloring with Guided Meditation

*Suzan Baltozer-Fisher*

The popularity of adult coloring is no surprise in our hectic, overbooked lives. Coloring is creative, fun, and helps ease the mind, body, and spirit into a calm, almost meditative state. Research shows that mindful meditation reduces stress, slows aging, increases self-acceptance, and makes us happier. Each week we will color pictures that illustrate and explore aspects of nature and wisdom. While coloring, we will be led through guided meditation with music to deepen the experience of serenity. You will walk away calmer, happier, and amazed by the beautiful art you create and the insight and wisdom you gain from this simple yet powerful experience. Crayons and colored pencils will be provided, and you are encouraged to bring your own selection.

CODE: **MA049** 4 Tuesdays, February 7 - March 7  
(no class 2/21) 7:00 - 8:30 pm \$60

## 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, February 1 7:00 - 8:30 pm \$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. Monday class meets at **Fox Library**, 175 Mass. Ave. (at Cleveland Street); Thursday class meets at Arlington High, 869 Mass. Ave.

CODE: **DE015.1** 9 Mondays, January 9 - March 20  
(no class 1/16, 2/20) 7:15 - 8:30 pm \$108 with Bettina

CODE: **DE015.2** 7 Thursdays, January 19 - March 16  
(no class 2/2, 2/23) 7:30 - 8:45 pm \$88 with Ruth

## Joyful Morning Yoga

*Linda Del Monte*

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: **DEo10** 10 Wednesdays, January 11 - March 22  
(no class 2/15) 9:00 - 10:15 am \$125

## Learn the Tarot: Mirror of the Soul

*Jeanne Mayell*

Learn to use the Tarot, a most powerful and ancient divination tool. 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, named by Coast to Coast AM radio as one of America's most gifted Tarot readers, 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 Arlington High. Read about the instructor at [jeannemayell.com](http://jeannemayell.com)

CODE: **MBo11** Saturday, February 25 10:00 am - 4:00 pm \$75

## Mindful Eating Workshop

*Nicole Patience*

In our food-abundant, diet-obsessed culture, eating can sometimes feel mindless, consuming, and guilt-inducing. Mindfulness is tuning into the present moment without judgment. In this workshop, led by a registered dietitian/licensed nutritionist, we will conjure up curiosity about food choice, mealtime habits, and what motivates us to eat. We will focus on basic mindfulness techniques to explore a healthier relationship with food and eating. The instructor will reach out by email before the first class, to accommodate any food allergies or intolerances. The workshop will include exercises using real food. Tuition includes a \$4 food fee.

CODE: **WEo07** 2 Tuesdays, March 7 and 14  
7:00 - 8:30 pm \$40

## New Year's Resolution: Stay Fit and Lose Weight with Self Hypnosis

*Fanny Van de Poel*

Did you start the new year with a firm resolve to lose weight but find it hard to take actions to reach your goals? You are not alone. And, help is on the way. In this workshop, a certified hypnotherapist will teach you self-hypnosis techniques to help you reach your healthy goal *and* feel better about yourself. Learn practical tools you can integrate into your daily life to lose weight and get more exercise. Discover how practicing self-hypnotic techniques for just 20 minutes a day can change the way you feel about yourself and your life! Yes, this year you will make it!

CODE: **WEo05** Thursday, January 26 7:00 - 9:00 pm \$25

## SoulCollage® Workshop

*Joanne Rothstein*

SoulCollage® is a joyful and creative process for accessing your intuition. You do not need to be artistic or creative to enjoy this revelatory process. Using collage, you create a deck of cards in which each card represents an aspect of your authentic self. You then learn to use these cards to tap into your intuition and inner wisdom. The series begins with the process of creating and working with collage cards; returning students will use this time to delve deeper into card-making. Subsequent evenings will focus on themes of nature as you build your personal SoulCollage® card deck and deepen your familiarity with the process of self-inquiry. Each class is led by a certified SoulCollage® instructor and will begin with a short guided meditation. A great experience alone or with friends. Please bring scissors and a glue stick to class. For more information, visit [soulcollage.com](http://soulcollage.com)

CODE: **WEo02** 3 Wednesdays, February 8, March 1 and 15  
6:00 - 9:00 pm \$105

## Tai Chi: Meditation in Motion

*Judith King*

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 ten steps or less. Through these forms, students learn fundamental skills such as stance, step patterns, basic blocking, and whole body movement. Wear loose, comfortable clothing. Note: The 6:00 pm class is for those acquainted with the Hwa Yu Short Form;

the 7:10 pm and daytime classes are for those with little or no experience. Evening classes meet at Arlington High, 869 Mass. Ave.; daytime classes meet at **Calvary Church**, 300 Mass. Ave., Arlington. Enter far-right side door on Linwood Street, turn right, and go up one flight.

---

CODE: **DEo12.1** 7 Wednesdays, January 18 - March 15  
(no class 2/15, 2/22) 6:00 - 7:00 pm \$88

---

CODE: **DEo12.2** 7 Wednesdays, January 18 - March 15  
(no class 2/15, 2/22) 7:10 - 8:10 pm \$88

---

CODE: **DEo12.3** 9 Thursdays, January 19 - March 16  
9:30 - 10:30 am \$115 

## Tai Chi: Yang-Style

*Zhantao Lin*

Tai Chi is both a cultural experience and an excellent way to exercise and improve balance and coordination. Taught by a 6th-generation Tai Chi master and native of China, this introduction covers the first 16 postures of the 88 postures in the traditional Yang Style Tai Chi Long Form. Students will learn steps, hand movements, balance, and form. The teacher provides individual attention and a strong sense of the history and context of these movements in Chinese culture. Appropriate for all ages and ability levels. Meet at **Calvary Church**, 300 Mass Ave., Arlington. Enter far-right side door on Linwood Street, turn right, and go up one flight.

---

CODE: **DEo71** 10 Tuesdays, January 10 - March 14  
9:00 - 9:50 am \$125

## 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 onto postures 17 to 50. We will focus on accuracy, consistency, and fluency to further strengthen your body's balance. Appropriate for all ages and abilities. 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** 10 Tuesdays, January 10 - March 14  
10:00 - 10:50 am \$125

## Tai Chi: Level 3

*Zhantao Lin*

This class continues postures 51 to 88 of Yang Style Tai Chi. We will focus on accuracy, consistency, and fluency to further strengthen your body's balance. Appropriate for all ages and abilities. 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** 10 Tuesdays, January 10 - March 14  
11:00 - 11:50 am \$125

## Yoga for Every Body and Every Age

*Ruth Lieberherr*

This class is perfect for those just beginning or coming back to yoga. People of *every* age, fitness level, 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. Daytime class meets at **Calvary Church**, 300 Mass. Ave., Arlington. Enter far-right side door on Linwood Street, turn right and go up one flight. Evening class meets at Arlington High.

---

CODE: **DEo14.2** 7 Thursdays, January 19 - March 16  
(no class 2/2, 2/23) 6:00 - 7:15 pm \$88

---

**DEo14.1** 9 Fridays, January 13 - March 17 9:30 - 10:45 am  
(no class 3/3) \$115 @ Calvary Church 

## Principles & Practices to Deepen Intuition

*Janet Kessenich*

For those who have already taken steps to open up their intuition, this workshop will take you to the next level. After reviewing the basics—what intuition is, how we access it, how we listen for it—we'll go deeper. We will examine how to use intuition in everyday life situations as well as with life's larger challenges that beg our best insight and guidance. This workshop is open to novices as well as more experienced practitioners of insight work, since there are always new territories to explore. Strengthen your intuitive muscle so you can more fully maximize the gifts of your sixth sense. Visit [spiralenergies.com](http://spiralenergies.com)

---

CODE: **WEo08** Thursday, March 2 7:00 - 8:30 pm \$20



## WRITING & LITERATURE

### Get Your Article Published

*Martin LaMonica*

Would you like to write and publish an article or op-ed? In this two-part seminar, editor and journalist Martin LaMonica will teach you how to craft an article pitch and how to follow through on assignments from editors. This course is aimed at anybody who wants to write for the public, whether you're a scientist with an idea for a commentary or you aspire to write regularly. We'll discuss key journalism techniques, including writing and reporting, and we'll share story ideas in class to get constructive feedback from the instructor and other participants. Martin is an editor at a news site written by academics and has written for dozens of publications, from the Boston Globe to Scientific American.

CODE: **WLo10** 2 Wednesdays, March 8 and 15  
7:00 - 8:30 pm \$35

### Going Deep: Writing the Personal Essay

*Dorian Fox*

What makes a great personal essay? Good essayists write with depth and vulnerability, but this is not easy to accomplish. The successful writer must get beyond a superficial treatment of what happened and shape the material into an honest, meaningful narrative on the page. This course, taught by a published essayist and Grub Street instructor, will explore techniques writers use to enliven and unpack their true stories and demonstrate how to apply those craft lessons to your own writing. We'll read and discuss successful published essays, do writing exercises to mine experience and memory, and share what we create in supportive workshops. By the course's end, you will have drafted two personal essays and received helpful feedback to move your writing forward.

CODE: **WLo08** 8 Tuesdays, January 17 - March 14  
(no class 2/21) 6:30 - 8:30 pm \$160

“I love Arlington Community Education!”

### **NEW** Jane Austen's *Pride and Prejudice*: Character and Conflict DAYTIME CLASS

*Tracy Marks*

Whether you have read *Pride and Prejudice* or watched any of the film versions, you are likely to enjoy Jane Austen's ironic humor and appreciate how her characters struggle with obstacles in love. This short course will introduce life in Georgian and Regency England, particularly with regard to family, romance, and marriage. Our focus, however, will be on reading and discussing *Pride and Prejudice*, as well as viewing and comparing brief clips from several films. We will pay special attention to character development, especially how the main characters gain self-awareness as a result of conflict. Please read the first 15 chapters before the first class. Recommended version for this class: *The Annotated Pride and Prejudice* by Jane Austen and David M. Shapard, the first-ever fully annotated edition of one of the most beloved novels in the world. 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: **WLo13** 4 Tuesdays, February 14 - March 7  
1:00 - 3:00 pm \$88; \$80 Arlington seniors

### The Art of Fiction

*Alissa Butterworth*

Harper Lee, Jhumpa Lahiri, Stephen King—and you. Here's your chance to learn the art of fiction and find your place among your favorite writers and novelists. In this course you'll go deeper into the ingredients of fiction and learn to use characterization, dialogue, narrative voice, setting, scenes, and more in nuanced ways to maximize their effect in your writing. Through fun in-class exercises and peer workshoping, you'll develop skills to draft, revise, and publish your work. You'll also learn to write strong leads, experiment with narrative structure and pacing, and try your hand at various forms of speculative fiction and other genres. By the end of the class, you'll be on your way to finding your own approach to the art of fiction.

CODE: **WLo14** 5 Thursdays, January 26 - March 9  
(no class 2/2, 2/23) 7:00 - 9:00 pm \$100

## The Writing Life

*Alissa Butterworth*

Did you know that Vladimir Nabokov wrote longhand on index cards, or that John Milton composed his poetry in his head before dictating it to an attendant? Or that John Cheever liked to get dressed up in a suit, then head down to the basement, take it off and write all day in his underwear, or that L. Frank Baum dealt with writer's block by heading outside to garden? There are many different techniques, rituals, and tricks that famous and successful writers have developed to help commence and sustain the act of writing. In this class, we'll follow the example of these notable writers by trying our hand at some of the many ways they've discovered to prime the literary pump. You'll try out new habits and techniques, generate new work, and begin to think of your own creative process in a different way—and see that you're not so different from the writers you emulate after all. This class is suitable for both poets and prose writers of all levels.

