

Welcome to our Winter 2019 Term. What better way to start the new year than by taking a class through Arlington Community Ed! Our mission is to create engaging programs that provide you opportunities to be active, connected, and learning. We've seen increased enrollments and positive feedback, and that motivates our team to find even more new and enticing programs.

Despite chilly winter setting in (and no one dislikes the cold more than me!), I am confident these classes will draw you out to connect with your warm community. Try a cooking class and learn how to make homemade pasta or Kombucha. Learn a new language, like Italian. Or maybe belly dancing piques your interest. There really is something for everyone.

Our youth programs continue to grow too, and new this term, we're excited to team up with Arlington Center for the Arts to connect their talented artists with our KidZone after-school enrichment program.

So bundle up and join us! We'd love to meet you—or see you again.

No Class Dates

No evening classes will be held at Arlington High School on February 19, 20 and 21. The schedule for classes held at other locations may vary; please check class description for details.

Arlington Community Education...

All are welcome at Arlington Community Education (ACE). We strive to provide a wide range of engaging and affordable learning opportunities. As the school day comes to a close, our doors open, welcoming members of the community into our schools for personal enrichment and professional development. ACE is a program of the Arlington Public Schools that is completely supported by tuition received from our courses.

Arlington Community Education

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WINTER COVER ART CONTEST WINNER

"Sequence" by Hilda Gutierrez



Hilda Gutierrez is a self-taught visual artist who has been creating art as far back as she can remember. She enjoys exploring and experimenting with different media including oils, acrylics, watercolors, spray paints, ceramics,

sculpture, photography, block printing, and most recently tapestry weaving. "Sequence" is a mixed-media work that incorporates different layers, phases, materials, and the concept of a nonlinear sequence of events. Hilda is currently teaching middle school visual art and always looks forward to the curiosity and creativity that her students bring into their work. Visit https://hilda.boston to see a collection of her work.

Catalog design: Pehlke Design

Staff Picks

We are students too! It's hard to pick just one...and sometimes we can't.



Raising Chickens for Eggs: An Intro to Backyard Chickens

with Vicki Krupp

Did you know that it is legal for Arlington residents to raise backyard chickens? If you're thinking about giving it a try, this class is the opportunity to ask questions of an experienced chicken owner and decide if you're ready for the challenge...and the delicious fresh eggs! March 12, see page 20.



Coffee 101: Brew **Better Coffee at Home**

with Aaron MacDougall

Aaron is the owner of Broadsheet Coffee Roasters in Cambridge and a certified Arabica Q-Grader (this is a big deal!) and top competitor at the national level in both roasting and cupping. Aaron and his team will cover it all, from the origins of coffee to the basic science of brewing. And, most importantly how to consistently brew a good cup of coffee at home! February 11, see page 19.



Silver Jewelry Making

with Laurie Savage

Meeting Laurie has led to an exciting new venture for ACE: a real jewelrymaking program and workshop with all the right equipment. Laurie has that winning combination of know-how, enthusiasm and sense of humor that will keep these classes humming. Multiple classes. See page 10.



Reckless Poetry: A Writers' Workshop

with Cathie Desiardins

Cathie is the current poet laureate of Arlington. A recent student said, "Cathie's recommendations were stimulating. Hearing people's work made me a more productive poet." In this new class, Cathie hopes her students will wildly grow by looking at fabulous poems, writing exercises, and analyzing features of poetry that can help us write authentic, imaginative work. Starts January 17, see page 30.



Podcasting 101

with Heather McCormack

Podcaster and manager of Boston Free Radio Station, Heather is passionate about using the power of community media to engage all people, especially those who are traditionally underrepresented in telling their stories in ways that are empowering, accessible, and active in promoting social change. Starts February 6, see page 7.



Community Dance

with Jacob Bloom

We're big proponents of dance of all types and also excited about our expanded Family Nights series that gets adults and kids out in the evenings to try something new. This event combines both things in what will be a traditional New England 'barn dance'—huge fun with your friends and neighbors. Multiple nights. See page 24.

Around Town

We are pleased to feature these non-profit organizations within the Arlington Community.

ACMI

85 Park Avenue, Arlington (main studio) and Studio B, 892 Mass Avenue, Arlington

Arlington Community Media Inc. (ACMi), Arlington's cable-access television studio and media center, broadcasts both original and imported programming. Its mission is to bring valuable information to, and foster connections among, all members of the Arlington community, and to provide comprehensive, individualized training on \$1 million worth of audiovisual equipment to anyone who lives or works in Arlington. Visit www.acmi.tv; call 781.777.1115.

Arlington Friends of the Drama

22 Academy Street, Arlington

A hidden gem in the heart of Arlington Center, Arlington Friends of the Drama mounts four plays each season. Discover AFD as they bring productions to life. Attend the plays or volunteer to build sets, sell refreshments, or usher. Visit afdtheatre.org; call 781.646.5922.

Arlington Garden Club

Arlington Garden Club membership is open to everyone and includes all levels of gardeners interested in learning and sharing expertise in home gardening, the environment, floral arrangements, and supporting the beautification of Arlington. Meetings are held monthly. Visit arlingtongarden.org.

Arlington Historical Society

7 Jason Street, Arlington

The Arlington Historical Society is dedicated to preserving the Jason Russell House, the Society's collections, and to discovering and sharing information about Arlington's history. The stories of individuals, families, and events associated with the town are interpreted through the Society's collections, programs, and Smith Museum exhibitions. Its lecture series is free for members, \$5 for non-members. Visit ArlingtonHistorical.org.

Arlington Youth Health & Safety Coalition

27 Maple Street, Arlington

Arlington Youth Health & Safety Coalition (AYHSC) is a community coalition funded by a federal grant, with representatives from public (police, schools, local government) and private (churches, businesses, youth-serving organizations) groups, as well as parents and youth. AYHSC focuses on positive community change through education, environmental initiatives, policy development, and improving youth access to treatment. Meetings are held on the first Thursday of the month in the Whittemore Robbins House from 5:30 - 7:00 pm and are open to all. Visit arlingtonma.gov/ayhsc; 781.316.3179.

True Story Theater

True Story Theater stages shows and classes in Arlington two to three times a month. In improv performances, volunteers from the audience share experiences, then actors embody what they hear using music, movement, and dialogue. From these simple interactions people laugh, cry, gain insights, and connect. Visit TrueStoryTheater.org.

St. John's Coffeehouse

St. John's Church, 74 Pleasant Street, Arlington

St. John's informal folk and classical concerts take advantage of the superb acoustics of the historic church and are often followed by informal musicians' sessions and refreshments. Concerts benefit both the musicians who perform and St. John's community outreach missions. Tickets are \$15 in advance, \$18 at door. Students, veterans, and seniors receive a discount. Visit saintjohns-arlington.org; 781.648.4819.

Arlington Public Schools: Parent Forums

The APS Health and Wellness Department presents a series of thought-provoking seminars on topics of importance to today's parents as they navigate the social, emotional, and physical well-being of their children. Most forums are held at Ottoson Middle School from 7:00 -8:30 pm. All are free and open to the public. Visit arlington.k12.ma.us/ news/pdfs/parentforums.pdf: Dec. 12: AYCC hosts Dr. Carla Kenney, President of OCD Mass.; Jan. 8, 15, 22, 29, Feb. 5: Guiding Good Choices; Jan. 22: Quit Smoking free hypnosis and behavioral modification workshop; Feb. 6: Dr. Michael Thompson

Sanborn Foundation: Easing the Financial **Burden of Living with Cancer**

Arlington's Sanborn Foundation

Do you know an Arlington resident living with cancer? The Sanborn Foundation helps Arlington residents pay for expenses related to the treatment of cancer, and sponsors organizations in the prevention of cancer. Applicants do not need to demonstrate financial need, only proof of Arlington residency a verified cancer diagnosis. Visit SanbornFoundation.org for more information or to apply for assistance.

Hospice Volunteer Training

Care Dimensions

Hospice Volunteers are needed to work in almost every department: visiting with patients (reading, sharing a hobby, listening to music, talking about sports or sharing family stories and memories), assisting at our hospice houses in Danvers and Lincoln, working in the administration offices, making bereavement calls, taking therapy dogs to visit patients, and so much more. Trainings are held in the Waltham/ Burlington area. Contact senior volunteer coordinator Jane Corrigan at 781-373-6574 or jcorrigan@caredimensions.org.

The Old Schwamb Mill

17 Mill Lane, Arlington

An historic 19th-century mill located on the oldest continuously-used mill site in the United States, the Old Schwamb mill is now a living history museum. The property is listed on the National Register of Historic Places. In 1847, Schwamb brothers Charles and Frederick, members of a German immigrant family, bought a mill in Arlington where they carried on the family tradition of working in wood. They specialized in creating circular and oval wood picture and mirror frames, a practice which continues to this day. Visit oldschwambmill.org; 781-648-5119.





NEW Second Acts for Women in STEM

Leanne Rodd

Did you leave the scientific/technology/engineering/math (STEM) fields to take a career break, or follow an alternate career path to accommodate caregiving responsibilities? This is a great time to re-enter the field! The Smithsonian Science Education Center estimates that in 2019 as many as 2.4 million technical positions will go unfilled. With record low unemployment rates and demand in STEM fields growing, there are more opportunities than ever for women returning to technical career paths. Join us for an interactive event featuring local human resource and talent professionals, along with women who have successfully returned to STEM fields, and leaders from educational organizations supporting return-towork pathways. Following brief presentations from panelists, we'll have time for your questions and will offer advice on how to capitalize on opportunities. This evening is moderated by Leanne Rodd, associate director of talent for FlexProfessionals.

CODE: BTo70 Tuesday, February 5 7:30 - 9:00 pm

Talking Smart: Keys to Clear and Compelling Communication

Lauren Mackler

Many of us struggle with communicating effectively with others—personally and professionally—because we never learned how. In this powerful evening, learn how to build rapport, gain mastery of your emotions, and be a clear and compelling communicator. Discover how to interact with others in ways that strengthen your relationships, invoke respect, defuse conflict, and produce the outcomes you want in your personal and professional life. Lauren Mackler is a renowned coach, CNN commentator and best-selling author. Visit laurenmackler.com.

CODE: BTo74 Thursday, February 28 6:30 - 8:00 pm

Grant Writing 101

Maura Harrington

Are you looking for ways to help fund your nonprofit's mission? Do you hear about grant opportunities but have no idea where or how to find them? Learn all about grants in this threesession course: what they are; how to get them, where to find opportunities, who needs to be involved to apply for a grant, when to apply, and how to write a winning proposal. This is an interactive course, so come ready to participate and practice building your grant-writing skills.

CODE: **BTo46** 3 Wednesdays, January 30 - February 13 7:00 - 9:00 pm \$69

Plan a Successful Fundraiser

Susan Ruderman

Events such as galas, auctions, film screenings, and charity 5K races can be a significant source of revenue for nonprofit organizations. They can also be a significant financial risk and major drain on staff and volunteer time. Learn all aspects of event planning: choosing a theme and venue, creating a timeline, soliciting sponsors, recruiting an event committee, selecting vendors such as caterers, musicians, and auctioneers; pricing and selling tickets, promoting the event, and conducting attendee follow-up. We'll review the Ten Worst Things that can happen to your event and how to avoid them. Come with an idea for a fundraising event, leave with an understanding of what to do—and what not to do—to make it successful.

CODE: **BTo49** Wednesday, February 27 6:30 - 9:00 pm \$29



Navigating the Stock Market

Michael Stern

This dynamic and informative course will empower you to make educated and informed decisions about your investments: how to allocate assets, choose equity ETFs, pick new stocks, and manage a stock portfolio. Develop your skills as an amateur "equity analyst" and learn how to monitor the performance of a professional mutual fund manager or advisor. Topics include understanding the stock-picking wisdom of iconic investors such as Peter Lynch and Warren Buffett, using online resources like Google and Yahoo Finance to help research ETFs and stocks, and managing an existing portfolio of stocks that may already contain strong winners or significant underperformers. We'll also cover understanding financial ratios, reading a basic balance sheet, and recognizing an undervalued vs. overvalued stock. You can't afford to miss this course!

CODE: BTo71 3 Thursdays, January 31 - February 14 7:00 - 8:30 pm \$55



WRITING HEARTFELT **LETTERS**

with Karen Fullerton, page 30

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," good planning lets you control how your assets are given to the people or organizations you care most about; sets up your heirs for success by passing on their inheritance in a way that helps them; helps you and your heirs pay substantially less in taxes, fees and court costs; minimizes family strife; and makes it easier for your loved ones to handle your affairs during a time of loss. 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: BTo65 Tuesday, March 5 7:00 - 9:00 pm \$25/individual or \$35/family

NEW Trust Planning for Those with **Special Needs and Circumstances**

David Adams, Esg. & Amanda Hsiao

Inheriting money can be complicated. In some circumstances, immediate and outright access to funds can go to waste, enable self-destructive behavior, be diverted to creditors, or force a disabled beneficiary to lose eligibility for government benefits. Learn ways to use trusts to help loved ones benefit from their inheritance. We will explain what a trust is, which individuals benefit from receiving inheritance through a trust, how trusts can protect beneficiaries including from creditors and in the event of divorce, the critical role of the trustee, and how trust distributions work (when they should be made or deferred). These topics will be discussed as they pertain to a range of beneficiaries with special circumstances or needs, including those with disabilities who may receive, or be eligible to receive, Supplemental Security Income (SSI) and MassHealth. We will focus on revocable trusts and third-party special needs trusts, and briefly discuss first-party special needs trusts, pooled trusts, and ABLE accounts. This workshop will be led by two estate planning attorneys, David Adams and Amanda Hsiao, whose perspectives include those of a trustee and a special needs planning attorney.

CODE: BTo75 Tuesday, February 5 7:00 - 9:00 pm \$25/individual or \$35/family

Online Courses at Arlington Community Education: Learn anywhere, any time

Arlington Community Education partners with MindEdge and Ed2Go to offer hundreds of online courses that meet the varied needs of our students.

Comprehensive professional development for those who want to get ahead in business

- Self-paced
- Interactive exercises, videos and case studies
- Industry experts
- Continuing education credits and professional certification (optional)
- Cutting-edge courses in career-building, communications, finance and marketing

https://www.arlington.mindedgeonline.com/partner/courses/



Enrichment and educational courses — from Art to Web Design and everything in between.

- Instructor-led
- Interactive
- Online discussions
- Text-based content
- 12 lessons in 6 weeks (2 lessons released per week)
- Optional final exam
- Industry experts

www.ed2go.com/arlington/

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. You will gain a solid overview of the home-buying process. Together a realtor, lender, and an attorney will lead the discussions.

CODE: BTo19 2 Wednesdays, January 23 and 30 6:30 - 9:00 pm \$55/individual or \$75/family

Maximize the Sale Price of your Home

Bill Butler

Thinking of selling your home in this seller's market? Learn proven ways to maximize your home's sale price. We'll discuss what today's millennial and "move up" buyers value in a home in this area. Learn about specific home improvements that will yield the highest return on sale price, how to position your home for maximum value, and how to negotiate the highest price and best terms in crafting your dream offer. We'll also discuss strategies for moving up to a new home without having to rent in between selling your home and buying your new one.

CODE: BTo51 Wednesday, February 13 7:00 - 9:00 pm \$25/individual or \$35/family

You Can Afford College

Don Anderson

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. Visit collegefundingadvisors.com

CODE: HSoo5 Thursday, February 7 6:30 - 8:30 pm \$25/individual or \$35/family



FAMILY NIGHTS: GLASS ART, POP-UP CARDS, POTTERY, PAINTED WOODEN SPOONS, AND COOKING

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NEW One-on-One Technology Tutoring

Howard Loewinger

Get one-on-one tutoring sessions to help you with whichever computer or software applications are trying your patience. Our instructor will meet with you to answer questions about MS Office Suite (Excel, Word, PowerPoint), communications (email, Facebook, Skype, Twitter), how to simply organize your desktop, and more. Bring your laptop or device. Sessions must be scheduled in advance with the instructor. The price below is for a single, two-hour session. Location and times are flexible; please call 781.316.3568 to learn more and register.

CODE: **BTo72** Date and time TBD

Introduction to Photos on Your iPhone

Howard Loewinger

How do you use your iPhone camera and what do you do with all those great photos once you take them? Come discover the different storage options, learn the advantages of online photo storage versus alternatives, such as Apple's iCloud Photo Library, as well as popular options like Instagram and Flickr. We will also look at options for sharing photos on these sites, learn how to import photos from texts and emails to your photo library, and how to send pictures already in your library in an email or text message. We will upload photos to both Macintosh and Windows platforms and will look at tools on for managing photos. Bring your fully-charged iPhone to each class.

CODE: BTo73 2 Thursdays, January 31 and February 7 7:00 - 9:00 pm \$49



NEW Podcasting 101

Heather McCormack

Audio-based programming known as podcasting has exploded in recent years as a way of communicating stories. Learn how to create engaging, entertaining, and innovative podcasts. Taught by Boston Free Radio Station manager and podcaster Heather McCormack, this course will review the unique opportunities of this new media form, explore different content and formats and help you create an interesting podcast concept. The instructor will demonstrate basic use of a podcasting recording setup. You will record a podcast introduction for the second class, where we will cover basic audio editing, including adding copyright-free music. We'll also cover hosting, distribution, syndication and monetization.

CODE: BTo36 2 Wednesdays, February 6 and 13 7:00 - 9:00 pm \$59



NEW Illustrating People for Fashion, Theater, and Fun

Katherine McGough

Popular in the early 20th century, fashion illustration was displaced by photography in the 1960s. Instagram has helped to revive the art, and a new generation of fashion artists is rewriting the rules. This course will cover proportions for both a fashion figure and real-life humans, how to draw faces, hands and feet as well as the clothed figure. Those taking this course again will be introduced to new projects that increase your skills. Please bring a sketchbook (or paper), a pencil and a good eraser to the first class where we will discuss additional materials which may include watercolor, markers and colored pencils.

CODE: ACo52 6 Tuesdays, January 29 - March 12 (no class 2/19) 7:00 - 9:00 pm \$125

NEW The Art of Drawing: Fabric and Folds ** CLASSIME

Artists may feel intimidated by trying to capture the essence of fabric and folds on paper or canvas. Learning to set aside everything we think we know and focusing on what we see is key to successfully capturing the light and shades of fabric and folds. This may sound easy, but drawing like this takes practice. Enhance your knowledge of how to dress a figure so that their clothes look real. We will work from photographs, either your favorites (bring them to class) or those supplied by the instructor, and enjoy a relaxed atmosphere. Experienced as well as newly minted artists are welcome. Bring your medium of choice—pencil, watercolor and more—and a sketchpad to the first class. A materials list will be emailed after registration. Meet at Arlington Senior Center, 27 Maple St., Arlington. Cosponsored by Arlington Council on Aging and open to students of all ages.

CODE: ACo42 8 Wednesdays, January 16 - March 13 (no class 2/20) 10:00 am - noon \$159; Arlington seniors \$145



I could have stayed all day listening to Dee Morris.

> Smart Women: Arlington Bibliophiles page 24

Watercolor Pencils ** CLASS

Charlotte Kaplan

Watercolor paintings are among the most beautiful and luminous works of art and also among the most difficult to master. Watercolor pencils have made this process a little easier. We will work with specialized color pencils to create beautiful paintings. All levels welcome. A materials list will be emailed after registration. Meet at Arlington Senior Center, 27 Maple St., Arlington. Co-sponsored by Arlington Council on Aging and open to students of all ages.

CODE: ACoo7 6 Mondays, January 28 - March 11 (no class 2/18) 1:00 - 3:00 pm \$125; Arlington seniors \$112

REGISTER NOW!

Some classes fill up quickly, so don't miss out!



NEW Beginner Acrylic Painting ** CLASS

Anastasia Semash

Acrylic paints are easy to mix, provide bold colors, dry fast and are perfect for beginners as well as for more experienced artists. Learn the basics of acrylic painting in this relaxing class. You will develop color mixing and brushwork skills as well as techniques for creating an illusion of light and form in a painting. Subjects will include still life, landscapes, and abstract compositions. A materials list will be emailed after registration. Meet at Arlington Senior Center, 27 Maple St., Arlington. Cosponsored by Arlington Council on Aging and open to students of all ages.

CODE: ACo44 8 Tuesdays, January 15 - March 12 (no class 2/19) 1:00 - 3:00 pm \$159; Arlington seniors \$145



NEW Illustrating Nature with Pastels ** CLASS

Anastasia Semash

Pastel drawing and painting is an ideal way to capture the beauty of nature: floral compositions, birds and insects, landscapes and more. Through our projects, you will experience the differences between oil and soft (chalk) pastels, as well as acquire tips for mixing and blending colors, layering, and other techniques. Observe and illustrate various subjects from nature, while developing new artistic skills. A materials list will be emailed after registration. Meet at Arlington Senior Center, 27 Maple St., Arlington. Co-sponsored by Arlington Council on Aging and open to students of all ages.

