Hundreds of programs for adults, teens & kids
INCLUDING KIDZONE, TEENZONE, DRIVER'S ED, AND COLLEGE PREP
New for Spring

There are so many things to look forward to this time of year, and we're hoping this catalog is one of them! ACE can be a creative outlet, a chance to get fit or challenge yourself, or a place to meet people and have some fun.

This spring we introduce our new interview series with local author and podcaster, Steve Almond. Steve will bring special guests to talk about pressing issues. This will be an exciting new forum, and the opportunity to make more connections with friends and neighbors.

We also have a wide array of Special Interest programs lined up, ranging from outdoor guided walks to astronomy and climate change. And new this term, try West African hand drumming, learn about home renovation, or come dance the Lindy Hop with us! Our KidZone and TeenZone youth programs also offer great opportunities for learning and fun.

Spring is a busy time of year, but make sure to carve out some time for yourself! Register for a few classes—we can't wait to see you.

No Class Dates
No evening classes will be held at Arlington High School on April 15-19, May 27, 30, June 4. 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
Arlington High School
869 Massachusetts Avenue, Arlington, MA 02476
communityed@arlington.k12.ma.us
Tax identification number: 046-001-070
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SPRING COVER ART CONTEST WINNER

“Arlington View of Boston (Robbins Farm Park)”
by Janice Hayes-Cha

Janice Hayes-Cha is an Arlington-based artist who creates vibrant, mixed media collages from recycled greeting cards, a technique she devised while recovering from cancer. Her work has depth and texture, and reveals surprises for the astute observer. She loves to capture the complexity of iconic places in Arlington and Boston. This magical view of the Boston skyline from Robbins Farm Park evokes joyful memories of baseball games, kites, fireworks, and flying down the big slide at the playground.

Catalog design: Pehlke Design
Arlington Community Education introduces a new series featuring authors, journalists and researchers sharing their stories and expertise with renowned author Steve Almond, about the most pressing issues we face—as parents, partners, and citizens. A vital part of We Need to Talk will be the conversation generated by audience members themselves. Steve Almond will provide the framework for discussion, understanding, and reflection on difficult but essential topics ranging from the potentials and perils of technology and medicine to the joy and anguish of raising children, and public morality in an age of political tribalism.

The Conversation...
Reclaiming Our Bodies After Cancer
with authors Catherine Guthrie and Amy Yelin

Millions of men and women receive cancer diagnoses every year. In nearly all cases, they are suddenly faced with a host of decisions about treatment ranging from surgery to chemotherapy and radiation. What every patient faces is a medicalizing of their bodies. They move from personhood to patienthood. And often, they have to battle to reclaim their own body from a potentially fatal disease, as well as from cultural perceptions of how they should look. Joining Steve Almond for this conversation will be Catherine Guthrie, author of the acclaimed memoir FLAT, a breast cancer survivor and advocate; and author Amy Yelin, a fellow survivor and native Arlingtonian. Meet at Arlington’s social hub, Kickstand Cafe, 594 Mass. Ave., Arlington. Ticket price includes light refreshments.

Catherine Guthrie, author of FLAT: Reclaiming My Body from Breast Cancer, is an award-winning women’s health journalist. For the past twenty years, her reporting, essays and criticism have appeared in dozens of national magazines including Time; O, The Oprah Magazine; Slate; Prevention; and Yoga Journal. She has faced breast cancer twice. She lives in Somerville with her partner, Mary.

Amy Yelin is a writer with work in The Gettysburg Review, The Missouri Review, The Writer’s Chronicle, Literary Mama, Brainchild Mag, Salon, and other publications, including two anthologies. She’s a founding member of the Arlington Author Salon, a volunteer for Arlington EATS, and a breast cancer survivor who tries to find the humor in her experience (well, most of it) at her blog ihadamindance.blogspot.com (also known as I Had a Boob Once).

Steve Almond is the author of ten books, including the New York Times Bestsellers Candyfreak and Against Football. His essays have appeared in the New York Times Magazine, GQ, The Boston Globe, and others. He teaches at the Nieman Fellowship for Journalism at Harvard and Wesleyan University. For many years, he hosted the popular podcast Dear Sugars with his pal Cheryl Strayed. His new book, Bad Stories, is a reckoning with our national moment. He lives in the lower east side of Arlington with his wife Erin and three children.

We Need To Talk...
an interview series with Steve Almond
Media & Information Literacy in the Age of Fake News
Martin LaMonica

In a time of information overload and actual fake news, how can one find reliable news and information online? Acquire tools to help you become a more critical consumer of information. We'll discuss how to recognize different types of information sources (news, entertainment, promotion) and to evaluate the sources of information the media use. We'll also discuss the effect social media is having on how people get their news and information. The class is taught by a long-time reporter and editor. Martin LaMonica has worked for nearly 30 years as a reporter and editor covering technology, science, and business. He has written for The Boston Globe, Scientific American, the Guardian, and other publications.

CODE: WL026 Wednesday, April 24 7:00 - 8:30 pm  $15

Reading Shakespeare Out Loud
E. Noel McCoy

Actor Richard Burton once said that he loved the sound of Shakespeare's words because they made such a “beautiful noise.” Shakespeare's plays were written to be performed and watched, not read silently. Come join a former actor in a roundtable reading of Macbeth. Participants will be assigned new roles each week and experience the pleasure of hearing Shakespeare come alive through the spoken word. Absolutely no acting experience is required. Please note that this is not a scholarly discussion, but a chance to read aloud, have fun, and deepen our enjoyment of Shakespeare's words. Walk-ins welcome on the first night of class only. E. Noel McCoy holds a bachelor of arts from Smith College and a master of fine arts and acting certificate from the NYU School of the Arts. She was a member of the acting company at the Guthrie Theatre in Minneapolis and appeared in numerous shows in New York City. She is an overseer at the Huntington Theater.

CODE: WL031 4 Tuesdays, April 30 - May 21 7:00 - 8:30 pm  $59

The Language of Time: A Linguistic Perspective
Irena Stanic Rasin

All animals—except humans—live in a continuous present. Time is a human concept. And that concept is framed differently depending on the language we speak. English speakers tend to think of time in terms of distance—what a long day, we say. Spanish speakers, on the other hand, tend to think of time in terms of volume—what a full day, they say. Recounting the past, communicating in the present, and discussing the future are at the core of our daily activities. Yet these boundaries are often blurred. In this fascinating evening, we will explore alternatives to time's arrow from a linguistic point of view, through examples of languages whose tenses defy chronology with their reverse, or even circular, concept of time. Irena Stanic Rasin is an author and translator who has taught Italian courses at ACE for many years. She holds master's degrees in English and Italian language and literature and is currently pursuing her doctorate in Croatian philology in the intercultural context.

CODE: HL034 Wednesday, May 29 7:00 - 8:30 pm  $15
Star Light, Star Bright: Understanding Astronomy

Philip Rosenfield, Ph.D.

Astronomy is one of humanity’s oldest sciences, and has emerged from our desire to understand our universe and our place within it. Astronomical discoveries and warnings about possible meteoric impacts are regularly reported in the news media. In this course, we will explore introductory astronomy concepts and contextualize common astronomical themes in the news media, all while answering the question “How do we know what we know?” The final session topic will be determined based on the common interests of participants. Weather allowing, you will be introduced to star gazing and the spring night sky. Philip Rosenfield, Ph.D. is an astrophysicist specializing in stellar evolution theory, data analysis, and statistics. He is an NSF Astronomy and Astrophysics postdoctoral fellow with the Harvard-Smithsonian Center for Astrophysics.

CODE: HL031 4 Thursdays, April 4 - May 2 (no class 4/18) 7:00 - 9:00 pm $89

Making Sense of Climate Change: From Global Scale to Our Own Backyard

Benjamin Brown-Steiner, PhD

Anxious to deepen your understanding of climate change, its causes and conditions and what you can do to help? Ben Brown-Steiner, a scientist steeped in climate research and with a passion for science communication, will lead us through a clear explanation of this pervasive concern, detailing both its global and local impact. Evidence of climate change abounds. Melting glaciers in Antarctica. Devastating wildfires blaze through parts of California. Our own summers seem longer and warmer. But we also know that weather is highly variable. So how can we tell if a particular hurricane or heat wave is a result of climate change or simply weather? And how can we use this information to best prepare for the future? Learn the differences between global climate changes and the local weather that impacts us day-to-day, as well as why it is so difficult to rely on instinct and anecdotes when dealing with climate issues. Explore big-picture global and national trends to better understand local impacts. Dr. Brown-Steiner will also highlight which forms of action—at both the individual and the collective scale—will be most effective at avoiding and adapting to the major impacts of climate change. Ample time for questions and answers. Dr. Brown-Steiner is a scientist with experience in atmospheric sciences and science communication at Cornell, MIT, and now Atmospheric and Environmental Research (AER) in Lexington. At AER, he is working on emissions inventory development. This event is co-sponsored by Arlington Mothers Out Front and Sustainable Arlington.

CODE: HL032 Wednesday, May 1 7:00 - 8:30 pm $15
AROUND TOWN

Local organizations that contribute to the vibrancy of Arlington. Get involved!

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, brings valuable programming to and fosters connections among all members of the Arlington community, and provides 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 EATS
EATS works to make sure that no child in Arlington goes hungry. Groups of volunteers, parents, and neighbors serve hundreds of lunches during vacation and summer breaks, provide thousands of school-day snacks to kids so they can focus on learning, and help offset the cost of school lunches for those unable to afford even reduced-price lunches. Visit www.arlington-eats.org or email sarah@arlington-eats.org.