CODE: **WL003** 2 Wednesdays, February 1 and 8  
7:00 - 9:00 pm \$40

## 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: **WL011** 2 Mondays, February 6 and 13  
6:30 - 9:00 pm \$50

## **NEW** 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 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, Antonia Nelson, Julian Barnes, 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.*

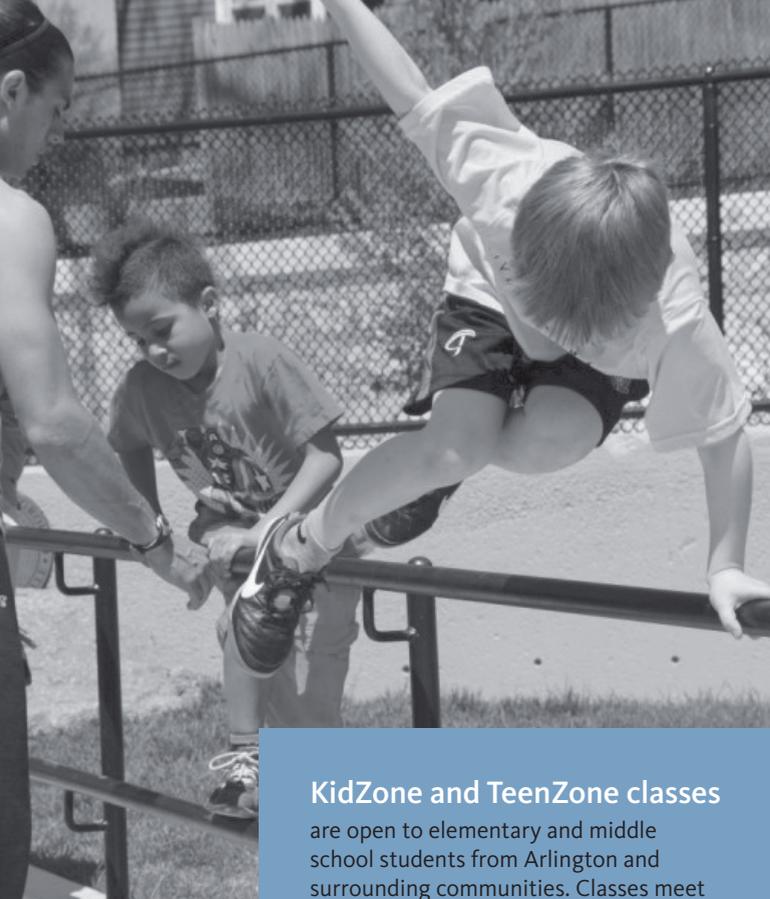
CODE: **MU027** 6 Thursdays, February 9 - March 16  
11:00 am - 12:30 pm \$90; \$81 for Arlington seniors

## REGISTER NOW

Some classes fill quickly, so register early so you won't miss out!

“JoAnn is a terrific instructor. She was well organized and clear in her presentation and her handout was very thorough and helpful. The best course (besides *Estate Planning* with David Adams) that I've ever taken!”

*Knife Skills* with JoAnn Ignelzi



## Youth Classes



### KidZone and TeenZone classes

are open to elementary and middle school students from Arlington and surrounding communities. Classes meet after the end of the school day. Specific class times and dates are listed below each course offering.

**KidZone:** Classes are offered at all seven elementary schools and students can take classes at any school. Most classes are limited to between 8 and 12 students; Nathan's Ninjas and morning P.E. are limited to 20; running programs are 25+. Coordinators at each site meet children in designated waiting area, take attendance and ensure students find their classes. Students are dismissed by their instructors according to the pick-up plan you identify on the registration form.

**TeenZone:** All classes meet at Ottoson Middle School unless otherwise noted. Room numbers will be emailed to students before start date of class. Most classes are limited to between 8 and 16 students; running program is 30+.

### To Register for KidZone & TeenZone:

Go to [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) or use the YOUTH Registration form at the back of this catalog. Please call 781-316-3568 for more information.

Scholarship assistance is available for some classes to students who receive free or reduced lunch. Call 781-316-3568 for more information.



Arlington teachers lead the following two SAT Verbal and Math Review courses that end in time for the **March 11** test date. These top-rated SAT prep courses are popular, so please register early. Limited to 25.

## SAT Math Review

Clayton Jones

This six-session course familiarizes students with the math section of the SAT, and now includes a pre-test, with individual analysis of where improvement is needed for each student, and a post-test to measure progress. Learn how to approach the new SAT math section. 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 a CALCULATOR, the *Official SAT Study Guide (2016 Edition)*, the official study guide for the new SAT AND a College Board ID and password. The guide is available at a discount at The Book Rack, 13 Medford Street, Arlington.

CODE: **CS002.2** 4 Tuesdays, January 24, 31, February 14, 28; and 2 Wednesdays, February 8 and March 8 3:00 - 5:00 pm \$175

## SAT Verbal Review

Justin Bourassa

This six-session course familiarizes students with the verbal section of the SAT, and includes a pre-test, with analysis of where improvement is needed for each student, and a post-test to measure progress. Learn how to approach the new SAT, particularly the new reading comprehension, embedded vocabulary, and writing 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 *Official SAT Study Guide (2016 Edition)*, the official study guide for the new SAT, AND a College Board ID and password. The guide is available at a discount at The Book Rack, 13 Medford Street, Arlington. Meet in AHS Room 305.

CODE: **CS001.2** 5 Mondays, January 23, 30; February 13, 27; March 6; and Wednesday March 8 7:00 - 9:00 pm \$175

## NEW ACT Prep Workshop

Summit Educational Group

Test preparation is an essential part of the college admissions process. Summit's ACT Preparation Workshop includes one full-length practice test and a comprehensive report that highlights personal strengths and weaknesses, as well as four hours of instruction specifically designed to give you an overview of the academic skills and strategies you will need on test day. This workshop ends in time for the April 8th ACT exam. For more information, visit [info@mytutor.com](mailto:info@mytutor.com)

CODE: **CS009** Saturday, March 18, 9:00 am - 1:00 pm and 2 Thursdays, March 30 and April 6 7:00 - 9:00 pm \$260

## NEW Everything You Want To Know About College Planning: An Expert Panel

Nicole Eidson of Arlington High, Jonathan Hughes of Mass. Educational Financing Authority, and Sue Wachter of Acton College Consulting

Preparing for college has never been more perplexing and complex. This workshop seeks to provide families with clarity, strategy, and peace of mind as you navigate the application process. In addition to gaining understanding of the most important steps in the process, you will receive honest, insightful answers to your questions from three experts, each specializing in a different part of the process. *AHS English teacher Nicole Eidson has helped hundreds of students prepare for standardized tests of all shapes and sizes. She designed the Verbal SAT Prep curriculum used by ACE instructors, and was recently AEF Teacher of the Year. Jonathan Hughes is assistant director of college planning and education at the Massachusetts Educational Financing Authority (MEFA). Sue Wachter guides students and families through the complex world of college admissions. She served as an admissions officer at NYU and Boston U, among others. Sue can be reached at [sue@actoncollegeconsulting.com](mailto:sue@actoncollegeconsulting.com).*

EVENT Wednesday, March 1 7:00 - 9:00 pm \$35/family

“The teachers were totally up to speed on the new test formats.”

SAT Prep with AHS Instructors

## You Can Afford College

*Don Anderson, College Funding Advisors*

Financial aid goes to the families who plan and act in advance—before December 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 why implementing strategies may increase a family’s eligibility even if you have a “high income” or own a business. The greatest amount of financial aid goes to the families who act in the early years of high school. 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, visit [collegefundingadvisors.com](http://collegefundingadvisors.com)

CODE: **CS003** Thursday, March 9 6:30 - 8:30 pm \$30/family

## In-Control: Crash Prevention Training

In-Control Crash Prevention is a non-profit training program committed to helping reduce automobile crashes through hands-on training. Motor vehicle crashes are the number one killer of teens in the nation and the main causes are speed and inexperience. Students and their families can learn safety skills that can only be taught at In-Control’s unique closed course environment. Learn how to handle skidding, panic stops, tailgating, and emergency lane changes. This 4.5-hour course has been highly recommended to us by CS Driving School as a way to better learn how to handle unexpected driving situations. Visit this link for a special Arlington Community Ed discount, class details, as well as insurance discounts for graduates of the class: [driveincontrol.org/ArlCommEd](http://driveincontrol.org/ArlCommEd).

## Driver’s Education

*CS Driving School, Waltham*

CS Driving School has contracted with Arlington Community Education to offer Driver Education to students wishing to obtain their Certificate of Driver Education. The Complete Driver Education Program consists of 30 hours of classroom instruction, 12 hours of behind-the-wheel instruction, 6 hours of observation, and a 2-hour parent class which is mandated by the Registry of Motor Vehicles. Classroom instruction is for students who have reached the minimum age of 15 years, nine months (15.9) by the first day of classroom instruction. Once students are 16 years old and have a Massachusetts Learner’s Permit, they may also begin behind-the-wheel instruction; CS Driving School must have the student’s permit on file prior to scheduling behind-the-wheel instruction. Behind-the-wheel lessons are scheduled directly through CS Driving School at

781-891-0460 and are available seven days per week between 8 am and 8 pm; students can be picked up at Arlington High or any other location in Arlington. All classes meet at **Arlington High**, 869 Mass. Ave. except where noted.

Please go to [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) for more details and to print out registration forms. **Online registration is not available for Driver’s Ed.**

Fees: \$550 payable to CS Driving School and \$60 payable to Arlington Community Education. (Please write two separate checks and mail them with your registration form to: Arlington Community Education, 869 Mass. Ave. Arlington, MA 02476).

---

**Session 3:** Week-long Intensive: February 21-25  
Tuesday - Saturday, 9:00 am - 3:30 pm  
Parent Class: February 7, 6:30 - 8:30 pm @ AHS

---

**Session 4:** Week-long Intensive: April 18 - 22  
Tuesday - Saturday, 9:00 am - 3:30 pm  
Parent Class: April 10, 6:30 - 8:30 pm @ AHS

---

**Session 5:** May 9 - 30  
Tuesdays, Wednesdays, and Thursdays for 10 classes  
3:00 - 6:00 pm  
Parent Class: Tuesday, May 2, 6:30 - 8:30 pm @ AHS

---

**Session 6:** Week-long Intensive: July 10 - 14  
Monday - Friday 9:00 am - 3:30 pm  
Parent class: July 6 or July 20, 6:30 - 8:30 pm @ CS Waltham

---

**Session 7:** Week-long Intensive: August 14 - 18  
Monday - Friday, 9:00 am - 3:30 pm  
Parent class: August 10 or August 24, 6:30 - 8:30 pm @ CS Waltham

## Parkour

*Parkour Generations Boston*

Parkour, also known as freerunning or l’art du déplacement, originated outside Paris in the late 1980s and has since become one of the fastest growing sports in the world, largely due to the popularity of viral videos and action film stunt sequences. Parkour practitioners, known as traceurs, learn to navigate their environment and overcome mental and physical challenges in a safe and creative manner. Traceurs learn to look at the world through the lens of “parkour vision,” turning any environment into a playground for movement and physical challenge. Classes are designed to accommodate a wide range of fitness and ability levels, and are all taught by ADAPT-certified instructors. Open to ages 14+. Drop-ins welcome for evening class; \$20. Meet at **Arlington High School**.