CODE: ACo45 8 Fridays, January 18 - March 15 (no class 2/22) 10:00 am - noon \$159; Arlington seniors \$145



Nixed Media Collage & Monoprints ** CLASSME



Anne Black

For both newcomers and experienced artists, this course combines monoprint and collage for an immersive artistic experience. Explore monoprint, a printmaking technique that combines the spontaneity of printed inks and paper to create a surface unlike any other. We will create prints without a press, a fun, creative and low-pressure process, and experiment with painting and drawing techniques, stencils and stamps, texturing tools, and various mark-making techniques. Then you can use your monoprints as colorful elements in collage art. Experience the spontaneity and joy of collage while experimenting with various materials and techniques including acrylic paints and mediums, drawing and mark-making, building up layers, adding texture, using stamps, stencils and found objects, and incorporating photocopy transfers. Tuition includes a \$30 materials fee. A materials list will be emailed after registration. Meet at Arlington Senior Center, 27 Maple St., Arlington. Co-sponsored by Arlington Council on Aging and open to students of all ages.

CODE: ACo53 6 Fridays, January 18 - February 22 1:00 - 3:00 pm \$155; Arlington seniors \$140



EMBROIDERY AND PAINTED SPOONS CLASSES

with Daniela Cermaneti, pages 12 & 36

Cartooning and Comics

Crispin Wood

Cartoons and comics are not just for kids! Cartoons are used in caricatures, greeting cards, single panel gags, newspaper strips, webcomics, comic books and graphic novels. It's a versatile art form with a wide range of styles. New to cartooning or have experience and want to shake things up? Exercise your creativity to help bring out your inner cartoonist. We'll examine and experiment with common techniques used in cartooning and comics: character design, thumbnails, panel layout, placement of characters and word balloons for clarity and inking styles.

CODE: ACo35 6 Wednesdays, January 30 - March 13 (no class 2/20) 7:00 - 9:00 pm \$125

NEW Explore Gouache

Gouache (pronounced gwäsh) is a fun and flexible form of opaque watercolor used by illustrators, sketchbook artists, and still-life painters. This introduction to the easy-to-learn medium will explore essential techniques and materials for work in the studio or the field. Using a limited palette, we will dive deep into color theory and mixing. The opaque properties of gouache make it a great solvent-free, fast-drying alternative to oil painting. Open to new and experienced artists. Experienced watercolorists can add a new dimension to their work by combining transparent and opaque paint.

CODE: ACo54 8 Thursdays, January 17 - March 14 (no class 2/21) 7:00 - 9:00 pm \$159

Explore Adobe Lightroom

Suzi Grossman

Adobe Lightroom is a powerful and intuitive tool for working with your photos. This course will introduce you to all it has to offer including organizational tools, editing, post processing, book making, printing, and more. We will focus on the desktop program Adobe Lightroom Classic CC, but will also review the mobile App and compare the differences. Bring a laptop with the software installed or use one of our classroom computers. You can purchase a monthly subscription to Lightroom Classic CC through the Adobe Creative Cloud Photography Plan for your own laptop. We will review purchasing in the first class, but if possible, have the free trial installed so we can jump right in.

CODE: ACo46 6 Thursdays, January 31 - March 14 (no class 2/21) 7:00 - 9:00 pm \$125

Digital Photography: An Introduction

Are you still not sure what all the buttons on your digital camera mean? This class is for those who want to move off the "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 subjects such as portraits and landscapes. Camera must have a "manual" mode that allows adjustment of both shutter speed and aperture settings. Bring your camera and camera manual to the first class.

CODE: **ACo14** 6 Wednesdays, January 16 - February 27 (no class 2/20) 7:00 - 9:00 pm \$125

Woodworking Open Shop

Nathan Muehleisen

A great opportunity for aspiring or experienced woodworkers. Learn the basics of fine woodworking using shop tools such as the joiner, planer and table saw to create a small table or stool of your own design. Additionally, learn to safely operate hand tools, power tools and other equipment. Students who have taken this course before can bring their own projects for a more self-directed open shop. We'll also discuss buying wood and materials for your project. Meet in the Wood Shop: park off the Mill Street entrance and enter door #30 to the left of the gates. See map on page 53.

CODE: ACo15 8 Thursdays, January 17 - March 14 (no class 2/21) 6:30 - 8:30 pm \$179

Glass Fusing Workshop

Michel L'Huillier

Learn the basics of glass fusing while having fun playing with glass shapes, colors and textures. Through a series of fun exercises, learn to use glass powders, frits and stringers. Then design and create pieces: one 4"x 4" dish and one 8"x 8" plate or bowl. A selection of precut pieces is provided and the instructor will cut specific shapes if needed. Your pieces will be fired in the instructor's kiln and available at the ACE office within a week. Tuition includes an \$85 materials fee.

CODE: ACoo₄ Tuesday, February 12 6:30 - 8:30 pm



NEW Sip and Spin Pottery 🖈 WEEKEND



Indigo Fire Pottery Studio

Come try out a pottery wheel in a friendly, social atmosphere! Feel free to BYOB and/or snacks to share. We'll start with a demonstration and then everyone will have time at a wheel. Learn the basics of centering and throwing a piece on the wheel. Return about three weeks later to glaze. Your pieces will be returned to the kiln for a second firing before you pick them up. Make as many pieces as you like, but select two to be fired. Your final project will be food safe. Tuition includes all materials. Meet at Indigo Fire, 60 Concord Ave., Belmont.

CODE: **HCo47** Saturday, February 16 6:30 - 8:30 pm

Pop-Up Card Design

Susanne Agerbak

Learn how to create engaging pop-up cards that make the recipient feel special. No artistic ability required, only a willingness to muck about with scissors and glue. We'll master a variety of simple and more complex techniques, and learn how to customize them to make our own designs. We'll discuss

useful books and tools for more complex pop-up designs. A special kind of creative magic awaits you in this workshop. You'll never send a store-bought card again, and delight in how your creations become treasured gifts. Please bring scissors to class. Tuition includes a \$5 materials fee.

CODE: ACo19 Tuesday, January 29 7:00 - 9:00 pm

Kumihimo Jewelry Making for Beginners

Naomi Ellenberg-Dukas & Yin Guang

Kumihimo is a Japanese form of braiding, translated as "gathering of threads." The earliest form of kumihimo dates back to 794 BC, when braids were used to secure clothing for religious ceremonies, and later to join Samurai armor. Today, Kumihimo is used to make beautiful braided jewelry. In this two-session workshop you will learn the basic Kongoh braiding technique to make both a bracelet and a choker necklace, then progress to braiding with freshwater pearls to create a bracelet. You can ultimately join them to create a stunning necklace. Leave with the ability to practice Kumihimo on your own. Come get your Kumi going! Tuition includes a \$35 materials fee.

CODE: ACo22 2 Tuesdays, February 26 and March 5 6:30 - 9:00 pm \$89

Beginning Jewelry: Sterling Silver Band Ring Laurie Savaae

You will learn fundamental techniques for designing and fabricating a sterling silver textured band ring. You'll receive step-by-step instructions in texturing, filing, forming, soldering, sanding, and polishing your ring. Tuition includes a \$30 materials fee. Meet near **Wood Shop;** park off the Mill Street entrance and enter door #30 to the left of gates. See map on page 53.

CODE: ACo33 2 Tuesdays, January 22 and 29 6:00 - 9:00 pm \$99

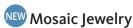


NEW Beginning Jewelry: Silver Bangle Bracelets

Laurie Savage

Learn to make a set of textured bangle bracelets, one in sterling silver, one in bronze, and three in copper. You will develop fabrication skills, including: measurement, texturing, filing, forming, soldering, and tumbler finishing. All materials will be provided, including: sterling silver, bronze, and copper, saw blades, solder, and sandpaper. Tuition includes a \$35 materials fee. Meet near Wood Shop; park off the Mill Street entrance and enter door #30 to the left of gates. See map on page 53.

CODE: ACo55 2 Tuesdays, February 12 and 26 6:00 - 9:00 pm \$105



Mosaic Oasis Studio & Supply

Make unique and colorful jewelry using glass tesserae, the individual tiles used to make mosaics. In just one evening you will create one or two items of your choice: a pair of earrings, a pendant, keychain, bottle stopper, pin, and more. Choose from a rainbow of colors and textures as you exercise your creativity. Tuition includes a \$70 materials fee for two pieces. Meet at Mosaic Oasis Studio & Supply, 1189B Mass. Ave., Arlington. Visit mosaicoasis.com.

CODE: ACo48 Monday, February 25 6:30 - 8:30 pm

Fabulous Felting

Betsey Cogswell

Felting is a magical process where layers of wool fleece are agitated with hot soapy water, then rolled by hand. The result is a fabric that is strong, textually interesting, and beautiful. We will make our own fabrics and then turn our creations into pillows, small rugs, table runners, scarves and more. You should be able to finish two items of your choice in our time together. This course is appropriate for both new and experienced felters. A modest materials list will be emailed after registration. Tuition includes a \$25 fee for fleece in assorted colors, and soap.

CODE: ACo4o 5 Tuesdays, February 5 - March 12 (no class 2/19) 6:30 - 9:00 pm \$149

Get to Know Your Sewing Machine

Ebi Poweigha

Is your sewing machine a mystery? Whether you have no experience or just need a refresher, in just one night you'll learn all you need to know to start sewing. We'll review your machine's parts and functions, changing bobbins, figuring out those daunting dial settings, and more. By the end of class you'll be ready to tackle your next sewing project with confidence. Please bring scrap fabric, thread, your sewing machine in good working order, and machine manual, if you have it.

CODE: ACo25.1 Thursday, January 17 7:00 - 9:00 pm



SEWING CLASSES with Ebi Poweigha

NEW Quick and Dirty Sewing

Ebi Poweigha

Jump right in to sewing by making a reversible sleeve for your laptop or other e-device in just one night! Get familiar with your sewing machine, learn how to measure and cut fabric, and even learn a handy bit of hand sewing in the process. Please email the instructor class@makingtheflame.com for a complete list of supplies to bring to class, including your own sewing machine.

CODE: **ACo49** Thursday, March 14 7:00 - 9:00 pm



NEW Sew Your Own Clothes

Ebi Poweigha

Imagine wearing a garment made just for you! For those familiar with the basics of machine sewing, this course will show you how to sew a garment from start to finish. From taking and recording body measurements, to reading patterns, to choosing and cutting fabric, you will gain a solid foundation in every aspect of making your own clothes! Bring a sketch or inspiration photos of the garment you'd like to make to the first class, and your sewing machine to the second class. A list of materials will be provided at the first class.

CODE: ACo56 5 Thursdays, January 24 - February 28 (no class 2/21) 7:00 - 9:00 pm \$105

SIGN UP NOW!

Reserve your spot and ensure that we have enough students to run the class.

Learn to Knit ** CLASS

Valerie Wey

Knitting is hugely popular, and easy to learn. We'll explore 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. Bring an unfinished project you want to continue working on or the instructor can help you choose a new project. Course is open to both new knitters and those who want to refresh their basic skills. If you are new to knitting or left-handed, please contact the instructor at valeriewey@yahoo. fr before the first class. Meet at Arlington Senior Center, 27 Maple St. Co-sponsored by Arlington Council on Aging and open to students of all ages.

CODE: ACo27 6 Mondays, January 28 - March 11 (no class 1/18) 10:00 - 11:30 am \$89; Arlington seniors \$81



Knitting for Beginners and Beyond

Karen Roth & Hariet Vanderput

This workshop will give those new to knitting—or returning to it—the foundation to move on to independent projects. We will start with the basic skills of casting on and knit-stitch then teach new skills such as purling, knitting-in-the-round, how to change colors, casting off, and more as time and interest allow. Learn how needle size, yarn size, yarn texture and gauge affect the end result. Practice your new skills by creating a simple hat and cowl or a project of your choice. A supply list will be provided at the first class.

CODE: ACo28 6 Thursdays, January 24 - March 7 (no class (2/21) 7:00 - 9:00 pm \$119

Crochet for Beginners

Janet Peluso

Crochet can be used to make all sorts of fun, cool accessories: hats, scarves, wraps, shrugs, embellishments (flowers, ruffles), fingerless gloves, boot-toppers, bags, purses, and more. Designed for beginners and those with some experience, this course will teach you basic crochet techniques and stitches including single and double crochet. Choose from a variety of projects to try out your new skills. As the course progresses, additional crochet stitches will be introduced. Learn how to read crochet patterns, crochet different shapes (circles, squares, triangles, etc.), increase/decrease, and how to finish pieces. Tuition includes a \$10 materials fee; feel free to bring yarn or other material to the first class.

CODE: ACo31 8 Thursdays, January 17 - March 14 (no class 2/21) 7:00 - 9:00 pm \$159



NEW Sublime Stitchery: Hand Embroidery

Daniela Cermenati

Awaken your creativity through embroidery, the art of embellishment with needle and thread. No matter how complicated the result looks, embroidery is remarkably easy. If you can use a needle and thread, you can embroider! Learn the basics of embroidery and explore thread and wool options and color palettes. Explore techniques for transferring images and detailing stitches to accentuate dimension and color. Have fun experimenting with all you learn. All levels welcome. Tuition includes a \$10 materials fee.

CODE: ACo5o 5 Wednesdays, January 30 - March 6 (no class 2/20) 7:00 - 9:00 pm \$119

Get Fit! Stay Strong: Core Focus

Gaggi DeStefanis

Get fit this winter with a low-impact, gentle, full-body workout that focuses on building core strength. We will use air and body resistance (no weights) as we work our muscle groups with circuit training and power drills that keep us moving for an entire hour. Learn proper form and a routine you can practice safely at home on your own.

CODE: DEo88 8 Thursdays, January 17 - March 14 (no class 2/21) 6:30 - 7:30 pm \$89

Fitness for Active Aging Adults * CLASS

Back Bay Fit Staff

Want to remain strong, independent, and fully functioning as you age into your 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: DE074.1 8 Fridays, January 18 - March 8 10:00 - 11:00 am \$105

CODE: **DE074.2** 8 Fridays, January 18 - March 8

11:00 - noon \$105

Parkour

Parkour Generations Boston Staff

Turn any environment into a playground for movement and physical challenge. This course is for students of all ability and fitness levels, and will include instruction in the basic movements and techniques of parkour, as well as exercises designed to improve general fitness and ensure the long-term practice of parkour. Classes will focus on exploring and moving within one's environment and will include a number of games, exercises, and drills to improve balance, coordination, strength, spatial awareness, and flexibility while having fun. All classes are taught by ADAPT certified coaches. This is an outdoor class so please dress for the weather and bring a water bottle. Open to ages 14+.

CODE: **DE079** 8 Tuesdays, January 15 - March 12 (no class 2/19) 7:00 - 8:30 pm \$209

Parkour for Balance and Agility

Parkour Generations Boston Staff

You may know parkour for its high-flying flips and big jumps. In this transformative course, parkour principles are used to help active and aging adults become physically stronger and mentally confident as you move through your world. Under the guidance of trained and supportive coaches from Parkour Generation Boston, you will improve your balance and agility with low-impact moves. Learn how to avoid falls, or how best to fall if it happens, how to turn obstacles into opportunities, and how to incorporate functional fitness into your everyday movements. Sessions are open to those age 50+ of all abilities and fitness levels—from beginners just off the couch to seasoned athletes—all taught in a safe and positive environment. Moves will be modified for all levels and abilities.

CODE: DEo8o 8 Tuesdays, January 15 - March 12 (no class 2/19) 6:00 - 7:00 pm \$139



The instructor was very knowledgeable and answered every question. ??

> Estate Planning with David Adams page 6

Essentrics: Full-Body Workout

Severina Gates/Cindy Lewis

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 Gentle Stretching (see below). Please bring a yoga mat, towel, and water.

CODE: **DE072** 8 Thursdays, January 17 - March 14 (no class 2/21) 7:00 - 8:00 pm \$115

Essentrics: Gentle Stretching * CLASSINE

Severina Gates

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, slowtempo class. Please bring a yoga mat, towel, and water. Tuesday class meets at Calvary Church, 300 Mass. Ave., Arlington. Enter far-right side door on Linwood Street, turn right, and go up one flight. Friday class meets at Arlington Senior Center, 27 Maple St., Arlington. Co-sponsored by Arlington Council on Aging and open to students of all ages.

CODE: **DEo69.1** 8 Tuesdays, January 15 - March 12 (no class 2/19) 12:15 - 1:15 pm \$115; Arlington seniors \$104 CODE: DE069.2 8 Fridays, January 18 - March 15 (no class 2/22) 11:45 am - 12:45 pm \$115; Arlington seniors \$104

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 with Bettina meets at Fox Library, 175 Mass. Ave. (at Cleveland Street); Thursday class with Ruth meets at AHS.

CODE: DE015.1 7 Mondays, January 14 - March 11 (no class 1/21 and 2/18) 7:15 - 8:30 pm \$99

CODE: DE015.2 8 Thursdays, January 17 - March 14 (no class 2/21) 7:30 - 8:45 pm \$109

IF THE CLASS YOU WANT IS FULL

Sign up for the wait list! There's no fee and we often get last minute changes.

Joyful Morning Yoga ** CLASS

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. Wednesday class meets at Calvary Church, 300 Mass. Ave., Arlington. Enter far-right side door on Linwood Street, turn right, and go up one flight. Thursday class meets at the St. Camillus Church, 1175 Concord Turnpike in the Parish Center located across the parking lot from the church, up the ramp.

CODE: **DE010.1** 8 Wednesdays, January 9 - March 13 (no class 2/13 and 2/20) 9:00 - 10:15 am \$109

CODE: DE010.2 8 Thursdays, January 10 - March 14 (no class 2/14 and 2/21) 9:00 - 10:15 am \$109

Yoga for Every Body

Ruth Lieberherr

This course 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 if you have them. Friday 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 AHS.

CODE: DE014.2 8 Thursdays, January 17 - March 14 (no class 2/21) 6:00 - 7:15 pm \$109

CODE: **DE014.1** 8 Fridays, January 18 - March 15 (no class 3/1) 9:30 - 10:45 am \$109

Facial Yoga Workshop

Ruth Lieberherr

Pamper yourself with facial yoga. 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 necessary.

CODE: **DEo85** Wednesday, January 30 7:00 - 8:30 pm

Restorative Yoga Workshop

Ruth Lieberherr

In restorative yoga we use blankets, pillows and straps to stay a bit longer in comfortable yoga poses to find a deeper relaxation and release for stress and tensed muscles. Deep relaxation brings many benefits to your body and mind: your mind becomes more quiet and you might find a more restful sleep; your blood pressure, blood sugar and cholesterol might be positively affected. Leave the workshop relaxed, refreshed and rejuvenated. No prior yoga experience is necessary. Bring a blanket or two, two pillows, a yoga mat and two yoga blocks (if you have them). The instructor will bring yoga straps.

CODE: **DEo86** Wednesday, February 27 7:00 - 8:30 pm



BOLLYX DANCE FITNESS with Farheen Owais, page 16

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 course focuses on a portion of the Hwa Yu short form. 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 course is for those acquainted with the Hwa Yu Short Form; the 7:10 pm and daytime courses are for those with little or no experience. Evening classes meet at AHS; 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: **DE012.1** 8 Wednesdays, January 16 - March 13 (no class 2/20) 6:00 - 7:00 pm \$99 (Advanced)

CODE: **DE012.2** 8 Wednesdays, January 16 - March 13 (no class 2/20) 7:10 - 8:10 pm \$99 (Beginner)

CODE: **DE012.3** 8 Thursdays, January 17 - March 14 (no class 2/21) 9:30 - 10:30 am \$99 (Beginner)

Tai Chi: Yang-Style ** CLASS

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: DE071 9 Tuesdays, January 15 - March 12 9:00 - 9:50 am \$109

Tai Chi: Level 2 ** CLASS

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: DE035 9 Tuesdays, January 15 - March 12 10:00 - 10:50 am \$109

Tai Chi: Level 3 ** CLASS

Zhantao Lin

This course continues with 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** 9 Tuesdays, January 15 - March 12 11:00 - 11:50 am \$109



It was like being welcomed into her home...

Homestyle Mediterranean with Elif Ozkefeli, page 17

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. Open to all fitness levels, 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: **DE002** 7 Mondays, January 14 - March 11 (no class 1/21 and 2/18) 6:45 - 7:45 pm \$89

Zumba Gold ** CLASS

Suzi Wojdyslawski

Zumba Gold is a dance-fitness program with invigorating Latin and international dance rhythms geared towards active older adults or those new to cardio exercise. Easy-to-follow dance moves are done at a slower pace than original Zumba, but with the same dance-party feel. A great feel-good workout for the body, mind, and soul. Some of the many benefits include: improved strength, endurance, balance, coordination, flexibility, and relaxation. Class meets at Calvary Church, 300 Mass. Ave., Arlington. Enter far-right side door on Linwood Street, turn right, and go up one flight.

CODE: **DEo83** 8 Wednesdays, January 16 - March 13 (no class 2/20) 10:30 - 11:30 am \$95

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! Bring a mat to class. Meet in the **Fitness Room at AHS**. Enter through courtyard gate off of lower parking area behind AHS. See map on page 53.

CODE: **DEo62** 8 Wednesdays, January 16 - March 13 (no class 2/20) 7:15 - 8:15 pm \$99

Hip Hop: Let's Dance

Cedric Crowe

Joining us from Boston Mobile Dance Studio, Coach Cedric's dynamic and motivating style will get you off the couch and moving as you learn basic street dance movements and how to follow choreography. Great for beginners and advanced dancers alike. You will leave each class energized and inspired!