Arlington Commission for Arts & Culture
ACAC is an umbrella organization for local arts entities such as Arlington Public Art and the Arlington Cultural Council. It serves as a volumnal, strong and visible advocate for arts and culture, advises Arlington's Select Board regarding matters of cultural or artistic nature, and works to preserve and increase the town's cultural and artistic resources and opportunities. Visit ArtsArlington.org to volunteer, find or post an event, find arts classes or resources and more.

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 ofthetheatre.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. 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
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. Visit arlingtonma.gov/ayhsc; 781.316.3779.

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.
March 6: “I’m Done: What Do I Do Now? Meeting the Challenge of Academically Advanced Students

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 and 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 visit with patients (reading, sharing a hobby, listening to music, talking about sports or sharing family stories and memories), assist at hospice houses in Danvers and Lincoln, work in the administration offices, make bereavement calls, take therapy dogs to visit patients, and more. Trainings are held in the Waltham/Burlington area. Contact senior volunteer coordinator Jane Corrigan at 781-373-6574 or jcorrigan@ caredimensions.org.

The Children's Room
1210 Massachusetts Ave., Arlington
The Children's Room (TCR) offers grief support for families with children ages 3½ to 18 who have experienced the death of a parent or sibling. In addition to direct support for families, TCR offers training and education to professionals and community members on how to support children, teens, and adults around the issues of grief and loss. Visit www.childrensroom.org for more information.

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 listed on the National Register of Historic Places. In 1847, German immigrant brothers Charles and Frederick Schwamb 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.

The Cyrus E. Dallin Art Museum
611 Massachusetts Avenue, Arlington
Discover the work of the celebrated sculptor, educator and Indigenous rights advocate who lived and worked in Arlington for over 40 years. Visitors can experience over 90 of Dallin's works. Friday-Sunday, 12-4 pm, $5 per person suggested donation. Visit dallin.org
Excel Essentials for Beginners

Susanne Agerbak

Microsoft Excel is a powerful application for working with and understanding the numbers in your work or personal life. Learn the essentials of Excel: how to input data, do calculations, make charts, and format your spreadsheets to make them easy to read. We will talk about the uses of Excel, look at example spreadsheets and create our own using Microsoft Excel 2013. This course is for experienced computer users with little or no experience using Excel. Students will need to be confident in these general PC skills: opening, saving, and locating files, copying and pasting, and using the right mouse button menu. Computers running Excel 2013 will be provided, although the ability to access Excel outside class is recommended in order to practice.

CODE: BT060 4 Tuesdays, April 2 - 30 (no class 4/16) 7:00 - 9:00 pm $95

Excel: Intermediate

Susanne Agerbak

This course is for those who have completed Excel Essentials for Beginners or who are confident entering data and doing simple calculations in Excel. We will focus on how to make data manageable and meaningful as well as how to manipulate a large spreadsheet to identify errors, interesting patterns and important values. We will cover intermediate-level functionality of Excel 2013 such as conditional formatting, filters, built-in functions, conditional formulas, summaries, and pivot tables. Computers running Excel 2013 will be provided, although the ability to access Excel outside class is recommended in order to practice.

CODE: BT067 4 Tuesdays, May 7 - 28 7:00 - 9:00 pm $95

Microsoft Word: The Basics

Howard Loewinger

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

CODE: BT006 2 Thursdays, May 9 and 16 7:00 - 9:00 pm $49

Microsoft Word: Beyond Basics

Howard Loewinger

Go beyond the basics in this two-session workshop on Microsoft Word. Discover the joy of managing pictures in a document; creating and formatting tables; modifying line and paragraph spacing; and adding headers and footers to a document. Learn some formatting tricks; explore styles; create a table of contents; and more. You must be familiar with how to use a personal computer and be comfortable with the basics of Microsoft Word. Computers will be provided.

CODE: BT015 2 Thursdays, May 23 and June 6 7:00 - 9:00 pm $49

Take Both and Save

Take both Microsoft Word courses and receive a discount.

CODE: BT016 $85

One-on-One Technology Tutoring

Howard Loewinger

Get one-on-one help with your smartphone, tablet, or computer, and 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 organize your desktop, and more. Bring your laptop or device. Sessions must be scheduled in advance with the instructor; please call 781.316.3568 to learn more and register. The price below is for a single, two-hour session. Additional fee may apply for travel if meeting outside Arlington.

CODE: BT072 Date and time TBD $125
Grant Writing 102
Maura Harrington
A follow-up to Grant Writing 101, this three-session course will dig deeper into the grant writing toolbox and teach you how to write a logic model (framework for the project outlined in the grant request); proposal narrative; budget and budget justification; and time-and-task charts that break down your proposal into manageable steps—all critical components in a winning grant proposal application.

CODE: BT058  3 Wednesdays, May 22 - June 5 7:00 - 9:00 pm  $69

Make the Most of Volunteers
Susan Ruderman
Volunteers are crucial to the success of many nonprofit organizations. Nationwide, volunteers contributed 7.9 billion hours of service in 2016. But making the most effective use of individuals who donate their time and talent requires a plan and ongoing supervision. In this workshop, we will cover: job descriptions for volunteers; recruitment; legal and liability issues; volunteer handbooks; orientation and training; online systems for tracking hours; evaluation; and recognition and appreciation. We’ll discuss various issues that can arise including: volunteers who regularly miss shifts; managing group volunteers such as a corporate team; resolving staff-volunteer conflicts; and, when necessary, how to fire a volunteer.

CODE: BT053  2 Thursdays, May 16 and 23  6:30 - 9:00 pm  $29

Navigate 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: BT071  3 Thursdays, April 25 - May 9 7:00 - 8:30 pm  $55

Plan Ahead for Medicare
Arthur Budnik, 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: BT035  2 Thursdays, May 16 and 23  6:30 - 8:30 pm  $39

Maximize Your Social Security Benefits
Richard Belofsky
Updated to reflect recent changes to Social Security. Social Security is a significant part of the retirement puzzle. Learn how to get the most from your benefits and coordinate this income with your overall retirement strategy. We will talk about the current state of Social Security, what to consider when planning your benefit start date, spousal benefits, options for divorcees, buy-back strategies, tax reduction strategies and coordination with state and federal retirement plans (Windfall Elimination Provisions and Government Pension Offsets). We will also review special planning considerations for self-employed individuals. Recent changes in benefits will be reviewed. An attendee from a previous session was able to collect more than an additional $30,000 from Social Security after attending this class!

CODE: BT063  Thursday, April 4  7:00 - 9:00 pm  $25/individual or $35/family

NEW WEST AFRICAN HAND DRUMMING
with Dean Fisher, p. 27
Financial Strategies for a Secure Retirement
Richard Belofsky
Expanded to two nights by popular demand, this workshop will look at the big picture for developing a hierarchy of spending and investing your money; strategies that provide a better outcome, regardless of investment performance. Learn how the new tax code impacts retirement planning. Discover special rules to manage your 401(k), 403(b) and pension as you approach retirement and what you need to know about target funds. Find out why investment strategies must be different in retirement; when a Roth IRA makes sense; exploring the hype around annuities; forgotten financial pitfalls and alternative ways to preserve your nest egg against long-term care costs. Join us for this not-to-be missed opportunity to review your retirement finances and make sure your money lasts as long as you do.
CODE: BT062 2 Thursdays, April 11 and 25 7:00 - 9:00 pm $49/individual or $65/family

Take Both and Save
Take both of Richard Belofsky’s courses and receive a discount.
CODE: BT064 $65/individual or $95/family

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: BT065 Thursday, May 9 7:00 - 9:00 pm $25/individual or $35/family

Preserving and Passing On the Family Cottage (without destroying the family!)
David Adams, Esq.
Vacation homes often represent some of a family’s most cherished memories and legacies for their children and grandchildren. However, planning for their transfer to the next generation can be messy and lead to significant family conflict. Also, adding your children as co-owners to your vacation home during your lifetime can have significant negative tax consequences, as well as expose your treasured home to your children’s creditors (including if a child ends up in a divorce). In this session, we will cover common planning techniques that avoid these problems and create a smooth transition of your family home while protecting this family asset for generations to come. We will review issues that arise when passing down a family vacation home: Who can be an owner? How are decisions to be made regarding repairs and upkeep? Who can use the home and when? How do we fund future costs? We’ll allow ample time for questions.
CODE: BT055 Tuesday, April 23 7:00 - 9:00 pm $25/individual or $35/family

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: BT019 2 Wednesdays, April 3 and 10 6:30 - 9:00 pm $49/individual or $79/family

STAY TUNED FOR FALL 2019 COURSES
Home Downsizing 101
David Lenoir
Are you an empty nester? Do you need to help aging parents with their housing options? Or do you just need a smaller home? The prospect of downsizing raises many questions, and this session will address the pros and cons of different strategies. For example: what to do with years of belongings; buying vs. renting your next home; selling your current home or renting it out; understanding home values locally as well as in different towns/states. We will also explore housing options such as: single family homes, condos, adult communities, full-service amenity buildings, and more. A realtor will lead the discussions.

CODE: BT061  Wednesday, May 1    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: HS005  Wednesday, May 1    6:30 - 8:30 pm
$25/individual or $35/family

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: BT036  2 Wednesdays, May 1 and 8    7:00 - 9:00 pm
$59

Spring Watercolor Painting
Eileen Murphy McNamara
Let’s paint. Explore the beauty of the season’s palette! With the New England landscape as our muse, we will explore the exceptional qualities of watercolor—transparency, fluidity, and versatility—as we create our spring compositions. A materials list will be sent after registration. All levels welcome.