---

CODE: **RF012** 7 Tuesdays, January 24 - March 14  
(no class 2/21) 7:00 - 8:30 pm (ages 14+) \$126

---

CODE: **MS025** 7 Tuesdays, January 24 - March 14  
(no class 2/21) 3:00 - 4:30 pm (grades 6 - 9) \$126



## ALL-TOWN CLASSES FOR MIXED AGES

### CADD for Kids: Computer Aided Drafting and Design and 3D Printing • GRADES 4 - 12

*Kambiz Vatan*

Use a computer to digitally design and build your own ideas while exploring the world of architectural and mechanical drafting and design. We will tackle hands-on, computer-oriented projects, generating final products sparked by our own imaginations. New and returning students welcome. Meet in **Room 403 at Arlington High School**. *Kambiz Vatan teaches mathematics at Arlington High School.*

CODE: **MS013** 7 Wednesdays, January 25 - March 15  
(no class 2/22) 3:30 - 5:00 pm \$145

### Adults and Kids Cooking: Valentine's Treats

*Claudia Catalano*

Forget about love. It's red velvet cupcakes and chocolate truffles that make February 14 a magical day, especially when these elegant treats are homemade. Great for your budding baker and a way to spend Valentine's Day together, come learn tricks to making a perfectly moist and delicious cupcake (and the beloved cream cheese frosting that tops it off) and secrets behind achieving perfectly luxurious truffles in just two steps. Bring aprons and a container to bring home your goodies. Tuition includes a \$15 food fee per pair. Meet at **Arlington High School**.

CODE: **FD134** Tuesday, February 14 4:00 - 6:00 pm  
\$45 per pair

### Celebrate the Vernal Equinox at Great Meadows

*Boot Boutwell*

Spring is a time of rebirth and renewal. In New England, the weather begins to moderate, the first flowers poke their heads above ground, and our days grow longer. Officially, spring arrives with the Vernal Equinox on March 20, but we'll get a jump on the day by heading into Arlington's Great Meadows in search of signs of spring. Join popular teacher/naturalist Boot Boutwell and celebrate the coming of spring. We'll begin with a little poetry and solstice lore, but the focus will be on plant identification and fun and interesting natural history. Directions to our meeting place will be sent after registration. Children ages 10 and older are welcome to register if accompanied by a registered adult; limited to 15.

EVENT Saturday, March 18 9:30 am - noon \$20

### Sing! Sing! Sing! *The Hamilton Edition*

It is time for people to stop singing in their showers and unite, in order that we may share our common passion for *Hamilton*—the soundtrack! This perfect union will be led by *Sing! Sing!*

*Sing!*'s music director extraordinaire Ellie Foster and musician Jonathan Kessler. Join us "in the room where it happens" for a sing-along to this widely popular Broadway musical. Have fun singing the songs with piano accompaniment. All are welcome, whether you've seen the show (no bragging allowed), listened to the album, or just want to find out what the excitement is all about. *Don't say no to this!* Children ages 10 and older are welcome to register if accompanied by a registered adult. Meet at **Arlington High School**.

EVENT Thursday, March 23 7:30 - 9:00 pm Pre-registration is recommended, walk-ins welcome as space allows. \$10 at the door

### Keepsake Valentine's Day Cards

*Ann Bausman*

Legend has it that the practice of sending Valentine's Day cards began in this country when a Mt. Holyoke College student received a card from her beau in England. The daughter of a stationery manufacturer, she convinced her father of the business potential behind this idea. Thus, the Valentine's Day card was born. Come join an evening of handmade, heartfelt fun. Using rubber stamps, paper punches, decorative tape, 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. This workshop is ideal for friends and adult/child (aged 12+) pairs. Please bring scissors suitable for cutting paper; tuition includes a \$10 materials fee. Meet at **Arlington High School**.

CODE: **CN034** Wednesday, February 1 7:00 - 9:00pm \$30

### Board Game Night!

*Sean Faeth*

Board games offer a healthy distraction—a way to unwind, relax, and reduce stress—and keep the mind active and healthy by building memory formation and cognitive skills. Plus, they are just plain fun! If you love board games or want to explore this world, please take a seat at our table. What's your passion? *Catan*, *Dominion*, *Star Wars: Imperial Assault*? Maybe you prefer to outlast and outwit the zombie horde in *Dead of Winter*, or the magic and might in *Arcadia Quest*? Board game enthusiast Sean Faeth invites players to sit down and play some exciting board games. He will provide games, such as those mentioned above and others like: *7 Wonders*; *Pathfinder Card Game: Rise of the Runelords*; *Ascension: Return of the Fallen*; *Emergents: Genesis*; *Star Realms*; and more. You may already know how to play some of these games and may discover new ones. Bring your favorite board game and recruit new players. Try new games, teach new players, and meet new people. Open to ages 14+; pre-registration is required. Meet at **Arlington High School**.

CODE: **RF015** 5 Thursdays, February 9 - March 16  
(no class 2/23) 6:00 - 9:00 pm \$75

February 21-24 • 9 am - 4 pm  
**VacationFun! 2017**  
at Arlington High School



**Register Now at [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org)!**

Modeled on the popular SummerFun, Arlington Community Education is pleased to offer families a creative, educational, and fun option for February break. Select just morning or afternoon options, or mix and match for a full day of enrichment.

Visit [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) for the complete schedule and pricing. Classes include:

- Parkour
- LARP Lord of the Rings
- Intro to Improv Theater
- Jazz Pop
- Irish Step
- Yoga 4 Kids
- The Science of Cooking
- ScratchJr and Code.org
- LEGO® Engineering
- Winter Live Action Flix
- Alien Planet
- Kids' Cool Chemistry
- Glass Art
- Mixed Media Art
- Green Art Workshop
- Crafty Classroom



*More classes at [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org)*



More VacationFun! coming April 18-21



## TEENZONE

**Crazy for Pasta!** • GRADES 6 - 8*Tricia Bellahrossi @ Jennie Craigie*

Grab your friends and take a trip to the Arlington High School kitchen for an after-school cooking club where we'll explore pasta and noodles from around the world. We'll make marinara sauce from scratch; Asian stir fry; baked macaroni and cheese; and much more. **Meet in room 213 at Arlington High School.** Tuition includes a \$15 food fee. *Tricia Bellahrossi and Jennie Craigie are culinary teachers at Arlington High School and look forward to welcoming a new group of young chefs.*

CODE: **MS030** 6 Mondays, January 23 - March 6  
(no class 2/20) 3:00 - 4:30 pm \$135

**Programming with Python** • GRADES 6 - 8*Terry Dash*

Want to learn a "real" computer programming language—one that's used in companies like Google? Try Python, which is easy to learn but also very powerful. You'll work on fun challenges that start easily but also keep your skills growing. You'll solve puzzles, draw beautiful designs, "crack" ciphers, and (eventually) make games. Along the way, you'll learn important concepts in computer programming like "loops" and "conditionals." Previous Scratch experience a plus but not required. **Meet in room 328 at Ottoson Middle School.** *Terry Dash teaches Digital Media and Literacy at Ottoson.*

CODE: **MS018** 7 Mondays, January 23 - March 13  
(no class 2/20) 2:45 - 4:00 pm \$115

**Parkour** • GRADES 6 - 9*Parkour Generation Boston*

Parkour is one of the fastest growing sports in the world, largely due to the popularity of viral videos and action film stunt sequences. Parkour practitioners, known as traceurs, learn to look at the world through the lens of "parkour vision," turning any environment into a playground for movement and physical challenge. Classes are designed to accommodate a wide range of fitness and ability levels and are all taught by ADAPT-certified instructors. **Meet at Arlington High School.** Visit [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) to see videos of Parkour classes.

CODE: **MS025** 7 Tuesdays, January 24 - March 14  
(no class 2/21) 3:00 - 4:30 pm \$126

**Babysitting Basics** • GRADES 6 - 8*Va Shon Wallace-Hiltbold, 4-H Youth @ Family Development*

The excellent 4-H Babysitters' Program gives you the skills and confidence to handle situations you may encounter when caring for young children. At the end of the course, you will

PLEASE NOTE: FOR CLASSES MEETING AT ARLINGTON HIGH SCHOOL, ENTER THROUGH MAIN LOBBY AND SIGNS WILL DIRECT YOU TO THE CLASSROOM.

receive a Babysitter's ID card and a certificate of completion. Note: Students must be at least 12 years old. Tuition includes a \$25 materials fee. **Meet in room 217 at Ottoson Middle School.**

CODE: **MS006** 2 Tuesdays and 2 Thursdays, March 7 - 16  
2:45 - 4:45 pm \$105

**NEW Clay and Mixed Media** • GRADES 6 - 8*Alecia Serafini*

Come discover ceramics as an art form and experiment paint, collage, and sculpture. This exploratory art class will run as an open-studio format so you decide in what direction to take your creations using multiple methods and materials. **Meet in room 322 at Ottoson Middle School.** Tuition includes a \$15 materials fee. *Alecia Serafini teaches art at Ottoson.*

CODE: **MS011** 7 Wednesdays, January 25 - March 15  
(no class 2/22) 2:45 - 4:15 pm \$152

**CADD for Kids: Computer Aided Drafting and Design and 3D Printing** • GRADES 4 - 12*Kambiz Vatan*

Use a computer to digitally design and build your own ideas while exploring the world of architectural and mechanical drafting and design. We will tackle hands-on, computer-oriented projects, generating final products sparked by our own imaginations. New and returning students welcome. **Meet in Room 403 at Arlington High School.** *Kambiz Vatan teaches mathematics at Arlington High School.*

CODE: **MS013** 7 Wednesdays, January 25 - March 15  
(no class 2/22) 3:30 - 5:00 pm \$145

**NEW Chess** • GRADES 6 - 8*Chess @ Kids*

Learn the basics or expand your knowledge of this remarkable game of strategy. Learn chess basics, positional tactics, and basic to advanced moves. With the guidance of an experienced chess master, you will gain the confidence to play well against any type of opponent and come away with new respect for one of the best games ever invented. **Meet at Ottoson Middle School.** *Chess @ Kids is a non-profit organization dedicated to chess education for elementary and middle school kids, with a focus on developing life skills such as planning, goal setting, spatial awareness, critical thinking, and sportsmanship. They employ only U.S. Chess Federation-recognized nationally ranked masters, and their curriculum has shown great results in national and international competitions.*

CODE: **MS031** 7 Thursdays, January 26 - March 16  
(no class 2/23) 2:40 - 3:40 pm \$145



## BISHOP

### Spanish, Mandarin, French, Italian • GRADES K - 5 *GoLingo! Staff*

Learning a new language is fun! Through skits, songs, art, and stories, we'll learn phrases and expressions such as greetings, self-descriptions, colors, numbers, and likes and dislikes. During class we will "travel" to a foreign country where we will experience that nation's culture, cuisine, music, drama, and visual arts. If you are a returning student with a little more experience, you will try reading and writing, including creating your own short stories. New and returning students welcome. Please note: Registration for GoLingo! is now through ACE using the course codes below. *Arlington Community Education has been partnering with GoLingo! since 2010 to offer area children exposure to foreign languages starting at a young age.*

CODE: **BP100** Spanish 12 Mondays, February 6 - May 8  
(no class 2/20, 4/17) 2:45 - 3:45 pm \$216/at Bishop

CODE: **BP101** Mandarin 12 Mondays, February 6 - May 8  
(no class 2/20, 4/17) 2:45 - 3:45 pm \$216/at Bishop

CODE: **DA102** Italian 12 Wednesdays, February 8 - May 10  
(no class 2/22, 4/19) 2:45 - 3:45 pm \$216/at Dallin

CODE: **TH103** French 12 Fridays, February 10 - May 12  
(no class 2/24, 4/21) 2:45 - 3:45 pm \$216/at Thompson

### **NEW** Math Club • GRADES 3 - 5

*Christine Capaldo*

Do you love math and want to play math games? Is math something that is tricky for you? Do you need homework help in math? Come after school, and we can do all of these things and more. Groups of students can work on homework, get extra support in content, or play math games to help with specific areas of review—or just have fun. Let's build a newfound love for a great subject! *Ms. Capaldo has taught 4th grade at Bishop for 11 years and served for the last six as a math mentor for new teachers in the district. Math is her favorite subject!*

CODE: **BP68** 7 Mondays, January 23 - March 13 (no class 2/20)  
2:40 - 3:40 pm \$92

### **NEW** Home Alone Safety • GRADES 4 - 5

*Cindy Sheridan Curran*

Take the first steps toward independence. In this interactive, role-playing class we'll talk about how to best answer the phone and doorbell, ways to avoid accidents and fires, what to do in an emergency, first-aid techniques, kitchen and internet safety, and other tips on how to safely spend brief periods of time on your own. *Ms. Curran is the court liaison officer for Arlington Public Schools.*

CODE: **BP66** Monday, February 13 2:40 - 4:10 pm \$25

### **NEW** Star Wars • GRADES K - 2

*Sharon McLaughlin*

Let's roll up our sleeves and dig deep into a variety of crafts and activities that include Star Wars-themed games, bookmarks, slime, search-and-find jars, LEGO, and more. Tuition includes a \$10 materials fee. *Sharon McLaughlin teaches kindergarten at Bishop School.*

CODE: **BP58** 7 Wednesdays, January 25 - March 15  
(no class 2/22) 2:40 - 3:40 pm \$105

### **NEW** Motion Commotion • GRADES K - 2

*Wicked Cool for Kids*

What's shaking? Investigate the physics of how things move! We'll use Newton's laws to study crashing cars and balloon rocket racers. Build a toothpick tower and see if it can survive the shaking of "tectonic plates," design a zany zip line for a thrilling ride, and spin your way to the top by designing a toy that can spin the longest.