CODE: DEo82 8 Wednesdays, January 16 - March 13 (no class 2/20) 7:00 - 8:00 pm \$109



NEW BollyX Dance Fitness

Farheen Owais

Have a blast with BollyX! A Bollywood-inspired dance-fitness program 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: **DEo81** 8 Tuesdays, January 15 - March 12 (no class 2/19) 6:30 - 7:30 pm \$95

> "'ve actually learned how to fall safely. How empowering!"

Parkour for Balance and Agility, page 13

Belly Dancer's Workout

Karen Uminski

Come rock the Kasbah! Join a fun workout that will tone your core, clear your mind, and feed your soul. Classes include a warm up, individual exercises, drills, a cool down stretch, and meditation, all done the belly dancer's way. Easy to learn, Belly Dance is a folk dance, meaning folk can do it! You'll be sore in places you forgot you had! Open to all fitness and ability levels as all movements can be modified. Wear comfortable, loose fitting clothing (t-shirt or crop top and leggings or skirt); instructor will provide hip scarves.

CODE: **DE070** 8 Thursdays, January 17 - March 14 (no class 2/21) 7:00 - 8:00 pm \$95

Training Happy Hour

Dorien Keusseyan

Structured for all fitness levels, this course is designed to maximize caloric burn in just one happy hour! Get fit, challenge your body, boost your confidence and, most importantly, make fitness fun. Learn proper form and body positioning while avoiding injury. Each class is divided into two sections: cardio boost with body weight agility, and high-intensity interval training (HIIT) that will challenge your entire body. Everyone will get something out of this course and exercises will be adapted for various levels of difficulty.

CODE: **DEo89** 8 Wednesdays, January 16 - March 13 (no class 2/20) 7:00 - 8:00 pm \$95

Country Western Line Dancing

Julie Kaufmann

What's more fun than country-western line dance? You don't even need a partner. Young and old, men and women, athletes and couch potatoes—anyone can have a great time. You'll 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 8 Wednesdays, January 16 - March 13 (no class 2/20) 6:30 - 7:45 pm \$119



NEW Country Two-Step

Julie Kaufmann

From tiny Texas honky-tonks to festivals and massive arena concerts, country fans love the Two-Step (also called Texas Two Step). Learn the basic step, underarm turn, side-by-side moves and promenade, then move on to some fun and fancy combinations. Learn how to twirl a partner—or be twirled—as you move around the floor. You'll have a blast! Though this is a partner dance with a leader and follower, you are welcome to sign up without a partner for our lessons.

CODE: **DE090** 8 Wednesdays, January 16 - March 13 (no class 2/20) 7:45 - 9:00 pm \$119





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

Homestyle Mediterranean

Elif Ozkefeli, Magic Bites

Back by popular demand and with an all-new menu, Magic Bites chef and owner Elif Ozkefeli will join us again for an evening of cooking and tasting. Turkish cuisine is one of the original fusion cuisines, an exotic blending and refinement of central Asian, Middle Eastern, eastern European, and Balkan cuisines. Chef Ozkefeli will share special recipes from her Turkish bakery and cafe. In this hands-on class, you will learn to make fluffy bulgur pilaf with chickpeas, eggplant kebap, and creamy tomato soup. Tuition includes a \$20 food fee.

CODE: **FD205** Wednesday, January 16 6:00 - 9:00 pm \$59

A South Indian Affair

Shruti Mehta

Although quite popular in India, the cuisine of southern India remains a secret to the world. South Indian cuisine is distinguished by a greater emphasis on rice as the staple grain, and the liberal use of coconut, curry leaves, and coconut oil. South Indian recipes rely more heavily on the use of vegetables and incorporate fewer spices and more accessible ingredients. Join Chef Shruti Mehta to learn the secret of South Indian cooking. Together you will make oat adai (rice, lentils and oat crepes), accompanied by onion and potato bhaji (stew), and sambar (a spicy lentil and radish soup). Other dishes will include tomato rice, and kesari, a popular dessert. Tuition includes a \$20 food fee.

CODE: **FDo27** Thursday, January 17 6:00 - 9:00 pm

WE RELY ON YOUR FEEDBACK!

Please help us by returning class evaluations.

Southern Comfort Cuisine

Katie Walter

Cuisine from the southern regions of America is downright delicious...and well, just comforting! Learn how to make southern favorites including pulled pork, fennel and red onion coleslaw, garlicky mustard greens, baked macaroni and cheese, and peach cobbler. All these recipes are suitable for relaxed weekend entertaining but are also easy enough for a weeknight meal.

CODE: FD227 Wednesday, January 23 6:00 - 9:00 pm

Five-Ingredient Pasta Dishes

Francesca Montillo

Learn to prepare delicious pasta dishes without the hassle and cost of unnecessary or hard-to-find ingredients. Economical and versatile, pasta is a kitchen staple. Chef Montillo will show you how less is more! Come learn new recipes that will inspire you to spend more time in the kitchen and less time eating out, including penne arrabiata, pasta with beans, and pasta aglio olio. Tuition includes a \$20 food fee.

CODE: **FD232** Thursday, January 24 6:00 - 9:00 pm



Shruti was a great teacher with amazing recipes. ""

A South Indian Affair with Shruti Mehta

Perfectly Versatile Biscotti

Janine Sciarappa

Once you learn how to make biscotti you'll only wonder why you don't make it more often! Learn how to make these crunchy, dippable, Italian "twice baked" cookies. They are addictive and lend themselves to an array of flavor possibilities by incorporating extracts, citrus zests, nuts, chocolates and drizzles. Learn how to form, bake and cut the biscotti. Recipes will include cantucci, double chocolate, and cappuccino biscotti. Tuition includes a \$20 food fee.

CODE: FD231 Wednesday, January 30 6:00 - 9:00 pm

Warm and Comforting Stews

Kimi Ceridon

Stews are the original one-pot meal. Warm, inviting, rich and filling, stews are a wonderful winter go-to for dinner. The best part is that stews can be easy to prepare and are ideal for single pots, slow cookers and multi-cooker appliances. While we prepare delicious stews such as chicken coconut curry, pork posole, and spicy vegetable with lentils, we will discuss cooking techniques to use for your own stew creations. Tuition includes a \$20 food fee.

CODE: FD223 Wednesday, February 13 6:00 - 9:00 pm

Valentine's Date Night: Couples Cook Italian

Francesca Montillo

Tired of waiting in overcrowded and overpriced restaurants on Valentine's Day? Here's an idea: you and your love join Chef Francesca Montillo in preparing a memorable dinner to mark the occasion. Each couple will prepare pasta alla carbonara, chicken in white wine, and peas and pancetta sautéed in olive oil. Then for dessert we'll make tiramisu. Learn new culinary skills while spending quality time with your significant other. As always, enjoy laughs cooking alongside other couples. The evening will include additional treats prepared by Chef Montillo, as she sets the stage for a fun Valentine's Day cooking adventure. Feel free to bring your beverage of choice. Limited to 5 couples. Tuition includes all food fees. This class fills quickly!

CODE: FD190 Thursday, February 14 6:00 - 9:00 pm \$109/couple

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

Fresh Pasta Made Easy

Zach Slovin

Come learn the basic techniques of pasta making! After this class you'll impress friends and family with your ability to create delicious handmade pastas. We will make a traditional dough by hand which we will transform into two pasta dishes. Learn how to shape and cut fettuccini as well as make your own ricotta, corn, and shallot raviolis. Although delicious on their own, we will also learn how to make traditional marinara and pesto sauces for our pastas. You may never go back to dried pasta! Tuition includes a \$20 food fee.

CODE: **FD222** Tuesday, February 26 6:00 - 9:00 pm

Five-Ingredient Italian Chicken

Francesca Montillo

Chicken can lend itself to a variety of recipes, yet we find ourselves making the same ones every week. Let's revamp the chicken dinner. Each recipe will include only five core ingredients, most of which you will likely have on hand. Recipes will be ideal for weeknight dinners but impressive enough to serve at a dinner party. Recipes may include lemon caper chicken, chicken peperonata, drumsticks in red sauce, and chicken breasts with balsamic glaze. Tuition includes a \$20 food fee.

CODE: FD233 Thursday, February 28 6:00 - 9:00 pm

Spanish Tapas

Katie Walter

Tapas, or "small bites," are a variety of savory Spanish dishes, often served as a snack with drinks. Serving tapas is perfect for a party, but many tapas double as delicious dinners. Take tortilla de patatas, a Spanish-style omelette with potatoes and onions. Cut into cubes and skewered with a toothpick and you've got a delicious appetizer, but sliced into wedges, and served with a green salad, you have an easy weeknight dinner. Learn to prepare a variety of traditional Spanish tapas dishes: spicy garlic shrimp, chorizo braised in wine, tomato bread and endive with orange, and goat cheese and almonds. In addition, we'll sample some favorite Spanish nibbles such as manchego cheese, jamon serrano and Marcona almonds. Tuition includes a \$20 food fee.

CODE: **FD172** Wednesday, March 6 6:00 - 9:00 pm \$59

Ramen at Home

Zach Slovin

During the cold days of winter, there is nothing better than a steaming, aromatic bowl of Japanese ramen. It can warm you to your core. Learn how to make ramen noodles and prep great add-ins that go along with this iconic dish. In addition to the basics, you'll learn how to make a burnt garlic paste and sweet mirin chicken thighs. You'll crave this dish every time the temperature drops. Tuition includes a \$20 food fee.

CODE: FD229 Tuesday, March 12 6:00 - 9:00 pm

The Great British Bake-off

Janine Sciarappa

Are you obsessed with the world's most beloved cooking show, The Great British Baking Show? Do you watch this zany baking competition and become inspired to recreate some of the gorgeous desserts? Come bake in the company of other obsessed viewers. Join pastry chef Janine Sciarappa as she teaches you to make a few of GBBO's show-stopping desserts, such as pavlova, millionaire's shortbread and Victoria sponge cake. Tuition includes a \$20 food fee.

CODE: **FD230** Thursday, March 14 6:00 - 9:00 pm



WOODWORKING

page 10

TASTING CLASSES DESIGNED TO STIMULATE YOUR MIND AND PALETTE

Pairing Wine and Chocolate

Robert Lublin

Wine and chocolate are wonderful on their own, but when properly paired, magic happens! The right wines bring out nuances in high-quality chocolate, and the specific amount of cocoa and cream in chocolate can highlight the flavors of particular wines. Join us for a fun, relaxing (and potentially decadent!) evening pairing fine white, milk, and dark chocolates with wines that complement them best. In addition to chocolate, light snacks will also be offered. Tuition includes a \$15 food and beverage fee. For students 21+.

CODE: **FD224** Tuesday, January 22 7:00 - 9:00 pm \$45

Irish Whiskey

Robert Lublin

Ireland produces some of the finest whiskey in the world. Join us for a fun, relaxed introduction to Irish whiskey and see why many people believe that Ireland's top whiskies can go toe to toe with the best Scotch. We will compare some of the mainstays, including Jameson, Bushmills, Powers, and Tullamore Dew, then sample some of the high end varieties that really distinguish the Emerald Isle, such as Redbreast, Green Spot, and more. If you like scotch but haven't given Irish whiskey a try, prepare to be amazed! Light snacks will be offered. Tuition includes a \$25 food and beverage fee. For students 21+.

CODE: FD225 Tuesday, March 5 7:00 - 9:00 pm \$55

Explore Craft Beer

Craft Beer Cellars Education Studio

Craft beer has been described as pure happiness in a glass. Craft beers are made in small quantities, largely by independent brewers who work to create a beer that expresses a complexity and taste all its own. For those new to craft beers or those simply curious about them, this evening will include loads of information about craft beer and brewing as well as tastings of four to six of our favorite craft beers. Meet at the **Society of Master Beercierge**, 85 Leonard Street, Belmont, MA (under Belmont Books). Tuition includes a \$13 beverage fee. For students 21+.

CODE: **FD118** Wednesday, February 6 6:00 - 8:00 pm \$45

Coffee 101: Brew Better Coffee at Home

Aaron MacDougall, Owner Broadsheet Coffee Roasters

Want to know how to *consistently* brew a good cup of coffee at home? We will begin with the basics: where coffee comes from, how it's processed, the supply chain, what makes for higher quality green coffee, and the goals of roasting. Then we'll explore the basic science of brewing coffee, equipment choices and variables that impact extraction and influence taste. We will end with a demonstration of our approach to using common home-brew devices in creating the best tasting cup of coffee every time. Tuition includes a \$5 beverage fee. Meet at **Broadsheet Coffee Roasters**, 100 Kirkland St. Cambridge.

CODE: **FD226** Monday, February 11 6:30 - 9:00 pm \$25

Great Teas: Assams to Oolongs

Paul Angiolillo

Some places are known for their coffee connoisseurs, others for wine aficionados or beer enthusiasts. Yet almost every culture has its tea lovers—whether they're into hearty Indian Assams, fragrant Chinese Keemuns, or delicate and sweet Chinese green teas. We'll sample at least eight top-quality teas from the world's great tea-growing regions and talk about them. Sweet and savory snacks will complement the tastings and you'll take home plenty of tea samples. Please bring one or two of your favorite cups to class. Together we'll sip and savor. Tuition includes a \$4 food fee.

CODE: FDo98 Thursday, January 31 7:00 - 8:30 pm \$25

Fermentation 101: Kombucha and Cider

Zach Slovin

Learn the basics of fermentation so that you can start creating your own refreshing beverages at home. The first class will include a crash course on how fermentation occurs and how to ensure a healthy and safe fermentation environment. We will end the class by pitching yeast for cider and adding the Scobies to our tea mixtures. (Learn what a SCOBY is and its importance in Kombucha brewing.) On week two, we will taste, flavor, and ultimately bottle our final products for later consumption. Come learn how satisfying and frugal it can be to create your own beverages. Tuition includes a \$45 food fee.

CODE: **FD228** 2 Tuesdays, January 29 and February 5 6:00 - 8:00 pm \$99



NEW Raising Chickens for Eggs: An Intro to Backyard Chickens

Vicki Krupp

Self-sufficiency practices, such as vegetable gardens and chicken coops, are growing in urban towns across the country as we become more more aware of where our food is coming from. Have you considered raising egg-laying chickens in your suburban backyard? Join us for this everything-you-need-to-know primer on raising your own backyard chickens. Learn which coops work best and how to choose the right breeds, care and feed young and mature birds, recognize and treat illnesses, protect from predators, and much more. You will have the opportunity to ask questions of an experienced chicken owner and decide if you're ready for the challenge...and the delicious fresh eggs!

CODE: RFo53 Tuesday, March 12 7:00 - 9:00 pm \$19

Keeping Bees

Alexandra Bartsch

If you are thinking about keeping bees, there's lots to consider besides the pleasure of harvesting your own pure, wild honey and beeswax. More effort than a cat but less than a dog, backyard beekeeping requires only simple management once hives are established. Local expert Alexandra Bartsch has been keeping bees since 1978, and will help you decide if this rewarding pursuit is for you. She'll share her experiences, talk about the benefits and importance of keeping bees, the culture of beekeeping, what it's like to keep your own, and other aspects to consider, including the time and financial commitment. Come learn what all the buzz is about.

CODE: RFo54 Thursday, January 31 7:00 - 9:00 pm \$19



Winter Floral Arrangements: Think Outside the Vase

Derby Farm Flowers & Gardens Staff

Although there's nothing blooming in the garden, you'll be amazed by just how much you can use in addition to flowers—a variety of textural winter greens, house plants and foraged goods—to create a unique winter arrangement for any spot in your home. We'll encourage you to think about centerpieces in a new way; you aren't limited to a vase! Tuition includes a \$45 materials fee for container, materials and tools. Meet at **Derby Farm Flowers and Gardens**, 218 Mass. Ave., Arlington.

CODE: **HGo7o** Monday, January 28 7:00 - 8:30 pm \$65

Hygge and Feng Shui: Homes of Connection and Calm

Linda Varone

How do people in Denmark, with their long, dark winters, get ranked #1 in a global happiness survey? (The U.S. ranks #10.) Hygge (pronounced hYoo-guh) means "coziness," and "enjoying the simple things of life with family and friends, or alone." Who would guess that hygge and feng shui have something in common? Both provide insight into how to create homes that bring people together and support personal relaxation. Learn the principles of feng shui and hygge from a Best of Boston design consultant. Beat the winter doldrums with simple changes in your home, using what you already own. The workshop is generously illustrated with photo slides, handouts, and real life examples.

CODE: HGo59 Tuesday, January 29 7:00 - 9:00 pm \$25

Organizing Made Simple

Sara Valverde

Someone who makes her home on a sailboat has mastered the art of keeping it simple. A professional organizer and self-proclaimed "minimalist," our instructor thrives on helping others make space, both mentally and physically, for the things that matter most to them. You will learn an eight-step process for organizing any project—from a junk drawer to a garage—and other simple and practical tips for clearing the clutter in your life. Her approach keeps it simple, to give you the mental and physical space for maintaining clarity and peace of mind.

CODE: HGo58 Tuesday, February 26 7:00 - 8:30 pm \$19



NEW The Healthier Home

Monique Ouimette

This course will focus on strategies for creating a healthier environment in and around your home. Learn how everyday products impact human health and the broader environment, practical strategies for reducing the use of toxics, and social norms and expectations that are barriers to living more sustainably. Each week will focus on one of the following topics: personal care and hygiene; household cleaning or landscaping. Throughout the course, there will be opportunities for discussion and support as you implement the strategies at home.

CODE: **HGo71** 3 Wednesdays, February 27 - March 13 7:00 - 8:30 pm \$45



ACTIVE BYSTANDER INTERVENTION TRAINING

with Christopher Ellinger, page 27

Decorating 101: Fall in Love with Your Home Again

Andrea Canty & Allison Tilly Carswell

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? Window treatments? Yikes! Decorating your home can be 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 display an inherited family heirloom to create visual interest. Learn how to hang a gallery wall, 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** Thursday, March 14 7:00 - 9:00 pm \$25

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

NEW American Sign Language (ASL) Level 1

Signing is a useful skill that can open up a new world of relationships and understanding. This course is for those who have no experience with ASL or who need a refresher on the basics, you will learn the ASL manual alphabet, numbers, greetings, feelings, expressions, family, time, clothes, body parts, and other basic conversational tools.

CODE: LAo38 8 Tuesdays, January 15 - March 12 (no class 2/19) 6:00 - 7:15 pm \$115



NEW American Sign Language (ASL) Level 2

TBD

Further explore the beauty of this visual language and learn about Deaf Culture. For those who have completed ASL 1, or who have comparable experience, learn signs relating to verbs, and basic conversational style. We will also focus on the basic formation of grammatically correct sentence structure of ASL.

CODE: LAo40 8 Tuesdays, January 15 - March 12 (no class 2/19) 7:30 - 8:45 pm \$115

English as a Second Language (ESL) Level 1

Alison Silver

Learn to understand, speak, and write American English in a small, friendly classroom setting. For those who have little or no knowledge of English, we will review the alphabet, numbers, and basic vocabulary and expressions for daily living. We will use worksheets and practice pronunciation, listening, and conversation skills in class. Please bring a 3-ring binder to class.

CODE: LAo17 8 Thursdays, January 17 - March 14 (no class 2/21) 6:30 - 7:30 pm \$88

English as a Second Language (ESL) Level 2

Andrea O'Leary

Learning to communicate in English and be understood is a common issue for most non-native speakers. This course will help students to speak and to understand spoken American English. Through careful listening exercises and pronunciation practice, the teacher will combine new vocabulary, grammar, and conversational idioms with specific materials and handouts. Listening, reading, and speaking English in class provides practice with many opportunities to interact with the teacher and fellow students. This is a low-stress, friendly, small class environment. Materials are provided but please bring a 3-ring binder to the first class.

CODE: LAo22 8 Thursdays, January 17 - March 14 (no class 2/21) 6:30 - 8:30 pm \$88

Modern Standard Arabic, Level II

Rania Nasser

This course is for those who have some basic knowledge of Arabic (i.e. are able to read and write simple words, as well as being familiar with some vocab). Use your Arabic reading skills to read short paragraphs while learning some grammatical structures. Conversational themes will include nationalities, family members, describing neighborhoods and residences, food and drink, clothing and colors, weather and more.

CODE: LAo50 8 Tuesdays, January 15 - March 12 (no class 2/19) 6:00 - 7:30 pm \$125

Modern Standard Arabic: Level III

Rania Nasser

Expand your Arabic proficiency. Taught by a native speaker, this course will put your conjugation and other grammar skills to use as we learn to write more elaborate paragraphs. We will continue to expand our vocabulary and skills.

CODE: LAo54 8 Tuesdays, January 15 - March 12 (no class 2/19) 7:30 - 9:00 pm \$125

French for Beginners, Level I

Erica Adelson

Lay the foundation 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 course is for beginners or those who wish to review the fundamentals. Tuition includes all materials

CODE: LAo27 8 Wednesdays, January 16 - March 13 (no class 2/20) 7:30 - 9:00 pm \$125

French for Beginners, Level II

Erica Adelson

Appropriate for those who have had previous exposure to French or who have completed French for Beginners, Level I. We'll expand on present tense verbs (irregulars), learn near future tense, grow our vocabulary and take another step toward becoming fluent! Tuition includes all materials.