CODE: AC061  4 Wednesdays, April 3 - May 1 (no class 4/17)  7:00 - 9:00 pm
$89

NEW Bring Still Lifes to Life  DAYTIME CLASS
Sue Funk
Drawing a compelling still life means learning to see with artistic perception how objects are linked by shape, proportions, tone, color, texture, form and composition. Explore the delight in creating a composition with unrelated objects that, through your creativity, look like first cousins when completed. We will discuss form, texture, composition and shading through color. Feel free to come if you have done this before or would like to learn a new technique. We work in a relaxed atmosphere and welcome experienced as well as newly minted artists. Bring your medium of choice—pencil, watercolor and more—and a sketchpad to 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: AC060  8 Wednesdays, April 3 - May 29 (no class 4/17)  10:00 am - noon
$159; Arlington Seniors $145

Watercolor Pencils  DAYTIME CLASS
Charlotte Kaplan
Watercolor paintings are among the most beautiful and luminous works of art and also one of the most difficult to master. But new materials such as watercolor pencils have made this process a little easier. We will work with specialized color pencils to create beautiful paintings. All levels welcome. A supply list will be emailed upon registration. Meet at Arlington Senior Center, 27 Maple St.

Co-sponsored by Arlington Council on Aging and open to students of all ages.

CODE: AC007  8 Mondays, April 22 - June 17 (no class 5/27)  1:00 - 3:00 pm
$189; Arlington Seniors $170

FINANCIAL STRATEGIES & SOCIAL SECURITY CLASSES
with Richard Belofsky, p. 8, 9
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. Meet at Arlington Senior Center, 27 Maple St., Arlington. Co-sponsored by Arlington Council on Aging and open to students of all ages. Sorry, no senior discount available.
CODE: AC03  6 Fridays, April 26 - May 31  1:00 - 3:00 pm  $155; Arlington Seniors $140

Altered Books Workshop

Ann Bausman & Harriet Chenkin

Transform old books into treasured art works. Altered books can be a wonderful way to document a trip or event, share family photos, or create an art journal. In this three-session workshop, you'll learn the fundamentals of altering a book through a variety of techniques and materials ranging from colored pencils, pastels, inks, and rubber stamping and writing. Each session will include demonstrations and introductions to techniques. We'll help you select a book, prepare it for altering and begin to add your creative touches. Some materials, including books for altering, will be provided; a supply list will be sent upon registration. Tuition includes a $5 material fee.
CODE: AC02  3 Thursdays, May 16 - June 6 (no class 5/30)  7:00 - 9:00 pm  $75

Digital Photography: An Introduction

Suzi Grossman

Are you still not sure what all the buttons on your digital camera mean? This course is for those who want to move off 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: AC04  6 Thursdays, April 4 - May 16 (no class 4/18)  7:00 - 9:00 pm  $125

Anyone Can Draw

Charlotte Kaplan

It’s true—anyone can draw! Learning to draw is about learning to see. Learn and practice basic techniques as we draw objects and scenes around us. Each week the instructor will introduce a topic such as perspective, light, shade and shadow, value and relationships, and we will draw based on the integration of those concepts. For inspiration, we'll look at examples of artists whose work demonstrates these techniques. All levels are welcome, especially beginners. Meet at Arlington Senior Center, 27 Maple St. Co-sponsored by Arlington Council on Aging and open to students of all ages.
CODE: AC09  8 Thursdays, April 25 - June 13  1:00 - 3:00 pm  $189; Arlington Seniors $170

Mixed Media: Explore Collage and Monoprints

Anne Black

For both newcomers and experienced artists, this course combines painting, monoprinting and collage for an immersive artistic experience. Returning students will find new techniques and projects to build on previous work. First explore monoprint, a printmaking technique that combines the spontaneity of printed inks and paper to create a surface unlike any other. 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. Use your monoprints to make an art journal, as well as for colorful elements in our exploration of collage. Experience the spontaneity and joy of collage through guided exercises while experimenting with various materials and techniques such as acrylic paints, drawing and mark-making, 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. Co-sponsored by Arlington Council on Aging and open to students of all ages.
CODE: AC03  6 Fridays, April 26 - May 31  1:00 - 3:00 pm  $155; Arlington Seniors $140

Any Fun Fact: Suzanne also teaches Family Night: Pop-Up Card Design, p. 42

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CODE: AC04  6 Thursdays, April 4 - May 16 (no class 4/18)  7:00 - 9:00 pm  $125

HOME RENOVATION CLASSES
with Katharine MacPhail, p. 22
Intermediate Digital Photography  
Suvi Grossman  
This course will build on and refine your existing photographic skills, teaching you to use aperture and shutter settings to take creative control of your photographs. Through discussions about composition and lighting, you will learn to capture the moment and tell a story through your photos, and look at how images in sequence can be used to communicate a larger idea. We will use short assignments between classes to practice our new skills and review photographs as a group. 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: AC039  6 Wednesdays, May 1 - June 5 
7:00 - 9:00 pm  $125

Photographing Outdoors ☼ DAYTIME CLASS  
Erik Gehring  
New England is a wonderful place to photograph nature's vibrant colors, but photographing outdoors offers challenge as well as opportunity. Led by outdoor photographer Erik Gehring, whose work includes calendars for the Arnold Arboretum, trees will be the focus of this workshop. Because of their branching breadth and trunk height, trees can be rewarding but challenging subjects to photograph. In two sessions, Erik will provide tips, tricks, and photographic theory to help you create unique and dramatic images of trees and the landscapes they inhabit. Using images from his own teaching library, he will discuss what features you might want to emphasize, composition and framing, and what conditions might best complement your subject. The group will then travel to nearby Menotomy Rocks Park to take photographs. The following week's session will be a review and critique of students' work from previous sessions, and a return trip to Menotomy Rocks Park. View samples of Erik's work at erikgehring.com. Meet at Arlington Senior Center, 27 Maple St. Co-sponsored by Arlington Council on Aging and open to students of all ages.

CODE: AC013  2 Tuesday, May 21 and 28  10:00 am - 1:00 pm  $69; Arlington Seniors  $62

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 at AHS, use Mill Street entrance, see map p. 61.

CODE: AC047.1  Sat., April 13  6:30 - 8:30 pm  $45  ✶ WEEKEND CLASS
CODE: AC047.2  Friday, May 10  6:30 - 8:30 pm  $45  ✶ Fun Fact: look for Family Night: Pottery, p. 41

Mosaic Gazing Balls for Gardens  
Suzanne Owayda  
Mosaic gazing balls are a great way to add a burst of color and interest to your garden. You will design a beautiful six-inch gazing ball for use outdoors. Instruction includes choosing materials, design, cutting glass, and grouting. Class is offered on Mondays with an open date for you to grout your ball at your convenience. The cost of all materials is included in tuition. Meet at Mosaic Oasis Studio and Supply, 1189B Mass. Ave., Arlington. Visit mosaicoasis.com.

CODE: AC058  3 Mondays, April 22 - May 6 
6:30 - 9:00 pm  $145

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: AC004  Tuesday, April 23  6:30 - 8:30 pm  $115  ✶ Fun Fact: Michel also teaches Family Night: Glass Art, p. 42

Sip and Spin Pottery ✶ WEEKEND CLASS  
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: AC047.1  Sat., April 13  6:30 - 8:30 pm  $45  ✶ WEEKEND CLASS
CODE: AC047.2  Friday, May 10  6:30 - 8:30 pm  $45  ✶ Fun Fact: look for Family Night: Pottery, p. 41
Intermediate Kumihimo Jewelry Making  
*Yin Guang & Naomi Ellenberg-Dukas*  
Bring your Kumihimo technique to the next level in this adventurous workshop. Master the Kusari Tsunagi (straight stitch or chain stitch) Kumihimo technique. Then use this braid to create a delicate triple-wrap bracelet and earrings. Learn how to add crystal beads to cord and finish your work with beautiful beaded tassels. Tuition includes a $35 fee for all materials.  
**CODE:** [AC032](#)  
2 Tuesdays, May 7 and 14  
6:30 - 9:00 pm  
$89  

Beginning Jewelry: Sterling Silver Band Ring  
*Laurie Savage*  
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. A $35 materials fee is payable to the instructor at the first class. Meet in Jewelry Studio at AHS, use Mill Street entrance, see map p. 61.  
**CODE:** [AC033](#)  
2 Tuesdays, April 30 and May 7  
6:00 - 9:00 pm  
$99  

Beginning Jewelry: Sterling Silver Pendant with Bezel-set Stone  
*Laurie Savage*  
This workshop focuses on creating a sterling silver pendant with bezel-set cabochon stone. Learn to further develop your fabrication skills including: drilling, sawing/piercing, filing and multiple soldering techniques; making jump rings; satin finishing, and setting the stone. A $35 materials fee is payable to the instructor at the class. **Please note:** 3.5 hours class. Meet in Jewelry Studio at AHS, use Mill Street entrance, see map p. 61.  
**CODE:** [AC034](#)  
Tuesday, May 14  
5:30 - 9:00 pm  
$89  