CODE: **BP65** 6 Thursdays, January 26 - March 9  
(no class 2/23) 2:40 - 3:40 pm \$145

### Yoga for Kids • GRADES 3 - 5

*Becky Small*

In this playful yoga class, we will learn how to connect our breath and movement. We will work on being still and slowing down while listening to classical music or a story. By calming our bodies and minds, we will sleep better at night and enjoy better concentration during the day. Please wear comfortable, easy-to-move-in clothing (no jeans). Students may bring a yoga mat or bring \$10 to buy one from the instructor. *Becky Small has been teaching yoga since 2008 to both adults and children. You can find her at Black Crow Yoga. Visit [bsmallyoga.com](http://bsmallyoga.com).*

CODE: **BP10** 7 Thursdays, January 26 - March 16  
(no class 2/23) 2:40 - 3:40 pm \$92

## REGISTER NOW

Some classes fill quickly! Register early so you won't miss out!

## BRACKETT

### **NEW** Story Shapers • GRADES 3 - 5

*Alissa Butterworth for Club Hatch*

Come dream, design and innovate in these fun weekly Story-Shaping challenges and learn to craft stories in new ways! This is a great class for students who thrive in progressive, alternative learning frameworks. Tell a story using just pictures, or only the environment around you. Knit stories in song, use letterpress to convey them, and even design and build a storytelling machine. Challenge the concept of a book and redesign it with various materials, and create a unique book all about you. You'll get the rare opportunity to write, direct, and produce a podcast with your team and put it out to other Arlington kids. Come turn the expected upside down and share your voice about the things that matter to you! Visit [www.clubhatch.com](http://www.clubhatch.com).

CODE: **BR18** 8 Mondays, January 23 - March 20  
(no class 2/20) 2:40 - 4:10 pm \$165

### **NEW** Chess • GRADES 3 - 5

*Chess @ Kids*

Learn the basics or expand your knowledge of this remarkable game of strategy. Learn chess basics, positional tactics, and basic to advanced moves. With the guidance of an experienced chess master, you will gain the confidence to play well against any type of opponent and come away with new respect for one of the best games ever invented. *Chess @ Kids is a non-profit organization dedicated to chess education for elementary and middle school kids, with a focus on developing life skills such as planning, goal setting, spatial awareness, critical thinking, and sportsmanship. They employ only U.S. Chess Federation-recognized nationally ranked masters, and their curriculum has shown great results in national and international competitions.*

CODE: **BR41** 7 Tuesdays, January 24 - March 14  
(no class 2/21) 1:10 - 2:10 pm \$145

### **NEW** Motion Commotion • GRADE K - 2

*Wicked Cool for Kids*

What's shaking? Investigate the physics of how things move! We'll use Newton's laws to study crashing cars and balloon rocket racers. Build a toothpick tower and see if it can survive the shaking of "tectonic plates," design a zany zip line for a thrilling ride, and spin your way to the top by designing a toy that can spin the longest.

CODE: **BR65** 6 Wednesdays, January 25 - March 8  
(no class 2/22) 2:40 - 3:40 pm \$145

### **NEW** Home Alone Safety • GRADES 4 - 5

*Cindy Sheridan Curran*

Take the first steps toward independence. In this interactive, role-playing class we'll talk about how to best answer the phone and doorbell, ways to avoid accidents and fires, what to do in an emergency, first-aid techniques, kitchen and internet safety, and other tips on how to safely spend brief periods of time on your own. *Ms. Curran is the Court Liaison officer for Arlington Public Schools.*

CODE: **BR66** Thursday, February 2 2:40 - 4:10 pm \$25

### Spanish, Mandarin, French, Italian • GRADES K - 5

*GoLingo! Staff*

Learning a new language is fun! Through skits, songs, art, and stories, we'll learn phrases and expressions such as greetings, self-descriptions, colors, numbers, and likes and dislikes. During class we will "travel" to a foreign country where we will experience that nation's culture, cuisine, music, drama, and visual arts. If you are a returning student with a little more experience, you will try reading and writing, including creating your own short stories. New and returning students welcome. Please note: Registration for GoLingo! is now through ACE using the course codes below. *Arlington Community Education has been partnering with GoLingo! since 2010 to offer area children exposure to foreign languages starting at a young age.*

CODE: **BR100** Spanish 12 Thursdays, February 9 - May 11  
(no class 2/23, 4/20) 2:45 - 3:45 pm \$216/at Brackett

CODE: **BR101** Mandarin 12 Thursdays, February 9 - May 11  
(no class 2/23, 4/20) 2:45 - 3:45 pm \$216/at Brackett

CODE: **DA102** Italian 12 Wednesdays, February 8 - May 10  
(no class 2/22, 4/19) 2:45 - 3:45 pm \$216/at Dallin

CODE: **TH103** French 12 Fridays, February 10 - May 12  
(no class 2/24, 4/21) 2:45 - 3:45 pm \$216/at Thompson

### **NEW** Yoga for Kids • GRADES 3 - 5

*Carla Leone*

Yoga is a fun and engaging skill that can benefit all children in many ways. The practice helps them calm down and focus and become more aware of their bodies. Through music and movement, children will learn about becoming mindful of the breath and body in a positive, encouraging way. Yoga mats and all other materials are provided. *Carla Leone is a Teaching Assistant at Brackett and a trained children's yoga instructor.*

CODE: **BR10** 7 Fridays, January 27 - March 17 (no class 2/24)  
2:40 - 3:40 pm \$92

## DALLIN

### **NEW** The Stock Market Game • GRADES 4 - 5

*Peter Jaffe*

Learn to be an investment specialist! The Stock Market Game™ will introduce you to the real world of investing, while incorporating academic concepts that relate to what you learn at school. In this fun and high-spirited setting, you'll try to grow a virtual \$100,000 cash account into a top-performing portfolio, and learn how daily events that shape our world affect our finances. Working individually and in teams, you'll compete against your classmates and other schools across the state, applying your leadership, negotiation, and cooperation skills. *Peter Jaffe is a retired financial advisor.*

CODE: **DA67** 11 Mondays, January 30 - April 24  
(no class 2/20, 4/17) 2:40 - 3:40 pm \$142

### Video Game Design • GRADES 3 - 5

*Empow Studios Staff*

Go from gamer to designer. You probably love playing video games, but you'll have even more fun playing games designed by you and your friends. One of our most popular classes, Video Game Design encompasses storytelling, pixel art, and object-oriented programming, all through a user-friendly, 2-D game design platform. Our non-violence policy keeps the games cringe-free and shareable once you bring them home for the whole family to play!

CODE: **DA26** 7 Tuesdays, January 24 - March 14  
(no class 2/21) 1:10 - 2:10 pm \$165

### Needle Felting Fun • GRADES 3 - 5

*Anastasia Semash*

Needle felting is a fun and calming fiber arts activity that will exercise your fine motor skills, creativity, and concentration. We will learn how to use needles properly to poke wool fibers together to create just about anything—animals that fit in your pocket, finger puppets, small flowers, gifts for the holidays, and more. Once you get your hands on the beautiful wool, you won't want to stop. Tuition includes a \$12 materials fee. *Anastasia Semash is a local artist and a teacher with more than ten years of experience.*

CODE: **DA25** 7 Tuesdays, January 24 - March 14  
(no class 2/21) 1:10 - 2:10 pm \$105

### Arlington Children's Theater • GRADES 2 - 3

*Matthew Lundeen*

Come explore the dramatic arts through a variety of theater games that work on voice, movement, improvisation, character, and confidence as we prepare a final production. You'll be encouraged to add your own ideas to everything we do, including scene creation. New and returning students welcome. *Matthew Lundeen is artistic director of ACT.*

Code: **DA14** 7 Wednesdays, January 25 - March 15  
(no class 2/22) 2:40 - 3:40 pm \$110

### **NEW** Home Alone Safety • GRADES 4 - 5

*Cindy Sheridan Curran*

Take the first steps toward independence. In this interactive, role-playing class we'll talk about how to best answer the phone and doorbell, ways to avoid accidents and fires, what to do in an emergency, first-aid techniques, kitchen and internet safety, and other tips on how to safely spend brief periods of time on your own. *Ms. Curran is the Court Liaison officer for Arlington Public Schools.*

CODE: **DA66** Wednesday, February 1 2:40 - 4:10 pm \$25

### Spanish, Mandarin, French, Italian • GRADES K - 5

*GoLingo! Staff*

Learning a new language is fun! Through skits, songs, art, and stories, we'll learn phrases and expressions such as greetings, self-descriptions, colors, numbers, and likes and dislikes. During class we will "travel" to a foreign country where we will experience that nation's culture, cuisine, music, drama, and visual arts. If you are a returning student with a little more experience, you will try reading and writing, including creating your own short stories. New and returning students welcome. Please note: Registration for GoLingo! is now through ACE using the course codes below. *Arlington Community Education has been partnering with GoLingo! since 2010 to offer area children exposure to foreign languages starting at a young age.*

CODE: **DA100** Spanish 12 Wednesdays, February 8 - May 10  
(no class 2/22, 4/19) 2:45 - 3:45 pm \$216/at Dallin

CODE: **DA101** Mandarin 12 Wednesdays, February 8 - May 10  
(no class 2/22, 4/19) 2:45 - 3:45 pm \$216/at Dallin

CODE: **DA102** Italian 12 Wednesdays, February 8 - May 10  
(no class 2/22, 4/19) 2:45 - 3:45 pm \$216/at Dallin

CODE: **TH103** French 12 Fridays, February 10 - May 12  
(no class 2/24, 4/21) 2:45 - 3:45 pm \$216/at Thompson

**Vegan Super Snacks** • GRADES K - 2*Lisa Kelly*

KidZone is pleased to welcome Lisa Kelly, a super fun and enthusiastic cook of all things vegan. In this hands-on class, Lisa will share her love of preparing healthful food that even the pickiest eaters will enjoy. Kids will make something new each week: super snacks, granola bars, stellar smoothies, vegan ice cream, dips and sauces, and veggie appetizers. Tuition includes a \$30 food fee.