CODE: LA044 8 Wednesdays, January 16 - March 13 (no class 2/20) 6:00 - 7:30 pm \$125

French Café: Conversation and Culture ** CLASSIME



Barry Bridgelal

Bonjour! Join this welcoming and lively French conversation class led by an enthusiastic native speaker. This is your chance to learn, practice and improve your conversational French in a relaxed, fun yet structured set-up. You will also have the chance to increase your knowledge of French history and culture and discuss topics that will surely raise passions. Isn't this what French is all about? This class is best suited for students who already have some level of conversational French (all levels are welcome). Meet at Arlington Senior Center, 27 Maple St., Arlington. Au plaisir de vous y retrouver! Co-sponsored by Arlington Council on Aging and open to students of all ages.

CODE: LAo26 8 Thursdays, January 17 - March 14 (no class 2/21) 2:30 - 4:00 pm \$125; Arlington seniors \$112

Italian, Level II

Irena Stanic Rasin

Buongiorno! This course is for students who have taken Italian Level I or similar course and who have some knowledge of Italian (presente indicativo). Through games, songs and conversation about everyday life, we will continue to study grammar and expand our vocabulary as we learn more about Italian culture and life. Expect to master reflexive verbs, past tense of regular and irregular verbs, and possessive adjectives. Improve your spoken Italian as we discuss topics including daily activities, physical descriptions, and family. Tuition includes a \$10 materials fee.

CODE: LAo36 7 Tuesdays, January 15 - March 12 (no class 2/19 and 2/26) 7:00 - 8:30 pm \$135

WE RELY ON YOUR FEEDBACK!

Please help us by returning class evaluations.

Learn Spanish I

Núria Pairó

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; handouts will be provided for use during class time and for practicing at home during the week.

CODE: LAoo7 8 Thursdays, January 17 - March 14 (no class 2/21) 6:00 - 7:30 pm \$125



Learn Spanish II

Núria Pairó

For those who have taken Learn Spanish I or equivalent. We will continue with more conversation and new grammar concepts to help you gain confidence in the language. You will learn ordinal numbers, simple present tense of irregular verbs, how to express likes and dislikes, and more. You will also improve your pronunciation and increase your vocabulary as we explore topics such as traveling, ordering food, and giving directions. No textbook is used in this course; handouts will be provided for use during class and for practicing at home during the week.

CODE: LAoo31 8 Thursdays, January 17 - March 14 (no class 2/21) 7:30 - 9:00 pm \$125



SINGING CLASSES with Sarah Dredge, this page

Spanish Cafe: Conversation and Culture Cinthva Soto

Spanish is the most widely-spoken Romance language in the world, 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 just miss speaking the language. We will improve your spoken Spanish and vocabulary by encouraging discussions on 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.

CODE: LAo52 8 Wednesdays, January 16 - March 13 (no class 2/20) 7:00 - 8:30 pm \$125

REGISTRATION IS OPEN!

Classes fill on a first-come, first-served basis. Register early so you don't miss out!

NEW Act Now: Intro to All Things Acting

Elyse Montoya

Discover your hidden acting talent—or reawaken it— in a safe, fun, creative space! We will delve into three styles of acting—monologue work, scene study, and improvisation—and use monologues and scenes from classic and contemporary plays, and exercises from theatrical expert Uta Hagen to explore the physical aspect of acting. Work with and learn from peers during scene work, improv, and monologue, to create believable, honest characters onstage. All are welcome! Note: wear something that makes it easy to move around.

CODE: MAo86 8 Wednesdays, January 16 - March 13 (no class 2/20) 7:00 - 9:00 pm \$179

Everyone Can Sing!

Sarah Dredge

Are you tired of silently mouthing the words to songs if others are listening, or simply humming along because you think you can't sing well? Our instructor believes that everyone can sing—even you! She will help you discover your singing voice by sharing the basics of a healthy vocal technique. Topics include breath management for singing, maintaining a consistent vocal tone, and an introduction to basic ear training. Instruction includes group exercises and personal attention. No prior musical experience necessary, just an open mind and a desire to sing!

CODE: MAo69 8 Tuesdays, January 15 - March 12 (no class 2/19) 6:00 - 7:30 pm \$135

Love To Sing, Love Your Voice

Sarah Dredge

For those who want to take their voice to the next level. Our instructor will help you develop your voice and unleash its full potential by practicing the fundamentals of breathing, phonation, and performance. These time-tested techniques not only improve your singing but also help you feel more relaxed and confident in daily life. We will work with different musical genres including jazz, musical theater, rock, and basic classical vocal music. Instruction includes group exercises and personal attention. No prior musical experience is necessary.

CODE: MAo8o 8 Tuesdays, January 15 - March 12 (no class 2/19) 7:30 - 9:00 pm \$135

Introduction to Guitar

Phillip Grannan

Our talented and passionate instructor will help you learn the elements of guitar and the basics of music in a fun, grouporiented 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.

CODE: MAo81 8 Tuesdays, January 15 - March 12 (no class 2/19) 6:00 - 7:25 pm \$129

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: MAo82 8 Tuesdays, January 15 - March 12 (no class 2/19) 7:30 - 9:00 pm \$129

Harmonica: Basics and Blues for Beginners Vinny Serino

Carrying around a harmonica is like a party in your pocket! Come learn to play your favorite tunes and blues riffs on this simple, take-anywhere instrument under the direction of an enthusiastic and highly experienced instructor. Learn basic skills including positioning the harmonica properly in your mouth, and hand techniques to create nuance in your playing. We'll also work on breath control and music fundamentals such as chords and rhythm. Bring a diatonic (not chromatic) C harmonica, a.k.a. "a blues harp," (recommended brands are Marine Band or Lee Oskar) plus a notebook and pencil. No experience necessary; all are welcome.

CODE: MAo42 8 Wednesdays, January 16 - March 13 (no class 2/20) 6:30 - 7:30 pm \$89

Harmonica: Beyond Beginners

Vinny Serino

For harmonica players who want to take their skills to a more intermediate/advanced level. This course will cover harmonica techniques like draw bends, blow bends, tongue block and pursing methods to move more fluidly around your instrument. Learn to play octaves, chords, warbles, and other more indepth techniques. We will work toward building solos that reflect your style. Bring a "C" harmonica and, if possible, other keys such as A, A Minor, Bb, D, E, F, and G, to learn about the tonality of various harmonicas.

CODE: MAo74 8 Wednesdays, January 16 - March 13 (no class 2/20) 7:30 - 8:30 pm \$89

NEW Archery

On The Mark Archery

Learn the basics in this introductory course as we focus on posture, alignment, muscle memory, and control. Our instructors will keep you engaged throughout the program with creative skill building games, drills, and individual friendly competitions that will leave you wanting more. All equipment will be provided. Ages 15+

CODE: **RFo58.1** 4 Tuesdays, January 15 - February 5 7:45 - 8:45 pm \$125

CODE: RFo58.2 4 Tuesdays, February 12 - March 12 7:45 - 8:45 pm \$125

Community Dance

Jacob Bloom

Dance for the sheer fun of it! Square dance, contra dance, barn dance—whatever you call it, we'll get you moving and smiling to delightful, foot-tapping music. After a little instruction, everyone will dance with everyone else in easy and interesting combinations. No experience, special skills or outfits necessary, just comfortable clothing and the desire to have fun. All ages welcome.

CODE: **RFo28.1** Thursday, January 24 6:30 - 8:30 pm \$10/person or \$25/family max

CODE: **RFo28.2** Thursday, February 14 6:30 - 8:30 pm \$10/person or \$25/family max

CODE: RFo28.3 Thursday, March 14 6:30 - 8:30 pm \$10/person or \$25/family max



NEW Smart Women: Amazing Arlington Bibliophiles

Dee Morris

Arlington has always loved books. Come celebrate two determined women who altered Arlington's literary landscape. Serving for over 50 years as head librarian, Elizabeth J. Newton (1853-1946) nurtured the institution by combining the duties of housekeeper, negotiator, and entrepreneur. She was a true hostess, gracious to the public while zealously expanding the library's horizons. More recently, Edith M. Fox (1871-1965), a genteel transplant from Somerville, dedicated her inherited fortune to charitable causes such as the Robbins Library. The East Branch bears her name as well as her legacy of developing an inclusive community. Join us for an energetic exploration of these very different yet passionately dedicated leaders.

CODE: **RFo57** Thursday, March 14 7:00 - 9:00 pm

WALKING TOURS There's no such thing as bad weather, only bad clotl - a Norwegian saying



Boot Boutwell, Mass Audubon/Habitat Education Center **Q** Wildlife Sanctuary

Join Boot Boutwell for a hike at Mass Audubon's Habitat Sanctuary in Belmont as we breathe in the winter air, take a look at plants in their winter form, keep our eyes open for animal tracks, and, if conditions are favorable, tap the first sugar maple of the season. If trails are snow-covered, we'll trek on snowshoes (bring your own, if you have them; some are available free of charge). We'll conclude our hike by visiting the Habitat kitchen for a warm, seasonal treat. Children ages 10 and up are welcome to register if accompanied by a registered adult. Meet at Habitat, 10 Juniper Rd, Belmont, MA. Tour runs rain or shine.

CODE: RFo55 Saturday, February 2 12:30 - 2:30 pm \$20



Maple Sugaring at Habitat 🖈 WEEKEND

Boot Boutwell, Mass Audubon/Habitat Education Center **@** Wildlife Sanctuary

Late winter in New England often features cold nights and warmer days, providing ideal conditions for the "running of the sap" in our sugar maples. This sap is vital to the health of the tree and over the last century has also created economic opportunities for local farmers who harvest the sap and sell the resulting syrup. Join us for a morning of getting up close to these majestic maples, identifying the various species, and tasting sap right from the bucket. We'll conclude by returning indoors to make and sample our own syrup. Children ages 10+ are welcome to register if accompanied by a registered adult. Meet at Habitat, 10 Juniper Rd, Belmont, MA. Tour runs rain or shine.

CODE: **RFo56** Saturday, March 16 12:30 - 3:00 pm

NEW Commonwealth Avenue: Boston's Grand Boulevard * WEEKEND CLASS

Boston By Foot Staff

Take a walk through the heart of Victorian Boston on this tour of Commonwealth Avenue, Boston's grand boulevard. The tour parallels the 19th century filling and development of the Back Bay from its origin at Arlington Street down the seven blocks along the tree-lined, grassy Mall. See how careful effort over 150 years has preserved the "grandness" of the Avenue. Meeting location will be emailed after registration; tour runs rain or shine.

CODE: RFo6o Saturday, March 9 11:00 - 12:30 pm



Boston By Foot Staff

From the 1600s to the mid-1900s, women's groundbreaking contributions to Boston were often under-recognized—or even overlooked. On this walking tour, learn who some of these Bostonians were and the greatness they achieved against the backdrop of the city's downtown neighborhood. Their own backgrounds were mixed; some came from wealth that they put to various uses, some were self-made women; and some were wives and mothers whose identities didn't stop at that point. Their passions and professions ranged widely, from creative survival in the Puritan era when women were limited in ways to earn a living, to medicine, nutrition, education, art, literature, philanthropy, gender rights, and reforms of the 20th century. Overall, this tour acknowledges the giant steps these women took in making Boston and America what they are today. Meeting location will be emailed after registration; tour runs rain or shine.

CODE: **RFo59** Saturday, February 9 2:00 - 3:30 pm

Learn Bridge

Elizabeth Gompels

"Bridge is such a sensational game that I wouldn't mind being in jail if I had three cellmates who were decent players, and who were willing to keep the game going 24 hours a day,"—Warren Buffet Sociable and enchanting, a hand of bridge takes only a deck of 52 cards, four people and about 10 minutes to play. Easy to learn, the game can take a lifetime to master and is fun to play at all levels of expertise. Over eight weeks, you will learn the basics of bidding, playing, and scoring. Each session begins with a 45-minute lesson, followed by 75 minutes of practice play. Classes will include guided demonstrations, group discussions, and bridge hands to practice techniques and have fun. The book Easybridge! by Edith McMullin is optional and may be purchased from the instructor for \$15. Daytime class meets at St. Camillus Church, 1175 Concord Turnpike, lower level of the church (elevator available).

CODE: **RFo24.1** 8 Tuesdays, January 15 - March 12 (no class 2/19) 1:00 - 3:00 pm \$165

CODE RF024.2 8 Tuesdays, January 15 - March 12 (no class 2/19) 7:00 - 9:00 pm \$165

Play Bridge: Beyond Beginners

Elizabeth Gompels

This six-week series moves beyond the basics of the game with an emphasis on declarer play and improving your bridge-thinking skills. Each session will be hands-on with ample opportunities to practice new techniques and play bridge. Appropriate for players who completed Learn Bridge (see above) or any introductory course. Meet at St. Camillus Church, 1175 Concord Turnpike, lower level of the church (elevator available).

CODE: RFo41 6 Tuesdays, January 22 - March 12 (no class 1/29 and 2/19) 10:00 am - noon \$125



Learn to Play Chess

Walter Driscoll

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. 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: RFo47 6 Thursdays, January 24 - March 7 (no class 2/21) 7:00 - 8:00 pm \$69

Play Chess Tonight

Walter Driscoll

"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: RFo48 6 Thursdays, January 24 - March 7 (no class 2/21) 8:00 - 9:00 pm \$69

REGISTRATION IS OPEN!

Classes fill on a first-come, first-served basis. Register early so you don't miss out!

Learn American Mah Jongg

Laura Zoll

Learn to play this fun and fascinating game which combines a Chinese set of tiles with American rules and strategy. We will cover all aspects of the game, progressing through familiarity with the tiles, building the wall, dealing the tiles, understanding the Charleston series of tile exchanges, and learning the hands. A game of skill and luck, rules and informal conventions, Mah Jongg often bonds a table of friends. Bring a family member or a friend and learn together. Tuition includes a National Mah Jongg League official card.

CODE: RFo17 8 Thursdays, January 17 - March 14 (no class 2/21) 6:00 - 7:30 pm \$210

Advanced Beginners Mah Jongg

Laura Zoll

For players who have taken *Learn Mah Jongg* or who know the basics and want to develop skills and confidence, as well as players who need a refresher. We will focus on choosing a hand, keeping options open, finding back-ups, and refining aspects of the rules. Gain speed and mastery as you improve your knowledge of the game. Each student will need their own NMJL card. If you don't have one, you can purchase one for \$9 from the teacher at the first class.

CODE: RF022 8 Thursdays, January 17 - March 14 (no class 2/21) 7:30 - 9:00 pm \$210



Plan Ahead for Medicare

Barbara Deveau, SHINE

For those approaching age 65, this course will demystify Medicare and get you prepared for this important financial step. Topics will include: when and how to apply for Medicare, its cost and coverage; differences between Parts A, B, C and D; what to do if still working beyond age 65; supplemental coverage; what happens to those on "Mass Connector" plans after signing up for Medicare; and your rights under Medicare. The first session will provide a basic overview of Medicare, while the second will focus on prescription drug coverage, along with an exploration of the Medicare.gov website with an emphasis on Medicare's Plan Finder tool used to Find Health and Drug Plans. Participants also will learn how to schedule a free consultation with a SHINE counselor for personal questions that cannot be addressed in these sessions. These informative evenings will be led by staff from SHINE, a partnership of the Executive Office of Elder Affairs and Minuteman Senior Services. SHINE provides free and unbiased information to Medicare recipients of all ages.

CODE: WEo43 2 Tuesdays, March 5 and 12 7:00 - 9:00 pm \$39

New Moms' Network ** CLASS

Melissa Merres

If you are experiencing joy, sadness, pride, exhaustion, fear, love, anxiety, and confusion all in the same five-minute period, you must be a new mother! It takes a village to raise a child, and to keep a new mom healthy and resilient. Find your tribe right here and make friends for life. Build your village this winter through the New Moms' Network, a weekly group for new mothers and infants. We'll make space for connecting and offer compassionate listening for postpartum and new parenting challenges. Focused on our shifting identities, responsibilities, and relationships, this group will support each of us where we are as we navigate significant transitions in our lives. Open to moms with babies ages o-12 months. Meet at St. John's Episcopal Church, 74 Pleasant St., Arlington; enter rear door.

CODE: WEo41 9 Fridays, January 18 - March 22 10:00 - 11:30 am \$115





NEW Clear Up 'Mental Load'

Marie Levey-Pabst

Feeling depleted just thinking about everything you need to get done? It's known as "mental load"—the burden of remembering, and usually also executing, the myriad tasks required to keep a household ticking. As many of us know, mental load taxes not just our time, but our energy. Come learn and practice two practical strategies to clear out mental clutter and help us think through a realistic plan of action when we feel overwhelmed.

CODE: WEo52 Tuesday, February 12 7:00 - 8:30 pm \$19



WEW The Organized Parents: Team Players

Marie Levey-Pabst & Melissa Merres

As children enter our lives, it becomes harder to work as a team to manage the myriad tasks of running a household, managing our lives, and caring for families. Over two evenings, we will explore some of the ways recurring tasks add stress to our lives and relationships, then learn and practice a simple but effective system for managing these tasks in a realistic, supportive, and intentional way.

CODE: WEo53 2 Tuesdays, February 26 and March 5 7:00 - 8:30 pm \$39

WOULD YOU LIKE TO TEACH?

Look through our catalog to make sure we aren't already offering the class you have in mind. If it's not there, go to our website and click on Contact Us and then select Request or Propose a Class.



NEW Active Bystander Intervention Training

Christopher Ellinger

We all witness situations where we want, but hesitate, to intervene. Will our response make things better or worse? Could we get hurt? An active bystander is someone who not only witnesses a situation, but also speaks up or takes steps to keep a situation from escalating or helps to defuse a situation. Learn how to become a more effective active bystander. In this hands-on workshop you will learn to evaluate a situation to determine a safe and effective response. How others see us our physical size, gender, race, social status—is an important part of how we assess a useful way to intervene. Learn a variety of tactics for handling these situations and practice tactics to discover which may work best for you. Leave this evening feeling more empowered and better informed.

CODE: **WEo28** Wednesday, February 13 6:30 - 9:00 pm \$35



NEW Moisturizers for Winter Skin

Cher Kore

Naturally protect your skin from winter weather that causes dryness, chafing and other imperfections. Learn how to mix essential oils to make the ideal winter moisturizer. Explore dozens of essential oils, discover their healing properties, and mix them into an unscented, natural base lotion for a thick nighttime balm or lighter daytime lotion. Once formulated, each lotion or balm can be infused with a scented oil geared toward individual skin types. Tuition includes a 510 materials fee.

CODE: WEo48 Tuesday, January 22, 6:00 - 8:30 pm



Ver Signature Scent

Cher Kore

Have you searched for a signature scent, but can't find one that fits your personality? Discover the perfect perfume or cologne by crafting it yourself with natural essential oils. Sniff dozens of common and uncommon essential oils to discover which scents are for you. Uncover the emotional benefits of dozens of essential oils and learn how to balance top, middle, and bottom scent notes to craft alluring aromas that balance body and mind. Both men and women welcome. Tuition includes a \$15 material fee

CODE: WE049 Tuesday, February 5 6:00 - 8:30 pm



MAH JONGG CLASSES

with Laura Zoll, page 26



Well-Being in Five Easy Practices

Janet Kessenich

Learn easy-to-do techniques and practices to cultivate wellbeing in your active life. We are meant to experience overall well-being, the body-mind-spirit state of feeling balanced, peaceful, satisfied, and connected to the meaning and purpose of our lives. While we've all known that wonderful feeling from time to time, it can be challenging to sustain it consistently. Learn simple practices that bring good results. By layering consciousness into some of the activities you already do, and trying out a few new techniques, you can reconnect with this powerful sense of well-being and learn how to keep it operating in your life.

CODE: WEo50 Tuesday, March 5 7:00 - 8:30 pm \$19

First Aid for Grandparents ** PLAYTIME

Juanita Kingsley, EMT

If you're a grandparent caring for kids, you want to know how to respond in case of a first-aid emergency. Much has changed since you may have used first aid with your own children. In two sessions, you'll learn to handle injuries and manage illness for the first few minutes until help arrives. We'll cover first aid basics: medical, injury, and environmental emergencies; and pediatric CPR. We'll learn about allergies and epipens too. You will receive an American Safety and Health Institute certification upon successful completion of this course. Meet at Whittemore Robbins House, 670R Massachusetts Ave., Arlington (behind the library). This course is co-sponsored by Arlington Council on Aging and open to students of all ages. Sorry, no senior discount available.

CODE: WEO17 2 Tuesdays, February 5 and 12

10:00 - 11:30 am \$95

Adult, Infant, and Child CPR with AED

William Deveraux

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, you 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. A course completion card good for two years will be emailed to participants following the course. Educators and students please call the office to register for a reduced rate.