Quilting for Beginners  
*Nancy Linde*  
Learn all the basic quilting techniques: cutting fabric, piecing the blocks, and assembling the quilt top. We will also demonstrate basting/pinning the quilt layers together, machine quilting, and binding the edges. In this class you will make a throw-sized quilt. After registering, you will receive an email with details about the quilt design, amount of fabric you will need, and other required supplies and notions. Bring a sewing machine in good working order (with instruction manual) to each class. While this class is for beginners, you must know how to use your machine. **Please note:** students are expected to do some sewing at home between classes; fabric and supplies could reach $100, depending on what you buy and what you already have.  
**CODE:** [AC023](#)  
5 Wednesdays, April 24 - May 29 (no class 5/15)  
6:00 - 9:00 pm  
$129  
- **Fun Fact:** Nancy also teaches Brain Games, p. 29  

Creative Textile Design: Shibori  
*Christine Jansen*  
Come explore shibori, a surprisingly easy and wonderfully addictive ancient Japanese hand-dyeing technique that involves folding, twisting, or bunching cloth and binding it, then dyeing it in indigo. We will use silk scarves as our canvas and enjoy seeing the variety of patterns created by fellow students using an identical technique. We will experiment on cotton and make two silk scarves each. You will leave with detailed instructions to practice your new technique on your own. Tuition includes a $15 materials fee.  
**CODE:** [AC024](#)  
Wednesday, May 22  
6:30 - 9:00 pm  
$39  

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 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:** [AC025.1](#)  
Wednesday, April 10  
7:00 - 9:00 pm  
$29  
**CODE:** [AC025.2](#)  
Tuesday, April 23  
7:00 - 9:00 pm  
$29  

**COVER ART CONTEST**  
ACE invites artists to submit their artwork to be considered for our 2019–20 catalog covers. Entering is easy! Learn more at ArlingtonCommunityEd.org
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:** _AC049_  
**Tuesday, April 30**  
7:00 - 9:00 pm  
$29

**NEW** Design and Knit Colorwork  
_Cara McMillin_  
If you already have the basics of knitting down—you know how to cast on, knit and bind off—and are ready to take your knitting game to the next level, join us for this 4-week workshop in designing colorwork. You will choose whether to knit a hat or a cowl, then decide on colors and design your own unique colorwork pattern. Techniques covered will include knitting in the round, how to manage knitting with two strands of yarn, increasing and decreasing. You will learn to troubleshoot mistakes, decipher gauge, and finish with a beautiful wearable accessory.  

**CODE:** _AC028_  
**4 Tuesdays, May 7 - 28**  
7:00 - 9:00 pm  
$79

Learn to Knit _DAYTIME 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. Please 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 _valerie.vey@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:** _AC031_  
**5 Mondays, April 22 - May 20**  
10:00 - 11:30 am  
$75; Arlington Seniors $66

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:** _AC028_  
**6 Thursdays, April 25 - June 6 (no class 5/30)**  
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:** _AC031_  
**6 Thursdays, April 25 - June 6 (no class 5/30)**  
7:00 - 9:00 pm  
$119

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:** _AC050_  
**5 Tuesdays, April 30 - May 28**  
7:00 - 9:00 pm  
$119

**Fun Fact:** Daniela also teaches _Family Night: Painted Wooden Spoons_, p. 42
Get Fit! Have Fun! Learn to Run!
Gaggi DeStefanis
It’s tough to stick to a fitness and running program on your own. Learn how to integrate and sprinkle fitness into your daily life and establish routines that make it easier to make fitness a lifelong habit. This course will get you moving and motivated and having fun while you’re at it. Gradually build strength and physical endurance through body resistance, circuit drills, and strong core exercises. Each class ends with a run or walk to build endurance for a 5K (3.1 mile) road race. Come prepared to run outdoors, rain or shine. All ages and abilities are welcome.

CODE: DE005.1  7 Mondays, April 22 - June 10 (no class 5/27)  9:00 - 10:30 am  $105

CODE: DE005.2  7 Tuesdays, April 23 - June 11 (no class 6/4)  6:00 - 7:30 pm  $105

NEW Sunrise Boot Camp
Matt Cooney
Get your body moving first thing in the morning in this fun and challenging indoor/outdoor workout. Workouts feature cardio, core work and strength training to you raise your heart rate and burn more calories; all fitness level welcome. Meet in the Fitness Room at AHS, use Mill Street entrance, see map p. 61. Pre-registration required. Sorry, no drop-ins.

CODE: DE098  10 Mondays, Wednesdays and Fridays, April 1 - June 14 (no class 4/15, 4/17, 4/19 and 5/27)  6:00 - 7:00 am  $199

Spring Trail Running
Kimber Green
Explore local trails, get exercise and meet fellow runners. Energize both mind and body by starting your day running on local trails. Trail running is not more difficult than pavement running, but it does require more focus. This helps to produce a calming and rejuvenating mental state. Running on soft and uneven terrain is much easier on joints and strengthens feet, ankles, and legs, making us less prone to injury. And the beauty and adventure of a nature trail can heighten our appreciation of running. This class is led by an avid trail runner, meditation instructor, and sports massage therapist. Sessions will include trail running tips, recommendations for self-massage for the athlete, and a 45-50 minute trail run at a slow-moderate pace. We will adjust our pace and distance according to participants’ comfort. Meet at the Arlington Reservoir parking lot on Lowell St.

CODE: DE091  4 Tuesdays, April 2 - 30 (no class 4/16)  6:00 - 7:00 am  $45

Spring Road Biking
Tom Allen
Ride local roads both east and west of Arlington as spring comes to New England. Our starting locations will vary and include Arlington, Bedford, Concord, and occasionally beyond. We will ride 20-25 miles, maintain an average pace of 12 mph and climb some hills—because New England is not flat! Please note: Riders must wear helmets and have recently tuned road or hybrid bikes with fully inflated tires. Bring water, a snack, a great attitude, and a spare inner tube (just in case). First ride meets at Hurd Field on Drake Road, Arlington (heading toward Lexington, take first right after Trader Joe’s, then first right into parking lot; or access directly from the Minuteman Bikeway). Subsequent starting locations will be shared by email each week. Weather cancellations will be made up as needed.

CODE: DE092  6 Tuesdays, April 23 - June 4 (no class 5/28)  9:45 am - 12:15 pm  $69

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

CODE: DE075.1  Monday, April 22  7:00 - 9:00 pm  $25

CODE: DE075.2  Monday, May 6  7:00 - 9:00 pm  $25

Fun Fact: Teen Class, April 23, p. 36
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, April 2 - May 28 (no class 4/16) 7:00 - 8:30 pm 120

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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:** DE080 8 Tuesdays, April 2 - May 28 (no class 4/16) 6:00 - 7:00 pm 139

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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, April 4 - June 6 (no class 4/18 and 5/30) 7:00 - 8:00 pm 115

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Essentrics: Gentle Stretching

*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, slow-tempo class. Please bring a yoga mat, towel, and water. Tuesday class meets at *Calvary Church*, 300 Mass. Ave., Linwood Street entrance. Friday class meets at *Arlington Senior Center*, 27 Maple St. Co-sponsored by Arlington Council on Aging and open to students of all ages.

**CODE:** DE069.1 8 Tuesdays, April 2 - May 28 (no class 4/16) 12:15 - 1:15 pm 115; Arlington Seniors 104

**CODE:** DE069.2 9 Fridays, April 5 - June 7 (no class 4/19) 11:45 am - 12:45 pm 129; Arlington Seniors 117

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Hatha Yoga

*Bettina Velona*

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. Meet at *Fox Library*, 175 Mass. Ave. (at Cleveland Street)

**CODE:** DE015.1 9 Mondays, April 1 - June 10 (no class 4/15 and 5/27) 7:15 - 8:30 pm 125

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Joyful Morning Yoga

*Linda Del Monte*

Morning yoga classes ease you into your day with poses that connect the mind, body, and spirit. Particular attention is given to helping each student understand and work with their body to strengthen balance, increase flexibility, and properly align the body. Regular practice of yoga brings calm, focus, increased flexibility, and strength to your life. Bring a yoga mat, blocks if you have them, a blanket if you like, and wear comfortable clothing. Wednesday class meets at *Calvary Church*, 300 Mass. Ave., Linwood Street entrance. 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.

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**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., Linwood Street entrance. Thursday classes meet at AHS.

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<td>8 Thursdays, April 4 - June 6 (no class 4/18 and 5/30)</td>
<td>7:30 - 8:45 pm</td>
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**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.

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<th>Description</th>
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<td>Wednesday, May 8 - 7:00 - 8:30 pm</td>
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**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. Please 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., Linwood Street entrance.

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**Tai Chi: Yang-Style**

*Zhantao Lin*

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

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<td>9:00 - 9:50 am</td>
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**Tai Chi: Level 2**

*Zhantao Lin*

This course is for students who have experience with the first part of the Yang Style tai chi and who are ready to move onto postures 17 to 50. We will focus on accuracy, consistency, and fluency to further strengthen your body’s balance. Appropriate for all ages and abilities. Meet at Calvary Church, 300 Mass Ave., Linwood Street entrance.