---

CODE: **DA57** 6 Thursdays, January 26 - March 9 (no class 2/23)  
2:40 - 3:40 pm \$110

---

**Nathan's Ninjas** • GRADES K - 5*Nathan Porter*

Hugely popular at Stratton and Thompson, we are pleased to offer this dynamic class to Dallin students. Through fun games and teamwork, 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 having fun and building confidence. *Nathan Porter is a certified black belt and runs New England Movement Arts, voted Best of Burlington 2015. Visit [nemovementarts.com](http://nemovementarts.com).*

---

CODE: **DA29** 7 Fridays, January 27 - March 17 (no class 2/24)  
2:40 - 3:40 pm \$120

---

**HARDY****Spanish, Mandarin, French, Italian** • GRADES K - 5*GoLingo! Staff*

Learning a new language is fun! Through skits, songs, art, and stories, we'll learn phrases and expressions such as greetings, self-descriptions, colors, numbers, and likes and dislikes.

During class we will "travel" to a foreign country where we will experience that nation's culture, cuisine, music, drama, and visual arts. If you are a returning student with a little more experience, you will try reading and writing, including creating your own short stories. New and returning students welcome. Please note: Registration for GoLingo! is now through ACE using the course codes below. *Arlington Community Education has been partnering with GoLingo! since 2010 to offer area children exposure to foreign languages starting at a young age.*

---

CODE: **HA100** Spanish 12 Mondays, February 6 - May 8  
(no class 2/20, 4/17) 2:45 - 3:45 pm \$216/at Hardy

---

CODE: **HA101** Mandarin 12 Mondays, February 6 - May 8  
(no class 2/20, 4/17) 2:45 - 3:45 pm \$216/at Hardy

---

CODE: **DA102** Italian 12 Wednesdays, February 8 - May 10  
(no class 2/22, 4/19) 2:45 - 3:45 pm \$216/at Dallin

---

CODE: **TH103** French 12 Fridays, February 10 - May 12  
(no class 2/24, 4/21) 2:45 - 3:45 pm \$216/at Thompson

---

**Hands-On Electronics** • GRADE 3 - 5*Circuit Lab Staff*

Learn about the fundamentals of electronic components and circuit building. Using the latest tools like Arduino and Raspberry Pi, students will experiment with LEDs, resistors, motors, and programming. Each class day will give students the chance to design a hands-on project with the guidance of Circuit Lab instructors. **Please note the 1.5-hour class length.**

---

CODE: **HA49** 7 Mondays, January 23 - March 13  
(no class 2/20) 2:40 - 4:10 pm \$175

---

**P.E. Plus A.M.** • GRADES 1 - 2 & GRADES 3 - 5*Linda Flynn*

*P.E. Plus A.M.* is designed to encourage children to be physically active before school while having fun with friends in a positive atmosphere. Research has shown that exercise improves executive function and concentration in kids. *P.E. Plus* will get their blood pumping and send them off to class primed to learn. Limited to 20. Linda Flynn teaches *P.E.* at Hardy School.

---

CODE: **HA22.2** 7 Tuesdays, January 24 - March 14  
(no class 2/21) 7:30 - 8:10 am \$56 Grades 3-5

---

CODE: **HA22.1** 7 Wednesdays, January 25 - March 15  
(no class 2/22) 7:30 - 8:10 am \$56 Grades 1-2

---

**Arlington Children's Theater** • GRADES K - 2*Matthew Lundeen*

Come explore the dramatic arts through a variety of theater games that work on voice, movement, improvisation, character, and confidence as we prepare a final production. You'll be encouraged to add your own ideas to everything we do, including scene creation. New and returning students welcome. *Matthew Lundeen is artistic director of ACT.*

---

Code: **HA14** 7 Tuesdays, January 24 - March 14 (no class 2/21)  
1:10 - 2:10 pm \$110

---

**Yoga for Kids** • GRADES 3 - 5*Becky Small*

In this playful yoga class, we will learn how to connect our breath and movement. We will work on being still and slowing down while listening to classical music or a story. By calming our bodies and minds, we will sleep better at night and enjoy better concentration during the day. Please wear comfortable, easy-to-move-in clothing; no jeans. Students may bring a yoga mat or bring \$10 to buy one from the instructor. *Becky Small has been teaching yoga since 2008 to both adults and children. You can find her at Black Crow Yoga. Visit [bsmalllyoga.com](http://bsmalllyoga.com).*

CODE: **HA10** 7 Wednesdays, January 25 - March 15  
(no class 2/22) 2:40 - 3:40 pm \$92

**Kid Cursive!** • GRADES 3 - 5*Deb Bermudes and Ann de Cifuentes*

Does your child long to learn cursive? Join us for a few hours this winter for some focused fine motor fun. This course will focus on letter formation with hand strengthening and fun practice opportunities built in. *Deb Bermudes is an occupational therapist at Hardy; Ann de Cifuentes teaches second grade at Hardy.*

CODE: **HA40** 7 Wednesdays, January 25 - March 15  
(no class 2/22) 2:40 - 3:40 pm \$92

**NEW Genius Hour** • GRADES 4 - 5*Brandon Jackson*

Genius Hour is a new movement in education based around Google's 20% model. The idea is that Google made a deal with their employees: they work 80% of the time on their actual job and then they get 20% of their time to work on whatever they want. Gmail and other amazing products have been created this way. Genius Hour at Hardy is the opportunity to work on projects you are passionate about. In other schools students have learned languages, written books and code, created robots, learned how to bake, and more. Too often students are doing projects assigned by teachers and not things they are really interested in. Genius hour gives you the time and resources to innovate. Visit [www.GeniusHour.com](http://www.GeniusHour.com). **Please note the 1.5-hour class length.** Tuition includes a \$10 materials fee. *Brandon Jackson teaches 5th grade at Hardy elementary school where he enjoys a focus on play-based learning.*

Code: **HA69** 7 Thursdays, January 26 - March 16  
(no class 2/23) 2:40 - 4:10 pm \$148

**NEW Home Alone Safety** • GRADES 4 - 5*Cindy Sheridan Curran*

Take the first steps toward independence. In this interactive, role-playing class we'll talk about how to best answer the phone and doorbell, ways to avoid accidents and fires, what to do in an emergency, first-aid techniques, kitchen and internet safety, and other tips on how to safely spend brief periods of time on your own. *Ms. Curran is the court liaison officer for Arlington Public Schools.*

CODE: **HA66** Thursday, February 9 2:40 - 4:10 pm \$25

**PEIRCE****NEW Motion Commotion** • GRADE K - 2*Wicked Cool for Kids*

What's shaking? Investigate the physics of how things move! We'll use Newton's laws to study crashing cars and balloon rocket racers. Build a toothpick tower and see if it can survive the shaking of "tectonic plates," design a zany zip line for a thrilling ride, and spin your way to the top by designing a toy that can spin the longest.

CODE: **PR65** 6 Mondays, January 23 - March 6 (no class 2/20)  
2:40 - 3:40 pm \$145

**Parkour** • GRADES 3 - 5*Parkour Generation Boston*

Parkour is one of the fastest growing sports in the world, largely due to the popularity of viral videos and action film stunt sequences. Parkour practitioners, known as traceurs, learn to look at the world through the lens of "parkour vision," turning any environment into a playground for movement and physical challenge. Classes are designed to accommodate a wide range of fitness and ability levels and are all taught by ADAPT-certified instructors. Visit [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) to see videos of Parkour classes.

CODE: **PR54** 7 Tuesdays, January 24 - March 14  
(no class 2/21) 2:40 - 3:40 pm \$126

“Sensei Nathan did an amazing job!”

*Nathan's Ninjas with Nathan Porter*

## Spanish, Mandarin, French, Italian • GRADES K - 5

### GoLingo! Staff

Learning a new language is fun! Through skits, songs, art, and stories, we'll learn phrases and expressions such as greetings, self-descriptions, colors, numbers, and likes and dislikes. During class we will "travel" to a foreign country where we will experience that nation's culture, cuisine, music, drama, and visual arts. If you are a returning student with a little more experience, you will try reading and writing, including creating your own short stories. New and returning students welcome. Please note: Registration for GoLingo! is now through ACE using the course codes below. *Arlington Community Education has been partnering with GoLingo! since 2010 to offer area children exposure to foreign languages starting at a young age.*

CODE: **PR100** Spanish 12 Tuesdays, February 7 - May 9  
(no class 2/21, 4/18) 1:15 - 2:15 pm \$216/at Peirce

CODE: **PR101** Mandarin 12 Tuesdays, February 7 - May 9  
(no class 2/21, 4/18) 1:15 - 2:15 pm \$216/at Peirce

CODE: **DA102** Italian 12 Wednesdays, February 8 - May 10  
(no class 2/22, 4/19) 2:45 - 3:45 pm \$216/at Dallin

CODE: **TH103** French 12 Fridays, February 10 - May 12  
(no class 2/24, 4/21) 2:45 - 3:45 pm \$216/at Thompson

## Irish Step • GRADES 1 - 3

Rebecca McGowan

Get your feet moving with quick footwork danced to lively jigs and reels! Irish dancing is energetic, graceful, precise, and fun. Learn basic solo steps and dance with friends in group *ceili* ("kay-lee") dances. This program focuses on non-competitive Irish dance. We'll play lots of dance games, build technique and have fun exploring Irish music and dance. *Rebecca McGowan is a dancer and teaches non-competitive step dancing classes in after-school programs and for adults. For more information, visit [RebeccaMcGowan.wordpress.com](http://RebeccaMcGowan.wordpress.com)*

CODE: **PR28** 7 Wednesdays, January 25 - March 15  
(no class 2/22) 2:40 - 3:40 pm \$105

## **NEW** Home Alone Safety • GRADES 4 - 5

Cindy Sheridan Curran

Take the first steps toward independence. In this interactive, role-playing class we'll talk about how to best answer the phone and doorbell, ways to avoid accidents and fires, what to do in an emergency, first-aid techniques, kitchen and internet safety, and other tips on how to safely spend brief periods of time on your own. *Ms. Curran is the court liaison officer for Arlington Public Schools.*

CODE: **PR66** Wednesday, February 8 2:40 - 4:10 pm \$25

## Intro to STEM with LEGO® • GRADES K - 2

### Play-Well TEKnologies

Tap into your imagination with tens of thousands of LEGO®! Build engineer-designed projects such as Boats, Snowmobiles, Catapults, and Merry-Go-Rounds. Then use special pieces to create your own unique design! New and returning students can explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced Play-Well instructor. **Please note the 1.5-hour class length.**

CODE: **PR59** 7 Fridays, January 27 - March 17 (no class 2/24)  
2:40 - 4:10 pm \$172

## STRATTON

### **NEW** Acrylic Painting: Shades of Winter • GRADES 3 - 5

#### Anastasia Semash

Explore color and form as we paint from still life, photo sources, and our imaginations. The instructor will bring in new objects each week, from colorful berries and branches to animal figurines. This is a fun way to study color theory, and there will be slides and books for inspiration. Students will also have the opportunity to experiment with ink and watercolors when painting winter landscapes. New and returning students welcome. Tuition includes a \$15 materials fee. **Please note the 75-minute class length.** *Anastasia Semash is a local artist and a teacher with more than ten years of experience.*

CODE: **ST62** 7 Mondays, January 23 - March 13  
(no class 2/20) 2:40 - 3:55 pm \$130

### Nathan's Ninjas • GRADES K - 5

Nathan Porter

This dynamic and popular 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. *Nathan Porter is a certified black belt and runs New England Movement Arts, voted Best of Burlington 2015. Visit [nemovementarts.com](http://nemovementarts.com).*

CODE: **ST29** 7 Tuesdays, January 24 - March 14 (no class 2/21) 1:10 - 2:10 pm \$120

**Spanish, Mandarin, French, Italian • GRADES K - 5***GoLingo! Staff*

Learning a new language is fun! Through skits, songs, art, and stories, we'll learn phrases and expressions such as greetings, self-descriptions, colors, numbers, and likes and dislikes. During class we will "travel" to a foreign country where we will experience that nation's culture, cuisine, music, drama, and visual arts. If you are a returning student with a little more experience, you will try reading and writing, including creating your own short stories. New and returning students welcome. Please note: Registration for GoLingo! is now through ACE using the course codes below. *Arlington Community Education has been partnering with GoLingo! since 2010 to offer area children exposure to foreign languages starting at a young age.*

---

CODE: **ST100** Spanish 12 Thursdays, February 9 - May 11  
(no class 2/23, 4/20) 2:45 - 3:45 pm \$216/at Stratton

---

CODE: **ST101** Mandarin 12 Thursdays, February 9 - May 11  
(no class 2/23, 4/20) 2:45 - 3:45 pm \$216/at Stratton

---

CODE: **DA102** Italian 12 Wednesdays, February 8 - May 10  
(no class 2/22, 4/19) 2:45 - 3:45 pm \$216/at Dallin

---

CODE: **TH103** French 12 Fridays, February 10 - May 12  
(no class 2/24, 4/21) 2:45 - 3:45 pm \$216/at Thompson

**NEW Stop Motion Tricks & Effects • GRADES 3 - 5***IncrediFlix Instructors*

Ever wonder how cool movie effects are made? We can teach you! We're going to pull back the curtain and reveal how stop-motion movie magic is made as you learn how to add a variety of imaginative effects in your movies, including fire and water scenes and even how to make characters fly. Working in groups, we will film these effects to showcase our new skills.