CODE: WEo36.1 Wednesday, February 6 6:00 - 9:00 pm CODE: **WEo36.2** Tuesday, March 12 6:00 - 9:00 pm

Reiki Level 1 Certification ** WEEKEND CLASS



Ulrike Dettling Kalthofer

For those who seek to become Reiki professionals, learn Reiki for self-healing, or who wish to use the practice to support friends, family, and pets in their healing process. Learn traditional hand positions and receive the attunements believed to allow Reiki healing energy to flow through your hands. You'll receive a complete reiki treatment and then practice giving one to another student. We'll cover licensing, code of ethics, hygiene protocol, and malpractice insurance. Please wear comfortable clothes and bring a journal/notebook. Meet at Arlington Reiki Associates, 366 Mass Ave #304, Arlington. Continuing Education credits available for mental health professionals and nurses.

CODE: WEo13 Saturday, February 9 10:00 am - 6:00 pm \$175

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, as the workshop includes exercises using real food. Tuition includes a \$2 food fee.

CODE: WEoo7 Tuesday, January 29 7:00 - 9:00 pm

Mindfulness Meditation: **One-Night Workshop**

Kimber Green

Mindfulness meditation helps us notice what is going on in our heads, turn down the chatter, and increasingly appreciate the quiet, rich fullness of each moment. This simple yet powerful practice strengthens our ability to be aware of and choose a more clear, calm, and productive way of navigating each moment. Whether it is truly listening to a friend or family member, participating in a challenging work situation, or being less affected by rush hour traffic, mindfulness supports an increasingly thoughtful and patient response. While it is simple in theory, it can be challenging in practice. This workshop provides a great overview of mindfulness meditation: what it is, how it works, and how to establish a regular practice. The participants will experience guided meditation, silent meditation and walking meditation. Wear comfortable clothing and bring a blanket and meditation cushion if you have one. Chairs will be available for those who prefer not to sit on the floor during our practice.

CODE: WEo37 Thursday, January 24 6:30 - 8:30 pm



WRITING AND PUBLISHING THE PERSONAL ESSAY with Sandra A. Miller, page 30

Mindfulness Meditation for Everyone * CLASS



Kimber Green

These sessions will provide the foundation of mindfulness meditation and then gradually build on your understanding and practice of these concepts. We will learn how to make meditation a regular practice and how to bring it into our daily lives in ways that calm and enrich us. Sessions include meditation, suggestions for home practice between classes, handouts, and readings. Please wear comfortable, loose clothing. Meditation cushions will be provided. Chairs will be available for those who prefer not to sit on the floor during our practice. Meet at Green Room Wellness Center, 8 Park Ave., Arlington.

CODE: WEo38 4 Thursdays, January 31 - February 28 (no class 2/21) 8:30 - 9:30 am 69



FRENCH CAFE: CONVERSATION AND CULTURE with Barry Bridgelal, page 22

NEW Self-Massage Techniques

Kimber Green

Therapeutic massage has many health benefits including increasing flexibility, releasing tight muscles, increasing overall circulation, and feelings of well-being. Plus, it feels great! Licensed and board-certified massage therapist Kimber Green will introduce several self-massage techniques using a foam roller and tennis balls that target three muscle groups which tend to plague us with tension and pain. Please wear comfortable clothing with smooth fabric if possible. Bring either a smooth or bumpy foam roller to class. If you have any health concerns or injuries, consult with your physician to make sure that massage is not contraindicated. Meet at Green Room Wellness Center, 8 Park Ave., Arlington.

CODE: WEo51 4 Wednesdays, January 30 - February 27 (no class 2/20) 6:30 - 8:00 pm \$95



The Good, the Wise, and the Lusty: Women in Boccaccio's *Decameron*

Irena Stanic Rasin

Praised for feminism and condemned for misogyny, Giovanni Boccaccio's view of women has been interpreted in various shades of gray. Shape your own opinion based on several emblematic *novelle* from his capital work *Decameron* (c.1353). The book contains 100 tales told by a group of young women and men sheltering in a secluded villa just outside Florence to escape the plague. Written in the vernacular of the Florentine language, it is considered a masterpiece of classical early Italian prose. After exploring its historical perspective we will discuss plot and characters, focusing on the ambiguity of his use of the adjectives *good*, *wise*, and *lusty*. Required texts will be emailed to registered participants before each class.

CODE: **WLo3o** 4 Wednesdays, January 16 - February 6 7:00 - 8:30 pm \$59

Memoir Writing Group * CLASS

Lissa Franz

Memoir writing seeks the truth of life as only you can tell it. Our focus will be on sharing our work with others in a constructive and supportive environment. Each class will include a discussion of craft, an in-class writing prompt/ exercise, and sharing of work on a rotating schedule. Come learn and find inspiration from the unique voices of fellow writers. Ideal for those seeking feedback and encouragement at any point in the memoir-writing process. Meet at Arlington Senior Center, 27 Maple St., Arlington. Co-sponsored by Arlington Council on Aging and open to students of all ages.

CODE: **WLo21** 8 Tuesdays, January 15 - March 12 (no class 2/19) 10:00 am - noon \$159; Arlington seniors \$145

NEW Reckless Poetry: A Writers' Workshop

Cathie Desjardins

"The imaginative life is thriving and important, worthy of conditions in which it is honored and encouraged to wildly grow." — Dean Young.

We'll wildly grow by looking at fabulous poems, writing weekly exercises, and seeing how the features of poetry (repetition, page layout, line breaks, rhythm) can help us go all out to write authentic, imaginative work. For beginning and experienced poets.

CODE: **WLo29** 6 Thursdays, January 17 - February 28 (no class 2/21) 7:00 - 9:00 pm \$119

Writing and Publishing the Personal Essay

Sandra A. Miller

For new and returning students. Led by a frequently published writer, this course is for those who want to explore the world and their experiences through the lens of the personal essay. Whether you are new to the genre or hoping to polish and publish some of your existing pieces, this workshop-style course will help you to deepen your stories, learn techniques of craft, and hone your editorial skills. You will also do plenty of free writing and learn how to find an editor and audience for your work. Returning students will continue to refine their writing by applying techniques learned over the sessions and will have a chance to present new or revised essays. The instructor is a regular contributor to *The Boston Globe Magazine*'s "Connections" column and takes pride in helping her students get published.

CODE: **WLo27** 8 Wednesdays, January 16 - March 13 (no class 2/20) 7:00 - 9:00 pm \$159



I liked being able to go home with three prepared recipes.

classes with Cher Kore, page 28

The Writer's Workshop

Alissa Butterworth

We will shape our course around the work and ideas that students bring, focusing primarily on the workshop process: feedback and discussion of student work in order to help you reach your writing goals. Share your work with other writers and to receive the benefits of a collaborative, supportive, and fun workshop. We'll address craft elements and do in-class exercises designed to get you thinking about your work in new ways. This workshop welcomes poets and prose writers of all genres, all experience levels, and for those at varying stages of the writing process. Both returning writers and new faces are welcome. Please come prepared to share a portion of a current project.

CODE: **WLoo7** 8 Thursdays, January 17 - March 14 (no class 2/21) 7:00 - 9:00 pm \$159

Writing Heartfelt Letters

Karen Fullerton

"More than kisses, letters mingle souls."—John Donne

Once people stayed in touch by writing letters. Today we most often text one another, but there are times when sending a handwritten message feels like the right thing to do. Taking the time to sit down and compose a letter of congratulations, condolence, get-well wishes or gratitude may make all the difference to a grieving friend, nervous new mother, or recent graduate. Learn how to turn your thoughts and feelings into letters that convey comfort and joy to the recipients. Whether you want to write a specific person, or even revive a relationship, the instructor will help you to unravel the art of bringing thoughts to paper.

CODE: WLo25 Tuesday, March 5 7:00 - 9:00 pm \$19

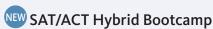
Daytime and Weekend Classes

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SHORT ON TIME? HERE ARE JUST A FEW OF OUR One-Night Classes

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Decorating 101: Fall in Love with Your Home Again 2
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You Can Afford College





Catalyst Prep

In preparation for the March SAT and April ACT, this momentum-boosting two-day seminar guarantees you'll take the exams with key strategy fresh in your mind. We'll address how to spot hidden clues that instantly reveal the main idea on long reading passages, as well as ways to avoid the sneakiest grammar and math questions designed to stump students. We will help you compose a perfect-score essay, no matter the question, and teach you a strategy for every question you'll face on testing day. Location will be emailed after registration.

CODE: **HSo11.1** Saturday, March 2 and Sunday, March 3 9:00 am - 1:00 pm \$195

CODE: **HSo11.2** Saturday, April 6 and Sunday, April 7 9:00 am - 1:00 pm \$195

HiSet Test Prep

Joe Green

The Massachusetts State Department of Education has begun using a test called HiSET, which stands for High School Equivalency Testing, as an alternative to the GED. If you left high school before graduation, the HiSET exam is another avenue to secure a high school diploma. This course is designed to prepare you for the HiSET examination. You will work on five required areas of study: reading, writing, math, social studies, and science. Instruction will cover the main topics in each study area, and will be individualized where possible. You will have the opportunity to take practice tests in each area of study. Please bring a Casio fx-260 calculator to class. Note: We highly recommend you purchase HiSet Exam 2017-2018 Strategies, Practice & Review by Kaplan Prep; please bring to first class.

CODE: **HSoo1** 6 Tuesdays and 6 Thursdays, January 15 - February 28 (no class 2/19 and 2/21) 6:30 - 9:00 pm \$199

You Can Afford College

Don Anderson, College Funding Advisors, Inc.

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. Visit *collegefundingadvisors.com*.

CODE: **HSoo5** Thursday, February 7 6:30 - 8:30 pm \$25/individual or \$35/family

Arlington High School teachers lead the following two SAT review courses that end in time for the March 9 exam.

SAT Math Review

Clayton Jones

This course familiarizes you with the math section of the SAT, and 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 SAT math section. Become familiar with the types of questions and effective methods to handle them. You will also practice test-taking under time constraints and simulated conditions. Come to the first class with a calculator, the official study guide for the new SAT, AND a College Board ID and password. Limited number of guides available on a first-come, first-served basis, or the guide is available at a discount at The Book Rack, 13 Medford Street, Arlington. All classes are open to students from Arlington and beyond.

CODE: **HSoo9** 6 Thursdays, January 24 - March 7 (no class 2/21) 3:30 - 5:30 pm \$175

SAT Verbal Review

Allison Lee

This 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 study guide for the new SAT AND a College Board ID and password. Limited number of guides available on a first-come, first-served basis, or the guide is available at a discount at The Book Rack, 13 Medford Street, Arlington. All classes are open to students from Arlington and beyond.

CODE: **HSo1o** 6 Tuesdays, January 22- March 5 (no class 2/19) 6:00 - 8:00 pm \$175

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 nationwide 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.

Driver's Education

CS Driving School

CS Driving School has contracted with Arlington Community Education to offer Driver's 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 In-Car Observation, and a 2-hour Parent/Guardian 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 class. Once a student is 16 years old and has a Massachusetts Learner's Permit, the student can begin Behind-the-Wheel Instruction. CS Driving School must have a copy of the student's Learner's Permit on file prior to scheduling lessons. Behind-the-Wheel lessons are scheduled online through the Student Portal. CS Driving School offers lessons seven days a week with pick-up and drop-off from Arlington High or any other location in Arlington. Classroom Instruction is held at Arlington High School. Cost is \$685. All Driver Ed registrations must be done online through CS Driving School. To Register, please visit csdriving.com. Select 'Locations' then click 'Enroll' under Arlington Community Ed.

Session 3: February 19 - 23 (vacation week intensive, Tuesday through Saturday) 9:00 am - 3:30 pm

Session 4: March 4 - 15 (Mondays through Fridays) 3:00 - 6:00 pm

Session 5: April 16 - 20 (vacation week intensive, Tuesday through Saturday) 9:00 am - 3:30 pm

Session 6: May 28 - June 12, Mondays through Thursdays (except Memorial Day week, no class 5/27) 3:00 - 6:00 pm

Session 7: July 8 - July 12 (summer intensive, Monday through Friday) 9:00 am - 3:30 pm

Session 8: July 22 - 26 (summer intensive, Monday through Friday) 9:00 am - 3:30 pm

Session 9: August 5 - 9 (summer intensive, Monday through Friday) 9:00 am - 3:30 pm

TeenZone classes are geared toward students in grades 6-9 and take place mainly at Gibbs, Ottoson, or Arlington High School. See page 38 for policies and important registration information.

GIBBS



NEW Coding with Python • GRADE 6

Rebecca Newman

Learn programming and solve puzzles with Python, a beginnerfriendly language that is extremely powerful. We will explore programming concepts and learn how they can be applied to game design, problem solving, and graphics creation. Rebecca Newman is a PhD student in Computer Science at Tufts. She applies computer science to medicine, doing most of her work in Python. In addition to programming, Rebecca loves to play D&D, knit, and drink tea. Please note the 75-minute class length.

CODE: GBoo5 7 Mondays, January 14 - March 11 (no class 1/21 and 2/18) 2:40 - 3:55 pm \$159

Dungeons & Dragons, Pathfinder: Sword and Sorcery Fantasy Adventure • GRADE 6

LARP Adventure Program

Come tabletop role-play in the original campaign setting of Etheraz by LARP Adventure. In the fantasy adventure world of Etheraz, countless tales of sorcery and sword have passed unnoticed by the Heroes of Forlork Fortress and the Travelers of the Guild. In a world so vast, all manner of crucial events in history are lost. But you will discover them and live them once more—and possibly change the fate of Etheraz forever. All supplies included. All levels of experience welcome.

CODE: GBoo2 8 Tuesdays, January 15 - March 12 (no class 2/19) 2:40 - 3:40 pm (1:10 - 2:10 on early release 2/26) \$155



FAMILY NIGHTS: POP-UP CARDS, GLASS ART, POTTERY, WOODEN SPOONS AND COOKING

page 36



NEW SOCIAL SKLZ—Essential Tweenz GRADE 6

Juanita Allen Kingsley

This valuable two-hour workshop focuses on how to "Make a Good First Impression" and "Eat In, Dine Out." Learn the polite way to greet people, make introductions and start conversations, all using patience and thoughtfulness, selfcontrol, respect and consideration. We will also focus on dining and phone etiquette. The skills mastered are not only empowering, but build confidence and self-esteem. This program has been widely touted and featured extensively in the media, with a segment on *The Today Show. Juanita Allen* Kingsley has been an instructor-trainer with the American Heart Association, Emergency Care and Safety Institute, and Medic First Aid. She is the only licensed instructor of SocialSklz workshops in New England.

CODE: GBoo8 Wednesday, February 13 2:40 - 4:40 pm \$85

LARP Heroes Academy • GRADES 5 - 6

LARP Adventure Program

Learn to be a hero at the Evenda Heroes Academy. Discover and develop the hidden legend within as you learn the secrets to becoming a real-life hero. Learn a hero's values, perspectives, and discipline as you adventure through the fantastic world of Etheraz from a new and unexplored area in the story's world. Build foam swords, armor reps, spell packets and more. Learn to play and build your own character: a warrior, wizard or rogue with special skills, feat, and abilities. Go on adventures with your friends and have fun! New and returning students welcome. This session focuses on prop building. LARP Adventure Program offers educational enrichment that fosters empowerment through imagination.

CODE: GBoo4 8 Thursdays, January 17 -March 14 (no class 2/21) 2:40 - 3:40 pm \$155



WEW Graphic Novel Writing Lab • GRADE 6

Heather Mahoney

Do you love graphic novels? Do you have an idea for an amazing story of your own? We will analyze the work of favorite novelists to learn the basics of great storytelling using images, dialogue, and layout. By the end of the course you will have your own graphic novel and the creative skills to continue producing great work. Tuition includes a \$12 materials fee. Heather Mahoney teaches ELA at Gibbs and has led this popular class for several years during SummerFun! Please note the 90-minute class length.

CODE: GBoo9 7 Thursdays, January 17 - March 14 (no class 2/21 and 2/28) 2:40 - 4:10 pm \$149

OTTOSON



Einstein's Workshop

Have you always wanted to make your own robot but didn't know where to start? We'll take you from the basics of building and movement to advanced navigation, sensors, and teaching the robot how to make decisions for itself. LEGO® Mindstorms provides you the opportunity to build robots and then use drag-and-drop coding interface to interact with the motors and sensors. Learn about navigation calculations, design iteration, and teamwork. This is a great first step for anyone interested in competitive robotics. Meet in room 328.

CODE: MSo48 7 Mondays, January 14 - March 11 (no class 1/21 and 2/18) 2:40 - 3:40 pm \$195



VACATIONFUN!

February 19 – 22 at Arlington High School. For Grades K-8, page 37



NEW Clay Creations • GRADE 7 - 8

Kayla McKenna

Come experient with clay to create a variety of imaginative objects. We will discuss form and function and practice handbuilding techniques to create our sculptures. This exploratory art class runs as an open-studio format so you decide what direction to take your creations using multiple methods, tools and materials. Tuition includes a \$10 materials fee. Kayla McKenna teaches art at Ottoson and has run her popular 'Clay Creations' and 'Art DayTrippers' classes for the last two seasons of SummerFun. Meet in room 322.

CODE: MSo11 7 Mondays, January 14 - March 11 (no class 1/21 and 2/18) 2:40 - 3:40 pm \$105

REGISTRATION IS OPEN!

Classes fill on a first-come, first-served basis. Register early so you don't miss out!



Madhavi Nunna

Unwind after the long school day as we strengthen our bodies, relieve stress, and recenter ourselves through yoga. Each week we will practice simple Asanas (postures), breathing techniques, and mindfulness exercises. We will build flexibility, balance, and strength through postures and increase focus, self-awareness, and manage anxiety through breathing techniques. By the end of the program, you will know a series of Asanas and breathing techniques that you can practice at home. Please wear comfortable clothes suitable for stretching, no jeans. Madhavi Nunna is a certified Hatha Yoga teacher and yoga therapist, who has trained under several yoga pioneers in India. She has taught yoga since 2015 to adults and children.

CODE: MSo46 7 Tuesdays, January 22 - March 12 (no class 2/19) 2:40 - 3:40 pm (1:10 - 2:10 on early release 2/26)

Babysitting Basics • GRADES 7 - 8

Va Shon Wallace-Hiltpold, 4-H Youth and 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 receive a Babysitter's ID card and a certificate of completion. Note: Students must be at least 12 years old. Meet in Room 232.

CODE: MSoo6 4 Wednesdays, January 16 - February 6 2:45 - 4:30 pm \$105

TEENZONE...AROUND TOWN

Indoor Cycling: Teens Ride to the Beat • GRADES 6 - 9

Suzanne Schwartz and Kristen Gohr, Upbeat Cycling

TeenZone is pleased to partner with Upbeat Cycling to offer students the chance to try indoor cycling in a studio with soaring sound and lights. This program is designed to be fun, safe and welcoming, removing some of the most common barriers to exercise. Class kicks off with a comprehensive introduction, carefully fitting you on a bike, demonstrating safe ride positioning, and explaining riding techniques. The high-performance tracking bikes allow you to compete with others in the class, or simply track your own workout and metrics from the privacy of home after class. Each class will incorporate stretching and hand-weight exercises. New and returning students welcome. Note: Upon registration, quardians will be prompted to create an account and to sign waivers for their student. Riders must be at least 4'10" tall . The studio will be open

at 3:00 so that riders will have time to change and get fitted for their bikes. Both Kristen and Suzanne bring their love of outdoor biking and musical rhythm into the cycle studio. They have each been certified cycle instructors for over a decade. Meet at Upbeat Cycling, 6 Schouler Court (between AHS and Stop and Shop).

CODE: MSo42.1 4 Mondays, January 14 - February 11 (no class 1/21) 3:30 - 4:30 pm \$75

CODE: MSo42.2 4 Mondays, February 25 - March 18 3:30 - 4:30 pm \$75

Parkour • GRADES 3 - 5 & 6 - 9

Parkour Generations Boston Staff

Turn any environment into a playground for movement and physical challenge. This class is for students of all ability and fitness levels, and will include instruction in the basic movements and techniques of parkour, as well as exercises designed to improve general fitness and ensure the long-term practice of parkour. Classes will focus on exploring and moving within one's environment and will include a number of games, exercises, and drills to improve balance, coordination, strength, spatial awareness, and flexibility while having fun. All classes are taught by ADAPT certified coaches. This is an outdoor class so please dress for the weather and bring a water bottle. Meet in the Pit at AHS.

CODE: MSo25.1 Grades 6-9: 8 Tuesdays, January 15 - March 12 (no class 2/19) 3:00 - 4:30 pm \$209

CODE: YEoo1 Grades 3-5: 8 Thursdays, January 17 - March 14 (no class 2/21) 6:30 - 7:30 pm \$145

CODE: MSo25.2 Grades 6-9: 8 Thursdays, January 17 - March 14 (no class 2/21) 7:35 - 8:35 pm \$145



NEW Archery • GRADES 4 - 9

On The Mark Archery

Learn the basics in this introductory course as we focus on posture, alignment, muscle memory and control. Our instructors will keep you engaged throughout the program with creative skill building games, drills and individual friendly competitions that will leave you wanting more. All equipment will be provided.