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</table>
Tai Chi: Level 3  ✷  DAYTIME 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., Linwood Street entrance.
CODE: DE048  12 Tuesdays, April 2 - June 18
11:00 - 11:50 am  $145

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, use Mill Street entrance, see map p. 61.
CODE: DE062  9 Wednesdays, April 3 - June 5 (no class 4/17)
7:15 - 8:15 pm  $109

BollyX Dance
TBD
Have a blast with BollyX! This 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: DE081  8 Tuesdays, April 2 - May 28 (no class 4/16)
6:30 - 7:30 pm  $95

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: DE082  8 Wednesdays, April 3 - May 29 (no class 4/17)
6:30 - 7:30 pm  $109

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., enter rear door.
CODE: DE002  10 Mondays, April 1 - June 17 (no class 4/15 and 5/27)
6:45 - 7:45 pm  $125

Zumba Gold  ✷  DAYTIME 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., Linwood Street entrance.
CODE: DE083  9 Wednesdays April 3 - June 5 (no class 4/17)
10:30 - 11:30 am  $115

NEW  Happy Feet Swing: Learn the Lindy Hop
Katie Piselli
Learn to dance the Lindy Hop, the original swing dance! Originating in Harlem, NY in the 1920s, this energetic partner dance is now danced all over the world. There are other swing dances out there, but virtually all of them evolved out of the patterns and rhythms of the Lindy Hop. Come experience the basic steps, some really swingin’ jazz music, and the fun of dancing with another person. You’ll be social dancing in no time! Bring a partner or come alone if you like. Since this is a partnered dance, you will chose to learn the steps of the leader or follower. No experience required.
CODE: DE096  8 Tuesdays, April 9 - June 11 (no class 4/16 and 6/4)
6:00 - 7:30 pm  $135
Happy Feet Swing: Learn the Charleston

Katie Piselli

Improve body movement, rhythm, coordination, get fit and have a load of FUN! Learn to dance the Charleston, the signature dance of the Roaring Twenties, and you can take the party with you! Named for Charleston, South Carolina, the dance gained popularity in 1923 in the all-black Broadway production of Runnin' Wild. Try out the Charleston's steps, styling, improvisation, and dance to loads of hot jazz music. Then break out your new moves at the next wedding reception or dance party. No experience required.

CODE: DE097 8 Tuesdays, April 9 - June 11 (no class 4/16 and 6/4) 7:30 - 9:00 pm $135

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: DE067 9 Wednesdays, April 3 - June 5 (no class 4/17) 6:30 - 7:45 pm $129

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 9 Wednesdays, April 3 - June 5 (no class 4/17) 7:45 - 9:00 pm $129

American Whiskey: Bourbon and Rye

Robert Lublin

American bourbon and rye whiskies are bold, distinctive, and delicious. Join us for a fun, relaxed introduction to some of the best whiskies produced in the United States. We will sample high-end varieties that demonstrate a broad range of flavors from mellow to spicy and from smooth to robust. Special offerings include the 2017 Whiskey-of-the-Year Winner Elijah Craig Barrel Proof as well as the 2018 #2 Whiskey-of-the-Year Knob Creek Barrel Proof. We'll also try the rare Weller 107 Bourbon, amazing WhistlePig Rye, and more. If you like Scotch but haven't tried American bourbons and ryes, prepare to be amazed! Light snacks will be offered. Tuition includes a $25 food and beverage fee. For students 21+. Class meets at artlounge, 1346 Mass. Ave., Arlington.

CODE: FD250 Tuesday, April 30 7:00 - 9:00 pm $55

Wines of Summer

Robert Lublin

The best summer wines pair perfectly with sun, heat, and, of course, the grill. Join us for a fun, relaxing evening as we enjoy the wines that go best with the best time of year. We will sample delicious rosés that range from Southern France to Oregon to South Africa. We'll compare the distinctive Sauvignon Blanc varieties to be found in New Zealand, Napa Valley, and Sancerre, France. We'll additionally try the rich Pinot Gris from Italy and Alsace. Class will conclude with red wines that will make the food coming off your grill taste even better. Light snacks will be offered. Tuition includes a $15 food and beverage fee. For students 21+. Class meets at artlounge, 1346 Mass. Ave., Arlington.

CODE: FD251 Tuesday, May 21 7:00 - 9:00 pm $45

Lazy Italian Vegetarian

Francesca Montillo

Spring is a great time to focus on lighter meal alternatives. Whether you are vegetarian or not, this evening will inspire you to go meatless more often. Our dishes will include a delicious spring salad of oranges and red onions, a classic springtime risotto, crispy battered roasted cauliflower, and eggplant tramezzini. Tuition includes a $20 food fee.

CODE: FD097 Thursday, April 4 6:00 - 9:00 pm $59
Luscious Lemon Desserts  
_Janine Sciarappa_  
Does the title of this class make your lips pucker—in a good way? Lemons will command center stage in this dessert class. Using every part—from peel to pulp—we will create three luscious lemon desserts: lemon mousse, lemon Irish shortbread and French lemon yogurt cake. Tuition includes a $20 food fee.  
**CODE:** FD236  
**Wednesday, April 10**  
**6:00 - 9:00 pm**  
**$59**

Cinco de Mayo Supper  
_Katie Walter_  
Let's spice things up with a Mexican feast in honor of Cinco de Mayo. We will master some favorite recipes including: chicken mole enchiladas (mole is a thick, warm-spiced, chocolate-tinged sauce used in many Mexican style dishes); street-style fish tacos; and handmade guacamole and salsa. We'll finish with a cilantro lime spritzer recipe that can lend itself to the addition of tequila when recreating it at home. Tuition includes a $20 food fee.  
**CODE:** FD239  
**Wednesday, May 1**  
**6:00 - 9:00 pm**  
**$59**

Let's Do Brunch!  
_Francesca Montillo_  
When spring is in the air so is the desire to throw open your doors to friends and family. Maybe it's the return of fresh fruit and flowers, but spring says "brunch," and the options are endless; choose breakfast dishes, lunch dishes, or a combination of the two. We will make a few heartier dishes along with some lighter fare. Come learn to prepare a classic Italian brunch dish called “strada,” bowties with spring peas and sausages, and a delicious limoncello cake. Tuition includes a $20 food fee.  
**CODE:** FD237  
**Thursday, April 11**  
**6:00 - 9:00 pm**  
**$59**

A Night of Southern Hospitality  
_Zach Slovin_  
This class is not for those sticking to a healthy diet or staying away from fried foods! Come indulge in a night of Southern hospitality where you will learn to make classic fried chicken and biscuits. We will also make some traditional side dishes like collard greens cooked in fat—the right way. For those with dietary restrictions, please note that we will be using pork lard from a local farm called Pete and Jen’s Backyard Birds. Tuition includes a $20 food fee.  
**CODE:** FD240  
**Tuesday, May 7**  
**6:00 - 9:00 pm**  
**$59**

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. 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 $15 food fee.  
**CODE:** FD222  
**Tuesday, April 23**  
**6:00 - 9:00 pm**  
**$54**

Delicious Everyday Gluten Free  
_Elaine Iagatta_  
Food can still be delicious and accessible on a gluten-free (GF) diet. Have you recently found that you or a member of your family needs to be GF, or that a guest coming to dinner is GF? Learn how easy it is to prepare GF meals, especially when taught by a chef who lives a gluten-free lifestyle herself. Whether new to a GF diet or already maintaining one, you will learn myriad alternatives to broaden your palate. Creating seasonal, flavor-packed gluten-free dishes will become easy! Tuition includes a $20 food fee.  
**CODE:** FD241  
**Thursday, May 9, 6:00 - 9:00 pm**  
**$59**

Exotic Foods of India  
_Shruvi Mehta_  
Foods of India spans from very simple to very stylized—rich and exotic and pleasing to the palate of both the poor and elite. The British were so enamored with Indian foods that they claimed some of the dishes as part of their national cuisine. We will recreate some of the time-tested, exotic recipes: navaratna curry, the nine-jeweled curry with nuts, vegetables and fruit and rich and creamy spiced sauce; gajar halwa, a dessert made with shredded carrots cooked in milk, almonds and cardamom; saffron rice with coconut milk; and panchkuti dal, a combination of dals or pulses cooked with ginger, garlic chilies and garam masala. Come explore this rich cuisine. Tuition includes a $20 food fee.  
**CODE:** FD238  
**Wednesday, April 24**  
**6:00 - 9:00 pm**  
**$59**

Mediterranean Mezze  
_Elf Ozkefeli_  
A mezze is a collection of small dishes either served as an appetizer course, or as the main meal when served with spirits. The individual dishes themselves are usually referred to as mezze. These small plates are meant to be shared with a group, and are found in eastern Mediterranean countries such as Greece and Turkey. In a restaurant, the “house” generally determines the mezze by what’s on hand that day, serving...
customers a variety of creamy dips, tasty fried treats, fresh salads, and lots of bread for scooping. Mezze is a fantastic way to entertain. Come cook and taste recipes that may include sigara borek, roasted potatoes, lamb meatballs, along with suggestions for vegetables, dips and cheeses to create your own mezze feast. Tuition includes a $25 food fee.

CODE: FD242  Tuesday, May 14  6:00 - 9:00 pm  $64

British Baking Show Desserts
Janine Sciarappa
Are you obsessed with the world’s most beloved cooking show The Great British Bake Off? 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  Wednesday, May 15  6:00 - 9:00 pm  $59

Springtime in Italy
Francesca Montillo
Springtime is almost here and with it comes vegetables bursting with flavor. Showcase the first signs of spring with earthy and Mediterranean flavors. Come learn to prepare a few simple, yet absolutely delicious dishes that you will want to add to your spring menus: a light, seasonal and delicious asparagus risotto, chicken Marsala, and a Sicilian salad. Tuition includes a $20 food fee.

CODE: FD243  Thursday, May 16  6:00 - 9:00 pm  $59

Summer Salads
Katie Walter
Salad is firmly in fashion. Rather than a meal accompaniment, it can take center stage as a meal in itself. Do you crave salads that are filling, healthy and delicious? Learn these supper summer variations: guacamole greens salad, curried couscous salad with cranberries, potato salad with fresh herbs, and Portillo’s Chicago chopped salad. Tuition includes a $20 food fee.