---

CODE: **ST070** 8 Wednesdays, January 25 - March 22  
(no class 2/22) 2:40 - 3:40 pm \$175

**NEW Home Alone Safety • GRADES 4-5***Cindy Sheridan Curran*

Take the first steps toward independence. In this interactive, role-playing class we'll talk about how to best answer the phone and doorbell, ways to avoid accidents and fires, what to do in an emergency, first-aid techniques, kitchen and internet safety, and other tips on how to safely spend brief periods of time on your own. *Ms. Curran is the Court Liaison officer for Arlington Public Schools.*

---

CODE: **ST66** Wednesday, February 15 2:40 - 4:10 pm \$25

**Creative Movement • GRADES K - 2***Erica Sigal*

Boys and girls will use their bodies, senses, and creativity to explore the joyful world of movement as they develop physical and cognitive skills such as balance, coordination, cooperation, attention span, spatial awareness, and self-esteem. We will create a vivid spatial world with props like streamers, stretchy fabric, feathers, pictures, poems, stories, music, and rhythm instruments through individual, pair, and group exercises. Wear comfortable clothing and socks or bare feet. *Erica has taught movement and dance to children and families around Greater Boston for nearly 20 years. She coordinates Dance in the Schools in Cambridge and received the 2013 MADEO Presidential Award for Outstanding Service in Dance Education.*

---

CODE: **ST33** 7 Thursdays, January 26 - March 16  
(no class 2/23) 2:40 - 3:40 pm \$105

**Hands-On Electronics • GRADES 3 - 5***Circuit Lab Staff*

Learn about the fundamentals of electronic components and circuit building. Using the latest tools like Arduino and Raspberry Pi, we will experiment with LEDs, resistors, motors, and programming. Each class day will give you the chance to design a hands-on project with the guidance of Circuit Lab instructors. **Please note the 1.5-hour class length.**

---

CODE: **ST49** 7 Thursdays, January 26 - March 16  
(no class 2/23) 2:40 - 4:10 pm \$175

**THOMPSON****Video Game Design • GRADES 3 - 5***Empow Learning Staff*

Go from gamer to designer. You probably love playing video games, but you'll have even more fun playing games designed by you and your friends. One of our most popular classes, Video Game Design encompasses storytelling, pixel art, and object-oriented programming, all through a user-friendly, 2D game design platform. Our non-violence policy keeps the games cringe-free and shareable once you bring them home for the whole family to play!

---

CODE: **TH26** 7 Mondays, January 23 - March 13  
(no class 2/20) 2:40 - 3:40 pm \$165

**NEW Home Alone Safety** • GRADES 4 - 5*Cindy Sheridan Curran*

Take the first steps toward independence. In this interactive, role-playing class we'll talk about how to best answer the phone and doorbell, ways to avoid accidents and fires, what to do in an emergency, first-aid techniques, kitchen and internet safety, and other tips on how to safely spend brief periods of time on your own. *Ms. Curran is the court liaison officer for Arlington Public Schools.*

---

CODE: **TH66** Monday, February 6 2:40 - 4:10 pm \$25

---

**Wonderful Winter** • GRADES K - 2*Mass Audubon Habitat Educators*

Some people like winter, and some people don't. We can go inside to heated homes, but animals and plants have other ways to deal with winter weather. Join educators from Mass Audubon Habitat and discover details of the winter landscape—owls, insects, winter weeds, snowflakes, tracks, and animal signs, and notice longer days and stronger sun as March approaches. You might be surprised by the things you see. Dress for the weather; we plan to go outside.

---

CODE: **TH71** 7 Wednesdays, January 25 - March 15  
(no class 2/22) 2:40 - 3:40 pm \$120

---

**Arlington Children's Theater** • GRADES K - 2*Matthew Lundeen*

Come explore the dramatic arts through a variety of theater games that work on voice, movement, improvisation, character, and confidence as we prepare a final production. You'll be encouraged to add your own ideas to everything we do, including scene creation. New and returning students welcome. *Matthew Lundeen is artistic director of ACT.*

---

Code: **TH14** 7 Thursdays, January 26 - March 16 (no class 2/23)  
2:40 - 3:40 pm \$110

---

**Early Coding with Scratch Jr and Code.org** • GRADES 1 - 2*Liz Ferola*

Come learn how to program and code using ScratchJr & Code.org. We will use our iPad technology to solve problems and accomplish goals such as: programming characters; creating collages; telling stories; and even building games. Join in the coding fun! Note: Students who took ScratchJr during fall term are welcome back; instruction will be adjusted to their level. *Liz Ferola has taught for several years, ranging in grades 1-3. She currently teaches 3rd grade at Thompson.*

---

CODE: **TH44** 7 Fridays, January 27 - March 17 (no class 2/24)  
2:40 - 3:40 pm \$105

---

**Spanish, Mandarin, French, Italian** • GRADES K - 5  
*GoLingo! Staff*

Learning a new language is fun! Through skits, songs, art, and stories, we'll learn phrases and expressions such as greetings, self-descriptions, colors, numbers, and likes and dislikes. During class we will "travel" to a foreign country where we will experience that nation's culture, cuisine, music, drama, and visual arts. If you are a returning student with a little more experience, you will try reading and writing, including creating your own short stories. New and returning students welcome. Please note: Registration for GoLingo! is now through ACE using the course codes below. *Arlington Community Education has been partnering with GoLingo! since 2010 to offer area children exposure to foreign languages starting at a young age. Please note: Registration*

---

CODE: **TH100** Spanish 12 Fridays, February 10 - May 12  
(no class 2/24, 4/21) 2:45 - 3:45 pm \$216/at Thompson

---

CODE: **TH101** Mandarin 12 Fridays, February 10 - May 12  
(no class 2/24, 4/21) 2:45 - 3:45 pm \$216/at Thompson

---

CODE: **TH103** French 12 Fridays, February 10 - May 12  
(no class 2/24, 4/21) 2:45 - 3:45 pm \$216/at Thompson

---

CODE: **DA102** Italian 12 Wednesdays, February 8 - May 10  
(no class 2/22, 4/19) 2:45 - 3:45 pm \$216/at Dallin

---

“My daughter gained the confidence to babysit on her own.”

*Babysitting Basics*



## ONLINE CLASSES

### Online Courses: Anywhere, Anytime

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.

Go to [www.ed2go.com/arlington](http://www.ed2go.com/arlington) to see all our courses.



### Get started today:

- 1 Go to [Ed2Go.com/Arlington](http://Ed2Go.com/Arlington) to view all courses. Select your course(s). Click the “Orientation” link and go through orientation for each class. Choose the start date that works best for you. Print this information.
- 2 Choose method of payment.
- 3 On the start date of your course, return to [Ed2Go.com/Arlington](http://Ed2Go.com/Arlington) and click the “Classroom” link. Simply log in with the name and password you selected during orientation.

[www.ed2go.com/arlington](http://www.ed2go.com/arlington)

OPENS  
REGISTRATION  
FEB. 14

July 5 – August 18  
**SummerFun! 2017**  
@ Ottoson Middle School



Join us for another season of SummerFun! Kids of all interests (entering grades 1-9) can select from 100+ fun and creative classes designed and taught by experienced classroom teachers. Full-day, half-day, and after-care options let you choose the schedule that works best for you and your family.

#### Highlights include:

- Insider’s Guide to Ottoson: July 5-8 & August 14-16
- Revamped cooking classes with challenging recipes from scratch with natural ingredients
- Additional field trips including Boston Art Tours, Adventure Day Trippers, Maine Canoeing and Kayaking, Whale Watch, and Boston Harbor Islands
- More STEAM classes: Girls Engineering, CADD, Programming with Python, Math Bridge, Web Design, Lego Robotics, ScratchJr
- New! Day Trippers for Incoming 6th Graders
- Expanded theater and dance programs: week-long musical theater, improvisation, storybook theater, hip-hop, Zumba, creative movement
- More high-energy recreation & fitness classes: Parkour, Nathan’s Ninjas, Fit for Summer with Ms. Brayfield, baseball, basketball, gymnastics, yoga
- Additional classes led by even more of your favorite Arlington teachers!

Registration Opens February 14 for students from Arlington and surrounding communities.

## INSTRUCTOR BIOS

**Rita Bruno Abela** is a native Italian who loves to teach her beautiful language. She graduated in Italy and obtained a masters degree in teaching Italian language and culture. She started teaching adults almost 20 years ago and currently teaches Italian to many groups of adults and children.

**Erica Adelson** is assistant director of RoLa Languages and has over nine years of experience teaching English, Spanish, French, and Arabic with students of all ages, from preschoolers to retirees.

**Paul Angiolillo** has taught tea-tasting classes for many years and has lectured on the history and culture of tea at the Peabody-Essex Museum in Salem, Goddard House in Brookline, and other sites. He also worked at Upton Tea Imports in Holliston, MA.

**David Adams, Esq.** is a resident of Arlington and a partner at Pathway Law LLC ([PathwayLaw.com](http://PathwayLaw.com)), where he specializes in estate planning.

**Maitri Buch** is a BollyX certified enthusiast who has grown up loving Bollywood songs and now believes she can beautifully inspire the world through this fitness format! She is eager to spread this fever to as many as she can and help them unleash their inner rock-star as well!

**Sarita Bhagwat** is a native of Pune, India, a town that reminds her of Boston. She has lived in Arlington for close to 20 years, where she and her husband raised two children. A market researcher by profession, she is passionate about all cooking and enjoys culinary travels.

**Suzan Baltozer** is an artist and who has been learning, practicing, and teaching shamanism and healing for over 40 years. Her coloring book *Ancient Wisdom for Modern Times* will be coming out soon.

**Ann Bausman** has lived in Arlington for more than 20 years, and has a love affair with paper, pattern, and color. Ann has taken classes at the School of the Museum of Fine Arts and other locations. She sells her work at area shops and artisan craft fairs.

**Roland “Boot” Boutwell** is a teacher/naturalist who regularly leads nature hikes focused on the diverse flora and fauna of our region.

**Amber Breimeir** is an Indiana University and New England School of Law alum. She has completed three marathons and loves helping others relieve the stresses of life through teaching barre and spin.

**Jeffrey Bruno** teaches physical education, health education, and adventure education classes at Arlington High. He is a certified Wilderness First Responder and trained Wilderness EMT.