CODE: MSo49.1 4 Tuesdays, January 15 - February 5 6:45 - 7:45 pm \$125

CODE: MSo49.2 4 Tuesdays, February 12 - March 12 (no class 2/19) 6:45 - 7:45 pm \$125



Spend time together—fees are for one adult and one child unless otherwise noted. Please register under adult's name.

NEW Family Night: Painted Wooden Spoons

Daniela Cermenati

Fun for the entire family, we will use our creativity—as well as paint, paper and pencils—to turn wooden spoons into imaginary characters or mini self portraits. Together, you might create a whole family of spoons. This is a delightful craft accessible to many ages and abilities. Tuition includes a \$10 materials fee. Ages 7+.

CODE: **ACo51** Thursday, February 7 6:30 - 8:30 pm \$39/pair

Family Night: Pop-Up Card Workshop

Susanne Agerbak

Learn how to make entertaining pop-up cards. No artistic ability required, only a willingness to muck about with scissors and glue. We'll master a couple of simple designs and then spend the rest of class producing more cards independently or learning additional designs. Please bring scissors to class. Tuition includes a \$10 fee per pair that covers materials for making and decorating 12 cards each. Ages 8+.

CODE: ACo2o Tuesday, February 5 6:00 - 8:00 pm \$39/pair

Family Night: DIY Valentine's Chocolates

Christine Capaldo

What better way to celebrate Valentine's Day than with chocolate. Present a beautiful and delicious hand made gift to your loved ones to enjoy. We will make and decorate scrumptious chocolate truffles and design a beautiful box to complete the presentation. There may even be another special surprise along the way. Come join us for a tasty and creative Valentine's Day. Tuition includes all materials. Ages 7+.

CODE: **FD234** Tuesday, February 12 5:30 - 7:30 pm \$45/pair



FOR FAMILY NIGHTS. CHILDREN MUST BE ACCOMPANIED BY AN ADULT

Please register under adult's name

Family Class: Pottery Wheel

Indigo Fire

This class is for those interested in learning the pottery wheel or those who want to get back into it. If new to the wheel you will learn how to center and pull pieces to make small bowls and mugs. Those with experience can build on their skills. We'll start with a demonstration and then everyone will have time on their own wheel. Make as many pieces as you like and select two to go in the kiln to be fired. Return about three weeks later to glaze. Your pieces will return to the kiln for a second firing before you pick them up. Your final projects will be food safe. Note: Children must be 10+ to register and be accompanied by a registered adult. **Each family member must register** separately. Meet at Indigo Fire, 60 Concord Ave., Belmont.

CODE: ACo17.1 Sunday, January 27 10:00 am - noon \$45 CODE: ACo17.2 Sunday, March 3 10:00 am - noon \$45

Family Night: Glass Art

Michel L'Huillier

In this two-hour workshop you will learn the basics of glass fusing while having fun playing with glass shapes, colors and textures. First, through a series of fun exercises, learn to use glass powders, frits and stringers. Then, design and create a "tack fused" tile and one 4"x 4" dish or 5" bowl. Children will also create a fused glass night light with copper inclusions and fused necklaces. A selection of precut pieces is provided and the instructor will cut specific shapes if needed. Your instructor will fire your pieces in his own kiln to be picked up at the ACE office within a week. Tuition includes an \$85 materials fee per pair. Ages 8+.

CODE: **ACo37** Tuesday, March 12 6:00 - 8:00 pm \$115



NEW Community Dance

Jacob Bloom

Dance for the sheer fun of it! Square dance, contra dance, barn dance—whatever you call it, we'll get you moving and smiling to delightful, foot-tapping music. After a little instruction, everyone will dance with everyone else in easy and interesting combinations. No experience, special skills or outfits necessary, just comfortable clothing and the desire to have fun. All ages welcome.

CODE: **RFo28.1** Thursday, January 24 6:30 - 8:30 pm \$10/person or \$25/family max

CODE: RFo28.2 Thursday, February 14 6:30 - 8:30 pm \$10/person or \$25/family max

CODE: **RFo28.3** Thursday, March 14 6:30 - 8:30 pm \$10/person or \$25/family max

February 19-22 · 9 am-4 pm · Grades K-8

VacationFun! 2019







Register Now at 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 for the complete schedule and pricing. Classes include:

- Circuit Makers Grades K-2
- LEGO Engineering Grades K-2 and Grades 3-5
- Irish Step Grades 1-3
- Painting Explorations Grades 1-3
- Coding Fun! Grades 1-3
- Guitar & Ukulele Grades 1-5
- Parkour Grades 3-5 and Grades 6-9
- Creative Engineers Grades 3-5
- Hands-On Electronics Grades 3-5
- Show Choir Grades 3-6
- Woodworking Grades 4-8
- Archery Grades 4-8
- Printmaking Grades 5-8
- LARP Grades 4-8







More classes at ArlingtonCommunityed.org





IMPORTANT INFORMATION

Registration

Students may take classes at any school. All youth registrations must be made online. It is important that you update your child's grade, school, dismissal information, as well as list any health/behavior concerns. We want every student to have a positive learning experience so please make sure your child shows an interest in a class before enrolling.

Drop-off & Dismissal

KidZone staff will gather children after school and escort them to class. Students are dismissed by the instructor according to the dismissal plan you selected on the registration form (walk/pickup/afterschool). If you are picking up your child, please be prompt. After a 5-minute grace period, you will be charged \$1 per minute payable on the spot to the person waiting with your child. TeenZone students will receive a classroom assignment a few days before class and may dismiss themselves.

Special Considerations

There is no nurse on duty during KidZone or TeenZone, however the instructor will be made aware of medical/special needs you include on your registration form. Please be aware that most of our teachers are not trained in special education. If your child receives special attention during the school day, we may not be able to provide the same level of attention during our programs.

Behavior Policy

We expect students to follow their teacher's instructions and treat each other and staff with respect. If your child does not meet these expectations, we will bring this to your attention. If after that there is still no change, we will ask you to withdraw your child from the class and no refund will be given.

Tuition Assistance

Partial tuition assistance is available for most classes for students who receive free or reduced lunch. Please call our office before registering.

Withdrawals & Refunds

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

BISHOP

Language Clubs: Spanish, French, Portuguese, Mandarin • GRADES K - 5

RoLa Languages Instructor

KidZone is pleased to partner with RoLa Languages to offer Arlington elementary students the opportunity to become exposed to foreign languages and cultures as early as kindergarten. Students will practice language skills and learn about the history, food and culture of the countries where that language is spoken. RoLa's expert instructors will reinforce skills through songs, games, crafts, and storytelling, resulting in a fun and rigorous learning experience for children. Instruction is adapted for a variety of learning levels, making this an excellent introduction for beginners and a great opportunity for returning students to expand their proficiency. Please note that these clubs are not designed for advanced speakers; contact Rola or ACE if a higher level matches your needs. Visit ArlingtonCommunityEd.org to see videos of sample lessons.

CODE: **BP100** Spanish Club CODE: **BP103** French Club CODE: **BP101** Mandarin Club CODE: **BP86** Portuguese Club

8 Mondays, January 14 - March 18 (no class 1/21 and 2/18)

2:40 - 3:40 pm Select language online \$160

Chess Wizards • GRADES 1 - 5

Chess Wizards

Considered one of the greatest games ever invented, chess teaches many important life concepts such as how to win graciously, how to accept defeat with dignity, concentration, and sportsmanship. Learn chess rules, positional tactics, and basic to more advanced moves with the guidance of an experienced chess master. We will be divided into groups according to our chess experience. At the end of this session, we will have a mini-chess tournament. All levels welcome.

CODE: **BP104** 8 Tuesdays, January 15 - March 12 (no class 2/19) 1:10 - 2:10 pm \$165



EVENING PARKOUR AT AHS

Thursdays for grades 3-5 and 6-9, see page 35

Discovery Lab • GRADES 1 - 2

Wicked Cool for Kids

Six engaging science lessons wrapped into one fun-filled program. Explore the Earth by making mesozoic volcanoes and delve deep into the ocean to the coral reefs. Get electrified creating simple light up circuits and be a chemist making rainbow slime. Each week we'll get into fun science and engineering challenges—all tried and true favorites.

CODE: BP53 6 Wednesdays, January 30 - March 13 (no class 2/20) 2:40 - 3:40 pm \$145



NEW Crafting Studio • GRADES 3 -5

Christine Capaldo

Get satisfaction from creating something with your own hands. We will design challenging pieces from everyday items such as jars, boxes, ribbons, picture frames and more. Each week we'll make a project or two and leave with instructions on how to create more at home. Tuition includes a \$20 materials fee. Christine Capaldo teaches grade 3 at Bishop.

CODE: **BP133** 8 Wednesdays, January 16 - March 13 (no class 2/20) 2:40 - 3:40 pm \$139

Keyboarding • GRADES 3 - 5

Christine Capaldo

More than ever, students take tests, do homework, and write papers digitally, yet few schools teach basic typing as part of the curriculum. Try a non-boring way to learn a fundamental skill. Ms. Capaldo will help you master the keyboard through fun exercises and games. Start early to dramatically improve typing speed and develop a lifelong skill. Christine Capaldo teaches grade 3 at Bishop.

CODE: BP125 8 Thursdays, January 17 - March 14 (no class 2/21) 2:40 - 3:40 pm \$129

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. Please note the 90-minute class length.

CODE: BP66 Thursday, January 24 2:40 - 4:10 pm

NEW Harry Potter Magical Engineering using LEGO® • GRADES K -2

Play-Well TEKnologies

Explore the magic of Harry Potter using LEGO®. Find Platform 9 ¾, build a Hogwarts Express Train, work cooperatively to construct the mysterious Hogwarts Castle, and soar on the wings of a Norwegian Ridgeback Dragon. Travel to a world of wizardry and hone your magical skills while learning about Muggle (STEM) concepts. Please note the 90-minute class length.

CODE: **BP134** 8 Fridays, January 18 - March 15 (no class 2/22) 2:40 - 4:10 pm \$195

BRACKETT

NEW Harry Potter Magical Engineering using LEGO® • GRADES K -2

Play-Well TEKnologies

Explore the magic of Harry Potter using LEGO®. Find Platform 9 ¾, build Hogwarts Express Train, work cooperatively to construct the mysterious Hogwarts Castle, and soar on the wings of a Norwegian Ridgeback Dragon. Travel to a world of wizardry and hone your magical skills while learning about Muggle (STEM) concepts. Please note the 90-minute class length.

CODE: BR134 7 Mondays, January 14 - March 11 (no class 1/21 and 2/18) 2:40 - 4:10 pm \$169

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. Please note the 90-minute class length.

CODE: **BR66** Thursday, February 7 2:40 - 4:10 pm \$20

WE RELY ON YOUR FEEDBACK!

Please help us by returning class evaluations.

Chess Wizards • GRADES 1 - 5

Chess Wizards

Considered one of the greatest games ever invented, chess teaches many important life concepts such as how to win graciously, how to accept defeat with dignity, concentration, and sportsmanship. Learn chess rules, positional tactics, and basic to more advanced moves with the guidance of an experienced chess master. We will be divided into groups according to our chess experience. At the end of this session, we will have a mini-chess tournament. All levels welcome.

CODE: BR104 8 Tuesdays, January 15 - March 12 (no class 2/19) 1:10 - 2:10 pm \$165



NEW Actor's Toolbox • GRADES K - 2

Arlington Children's Theater, Kaylah Dixon

KidZone is pleased to renew its partnership with Arlington Children's Theater. This introductory acting class uses games, improv, voice and movement to build confidence and experiment with the basic tools an actor uses for success. We will focus on experimentation and communication utilizing a variety of methods to promote personal growth and ensemble play. We will begin each class with warm-up games before working on acting exercises to build focus, confidence, and communication skills. Parents/guardians are invited to the final class so we can share our favorite games and stories. Kaylah is very excited to be joining the team at Arlington Children's Theater. When she isn't doing theater, she spends her time writing and acting for films.

CODE: BR135 8 Wednesdays, January 16 - March 13 (no class 2/20) 2:40 - 3:40 pm \$165

3D Printing & Design with BlocksCAD • GRADES 3 - 5

Einstein's Workshop

See how the seemingly impossible is achieved! 3D printing takes digital files and transforms them into real objects. Learn basic 3D computer-aided design (CAD) principles and use BlocksCAD software to create unique, three-dimensional designs. After designing a few of your own projects, your instructor will print these outside of class and bring them back for you to take home. While you are being creative and having fun, you will also learn real programming concepts and computer skills.

CODE: BR72 8 Wednesdays, January 16 - March 13 (no class 2/20) 2:40 - 3:40 pm \$225

Language Clubs: Spanish, French, Portuguese, Mandarin • GRADES K - 5

RoLa Languages Instructor

KidZone is pleased to partner with RoLa Languages to offer Arlington elementary students the opportunity to become exposed to foreign languages and cultures as early as kindergarten. Students will practice language skills and learn about the history, food and culture of the countries where that language is spoken. RoLa's expert instructors will reinforce skills through songs, games, crafts, and storytelling, resulting in a fun and rigorous learning experience for children. Instruction is adapted for a variety of learning levels, making this an excellent introduction for beginners and a great opportunity for returning students to expand their proficiency. Please note that these clubs are not designed for advanced speakers; contact Rola or ACE if a higher level matches your needs. Visit ArlingtonCommunityEd.org to see videos of sample lessons.

CODE: BR100 Spanish Club CODE: BR103 French Club CODE: BR101 Mandarin Club CODE: BR86 Portuguese Club

8 Thursdays, January 17 - March 14 (no class 2/21) 2:40 - 3:40 pm Select language online \$160

Kids' Test Kitchen • GRADES 1 - 5

KTK Chef Instructor

Kids' Test Kitchen is on a mission to get young aspiring chefs cooking, tasting, and thinking about healthy ingredients. This winter we are heating things up with a batch of fresh comfort foods that you and your family will look forward to eating time and time again. Each week we'll practice kitchen skills, open-mindedness, and teamwork. At the end of class you will receive a sample of the finished dish, along with the recipe so you can show off what you've learned at home. We will work around allergies, making sure that everyone is having fun and staying safe.

CODE: **BR80** 8 Fridays, January 18 - March 15 (no class 2/22) 2:40 - 3:40 pm \$175



HARRY POTTER **ENGINEERING WITH LEGO®**

For Grades K-2 at Bishop, Brackett and Peirce, pages 39 and 45

Yoga & Mindfulness • GRADES 3 - 5

Madhavi Nunna

Unwind after the long school day as we strengthen our bodies, relieve stress, and recenter ourselves through yoga. Each week we will practice simple Asanas (postures) to build coordination, balance, and flexibility, as well as breathing and relaxation techniques that help us focus and reduce anxiety. By the end of the program, you will know a series of Asanas and breathing techniques that you can practice at home. Please wear comfortable clothes suitable for stretching, no jeans. Madhavi Nunna is a certified Hatha Yoga teacher and yoga therapist, who has trained under several yoga pioneers in India. She has taught yoga since 2015 to adults and children.

CODE: BR136 7 Fridays, January 18 - March 15 (no class 1/25 and 2/22) 2:40 - 3:40 pm \$95

DALLIN

Elementary Drawing with Young Rembrandts • GRADES K - 5

Young Rembrandts Staff

Explore the world of color, pattern and design. Each week we will tackle a new step-by-step lesson focusing on specific terms and techniques that foster fine motor skills, handwriting readiness, and attention to detail. We will take on fun, artistic challenges based on child-friendly subjects that open the imagination and stretch the mind. You will love our upbeat and positive classroom. New and returning students of all levels of experience are welcome and no two lessons are alike.

CODE: DA79 7 Mondays, January 14 - March 11 (no class 1/21 and 2/18) 2:40 - 3:40 pm \$139



Morning Cross-Training • GRADES 4 - 5

Patrick Burke

Exercise is a great way to start the day, and studies have shown that morning exercise improves attentiveness and concentration. Engage in a whole body workout—power walking, jogging, sprinting, push ups, pull ups, planks, and squats—and begin the school day energized and ready to learn!

CODE: DA137 Tuesdays, Wednesdays & Thursdays, January 15 - March 14 (no class 2/19-2/21) 7:30 - 8:10 am \$195

Digital Animation • GRADES 3 - 5

Empow Studios Staff

Learn to use digital animation software, such as Stykz and OpenToonz, to create your own short animated films. Stykz makes it easy for beginners by incorporating pre-made figures while OpenToonz allows for more experienced artists to explore the powerful tools used by Studio Ghibli to bring their ideas to life. This class shows you how to animate step-bystep, allowing you to explore your creativity while learning about story-telling, time-management, and the 12 principles of animation. This class is great for all levels of experience.

CODE: **DA113** 8 Tuesdays, January 15 - March 12 (no class 2/19) 1:10 - 2:10 pm \$209

IF THE CLASS YOU WANT IS FULL

Sign up for the wait list! There's no fee and we often get last minute changes.

Language Clubs: Spanish, French, Portuguese, Mandarin • GRADES K - 5

RoLa Languages Instructor

KidZone is pleased to partner with RoLa Languages to offer Arlington elementary students the opportunity to become exposed to foreign languages and cultures as early as kindergarten. Students will practice language skills and learn about the history, food and culture of the countries where that language is spoken. RoLa's expert instructors will reinforce skills through songs, games, crafts, and storytelling, resulting in a fun and rigorous learning experience for children. Instruction is adapted for a variety of learning levels, making this an excellent introduction for beginners and a great opportunity for returning students to expand their proficiency. Please note that these clubs are not designed for advanced speakers; contact Rola or ACE if a higher level matches your needs. Visit ArlingtonCommunityEd.org to see videos of sample lessons.

CODE: DA100 Spanish Club CODE: DA103 French Club CODE: DA101 Mandarin Club CODE: DA86 Portuguese Club

8 Wednesdays, January 16 - March 13 (no class 2/20) 2:40 - 3:40 pm Select language online \$160

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. Please note the 90-minute class length.

CODE: DA66 Wednesday, January 23 2:40-4:10 pm \$20

Parkour • GRADES 3 - 5

Parkour Generations Boston Staff

Turn any environment into a playground for movement and physical challenge. This class is for all ability and fitness levels, and will include instruction in the basic movements and techniques of parkour, as well as exercises designed to improve general fitness and ensure the long-term practice of parkour. Classes will focus on exploring and moving within one's environment and will include a number of games, exercises, and drills to improve balance, coordination, strength, spatial awareness, and flexibility while having fun. All classes are taught by ADAPT certified coaches. This is an outdoor class so please dress for the weather and bring a water bottle.

CODE: DA54 8 Thursdays, January 17 - March 14 (no class 2/21) 2:40 - 3:40 pm \$145

Nathan's Ninjas • GRADES K - 5

Nathan Porter

KidZone's most popular class! 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 Rising Storm Karate, voted Best of Burlington 2015. Visit risingstormkarate.com.

CODE: DA29 8 Fridays, January 18 - March 15 (no class 2/22) 2:40 - 3:40 \$135

WOULD YOU LIKE TO TEACH?

Look through our catalog to make sure we aren't already offering the class you have in mind. If it's not there, go to our website and click on Contact Us and then select Request or Propose a Class.

HARDY

Language Clubs: Spanish, French, Portuguese, Mandarin • GRADES K - 5

KidZone is pleased to partner with RoLa Languages to offer Arlington elementary students the opportunity to become exposed to foreign languages and cultures as early as kindergarten. Students will practice language skills and learn about the history, food and culture of the countries where that language is spoken. RoLa's expert instructors will reinforce skills through songs, games, crafts, and storytelling, resulting in a fun and rigorous learning experience for children. Instruction is adapted for a variety of learning levels, making this an excellent introduction for beginners and a great opportunity for returning students to expand their proficiency. Please note that these clubs are not designed for advanced speakers; contact Rola or ACE if a higher level matches your needs. Visit ArlingtonCommunityEd.org to see videos of sample lessons.

CODE: HA100 Spanish Club CODE: **HA103** French Club CODE: **HA101** Mandarin Club CODE: HA86 Portuguese Club

8 Mondays, January 14 - March 18 (no class 1/21 and 2/18)

2:40 - 3:40 pm Select language online \$160



VACATIONFUN!

February 19–22 at Arlington High School. For Grades K-8, page 37

Scratch Programming with mBot Robots • GRADES 3 - 5

Einstein's Workshop

Learn programming concepts and robotics through a series of fun and exciting challenges using mBots, arduino-based robots with motors and advanced sensors. We will use Scratch programming to learn to read data from the robot's sensors and send commands to mechanical parts, bringing mBot to life as it moves, changes direction, and avoids objects.

CODE: **HA117** 8 Tuesdays, January 15 - March 12 (no class 2/19) 1:10 - 2:10 pm \$225

P.E. Plus A.M. • GRADES 1 - 2 & 3 - 5

Linda Flynn

P.E. Plus A.M. is designed to get you 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 your blood pumping and send you off to class primed to learn. Limited to 20. Linda Flynn teaches P.E. at Hardy School.