CODE: FD244  Tuesday, May 21  6:00 - 9:00 pm  $59

Street Foods of Western India
Sarita Bhagwat
Street eating is a favorite activity for many Indians, young and old. Summer times are often spent strolling the beaches or browsing shops in the city center and munching on spicy treats. Moving from one favorite food stall to another is our version of bar hopping! Learn to make three classic street foods: bhel puri, a spicy, sweet and sour combination of crispy rice; potatoes and tomatoes drizzled with sweet and spicy sauces tailored to your tolerance; pav bhaji, an all-vegetarian version of America chili, served with soft roasted bread and an onion salad and kathi roll; chicken kebabs in a wheat wrap served with a yogurt sauce. We will cool things down with a simple mango dessert. Tuition includes a $20 food fee, recipe booklet, and Indian grocery shopping tips.

CODE: FD245  Wednesday, May 22  6:00 - 9:00 pm  $59

Five-Ingredient Italian Cooking
Francesca Montillo
Are you overwhelmed by lists of ingredients that are expensive, hard to find, and not easily used in other dishes? Join Francesca, author of the 5-Ingredient Italian Cookbook, for a fun class that will demonstrate that Italian cooking is all about quality over quantity. We will prepare a delicious cannellini cream as our antipasto, penne arrabbiata as our first course, lemon caper chicken as our main course, with a side of Roman-style spinach. Come learn family-friendly dishes that are pleasing and don’t call for a laundry list of ingredients! Tuition includes a $20 food fee.

CODE: FD246  Thursday, May 23  6:00 - 9:00 pm  $59

Apps for Dinner: Dumplings and Spring Rolls
Zach Slovin
Is your favorite section of the menu the starters? Come learn how to make some of your menu favorites like dumplings and spring rolls with all the dipping sauces to accompany them. Learn to fill them with ingredients that make them a meal on their own. You will also learn how to make Japanese gyoza with fillings ranging from chicken and chives to pork and corn. On the lighter side, but just as delicious, we will make fresh Vietnamese spring rolls filled with a variety of veggies and rice vermicelli. In the same time it takes you to get delivery, you can make your own Asian inspired feast. Tuition includes a $20 food fee.

CODE: FD247  Tuesday, May 28  6:00 - 9:00 pm  $59
Auto Repair for Everyone
Bruce Gerry
Get a general overview of major systems of an automobile from an experienced mechanic and teacher who can make all things automotive both fun and clear. We will cover basic maintenance and troubleshooting ignition, charging, cooling, fluids, electrical, brakes and exhaust systems. We'll also discuss common problems encountered with any vehicle. With this information you will be better able to diagnose problems, perform basic maintenance, and deal competently and knowledgeably with local mechanics. Please note: This is a lecture/demonstration class, not hands-on, and you will learn plenty!
CODE: HG051 3 Wednesdays May 8 - 29 (no class 5/22) 7:00 - 9:00 pm  $49

NEW Home Renovations: All the Basics
Katharine MacPhail
Renovating your home can seem overwhelming at first, and you’ve heard so many horror stories. It doesn’t need to be scary. An experienced architect will show you how to determine what you can build “by-right” (projects that comply with established zoning standards and so do not require a sometimes lengthy discretionary review process); how to choose a contractor; what happens during a special permit process; how to determine whether you need a design professional; basic design considerations; common mistakes to avoid while renovating and what to expect every step of the way.
CODE: HG073 Tuesday, May 7 7:00 - 8:30 pm  $19

NEW Home Renovations: Environmental Impact
Katharine MacPhail
Are you concerned about climate change and interested in renovating your home with the environment in mind? We will explore tax incentives available for energy efficiency and for demolition vs. deconstruction (selective dismantling of a building for re-use or recycling); how to renovate so that your house can withstand high winds, floods and fire; what it means to have a smart home; choosing materials and products based on their carbon footprint; and how to achieve a high level of energy efficiency in your home.
CODE: HG072 Tuesday, May 14 7:00 - 8:30 pm  $19

Choose Home Colors with Confidence
Linda Varone
Paint colors give you the biggest bang for your decorating buck. But with over 16,000 colors to choose from, no wonder you are overwhelmed. Before you open your wallet or grab a paintbrush, come pick up a few tips to fool-proof color selection. Learn how to find your color scheme; why you should never pick your paint color in the hardware store; how color affects the mood of a space, as well as the latest advances in paint technology. This evening is filled with practical suggestions, real life examples, and is generously illustrated with photo slides. Take home beautiful, practical ideas on how to bring new life into your space with color.
CODE: HG039 Tuesday, April 9 7:00 - 9:00 pm  $25

Naturalistic Spring Flower Arranging for Beginners
Derby Farm Flowers & Gardens Staff
Explore a new level of creativity in this fabulous introduction to naturalistic flower arranging. Using easy-to-find flowers, greens and branches you'll learn simple ways to create a naturalistic look in any season. We will provide a vase, flowers, and tools. Tuition includes a $45 materials fee. Meet at Derby Farm Flowers and Gardens, 218 Mass. Ave., Arlington.
CODE: HG065 Monday, April 1 7:00 - 8:30 pm  $65

Organic Care for Lush Lawns
Bruce Wenning
The horticulturist at one of the country's premier golf courses should know a thing or two about how to care for lawns. Come hear The Country Club's Bruce Wenning share his ecologically safe and economical practices for lawn care and show you everything you can do to ensure a great lawn. This workshop covers the basics of organic lawn care, including the importance of soil testing to know your soil's pH and fertility, non-chemical control of insect pests and weeds, and the cultural practices that promote and maintain a healthy lawn.
CODE: HG003 Tuesday, April 30 7:00 - 9:00 pm  $25

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

**CODE: HG018 ** 2 Thursdays, May 9 and 16  7:00 - 9:00 pm  $49

**Take Both and Save!**
Take both of Bruce Wenning’s classes and receive a discount!

**CODE: HG064 **  $65

**NEW Permaculture: A Garden in Harmony with Nature**
*Babette Wils*

If bad climate news is getting you down, here is something you can do to make the world a better place—and grow delicious food right in your own backyard! Learn all about permaculture, an approach to growing fruits, nuts, herbs and vegetables that intentionally mimics patterns and relationships found in nature. In a permaculture garden everything works together in synergy and does multiple jobs. As an example, strawberries growing under a new apple tree keep down weeds, provide nectar for bees, are beautiful and provide delicious fruit. A permaculture garden requires less water, fertilizer, pest-control and work than a conventional vegetable garden and is highly productive. It is also a natural habitat for wildlife, including pollinators and butterflies, and a way to sequester some of that excess carbon floating around. This workshop will introduce you to the basic principles to create your own food forest oasis, and give you practical ideas to get you started.

**CODE: HG047 ** Tuesday, May 7  6:00 - 9:00 pm  **$65

**Indoor Organic Composting: Vermicomposting**
*Ray Pourali*

Yes, indoor! Imagine a healthy indoor compost bin at work year-round, one that is virtually odorless and very easy to maintain. You will be able to compost coffee, tea, some junk mail, egg containers, fruit and vegetable peels, and more. Learn all the steps and take home a compost starter kit that contains all the micro and macro organisms you need to start a healthy, organic, functioning compost bin. Learn how to harvest compost, and how to make a rich compost tea used to feed plants all year long. Your plants will love you, the trees will love you, and our planet will thank you for taking such a green initiative. Tuition includes a complete compost starter kit.

**CODE: HG047 ** Tuesday, May 7  6:00 - 9:00 pm  **$65

**The Living Salad Bowl**
*Eric Helmuth*

Learn how easy it is to grow organic salad greens in a modest planter set on your sunny porch steps, deck, or other convenient outdoor spot. In this hands-on class, you will plant a living salad bowl with a variety of greens, including red and green leaf lettuce, chard, and Asian greens and then bring it home to grow. Your bowl will produce “cut and come again” greens for many weeks; just add water and sun! You will also learn how to replant for a continuous harvest. All materials are provided (potting mix, organic fertilizer, container, and seedlings); tuition includes a $30 materials fee.

**CODE: HG043 ** Thursday, May 2  7:00 - 9:00 pm  **$55

**Create an Edible Landscape**
*Ben Barkan, HomeHarvest*

Learn how to design and create attractive gardens filled with ornamental plants and nutrient-dense edibles. This workshop will discuss soil health, site preparation, sustainable land-use techniques, and how to maximize garden productivity while harmonizing with the landscape. With a home garden you can grow sweeter and more nutritious produce than anything you buy in a store, but it’s essential that you start with healthy soil and learn the basics about garden design. This comprehensive workshop will help those interested in growing food in an urban or suburban landscape while using sustainable and organic practices.

**CODE: HG020 ** Wednesday, May 8  7:00 - 9:00 pm  **$25

**Black Gold: Learn to Compost**
*Jeremy Marin*

Composting may be one of those win/win/win things: good for the environment, good for plants, good for you. Essentially decomposed organic material such as leaves, grass clippings, and kitchen waste, compost is rich in nutrients essential to plant growth. It is an ideal, low- or no-cost food for plants that also saves water by helping the soil hold onto moisture, recycles organic resources and conserves landfill space. This workshop will demystify the process and answer all your compost questions, from basic to advanced. Learn how to turn household waste into a valuable, nutritious additive for your garden beds, household plants and lawn. Receive a coupon for 10% off the price of a compost bin available for purchase through Arlington’s Department of Public Works.