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

**Alissa Butterworth** is a novelist, writer, and educator who received her MFA from Lesley University. Her work has appeared in numerous publications. Visit [alissabutterworth.com](http://alissabutterworth.com)

**Scott Cahaly** has been carving stone and exhibiting his work for two decades. He has taught hundreds of people how to carve rocks.

**AC Calcaterra** is a second-generation belly dancer with more than 20 years of teaching and performing experience. She is a founding member of The Goddess Dancing school of dance and was a master teacher for the B.U. Dance Department for more than five years. Her welcoming approach is infused with knowledge of the dance and the joy of movement!

**Beth Canuel** is a professional ballroom dance instructor/ choreographer and founder of UNITE Dance and Fitness. She has been teaching in the Boston area for the past 10 years. Beth travels all over the world as a master trainer for LaBlast Fitness. Visit [unitedanceandfitness.com](http://unitedanceandfitness.com).

**Claudia Catalano** is a graduate of Boston University's acclaimed Culinary Arts and Master's in Gastronomy programs—both founded by Julia Child and Jacques Pepin. She currently works as a contributing writer, recipe developer, and photographer for *The Boston Globe* food section and also operates her own personal chef business called Wild Carrot. Claudia lives in Arlington with her husband and two children.

**Allison Tilly Carswell and Andrea Canty** own Red Door DesignWorks. Founded in 2007, the firm works with clients in the Boston area, as well as in Los Angeles, Austin, New York, and Washington, DC. Both are residents of Arlington. For more information visit [rddboston.com](http://rddboston.com).

**Kimi Ceridon** is both an engineer and a chef. With a Master of Science in Mechanical Engineering from MIT and a Master of Arts in Gastronomy and Chef's Certificate from Boston University, she focuses on creating great food experiences and interactions. She is a personal chef who teaches food education and cooking workshops throughout Massachusetts. Visit [noreturnticket.kceridon.com](http://noreturnticket.kceridon.com)

**Jui-Fei Childers** is a native Chinese born in Taiwan. She has been playing Mahjongg since adolescence, and enjoys playing the game only for fun. She is also a freelance interpreter/ translator and Mandarin Chinese tutor.

**Sally Chvany** is the product of parents who taught their children to "Put things back so you can find it next time you need it". Founder of ACME Organizing, she lives with her family in Arlington. Sally helps her clients minimize the management of their stuff, so they are freed up to move on with their lives. For more information visit [acmeorganizing.com](http://acmeorganizing.com).

**College Funding Advisors**, based in Bedford, MA, provides clients with strategies they can use to maximize financial aid awards for college expenses.

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

**Holly Czapski** is a borderline obsessive multi-crafter. She loves to create just about anything (ask her about upholstery art, pie, paper flowers, or the USB cable stitch she made up).

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

**Sue Doctrow** creates jewelry in Arlington, using an eclectic range of materials and a variety of techniques, including some to be taught in this course. Her jewelry has been available in local gift shops, and she sells her work online and at local craft fairs. Visit [www.bonprisedesigns.com](http://www.bonprisedesigns.com).

**Karen Drummey, M.Ed.**, has over 25 years experience in web design, instructional design, marketing, and corporate training. She's currently an instructional design lead at Tufts Health Plan and teaches her course "Where's the POWER? What's the POINT?" to a variety of audiences in different industries.

**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 [kendalldudley.com](http://kendalldudley.com)

**Sean Faeth** works for the Arlington Public Schools as an information technologist for elementary schools. In his spare time he loves playing board games with his family and friends.

**Mimi Fix** owned a bakery and café, worked in corporate R&D kitchens, and authored three books about the business of baking. She has a master's degree in food studies and teaches in several continuing ed programs, including the Culinary Institute of America (CIA).

**Ellie Foster** is a professional musician and singer and recent graduate of Berklee College of Music.

**Dorian Fox** is a writer, teacher, and freelance editor who has lived in the Boston area for many years. He received his MFA in Creative Nonfiction from Emerson College, and his essays, stories, and articles have appeared or are forthcoming in *December Magazine*, *Under the Gum Tree*, *Gastronomica*, *National Parks Magazine*, *Alimentum*, and elsewhere. He also teaches writing at Grub Street.

**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.

**Severina Gates** is a former dancer and the first certified Essentrics instructor in Massachusetts, training under creator Miranda Esmonde-White.

**Phillip Grannan** is a multi-instrumentalist, composer, and teacher from Cincinnati, OH. He loves to share his passion for music with people of all ages and walks of life.

**Suzi Grossman** received a Bachelor of Fine Arts from the School of the Museum of Fine Arts, Boston, and a Bachelor of Arts in English Literature from Tufts University. Her photographs explore family and group dynamics as well as living environments, often through the use of the multi-paneled image. Her work has been shown throughout New England. Visit [SuziGrossman.com](http://SuziGrossman.com)

**Colleen D. Hertel** is a retired attorney who concentrated in estate planning and elder law issues. Prior to practicing law, she worked as a journalist and communications writer. She is on the board of the Winchester Council on Aging, and resides in Winchester, MA.

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

**JoAnn Ignelzi** is a graduate of the Cambridge School of Culinary Arts (CSCA) where she was also a chef instructor teaching in both the Recreational and Professional Programs. She was also assistant education director at CSCA in charge of curriculum development for both the Diploma and Certificate Programs. Now retired from the industry, she has owned a small private chef business and has also worked for a number of local caterers in the Boston area.

**Christine Jansen** is a teaching assistant for *Principles of Garment Construction* at Framingham State University, working with new fashion students. She has taught painting, stenciling, faux finishing, rug hooking, and textile design for various continuing education programs as well as children's crafts in Arlington and Lexington. She holds a bachelor's degree in fashion design.

**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 [jkdance.com](http://jkdance.com)

**Jonathan Kessler** is a keyboard player who loves musical theater.

**Janet Kessenich M.M.** is an energy healer, spiritual/psychological intuitive, teacher, seminar leader, and musician. She hosts *Creating a Spirited Life* on [Dreamvisions7radio.com](http://Dreamvisions7radio.com) and is the author of *Music Lessons for the Spirit*. Visit [spiralenergies.com](http://spiralenergies.com) for more information.

**Cheryl Keane** is a certified Zumba instructor.

**Lisa Kelly** is the founder and blogger of The Vegan Pact, a plant-based personal chef and a healthy cooking teacher, residing in Waltham. She is passionate about creating organic, whole-food meals, void of animal products, that taste delicious and are good for you.

**Mary Kenny** is a sculptor and animator with a Masters of Fine Arts 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.

**Anina Kostecki** is a local freelance chef, instructor and food writer from Belmont, MA. She helps food entrepreneurs develop recipes and share their culinary stories. Anina received her master's from Boston University in Gastronomy, where she also completed certificates in Culinary Arts, Wine, and Cheese.

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

**Martin LaMonica** has worked as a journalist for nearly 30 years as a reporter and editor covering technology, science, and business. He has written for the *Boston Globe*, *Scientific American*, the *Guardian*, and many other publications.

**Amy Lampert** is a multi-year recipient of the Five Star Wealth Manager Award as published in *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 artist who is best known for her Arlington Street Scenes. She studied studio art at Concordia University in Montreal and art education at MassArt. Visit [adriennelandry.net](http://adriennelandry.net).

**Ruth Lieberherr** has practiced yoga for more than 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 native of China, professional Tai Chi teacher, sixth-generation disciple of Yang Style Tai Chi, and president of the Yang Style Tai Chi Association.

**Howard Loewinger** has been working with computers since the days of the Commodore PET. He has worked as a programmer and database administrator, and as a systems and user support specialist, mostly in higher education. Howard was the technology coordinator of a school district for 15 years.

**Tracy Marks** has an M.A. in English and has taught literature and poetry writing for 40 years. She is also a licensed mental health counselor, author of four self-help books, and a computer trainer.

**Jeanne Mayell** is a Boston-area psychic and psychotherapist. With master's degrees in public health and education from Harvard University and a master's 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 [jeannemayell.com](http://jeannemayell.com)

**Sara McCabe** is an Arlington resident and certified Zumba Gold instructor who has been dancing since her first aerobics class in 1978.

**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.

**Francesca Montillo** is the owner of Lazy Italian Culinary Adventures, which provides culinary tours to Italy as well as private cooking classes and social events in the Boston area. She is a native of Italy and travels back extensively to gather new knowledge and culinary techniques from her large family living throughout Italy. She is an avid home cook and baker and believes that a great family meal should not take hours of preparation or hard-to-find ingredients. Her recipes are easy yet maintain the authenticity of Italian cuisine.

**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.

**Eileen Murphy-McNamara** is an artist and designer with a love for teaching both art and architecture. She lives in Arlington with her husband and three children.

**Andrea O'Leary** holds a master's degree in education from Northeastern University and has taught English to students of all ages and different learning styles. She is a professional career counselor with experience in higher education and private industry.

**Nicole Patience** is a nutrition counselor who works with clients to foster a healthy relationship with food, eating, and body image. She is a certified diabetes educator and certified eating disorder registered dietitian. Nicole is an avid cook, runner, pilates instructor, and mom.

**Ray Pourali**, chemical engineer, environmental engineer, process engineer, clean energy researcher, and founder of EnviroPal.org, has been delivering indoor/outdoor year-round composting solutions nationwide. Visit [EnviroPal.org](http://EnviroPal.org)

**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 a dozen stories in literary 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 [tone.with.rindone.com](http://tone.with.rindone.com)

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

**Linda Rossetti** is author of *Women and Transition: Reinventing Work and Life*. Her work focuses on women's development and the factors influencing women's advancement. She also serves as managing director at Golden Seeds, LLC, an angel capital network that funds women-led start-ups, and as executive director of a nonprofit dedicated to increasing the capacity for transition in women. She is a member of the Board of the Girl Scouts of Eastern MA. Visit [womenandtransition.com](http://womenandtransition.com).

**Joanne Rothstein** is a licensed acupuncturist by day, and by night, an artist who specializes in creating personalized cards and unique gifts of gratitude. As an accredited SoulCollage® Facilitator, she has run both introductory and a variety of themed collage card workshops.

**John Sadoff** is an experienced tournament chess player and teacher who holds a master's degree in education from Harvard University. He is presently vice president of the Massachusetts Chess Association and has taught chess with the U.S. Chess Center in Washington, D.C. He loves playing and teaching this dynamic game.

**Alexandra Schmalenberger** is an American Sign Language teacher at Cambridge School of Weston. After graduating from the National Technical Institute for the Deaf at RIT in 2013, Ali fell in love with teaching.

**Brendyn Schneider** is a professional storyteller, published writer, storytelling instructor, and TedX Natick coach. He has been a featured storyteller at Emerson College, Regent Theatre, Coolidge Corner Theater, ImprovBoston, and other action-packed venues across New England. Making frequent appearances with Massmouth and the Moth, Brendyn takes his audiences on story trips of wit through the follies of growing up and the everyday slog. Visit [brendynschneider.com](http://brendynschneider.com)

**Anastasia Semash** is an artist and teacher with a degree in philosophy from St Petersburg State University, Russia. She currently teaches art at the Russian Center of Languages and Arts in Brookline. Visit [artsemash.com](http://artsemash.com)

**Janet Smith** worked in the computer industry for 16 years as a technical writer, documentation architect, and trainer.

**Trevor L. Smith** is a Massachusetts certified horticulturalist and owner of Land Escapes, which specializes in rain harvesting systems, rain gardens, and living roof systems. As outgoing president of the Ecological Landscape Alliance, Trevor and the ELA work to bring vital information, resources and educational materials to the landscape design community. Visit [everydaygetaway.com](http://everydaygetaway.com).