CODE: **HA22.2** 8 Tuesdays, January 15 - March 12 (no class 2/19) 7:30 - 8:10 am 65 Grades 3 - 5

CODE: HA22.1 8 Wednesdays, January 16 - March 13 (no class 2/20) 7:30 - 8:10 am \$65 Grades 1 - 2

NEW Habitat's Nature Detectives: Wild Winter • GRADES K - 2

Audubon Habitat Staff

What's happening outside in the winter? Come learn how different plants and animals have adapted to survive during these cold months. We will look for tracks and signs and make our own as we explore outdoors. Habitat's naturalists will bring in animal specimens, tell stories, and play wild games outside to discover the wonder that winter has to offer. Note: This is primarily an outdoor class so please dress for the weather with warm coat, boots, mittens and hat. By registering for this class you are granting permission for your student to leave the school to explore nearby woods and park.

CODE: HA139 8 Wednesdays, January 16 - March 13 (no class 2/20) 2:40 - 3:40 pm \$135

Genius Hour • GRADES 4 - 5

Brandon Jackson

Genius Hour is a movement in education based around Google's 20% model. 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. Genius hour gives you the time and resources to innovate. Visit www.GeniusHour.com. Tuition includes a \$10 materials fee. Brandon Jackson teaches 5th grade at Hardy elementary school where he enjoys emphasizing play-based learning. Please note the 90-minute class length.

CODE: HA69 8 Wednesdays, January 16 - March 13 (no class 2/20) 2:40 - 4:10 pm \$175



Tracy Bernier

Come journey around the world as we explore animals from many different habitats. We will study different creatures each week and then create an art project focusing on their unique characteristics. You will flex your creativity and imagination and have fun experimenting with different mediums such as collage, drawing, painting and sculpture. Tuition includes a \$10 materials fee. Tracy Bernier teaches kindergarten at Hardy.

CODE: HA138 8 Thursdays, January 17 - March 14 (no class 2/21) 2:40 - 3:40 pm \$129



NEW Beginning Scene Study • GRADES 3 - 5

Arlington Children's Theater, Jenna Corcoran

KidZone is pleased to renew its partnership with Arlington Children's Theater to offer this introduction to how an actor prepares and delivers scene work. This class will incorporate group warm-ups and acting exercises to build focus, confidence, and technique. We will work with well-known texts to learn how to break-up, rehearse and perform short scenes in small groups. You will also create short performance pieces using real and fictional stories as inspiration. The final session will be open to families so we can share some of our completed scene work. Jenna loves working with actors of all ages and experiences. Off stage she works at Artemis Design Co. as a photographer.

CODE: HA140 8 Thursdays, January 17 - March 14 (no class 2/21) 2:40 - 3:40 pm \$165

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. Please note the 90-minute class length.

CODE: **HA66** Thursday, January 31 2:40 - 4:10 pm \$20



Young Rembrandts Staff

Explore the world of color, pattern and design. Each week we will tackle a new step-by-step lesson focusing on specific terms and techniques that foster fine motor skills, handwriting readiness, and attention to detail. We will take on fun, artistic challenges based on child-friendly subjects that open the imagination and stretch the mind. You will love our upbeat and positive classroom. New and returning students of all levels of experience are welcome and no two lessons are alike.

CODE: HA79 8 Fridays, January 18 - March 15 (no class 2/22) 2:40 - 3:40 pm \$159

PEIRCE

Video Game Design • GRADES 3 - 5

Empow Studio Staff

Go from gamer to designer. If you love playing video games, 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 for playing at home.

CODE: PR26 7 Mondays, January 14 - March 11 (no class 1/21 and 2/18) 2:40 - 3:40 pm \$185

Chess Wizards • GRADES 1 - 5

Chess Wizards

Considered one of the greatest games ever invented, chess teaches many important life concepts such as how to win graciously, how to accept defeat with dignity, concentration, and sportsmanship. Learn chess rules, positional tactics, and basic to more advanced moves with the guidance of an experienced chess master. We will be divided into groups according to our chess experience. At the end of this session, we will have a mini-chess tournament. All levels welcome.

CODE: PR104 8 Tuesdays, January 15 - March 12 (no class 2/19) 1:10 - 2:10 pm \$165

REGISTER NOW!

Some classes fill up quickly, so don't miss out!

Language Clubs: Spanish, French, Portuguese, Mandarin • GRADES K - 5

RoLa Languages Instructor

KidZone is pleased to partner with RoLa Languages to offer Arlington elementary students the opportunity to become exposed to foreign languages and cultures as early as kindergarten. Students will practice language skills and learn about the history, food and culture of the countries where that language is spoken. RoLa's expert instructors will reinforce skills through songs, games, crafts, and storytelling, resulting in a fun and rigorous learning experience for children. Instruction is adapted for a variety of learning levels, making this an excellent introduction for beginners and a great opportunity for returning students to expand their proficiency. Please note that these clubs are not designed for advanced speakers; contact Rola or ACE if a higher level matches your needs. Visit ArlingtonCommunityEd.org to see videos of sample lessons.

CODE: PR100 Spanish Club CODE: PR103 French Club CODE: PR101 Mandarin Club CODE: PR86 Portuguese Club

8 Tuesdays, January 15 - March 12 (no class 2/19) 1:10 - 2:10 pm Select language online \$160

NEW Art Explorers • GRADES K - 2

Arlington Center for the Arts, Pam Shanley-Daube

Have a blast as we explore a variety of art media to learn basic art concepts like texture, line, color and shape, while creating fun and stimulating 2D and 3D projects. We will use materials from paints and pencils, to found objects and paper mache. In the process we will reflect on our projects and increase our art vocabulary. Pam is an artist and teacher with a special gift for engaging children and teens in art-making of all kinds. She has worked on the ACA Staff since 1999. Please note the 90-minute class length.

CODE: PR141 8 Wednesdays, January 16 - March 13 (no class 2/20) 2:40 - 4:10 pm \$195

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. Please note the 90-minute class length.

CODE: **PR66** Wednesday, January 30 2:40 - 4:10 pm \$20

NEW Harry Potter Master Engineering using LEGO® • GRADES 3 -5

Play-Well TEKnologies

Master the magic of Harry Potter using LEGO®. Build Diagon Alley in preparation for your trip to Hogwarts School of Witchcraft and Wizardry. Hop on your Broomstick and play Quidditch, challenge the serpentine Basilisk, and face the evil Voldemort. Hone your magical skills while learning about advanced Muggle (STEM) concepts. Please note the 90-minute class length.

CODE: PR142 8 Thursdays, January 17 - March 14 (no class 2/21) 2:40 - 4:10 pm \$195

Circuit Makers 101 • GRADES K - 2

Circuit Lab Staff

Let's get creative with electricity! In this junior version of our Hands-On Electronics class, you will gain experience creating your own electronics: designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. Each week, Circuit Lab staff will help you create a take-home project that you can be proud of. Please note the 90-minute class length.

CODE: PR116 8 Fridays, January 18 - March 15 (no class 2/22) 2:40 - 4:10 pm \$195



AGES 10+: MAPLE SUGARING AT HABITAT

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STRATTON

Discovery Lab • GRADES 1 - 2

Wicked Cool for Kids

Six engaging science lessons wrapped into one fun-filled program. Explore the Earth by making mesozoic volcanoes and delve deep into the ocean to the coral reefs. Get electrified creating simple light up circuits and be a chemist making rainbow slime. Each week we'll get into fun science and engineering challenges—all tried and true favorites.

CODE: ST53 6 Mondays, January 28 - March 11 (no class 2/18) 2:40 - 3:40 pm \$145

Digital Animation • GRADES 3 - 5

Empow Studios Staff

Learn to use digital animation software, such as Stykz and OpenToonz, to create your own short animated films. Stykz makes it easy for beginners by incorporating pre-made figures while OpenToonz allows for more experienced artists to explore the powerful tools used by Studio Ghibli to bring their ideas to life. This class shows you how to animate step-bystep, allowing you to explore your creativity while learning about story-telling, time-management, and the 12 principles of animation. This class is great for all levels of experience.

CODE: ST113 7 Mondays, January 14 - March 11 (no class 1/21 and 2/18) 2:40 - 3:40 pm \$185

Nathan's Ninjas • GRADES K - 5

Nathan Porter

KidZone's most popular class! 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 Rising Storm Karate, voted Best of Burlington 2015. Visit risingstormkarate.com.

CODE: **ST29** 8 Tuesdays, January 15 - March 12 (no class 2/19) 1:10 - 2:10 pm \$135

Circuit Makers 101 • GRADES K - 2

Circuit Lab Staff

Let's get creative with electricity! In this junior hands-on electronics class, you will gain experience creating your own electronics: designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. Each week, Circuit Lab staff will help you create a project you can be proud of. Please note the 90-minute class length.

CODE: ST116 8 Wednesdays, January 16 - March 13 (no class 2/20) 2:40 - 4:10 pm \$195



FAMILY NIGHTS: GLASS ART, POP-UP CARDS, POTTERY, PAINTED WOODEN SPOONS, AND COOKING

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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. Please note the 90-minute class length.

CODE: ST66 Wednesday, February 6 2:40 - 4:10 pm \$20



NEW Creative Dance • GRADES K- 2

Thomas Krusinski

Bring your way of moving to the class where we will work together to expand and enrich your style. We will learn from each other and express musicality, body awareness, flexibility, and strength. Dance is a performing art so over the weeks we will create original dances. Thomas Krusinski was a dance performer for 15 years and has been teaching and choreographing for over 30 years, including 24 years at the Brookline Music School teaching creative dance, pre-ballet, ballet, and boys and girls dance ensembles. Please note: Students attending A Place to Grow should register for the 3:45 session.

CODE: ST143.1 8 Thursdays, January 17 - March 14 (no class 2/21) 2:40 - 3:40 pm \$159

CODE: ST143.2 8 Thursdays, January 17 - March 14

(no class 2/21) 3:45 - 4:45 pm \$159



NEW Artists Club • GRADES 3 - 5

Arlington Center for the Arts, Luba Grenader

Spend your Friday afternoons drawing, painting, building, sculpting and exploring. Join us for this special after-school class where we will let our imaginations run wild as we learn new ways to create amazing artwork. We will explore the work of famous artists, experiment with color, line and texture, hone our art skills and have fun! Luba holds an MFA from the Vermont College of Fine Arts and teaches a variety of media and themebased art classes at local art centers and privately. She has taught at ACA for 4 years. Please note the 90-minute class length.

CODE: **ST144** 8 Fridays, January 18 - March 15 (no class 2/22) 2:40 - 4:10 pm \$195

Language Clubs: Spanish, French, Portuguese, Mandarin • GRADES K - 5

RoLa Languages Instructor

KidZone is pleased to partner with RoLa Languages to offer Arlington elementary students the opportunity to become exposed to foreign languages and cultures as early as kindergarten. Students will practice language skills and learn about the history, food and culture of the countries where that language is spoken. RoLa's expert instructors will reinforce skills through songs, games, crafts, and storytelling, resulting in a fun and rigorous learning experience for children. Instruction is adapted for a variety of learning levels, making this an excellent introduction for beginners and a great opportunity for returning students to expand their proficiency. Please note that these clubs are not designed for advanced speakers; please contact Rola or ACE if a higher level matches your needs. Visit ArlingtonCommunityEd.org to see videos of sample lessons.

CODE: ST100 Spanish Club CODE: ST103 French Club CODE: ST101 Mandarin Club CODE: **ST86** Portuguese Club

8 Thursdays, January 17 - March 14 (no class 2/21) 2:40 - 3:40 pm Select language online \$160

THOMPSON



NEW Actor's Toolbox • GRADES K - 2

Arlington Children's Theater, Kaylah Dixon

KidZone is pleased to renew its partnership with Arlington Children's Theater. This introductory acting class uses games, improv, voice and movement to build confidence and experiment with the basic tools an actor uses for success. We will focus on experimentation and communication utilizing a variety of methods to promote personal growth and ensemble play. We will begin each class with warm-up games before working on acting exercises to build focus, confidence and communication skills. Parents/guardians are invited to the final class so we can share our favorite games and stories. Kaylah is very excited to be joining the team at Arlington Children's Theater. When she isn't doing theater, she spends her time writing and acting for films.

CODE: TH135 7 Mondays, January 14 - March 11 (no class 1/21 and 2/18) 2:40 - 3:40 pm \$145

Winter Indoor Fitness • GRADES 3 - 5

Gaggi DeStefanis

Join coach Gaggi for an invigorating full-body workout focussing on core strength. You will move slowly and deliberately using body resistance training, along with fast movements in circuit training and power drills. Each class will be a different workout as we build strength throughout the winter and prepare for spring sports. Receive customized benchmarks and milestones to help you reach your individual goals. Expect light daily homework. Come prepared with sneakers and a water bottle. Gaggi DeStefanis began her running career in high school as a sprinter, where she still holds a 1986 school record. As an adult she has run many marathons, and placed 11th woman in a USATF marathon. She is a coach at Ottoson Middle School and Gibbs School in Arlington.

CODE: **TH112** 7 Mondays, January 14 - March 11 (no class 1/21 and 2/18) 2:40 - 3:40 pm \$89

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. Please note the 90-minute class length.

CODE: TH66 Wednesday, February 13 2:40 - 4:10 pm \$20

Parkour • GRADES 3 - 5

Parkour Generations Boston Staff

Turn any environment into a playground for movement and physical challenge. This class is for all ability and fitness levels, and will include instruction in the basic movements and techniques of parkour, as well as exercises designed to improve general fitness and ensure the long-term practice of parkour. Classes will focus on exploring and moving within one's environment and will include a number of games, exercises, and drills to improve balance, coordination, strength, spatial awareness, and flexibility while having fun. All classes are taught by ADAPT certified coaches. We will spend most of the time outdoors so please dress for the weather and bring a water bottle.

CODE: **TH54** 8 Tuesdays, January 15 - March 12 (no class 2/19) 1:10 - 2:10 pm \$145

Language Clubs: Spanish, French, Portuguese, Mandarin • GRADES K - 5

RoLa Languages Instructor

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CODE: TH100 Spanish Club CODE: **TH103** French Club CODE: TH101 Mandarin Club CODE: TH86 Portuguese Club

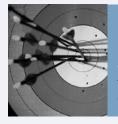
8 Wednesdays, January 16 - March 13 (no class 2/20) 2:40 - 3:40 pm Select language online \$160

Kids' Test Kitchen • GRADES K - 5

KTK Chef Instructor

Kids' Test Kitchen is on a mission to get young aspiring chefs cooking, tasting, and thinking about healthy ingredients. This winter we are heating things up with a batch of fresh comfort foods that you and your family will look forward to eating time and time again. Each week we'll practice kitchen skills, open-mindedness, and teamwork. At the end of class you will receive a sample of the finished dish, along with the recipe so you can show off what you've learned at home. We will work around allergies, making sure that everyone is having fun and staying safe.

CODE: TH131 8 Wednesdays, January 16 - March 13 (no class 2/20) 2:40 - 3:40 pm \$175



ARCHERY

Tuesday evenings at AHS for Grades 4-9, page 35

Keyboarding • GRADES 3 - 5

Courtnei Fassel

More than ever, students take tests, do homework, and write papers digitally, yet few schools teach basic typing as part of the curriculum. Try a non-boring way to learn a fundamental skill. Ms. Fassel will help you master the keyboard through fun exercises and games. Start early to dramatically improve typing speed and develop a lifelong skill. Courtnei teaches grade 3 at Thompson.

CODE: TH125 8 Thursdays, January 17 - March 14 (no class 2/21) 2:40 - 3:40 pm \$129

Irish Dance • GRADES 2 - 5

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. We'll play lots of dance games, build

technique, and have fun exploring Irish music and dance in a non-competitive environment. 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

CODE: TH28 8 Thursdays, January 17 - March 14 (no class 2/21) 2:40 - 3:40 pm \$109

Coding with Scratch | r and Ozobots • GRADES 2 - 3 Liz Ferola

Come join in on some coding fun! In this course we use Scratch Jr., Ozobots and code.org to explore coding and programming on iPads. This is a really fun and engaging class. All levels of experience welcome. *Liz Ferola has taught grades 1-3 for several* years. She currently teaches 3rd grade at Thompson.

CODE: **TH78** 8 Fridays, January 18 - March 15 (no class 2/22) 2:40 - 3:40 pm \$129





Join us for 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:

Mr. Zierk's Great Maine Adventure • Einstein's Workshop • STEAM Workshops • Adventure, Art, History Day-Trippers • Best of Boston Field Trip • Musical Theater Workshop • Cooking Classes for all Ages Glass Art • Cheerleading • Gymnastics • Parkour • Ultimate Frisbee • Yoga • Photography • Arts & Crafts Painting & Sculpture • Lego Robotics

Instructor Bios

David Adams, Esq. is a resident of Arlington and founding partner at Pathway Law LLC (PathwayLaw.com). David's work includes estate, special needs, elder law and charitable planning.

Erica Adelson is assistant director of RoLa Languages and has more than ten years of experience teaching English, Spanish, French, and Arabic to students of all ages, from preschoolers to retirees.

Susanne Agerbak is a pop-up card enthusiast and a researcher who has been using Excel for more than two decades.

Don Anderson of College Funding Advisors, Inc. of Bedford, MA provides clients with strategies to maximize financial aid awards for college expenses.

Paul Angiolillo is a long-time tea connoisseur who has worked at Upton Tea Imports, a major purveyor of fine loose-leaf teas. He has lectured on the history of tea and held tea-tastings at the Peabody-Essex Museum and other venues. He stocks his pantry with several dozen black, oolong, green, and white teas, as well as herbal infusions.

Alexandra Bartsch is a master beekeeper certified by the Eastern Apiculture Society. She has also been a Massachusetts state bee inspector and the Massachusetts Honey Queen. Alix is currently the swarm coordinator for the Middlesex County Beekeepers Association and maintains about twenty colonies of bees in Lexington.

Anne Black enjoys an active career in the Boston area as both a visual artist and classical musician. She works in multiple media, including photography, painting, digital art, book art, and wearable art. Visit CapriccioArts.com.

Jacob Bloom has been dancing and leading contra, square, colonial and various kinds of folk and ethnic dance for more than forty years, and loves when people have fun while dancing.

Boston By Foot is dedicated to promoting public awareness and appreciation of Boston's rich history and architectural heritage by offering a wide range of guided tours and programs conducted by a dedicated corps of highly-trained and enthusiastic volunteer tour guides.

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.

Barry Bridgedal is a native of Trinidad who came to the states at the age of 8 and has studied more than 10 languages up to this

point! With a bachelor's in international relations, and a bachelor's and master's in French literature, Barry has taught French, Italian and Latin in a variety of language institutes, schools and colleges around the Boston area for the past 12

Bill Butler has more than 20 years of real estate experience. He specializes in small commercial and residential investment property sales. Bill is also productivity coach for RE/MAX Leading Edge.

Alissa Butterworth is a novelist, writer, and educator who received her master's in fine arts from Lesley University. Her work has appeared in numerous publications. Visit alissabutterworth.com

Allison Tilly Carswell and Andrea Canty founded Red Door DesignWorks in 2007. The firm works with clients in the Boston area, as well as Los Angeles, Austin, New York, and Washington, DC. Both are residents of Arlington. Visit rddwboston.

Kimi Ceridon holds a Masters in Gastronomy and Chef's Certificate from Boston University as well as Masters in Mechanical Engineering from MIT. She combines her talents to create great food experiences through hands-on classes with a bit of science and engineering. Follow along with her blog at www.noreturnticket.

Daniela Cermenati is an artist and native of Santiago de Chile. A graphic designer by education, her true passions are crafts and handmade art that reflect her way of seeing the world.

Betsey Cogswell has been making art for many years, and discovered wet felting only six years ago. She has taken workshops with expert felt artists Martien van Zuilen and Janice Zimmerman, and is also self-taught.

Cedric Crowe has more than 20 years of professional dance experience, including with the Alvin Ailey School of Harlem, the Adrian Hawkins Dance School of Boston, and the Janette Neil Dance Studio of Boston.

Linda Del Monte is a 40-plus year yoga practitioner with more than 18 years of teaching experience. Certified in Kripalu and Anusara yoga, she infuses her classes with joy and spirituality.

Derby Farm Gardens & Flowers is an award-winning flower, garden, gift and home decor boutique in Arlington.

Cathie Desjardins is the current poet laureate of Arlington. Her writing has been published in Cognoscenti, WBUR's online magazine, and in many newspapers, periodicals, and journals including the Christian Science Monitor and the Boston Globe. She is currently at work on her second book of poems, The Muse in the Garden.

Gaggi DeStefanis began her running career in high school as a sprinter, where she still holds a 1986 school record. As an adult she has run many marathons, and placed 11th woman in a USATF marathon. She is a coach at Ottoson Middle School and Gibbs School in Arlington.

Barbara Deveau is assistant director of SHINE Program (Serving the Health Insurance Needs of Everyone) a program of the Mass. Executive Office of Elder Affairs. SHINE provides free health insurance information, counseling, and education to Massachusetts residents with Medicare and their caregivers. Barbara has more than 25 years of community experience with seniors and their

William Devereaux has been an instructor with the American Heart Association for the past 45 years. He was also an active EMT instructor, training police and

Sarah Dredge is a vocalist, actress, and educator residing in Boston, MA. She holds degrees from the New England Conservatory of Music (M.M. Vocal Performance) and Ithaca College (B.M. Vocal Performance). With a career balanced over multiple genres, Ms. Vincelett Dredge has worked professionally in musical theater, classical music, and on television. She is a proud member of NATS, the National Association of Teachers of Singing.