**CODE: HG021 ** Tuesday, April 23  7:00 - 8:30 pm  **$19
**Homegrown Herbalism**
*Abigail Wolf*

It is easy to grow, harvest and use medicinal plants from your own garden. In this class we will discuss basic elements of garden design, how to incorporate medicinal plants into your home landscape, and which weeds can be welcomed for their healing properties. Come learn about the immune-boosting qualities of echinacea, the calming effects of chamomile, the healing qualities of calendula, the secrets of rosemary, and more.

**CODE:** HG046  
**Wednesday, April 10**  
7:00 - 9:00 pm  
$25

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**Herbal First Aid**
*Abigail Wolf*

Plants are powerful allies in healing. Learn about a variety of medicinal plants and common weeds that help heal cuts, scraps, bruises and bumps. We will talk about the medicinal properties of common household ingredients, and how to identify some common wild plants that can help us heal. We will make a healing balm from herb-infused oil and a cooling wound wash. Tuition includes a $5 materials fee.

**CODE:** HG077  
**Wednesday, May 22**  
7:00 - 9:00 pm  
$25

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**Take Both and Save!**

Take both of Abigail Wolf’s classes and receive a discount!

**CODE:** HG076  
$42

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**Cleaner and Greener: 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. The course will cover personal care and hygiene; household cleaning; and landscaping. There will be opportunities for discussion and support to help you implement the strategies at home.

**CODE:** HG071  
2 Wednesdays, April 24 and May 1  
7:00 - 9:00 pm  
$45

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**American Sign Language (ASL): Level 1**  
*Carol Zurek*

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. Learn the ASL manual alphabet, numbers, greetings, feelings, expressions, family, time, clothes, body parts, and other basic conversational tools.

**CODE:** LA038  
8 Tuesdays, April 2 - May 28 (no class 4/16)  
6:00 - 7:15 pm  
$105

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**American Sign Language (ASL): Level 2**  
*Carol Zurek*

Further explore the beauty of this visual language and learn about Deaf Culture. For those who have completed ASL: Level 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 for ASL.

**CODE:** LA040  
8 Tuesdays, April 2 - May 28 (no class 4/16)  
7:30 - 8:45 pm  
$115

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**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 notebook to class.

**CODE:** LA017  
7 Thursdays, April 4 - May 23 (no class 4/18)  
6:30 - 7:30 pm  
$77

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**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 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. **Please note:** 2-hour class.

**CODE:** LA022  
7 Thursdays, April 4 - May 23 (no class 4/18)  
6:30 - 8:30 pm  
$149
Modern Standard Arabic: Level 1  
*Rania Nasser*  
Originating in the 6th century, the Arabic language has become one of the most widely spoken and recognizable languages in the world today. Taught by a native speaker, this beginning level class introduces the 28 Arabic letters and focuses on basic reading and writing skills through an interactive and practical instructional method. Some basic everyday vocabulary and conversations such as greetings and courtesy expressions are also part of the course objective.  

**CODE:** LA041  
8 Tuesdays, April 2 - May 28 (no class 4/16)  
6:00 - 7:30 pm  $125

Modern Standard Arabic: Level 3  
*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:** LA054  
8 Tuesdays, April 2 - May 28 (no class 4/16)  
7:30 - 9:00 pm  $125

French: Level 1  
*Barry Bridgelal*  
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.  

**CODE:** LA027  
8 Wednesdays, April 3 - May 29 (no class 4/17)  
6:00 - 7:30 pm  $125

French: Level 3  
*Barry Bridgelal*  
Take another step toward growing your confidence and fluency in French. Hone your conversational abilities with common verbal expressions and more irregular present tense verbs. Learn to speak more efficiently with object pronouns and delve into past tense, asking questions, and describing the world around you. This course is for students with the basics already under their belt and who feel comfortable operating in an immersion (French-only) context. Ideal for those intending to travel to a Francophone area.  

**CODE:** LA055  
8 Wednesdays, April 3 - May 29 (no class 4/17)  
7:30 - 9:00 pm  $125

French Café: Conversation and Culture  
*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 setting. 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). Au plaisir de vous y retrouver! Meet at Arlington Senior Center, 27 Maple St. Co-sponsored by Arlington Council on Aging and open to students of all ages.  

**CODE:** LA026  
9 Thursdays, April 4 - June 6 (no class 4/18)  
2:30 - 4:00 pm  $139; Arlington Seniors $125

French for Travelers: Bon Voyage!  
*Barry Bridgelal*  
Planning a trip to France, Québec or other French-speaking locale? Learn practical and valuable language tools from a native speaker who has traveled the world. Learn everyday phrases and expressions through real-life scenarios based on: greeting and thanking, getting around, asking for directions (and of course the washroom!), ordering at a restaurant, booking a hotel room or sharing a little bit about yourself. We will practice pronunciation and learn to use the right words so you can be understood whether you are visiting Paris or Québec City. A travelers’ class would not be complete without catching a glimpse of local social customs, must-see places as well as tips and tricks. Students of all levels and ages are welcomed. Vive les voyages!  

**CODE:** LA025  
7 Thursdays, April 4 - May 23 (no class 4/18)  
6:00 - 7:00 pm  $79

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

WARDROBE ESSENTIALS TO SUPER POWER YOUR CLOSET  
with Ginger Burr, p. 32
Italian for Travelers
Irena Stanic Rasin
Visiting a foreign country is so much more enjoyable when you know some of the native language. Prepare for your trip to Italy in this fun course where you will learn the basics such as greetings, sightseeing, ordering food, and shopping—Italian style! Buon viaggio! Tuition includes a $10 materials fee.

CODE: LA043  8 Tuesdays, April 2 - May 28 (no class 4/16)  7:00 - 8:30 pm  $125

Italian Cafe: Conversations and Culture
Irena Stanic Rasin
Warm evenings of conversation and culture await those who want to take their Italian to the next level. We will discuss Italy and its culture including food, travel, art, and music. For those with a solid understanding of Italian present and past tenses, we will move beyond basic grammar and vocabulary and weave our conversations around situational dialogues, games, songs, recipes, as well as literary texts and excerpts from the opera. Tuition includes a $10 materials fee.

CODE: LA051  7 Wednesdays, April 3 - May 22 (no class 4/17)  7:00 - 8:30 pm  $109

Spanish: Level 1
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. Handouts will be provided for use during class time and for practicing at home during the week.

CODE: LA007  8 Thursdays, April 4 - June 6 (no class 4/18 and 5/30)  6:00 - 7:30 pm  $125

Spanish: Level 2
Núria Pairó
For those who have taken Spanish: Level 1 or equivalent. We will continue with more conversation and new grammar concepts to help you gain confidence in the language. Learn ordinal numbers, simple present tense of irregular verbs, how to express likes and dislikes, and more. Improve your pronunciation and increase your vocabulary as we explore topics such as traveling, ordering food, and giving directions. Handouts will be provided for use during class and for practicing at home during the week.

CODE: LA0031  8 Thursdays, April 4 - June 6 (no class 4/18 and 5/30)  7:30 - 9:00 pm  $125

Spanish Cafe: Conversation and Culture
Cinthya 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: LA052  8 Wednesdays, April 3 - May 29 (no class 4/17)  7:00 - 8:30 pm  $125

SIGN UP NOW!
Reserve your spot and ensure that we have enough students to run the class.

STREET FOODS OF WESTERN INDIA
with Sarita Bhagwat, p. 21
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 to create believable, honest characters onstage. All are welcome!

**Please note:** Wear something that makes it easy to move around.

**CODE:** MA086  7 Wednesdays, April 24 - June 5  7:00 - 9:00 pm  $155

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Everyone Can Sing!
_Sarah Dredge_

Are you tired of silently mouthing the words to songs when 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:** MA069  8 Tuesdays, April 2 - May 28 (no class 4/16)  6:00 - 7:30 pm  $135

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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 necessary.

**CODE:** MA080  8 Tuesdays, April 2 - May 28 (no class 4/16)  7:30 - 9:00 pm  $129

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West African Hand Drumming for Beginners
_Dean Fisher_

Acquire the fundamentals of the _djembe_, a goblet-shaped drum played with bare hands, in a relaxed and fun atmosphere. Learn techniques to make basic drum sounds—bass, tone and slap—and how they are used to create rhythms that are so important to the culture of West Africa. We will also learn about _dunun_ drums, played with sticks, that work in tandem with the _djembe_. This class is open to all levels although no experience is necessary. Please bring a drum, if you have one, otherwise, contact our office to ask about availability.

**CODE:** MA087  6 Thursdays, April 4 - May 16 (no class 4/18)  7:00 - 8:00 pm  $75

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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, group-oriented format. 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:** MA081  8 Tuesdays, April 2 - May 28 (no class 4/16)  6:00 - 7:25 pm  $129

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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:** MA082  8 Tuesdays, April 2 - May 28 (no class 4/16)  7:30 - 9:00 pm  $129

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Play Ukulele
_Anne Ku_

Have you always wished you could play a musical instrument but thought it would be too hard—or too late—to learn? Try the ukulele! Learn basic strumming patterns and common chords. Through familiar song examples, no-frills explanations, and demonstration of basic techniques, you will be picking and strumming in no time. Whether you are new to musical performance or looking to add a new twist, it’s time to get in on the fun. Bring a ukulele, clip-on ukulele tuner, and music stand if you have one.

**CODE:** MA083  8 Thursdays, April 4 - June 6 (no class 4/18 and 5/30)  6:00 - 7:15 pm  $125
Continuing Ukulele
Anne Ku
The ukulele revival is bringing people together worldwide and the instrument is growing more popular each day. This course is designed for the ukulele player who has taken Play Ukulele or who has already played for a while. Learn new, complex strumming patterns, basic fingerpicking technique, and expand your repertoire. You will be exposed to various tempos, styles, and basic elements of music theory. Bring a ukulele, clip-on ukulele tuner, and music stand if you have one.