**Cintha Soto**, a native Spanish speaker of Peru, is an experienced instructor and trainer with an MS-MBA from Boston University. She enjoys connecting people to her Latin American roots through the exploration of language and cultural expressions. Cintha has lived and worked in Peru, and traveled in Chile, Uruguay, Panamá, Venezuela, the Dominican Republic, and Spain.

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

**Mary Ann Stewart** has leveraged social media to build a network of support for public policy in Lexington and beyond. Her experience in communications, organizational development and passion for advocacy and creativity has increased engagement in professional and volunteer settings alike.

**Ellen Sullivan** is a Realtor®, Accredited Buyer Representative, and member of the Greater Boston Association of Realtors and Massachusetts Association of Realtors. She has lived in the area for the past 30 years.

**Fanny Van De Poel**, is a certified hypnotherapist with a multicultural experience of life, and a passion to help people transform their lives, feel better about themselves, and reach their goals. Fanny runs a private practice in Watertown, MA and organizes workshops in the Boston area.

**Linda Varone**, RN, MA, CFS has been awarded Best of Boston® for her work as a Feng Shui consultant. Linda has consulted nationwide for over 20 years, using the insights of psychology and style of interior design. She is an author and professional speaker. Her book, *The Smarter Home Office* is top-ranked on Amazon for home office design. Visit [lindaVarone.com](http://lindaVarone.com)

**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.

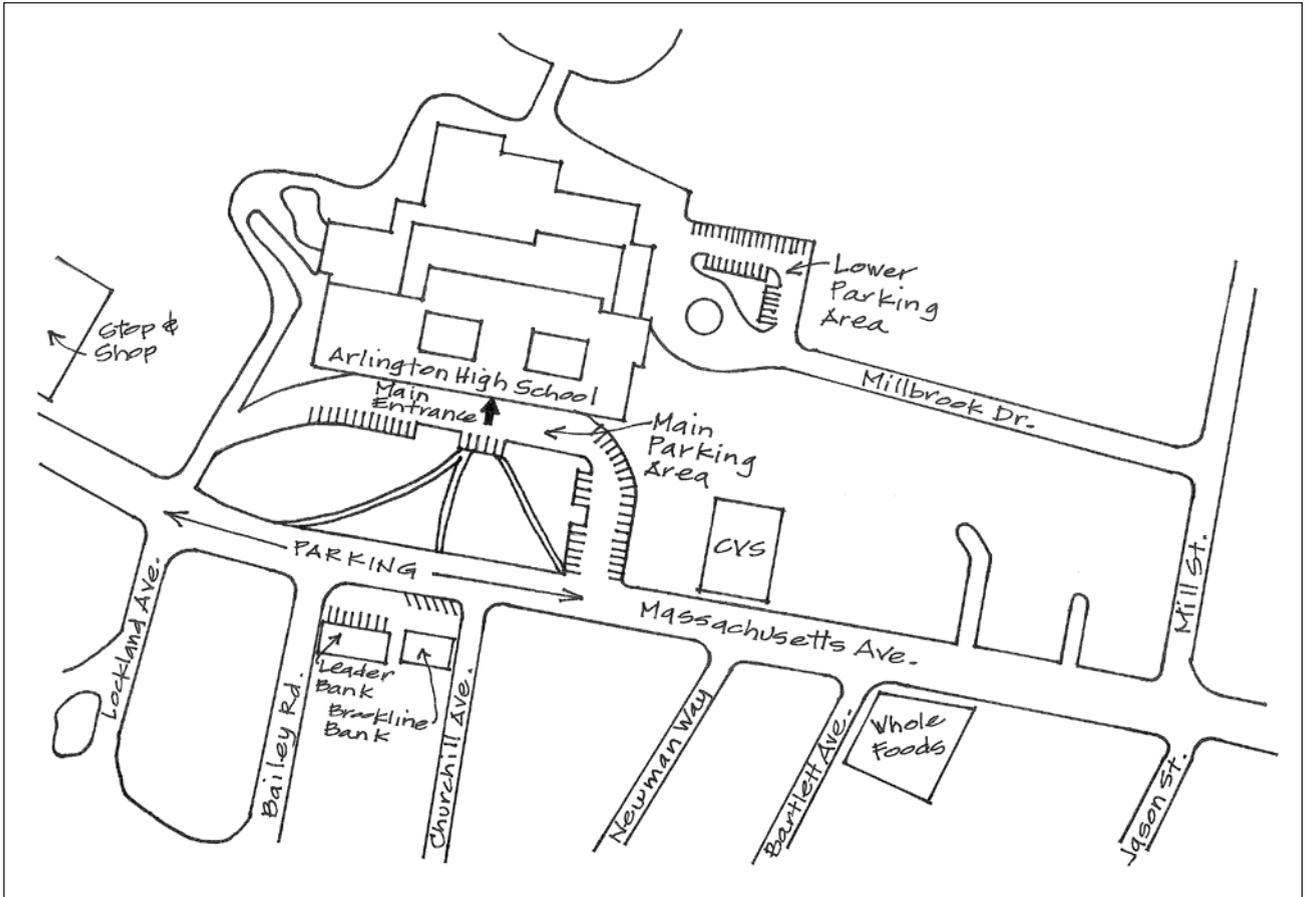
**Nancy Webber** has been teaching *StrongWomenStrongBones* for 10 years. She brings enthusiasm and creativity to this endlessly fun and beneficial program. She is a Brigham and Women's Integrative Care Reiki Practitioner, personal trainer, RYT, and posture and "tech neck" specialist. Visit [nancywebberfitness.com](http://nancywebberfitness.com)

**Diane Winkelman** grew up in Brooklyn, New York in a bilingual home and has taught a wide variety of people from different backgrounds. She has worked for over twenty years as a speech therapist with adults and children in a variety of settings.

**Liane Zeitz** has more than thirty years of practice in elder and disability law planning. Liane is a board member of the Massachusetts chapter of NAELA (MassNAELA) and has served for several years as co-chair of the Massachusetts Continuing Legal Education (MCLE) Annual Elder and Disability Law Conference.

# Parking at Arlington High School

In the evenings, you may park in any of the marked parking spots in front of the high school. Free parking is also available along Massachusetts Ave. directly in front of the school. If you are taking Woodworking, or your class is meeting in the “Fitness Room” you may enter through the gates off the lower parking area off Mill Street. See map below.



# Important Information

## How to Register

### Five Easy Ways:

1. **ONLINE** registration is available at [ArlingtonCommunityEd.org](http://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, VISA or Discover 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. Adult classes are open to ages 14+. 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 canceled, so register early.

## Confirmation

You are officially enrolled as soon as we receive your registration form and payment. Email address required for confirmation.

## Registration Fee

A \$6 registration fee is charged once per person, per term. Fee waived for courses under \$20.

## How Credit Card Charges Work

Credit card charges appear on statements as charges from "Arlington Community Education".

## Scholarships & 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 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 (one class per term) 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.

## Daytime & Weekend Classes

We offer classes on weekdays and weekends. Look for these symbols:



## Withdrawals & Refunds

1. Full refunds are given when a class is canceled due to low enrollment.
2. Students withdrawing from a class at least five full business days before the start date will receive a credit, minus a \$15 processing fee, toward another class.
3. No other refunds will be granted.

## Locations & 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. Teen Classes meet at Ottoson Middle School unless noted otherwise. KidZone classes meet at elementary schools.

## Photo/Video

We occasionally take pictures and videos of students during our classes. Registration with Arlington Community Ed assumes your approval for use of these images in print and online promotions.

## Room Assignments

Assignments are posted in the high school's main lobby each class night. Staff will be available to assist.

## Parking

There is 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. Please see the detailed map on the previous page.

## Accessibility

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.

## Holidays & Weather 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.

## Gift Certificates Available!



Perfect for any occasion. It may come in an envelope, but it's truly a box of possibilities to learn and create. To purchase, please call our office at 781-316-3568. We also accept "Shop Arlington First" Gift Certificates.

Name \_\_\_\_\_

Address \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

Parent Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Cell \_\_\_\_\_ Email (required) \_\_\_\_\_

Parent Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Cell \_\_\_\_\_ Email (required) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_

Cell \_\_\_\_\_ Home Phone \_\_\_\_\_

I authorize my child to walk home alone.

CLASS CODE	CLASS TITLE	DAY & SCHOOL	FEE
		Registration Fee	\$6.00
		Donation to Scholarship Fund	
		<b>TOTAL</b>	

Are there special considerations we should know about so that your child will have a positive experience in their class? Please describe any special needs, including medical, emotional, behavioral, and/or allergies that we should be aware of. **Note: there is no nurse on duty during classes and staff do not have access to medications.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I/We, the parents/guardians of \_\_\_\_\_ a minor, hereby consent to his/her participation in the Arlington Community Education Youth program, the taking of photos of my/our child for promotion of the program via print and web, and to his/her use of the Arlington Public Schools facilities and equipment. I/We further agree to release and hold harmless the Town of Arlington, Arlington Public Schools and the employees, agents, and assigns from all liability or expenses arising out of any incident involving, or any account of any injury to the above named minor in connection with this program. I/We further consent to treatment by emergency personnel in the event of injury to, or illness of our child during his/her participation in this program. I/We accept full responsibility for all costs for any such emergency treatment. I/We agree to abide by APS policies.

Parent/Guardian Signature (required) \_\_\_\_\_ Date \_\_\_\_\_

## To Register:

- Pay by Check:** Please make payable to "Arlington Community Education" and mail with this registration form to **Arlington Community Education**, 869 Mass. Ave., Arlington, MA 02476
- Pay by Charge:** at [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org), by fax 781-316-3381, or by mail. Charge will appear on your credit card statement as "Arlington Community Education."  
**Sorry, no phone registrations accepted for youth programs.**

**Charge:**  VISA  MasterCard  Discover

Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

Cardholder Signature \_\_\_\_\_



# Adult Registration Form

Name \_\_\_\_\_ Date \_\_\_\_\_  
 Address \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Cell \_\_\_\_\_ Email (required) \_\_\_\_\_

COURSE CODE	COURSE TITLE	FEE
	Registration fee*	\$6.00
	Donation to Scholarship Fund	
	<b>TOTAL:</b>	

**To Register:**

- Pay by Check:** Please make payable to Arlington Community Education and mail with this registration form to **Arlington Community Education**, 869 Mass. Ave., Arlington, MA 02476
- Pay by Charge:** at ArlingtonCommunityEd.org, by fax 781-316-3381, or by mail. Charge will appear on your credit card statement as "Arlington Community Education."

**Charge:**  VISA  MasterCard  Discover

Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

\*Registration fee waived for courses \$20 and under.



# Adult Registration Form

Name \_\_\_\_\_ Date \_\_\_\_\_  
 Address \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Cell \_\_\_\_\_ Email (required) \_\_\_\_\_

COURSE CODE	COURSE TITLE	FEE
	Registration fee*	\$6.00
	Donation to Scholarship Fund	
	<b>TOTAL:</b>	

**To Register:**

- Pay by Check:** Please make payable to Arlington Community Education and mail with this registration form to **Arlington Community Education**, 869 Mass. Ave., Arlington, MA 02476
- Pay by Charge:** at ArlingtonCommunityEd.org, by fax 781-316-3381, or by mail. Charge will appear on your credit card statement as "Arlington Community Education."

**Charge:**  VISA  MasterCard  Discover

Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

\*Registration fee waived for courses \$20 and under.

Residential Customer  
Arlington, MA

Try Something New Today! ■ 781.316.3568 ■ Fax 781.316.3381  
[ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org)



PAGES  
**24**  
**37**  
**39**

**Chess**  
*for kids, teens and adults!*



PAGE  
**14**

**Food & Drink**



PAGE  
**27**

**Adult Coloring**



PAGE  
**25**

**Dance & Exercise**  
*Zumba, BollyX, Country Western,  
Swing, Social, Latin & Belly Dance*