Walter Driscoll is an accomplished chess player and is ranked 1800 USCF and 1740 FIDE. He has played in Budapest and Reykjavik and is currently a member of the Boylston Chess Club in Cambridge, MA.

Ulrike Dettling Kalthofer is co-founder of Arlington Reiki Associates, a reiki master teacher and a licensed marriage and family therapist.

Naomi Ellenberg-Dukas is president of Beadesigner International, Co-Chair of the Belmont Art Association, and owner of DukasDesigns.com; she has been designing and teaching jewelry making for the past six years.

Christopher Ellinger is a trainer, presenter and award-winning author. For over 10 years, he has co-led active bystander intervention trainings at universities, civic agencies, nonprofits organizations, human rights commissions, and for the public. He is also director of True Story Theater.

Lissa Franz has a master's degree in creative writing from Boston University. She is a 2015 recipient of a PEN New England Discovery award for fiction, and is currently completing a novel.

Karen Fullerton began her journey to support letter-writing through the classroom during a six-month sojourn in southern France where she attended the Festival of Correspondence in the small stone village of Grignan. Since 2002, she has developed workshops and coursework to guide others in finding words for the letters they write. She has a masters degree of education from Tufts

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

Severina Gates is a former dancer and the first Level 4 certified Essentrics instructor in Massachusetts, training under creator Miranda Esmonde-White. Elizabeth Gompels went to her first national tournament two months after learning to play duplicate bridge. She is a Life Master and an Accredited Teacher through the American Contract Bridge League (ACBL). When not playing bridge, she provides small business owners and nonprofit leaders with financial guidance and project management.

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.

Joe Green has been teaching adult education for 13 years and has taught all five subject areas for the HISET. He has been under contract by the City of Boston to provide Basic Adult Education services to predominantly immigrant patrons of the Boston Public Library.

Kimber Green is a licensed and board certified massage therapist and speechlanguage pathologist specializing in cognition who offers therapeutic and rehabilitation in massage and mindfulness meditation. Kimber was voted Best of Boston Wellness "Mindfulness Coach" in 2016. Visit kimbergreentherapies.com

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

Yin Guang is a jewelry designer and teacher who loves to play with beads and colors. She enjoys the meditation of Kumihimo and teaches at bead shows around the country. All students and customers alike love to Kumi with Yin! Visit

Maura Harrington, GPC founded MJH Grant Consulting in 2016 to provide highquality proposal writing and grant consulting services for nonprofits. With more than 20 years of experience in the non-profit sector, Maura has raised more than \$15 million collectively, to help dozens of nonprofits in various sectors, further and/or sustain their missions.

www.spiralenergies.com

Amanda C. Hsiao works in estate planning, special needs and elder law, and estate administration. Prior to joining Pathway Law, Amanda worked as a staff attorney in legal services where she represented low-income clients in Social Security, housing, and other matters. Amanda is a member of the National Academy of Elder Law Attorneys and a volunteer attorney for the Elder Law Project run by the Women's Bar Foundation.

Indigo Fire is a pottery studio in Belmont that provides a friendly, nonintimidating environment for those interested in learning more about pottery. Charlotte Kaplan has been creating works on paper and sculpture for many years, following a career in architecture. She teaches drawing classes at the Boston Architectural College and adult education programs in the Boston area and has completed commissions for the Boston Children's Museum, Logan Airport, and the Massachusetts Division of Conservation and Recreation. Julie Kaufmann offers a wide range of dance instruction programs, including group classes, private lessons, parties and events, wedding choreography, workplace exercise, senior programs, and movement class for cancer survivors. Visit ikdance.com

Cheryl Keane is a certified Zumba instructor with a loyal following. Janet Kessenich is a workshop and retreat leader in the New England area specializing in connecting participants with what brings meaning, purpose, satisfaction and empowerment into their lives. Janet is a holistic sound and energy healer who uses the essence of music-calibrated vibration-in her work with clients and workshop participants to, in a sense, tune them to their most aligned way of being. She is the author of Music Lessons for the Spirit, a collection of essays drawn from the spiritual/life lessons she learned as a pianist.

Dorien Keusseyan is a certified personal trainer at Gold's Gym in Arlington and owner of Lighten UP, LLC, a home visiting training service. She is also certified in fitness nutrition and a weight-loss success story who has lost and kept off over

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

Juanita Allen Kingsley was trained as a wilderness EMT instructor and has been an instructor-trainer with the American Heart Association, Emergency Care and Safety Institute, and Medic First Aid.

Cher Kore is a Boston-based aromatherapist, aromatherapy teacher, writer, and the founder of Kameleon Healing Aromatherapy. Her writing has been published in many Boston area magazines and Cher has been featured on Chronicle and Fox Morning News and written about in the Boston Globe, Boston Magazine and other publications. Visit www.kHealing.com.

Vicki Krupp has raised backyard chickens in Needham for the past five years. When not collecting eggs, Vicki writes cookbooks and manages her website, bookclubcookbook.com.

Michel L'Huillier studied Fine Arts and Art History in Strasbourg, France, where he discovered a love for glass. Michel moved to Boston in 1995 and worked for eight years in a prominent stained glass studio. With 20 years of experience in glass work, he drew from three different techniques for architectural commissioned works: kiln-forming, fusing and stained glass. Michel also creates objects using fusing and sandblasting techniques. Since 2004 he has taught stained glass and fusing in studios and schools in the Boston area.

Marie Levey-Pabst runs Create Balance, where she teaches parents strategies to help them get organized and balance their time and energy around what really matters most. In addition to leading workshops and a membership community with Create Balance, Marie also teaches writing and is a mother of two (mostly) adorable children.

Cindy Lewis is a retired lawyer who works at the Federation for Children with Special Needs. She believes that Essentrics is an effective full-body workout for people of all ages, but is especially grateful for its "age-reversing" effects that lead to stronger, leaner muscles, as well as improved mobility and joint function.

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.

Robert Lublin is professor of Theatre Arts at the University of Massachusetts Boston. In addition to publishing books and articles on Shakespeare, theatre history, and dramatic literature, he reviews whisky, wine, and beer for the long established website Drinkhacker.com.

Aaron MacDougall is the owner of Broadsheet Coffee Roasters in Cambridge, a certified Arabica Q-Grader, and a top competitor at the national level in both coffee roasting and coffee cupping.

Lauren Mackler is a renowned coach, consultant, speaker and educator. She is author of the international bestseller, Solemate: Master the Art of Aloneness & Transform Your Life, fellow author of Speaking of Success with Jack Canfield and Stephen Covey, a frequent commentator for CNN and FOX, and blogger for the Huffington Post.

Heather McCormack is the station manager of Boston Free Radio and has been involved in radio since age 14. She graduated from the University of Massachusetts, Amherst in 2010, and received her M.Ed from Harvard University in 2015. Heather recently started podcasting her own show Make it Stop. She is passionate about using her power of community media to engage all people, especially those who are traditionally underrepresented in telling their stories in ways that are empowering, accessible, and active in promoting social change. Colleen McGilpin is a recent graduate of Gallaudet University in Washington, D.C. with a bachelor's degree in English. ASL is her primary way to communicate and she loves sharing this language with others.

Katherine McGough is an artist and fashion illustrator living in Arlington. Her artwork of dogs has been selected twice as a finalist at Westminster Kennel Club's poster contest and exhibited in other nationwide contests. She has a bachelor's degree from Parson's School of Design in fashion design. Visit katherinemcgough.com.

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.

Melissa Merres is a certified life coach who supports people to build meaningful and satisfying relationships through increased self-awareness, clearer communication, and healthy boundaries. Melissa brings a lifetime of professional and personal experience in conflict and education to her coaching. She is a mama to two young boys.

Sandra A. Miller has published essays in over one hundred publications and is a regular contributor to The Boston Globe's Sunday "Connections" column. She teaches writing at UMass Lowell and takes pride in helping her students get

Francesca Montillo is 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 returns often to gather new knowledge and culinary techniques from her large family living throughout Italy. Her recipes are easy yet maintain the authenticity of Italian cuisine.

Elyse Montoya has been performing since the age of seven and received her Bachelor of the Arts in theatre from the University of California. She has participated in community, school, and professional shows throughout Southern California, and most recently starred in Jason Robert Brown's The Last Five Years as Cathy Hiatt. She is excited to work with Arlington Community Education and hopes to bring the joy of theatre and acting to all who are interested!

Dee Morris is an independent scholar and educational consultant specializing in 19th-century history of greater Boston. She presents walking tours at Forest Hills Cemetery (Jamaica Plain) and programs at libraries, schools, and historical societies. Her goal is to connect people with their civic ancestors.

Mosaic Oasis Studio & Supply owner Suzanne Owayda, offers mosaic classes and workshops, and sells tools, supplies and materials. Visit mosaicoasis.com. Nathan Muehleisen is a graduate of Massachusetts College of Art and has

worked as a carpenter, cabinetmaker, and furniture maker. Most recently he taught in woodshops and Makerspaces, first in Chestnut Hill, and now at Arlington High School.

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. Rania Nasser a native of Lebanon, holds bachelor's degrees from the American University of Beirut in electrical engineering and physics. She began learning Arabic in elementary school, inspired by her father who was an Arabic literature

Andrea O'Leary is a native American English speaker, holds a master's degree in Education from Northeastern University and has taught English for many years to students of all ages and levels. Her experience includes senior management positions in higher education and private industry.

On The Mark believes that archery should be safe, fun and accessible. Our goal is to empower individuals through motivational coaching and meaningful instruction that can be applied to overcoming challenges experienced on the range and throughout life.

Monique Ouimette has a doctorate in sociology with specializations in environment and consumption, and has taught courses in those topics at the college level. Her doctoral and master's research projects focused on social and environmental aspects of everyday consumer products used in personal care and

Farheen Owais has been passionate about dancing since she was a child. She has taken classes in Indian dance forms, belly dancing and Zumba, before falling in love with BollyX.

Elif Ozkefeli is a food enthusiast who is lucky to be born in a region where spices, natural produce and other food ingredients are so varied; and where cooking has always been an integral part of the daily life. Elif is happy to be cooking and introducing the healthy and delicious Anatolian and Mediterranean cuisines at Magic Bites Bakery and Cafe since 2015.

Parkour Generations Boston was founded in 2012 as a branch of Parkour Generations Americas and is based in Somerville, Massachusetts. PkGen Boston runs classes and workshops for all ages and abilities throughout the New England region, working with a variety of municipalities, community organizations, schools, private companies, and individuals.

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.

Janet Peluso learned to make her first granny square in high school and has been crocheting ever since. Funky, colorful, wearable creations are her favorites, and lately has used crochet to embellish jeans and other clothing.

Zoe Piel is an independent illustrator, cartoonist, and animator from the Boston area.

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

Ebi Poweigha is a Cambridge native who wanted to be a rock star, but settled for being a self-taught sewist. Her sewing journey includes theatrical costume, garment alterations, and custom sewing for bodies of all shapes, sizes, and genders. She also blogs about the intricacies of sewing and life at www. makinatheflame.com.

Núria Pairó is a Spanish native from Barcelona. She has worked most of her professional life in science and language education and is currently working at an educational non-profit. She is always excited to share her language and culture

Irena Stanic Rasin is an author and translator and has been teaching Italian courses at Arlington Community Education for many years. She holds master's degrees in English and Italian language and literature and is currently pursuing her PhD in Croatian Philology in the Intercultural Context.

Joe Rindone has been training since 2008 and his hand picked staff has been some of the top trainers in the Boston area. He trains clients from 90 years old to student athletes in everything, from strength training and kettlebells to balance/ agility work. Visit BackBayFit.com.

Leanne Rodd is associate director of talent for FlexProfessionals, which matches part time professionals with employers seeking flexible staffing services in DC, Boston, MD, Northern VA

Karen Roth learned knitting as a child and has been an avid adult knitter for many years. She has taught knitting to friends, relatives and at other organizations.

Susan Ruderman, Ed.M. is an Arlington resident and philanthropy professional with more than 25 years of experience in helping non-profits from Harvard and MIT to one-person startups reach their advancement goals.

Laurie Savage received a BFA in metalsmithing from MassArt in 1998. She has taught the jewelry program at CCAE since 1999 and metalsmithing workshops at the DeCordova Museum School since 2005. She maintains a studio in the Distillery Building in South Boston.

Janine Sciarappa is a pastry chef/instructor at Boston University. She teaches classes in the Gastronomy program, the Certificate Program of Culinary Arts and the School of Hospitality.

Anastasia Semash is a local artist and teacher who studied illustration at the School of the Museum of Fine Arts, Boston, and holds a degree from St. Petersburg State University, Russia. She currently teaches at various art centers including Munroe Center for the Arts in Lexington, Russian Languages and Arts Center in Andover, and other venues. Visit artsemash.com.

Vinny Serino has been playing harmonica for more than 40 years and has spent the last 31 years as front man and harmonica player for the award-winning band Boston Baked Blues. He is well-versed in all facets of harmonica styles and nuances of the instrument and was selected for World Harmonica Players' list of most influential blues harmonica players many times.

Alison Silver is a high school English teacher at Acton-Boxborough High School. With a bachelor's degree in comparative literature and Italian studies and a master's degree in teaching English from Brown University, she has experience teaching English in Italy and tutoring children and adults in ESL, Italian, writing, and reading comprehension.

Zach Slovin, the first grandchild to two grandmothers who are avid cooks, was exposed to and took an interest to cooking at a very young age. For many years cooking was a hobby until Zach decided to leave the IT industry to pursue the culinary world full-time. Zach specializes in pastas, breads, and pizzas, always interested in trying new recipes and perfecting his own. Zach lives in Arlington with his wife and two dogs.

Cinthya Soto a native Spanish speaker from Peru, is an experienced instructor and trainer with a combined master of Science and Business Administration from Boston University. She enjoys connecting people to her Latin American roots through the exploration of language and cultural expressions. Cinthya has traveled in Chile, Uruguay, Panama, Venezuela, the Dominican Republic, and

Michael Stern is chief investment officer of Arlington Investment Advisors, a financial planning and investment advisory firm in Arlington. He is an Arlington Town Meeting member, and father of two children in the Arlington Public Schools

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.

Karen Uminski has been teaching belly dance in Boston for nearly 20 years. One of her biggest joys is sharing this beautiful and empowering dance with women. Sara Valverde has been a committed clutter-clearer since her late teens who loves empowering people through her work as an organizing and productivity professional. She works with Living Peace Professional Organizing in Arlington.

Hariet Vanderput, a graduate from the School of Fine Arts Utrecht, has always loved working with texture and color. Knitting is one of her favorite outlets.

Linda Varone has been awarded Best of Boston® for her work as a Feng Shui consultant. She has consulted nationwide for more than 20 years. She is an author and professional speaker. Her book The Smarter Home Office is topranked on Amazon for home office design. Visit 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.

Katie Walter is the co-author of the cookbook Some Like it Hot, has interned at America's Test Kitchen in Boston, and has taught cooking classes for the past four years, first in her home in London and now in Lexington, MA as part of Two Aprons Cookery. Check out Katie's favorite recipes at her food blog: https://2aprons.wordpress.com

Valerie Wey moved to this country from Nice, France 16 years ago. She knit with her mom as a young girl and adult.

Suzi Wojdyslawski is a nationally certified personal trainer (ACSM), group fitness Instructor (AFFA) and Zumba Instructor. For the last eight years she has specialized in active older adult fitness. Suzi leads small group Zumba Gold, as well as resistance training (Strong Women) and balance classes (Matter of

Crispin Wood is the creator of the comic strip Rock School, which appeared in a local music publication (The Noise) for 23 years. He started his latest comic venture smallblueyonder.com in 2013 and has published five books featuring collections of his strips.

Laura Zoll enjoys teaching and sharing her enthusiasm for mah jongg with players of all levels. When away from the majj table, Laura is a medieval musicologist.

WOULD YOU LIKE TO TEACH?

Look through our catalog to make sure we aren't already offering the class you have in mind. If it's not there, go to our website and click on Contact Us and then select Request or Propose a Class.

Important Information

How to Register

Adults only, 18+ (Youth registrations must be made online).

- **1. ONLINE** registration is available at *ArlingtonCommunityEd.org*.
- 2. CALL 781-316-3568 to register by phone (adult registration only).
- MAIL the registration form to Arlington Community Education, 869 Massachusetts Ave., Arlington, MA 02476.
- 4. FAX your registration to us at 781-316-3381.
- 5. VISIT us at Arlington High School, 869 Massachusetts Ave., Arlington. Call 781-316-3568 for current office hours.

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

Registration Fee

A \$6 registration fee is charged once per person, per term. Fee waived for courses \$25 or less.

Cancellations, Withdrawals & Refunds

- Full refunds are given when a class is cancelled due to low enrollment. In lieu of a refund you may opt for a course credit plus 10%.
- Students withdrawing from a class at least five full business days before the start date will receive a course credit, minus a \$15 processing fee per class.
- If ACE is unable to complete a class series due to weather or instructor illness, you will be issued a credit for the missed class.
- No other refunds will be granted.

Scholarships & Discounts

For Arlington residents only. You must call 781-316-3568 before you register to request a discount. Senior discounts are available for some daytime classes. Tuition assistance is available on a limited basis for adults and for all Arlington Public School students who receive free or reduced lunch.

Who Can Enroll?

Anyone! 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 18+. Registration remains open until the first meeting of most classes, as space permits. Underenrolled classes are cancelled, so register early.

Find Your Evening Class at AHS

Enter Arlington High School through the main doors on the Massachusetts Avenue side of the building. Staff will be available to direct you to your room.

Locations

TeenZone classes meet at Ottoson, Gibbs or AHS.

KidZone classes meet at elementary schools.

Arlington High: 869 Massachusetts Avenue, for all adult

evening classes, unless otherwise noted.

Arlington Senior Center: 20 Maple Street

Calvary Church: 300 Massachusetts Avenue

St. John's Church: 74 Pleasant Street
St. Camillus Church: 1175 Concord Turnpike
Fox Library: 175 Massachusetts Avenue

Accessibility

Arlington High School is handicapped accessible. If you need assistance, 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, ACE classes that meet in school buildings are cancelled. Off-site class cancellations are made individually. If school is held and weather becomes inclement during the day, cancellations will be posted on our website and emailed to students. Please check our website for information on any changes.

Etcetera

- ACE reserves the right to:
- change instructors if necessary.
- correct prices, times, or dates due to typographical errors in our catalog.
- cancel classes due to low enrollment.
- The opinions, views, or recommendations expressed by instructors are their own, and do not necessarily reflect those of Arlington Community Education. Arlington Community Education does not endorse any service or product recommended or offered by instructors.
- Credit card charges appear on statements as charges from "Arlington Community Education".
- 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.



Gift Certificates Available!

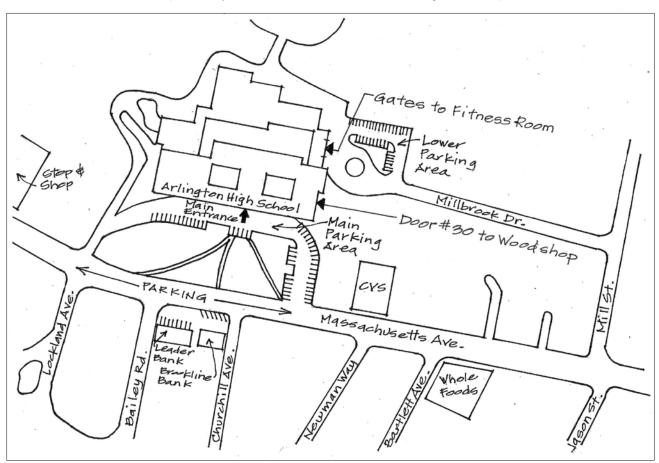
Perfect for any occasion. It may come in an envelope, but it's truly a box of and create. To purchase, please call or

possibilities to learn and create. To purchase, please call our office at 781-316-3568.

Parking at Arlington High School

GPS: 869 Massachusetts Avenue, Arlington, MA

Enter Arlington High School through the main doors on Massachusetts Avenue 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 Avenue directly in front of the school and on surrounding side streets. If your class is meeting in the Fitness Room you may enter through the gates off the lower parking area off Mill Street. For Woodshop or Jewelry classes, enter Door #30 to the left of the gates. See map below.





Adult Registration Form

Name	Date	
Address	City	StateZIP
Primary Phone	Email (required)	
COURSE CODE	COURSE TITLE	FEE
Registration fe	ee (once per term, per person, fee waived for courses \$25 and	d under) \$6.00
	Donation to Scholarsh	nip Fund
		TOTAL:
all liability or expenses arising out of any to treatment by emergency personnel in	e Town of Arlington, Arlington Public Schools and its employ y incident involving or any account of injury in connection on the event of injury to, or illness during my participation in emergency treatment. I agree to abide by APS policies. I furt program via print and web.	with this program. I consent this program. I accept full
Signature	Date	
registration form to Arlington Commun	,	
Card #	Expiration Date	Security Code
Cardholder Signature		



18+ . PAGE3



TeenZone



ADULTS • TEENS • KIDS



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Grades 9-12 . PAGE32





Vacation Fun!





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