CODE: MA084 8 Thursdays, April 4 - June 6 (no class 4/18 and 5/30) 7:30 - 8:45 pm $125

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-anything instrument under the direction of an enthusiastic and 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) notebook and pencil to first class. No experience necessary; all are welcome.

CODE: MA042 8 Wednesdays, April 10 - June 5 (no class 4/17) 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 in-depth 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: MA074 8 Wednesdays, April 10 - June 5 (no class 4/17) 7:30 - 8:30 pm $89

Smart Planning for European Vacations
Wim Nijenberg
Learn how to book the best products and services—air, hotels, ground transportation and sightseeing—from an expert with decades of experience. Whether traveling individually or with a tour or cruise, become aware of the many discounts in Europe and avoid missed opportunities. Even if you’ve already made your arrangements, you can still benefit from this information-packed evening.

CODE: DE094 Tuesday, April 23 7:00 - 9:00 pm $25

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

CODE: DE095 Thursday, April 11 7:00 - 8:30 pm $19

Boating Safely
Alan Missell, US Coast Guard, Auxiliary Division 5 - Metro Boston
For all boaters, this beginner boating course will help prepare you to obtain a boat license or safety certification in many states. Many companies will offer discounts on boating insurance to those who successfully complete this course. We will cover a wide range of topics including safety equipment, navigation, boating law, boating problems, trailering, storing and protecting your boat, hunting and fishing, water-skiing, and river boating. An optional text is available for purchase in class. For more information on course content, visit cgaux.org.

CODE: RFo66.1 4 Thursdays, April 4 - May 2 (no class 4/18) 7:00 - 9:00 pm $45/individual

CODE: RFo67.1 $75/family

SIGN UP NOW!
Reserve your spot and ensure that we have enough students to run the class
Basic Coastal Navigation

Alan Missel, US Coast Guard
Auxiliary Division 5 · Metro Boston

When navigating on land, we rely on a map to identify landmarks and follow routes. At sea there are no equivalent landmarks and no routes, but nautical charts provide the “landmarks of the sea”: buoys, markers, shoreline features, water depth, bottom type, dangerous areas, magnetic compass variation, and the latitude and longitude of these features. By knowing our latitude and longitude, we can locate our position anywhere on earth. Learn to interpret a chart’s contents so that you can navigate safely to your destination and return to port. Optional materials available for purchase in class include a plotter, dividers, 1210 Training Chart, and cruise exercise booklet. For more information on course content, visit cgaux.org.

CODE: RF067 4 Thursdays, May 9 · June 6 (no class 5/30)
7:00 · 9:00 pm
$45/Individual

CODE: RF067Family 75/family

Archery

On The Mark Archery Staff

Ready to unwind, de-stress and relax for a night of fun to break up your weekly routine? Recurve archery is the perfect Zen-like sport to help you rebalance the body, mind and spirit through deep focus and concentration. This Olympic sport helps build muscle memory and improves postural alignment through low-impact repetition. Invite your friends and family and head to the indoor range with us. All equipment is provided. Section 02 of the course will introduce the more technical aspects of the shot process to help elevate your game to the next level and learn the Olympic style of shooting. All equipment will be provided. Ages 15+.

CODE: RF058.1 4 Tuesdays, April 2 · 30 (no class 4/16)
7:45 · 8:45 pm
125

CODE: RF058.2 4 Tuesdays, May 7 · 28 7:45 · 8:45 pm
125

Brain Games to Keep You Sharp

Nancy Linde

An active brain is a fit brain. Neuroscience has shown that people age 50+ who solve word games and brainteasers—all vetted by a neuroscientist—and discussing the cognitive skills they help to sharpen. The games are designed to exercise the six key cognitive functions vulnerable in normal aging: long-term memory, working memory, executive functioning, attention to detail, multitasking, and processing speed. Come have fun and give your brain a workout!

Most of the evening will be spent playing a lively mix of word games, trivia challenges, and brainteasers—all vetted by a neuroscientist—and discussing the cognitive skills they help to sharpen. The games are designed to exercise the six key cognitive functions vulnerable in normal aging: long-term memory, working memory, executive functioning, attention to detail, multitasking, and processing speed. Come have fun and give your brain a workout!

CODE: RF040  Wednesday, June 5 7:30 · 9:00 pm
19

NEW Learn Bridge DAYTIME CLASS

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: RF024.1  8 Tuesdays, April 9 · June 4 (no class 4/16)
10:00 am · noon
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.

CODE: RF041 6 Tuesdays, April 23 · May 28
7:00 · 9:00 pm
125

TAI CHI CLASSES

with Zhantao Lin, p. 17–18
NEW In Their Own Words: Personal Letters from Mount Auburn Cemetery  ★ WEEKEND CLASS

Dee Morris

While Victorians were encumbered by the rules of polite society as to what they could and could not say, their personal letters and private journals often revealed their deepest feelings and fears. The act of taking pen to paper empowered them to express opinions that were seldom voiced. In 1837, Henry W. Longfellow wrote of a confrontation with his own mortality: “Yesterday I was at Mount Auburn and saw my own grave dug, that is, my own tomb....I looked quietly down into it without one feeling of dread.” Years later, Henry Bowditch lamented the death of his son on a Civil War battlefield: “But how much has all the beauty of life gone from me!” Both men and women candidly expressed their intimate thoughts on love, family life and their communities. Join us on a spring stroll that will celebrate Mount Auburn residents in their own words. Meet at the Front Gate at 580 Mount Auburn Street, Cambridge.

CODE: RF061.1 Saturday, April 27  2:00 - 4:00 pm  $19
CODE: RF061.2 Saturday, May 18  2:00 - 4:00 pm  $19

NEW Mother’s Day In The North End: Gateway to Boston  ★ WEEKEND CLASS

Boston By Foot

Consider spending Mother’s Day in the North End. Enjoy a 90-minute tour and then pick your dinner spot to celebrate Mom. America’s oldest neighborhood is a delightful labyrinth of narrow streets and exotic marketplaces. A gateway for immigrants from around the world, the North End is also home to the Old North Church, Copp’s Hill Burying Ground, and the Paul Revere House. Isolated from the rest of downtown by the construction of the old Central Artery in the 1950s, the North End remains largely preserved from modern development. On entering the North End, you are greeted by the new North End parks of the Rose Fitzgerald Kennedy Greenway. Walking among the Italian markets and one of Boston’s largest collections of colonial buildings, you’ll hear the story of a changing neighborhood from the time of Cotton Mather to the exploits of Paul Revere, the rise of the Fitzgeralds, the fall of molasses, and present day re-gentrification. Meeting location will be sent after registration.

CODE: RF063 Sunday, May 12  4:00 - 5:30 pm  $22

NEW Reinventing Boston: A City Engineered  ★ WEEKEND CLASS

Boston By Foot

Boston has aggressively reinvented itself over and over again to accommodate a growing population, the needs of business and industry, public and private transportation and public health and safety. From the first subway to Long Wharf through the Big Dig, Boston has led the nation in transforming its cityscape. Discover all the layers of Boston and the hows and whys of its changes: the invention of the telephone, the first American subway, the rise and fall of interstate highways, the recovery of the harbor, and perhaps even a forgotten body of water that was once Ben Franklin’s favorite swimming hole. Meeting location will be sent after registration.

CODE: RF062 Saturday, April 13  10:00 - 11:30 am  $22

NEW Forest Bathing: Not Just Any Walk in the Woods  ★ WEEKEND CLASS

Lisa Mediano

Wash away the stress of modern life and enliven your senses on this very special walk designed to immerse you in the sights, sounds, and experience of nature. The practice of deep immersion in woods and forests originated in Japan where it is called shinrin-yoku, or “forest bathing.” There’s no water involved. Instead a certified forest therapy guide will lead you through activities that open the senses to the natural world in an unforgettable experience. Meeting place in the Arlington area will be sent after registration. Wear comfortable clothing and appropriate footwear for walking.

CODE: RF065.1 Saturday, April 6  8:00 - 10:00 am  $19
CODE: RF065.2 Saturday, May 4  8:00 - 10:00 am  $19

NEW Spring Wildflowers  ★ WEEKEND CLASS

Boot Boutwell, Mass Audubon/Habitat Education Center & Wildlife Sanctuary

It’s mid-May and wildflowers are out in abundance. Meet at Arlington’s Great Meadows for a stroll in search of mid-spring wildflowers. Our walk will focus on wildflower ID as well as some fun and interesting natural history about the plants we see. We’ll also take a look at some cool plants that aren’t in flower. Directions to our meeting place will be sent after registration. Children ages 10+ are welcome to register if accompanied by a registered adult. Meet at Arlington Great Meadows, tour runs rain or shine.

CODE: RF064 Saturday, May 11  9:30 am - noon  $25
Mystery Walks
Mary Hurley
Discover new places to hike and hear tales about Native American settlers and esteemed writers such as Alcott and Emerson. We walk five to six miles, rain or shine. Enjoy the camaraderie of fellow walkers as we learn and have fun. After registering, email maryhurley@comcast.net to be on the email list for weekly meeting locations. First walk meets at the North Bridge parking lot in Concord, off Monument Road. Weather cancellations are made up at end of the session as needed.

CODE: DE093  6 Wednesdays, April 10 - May 15  9:30 am - noon  $89

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 friend and learn together. Tuition includes a National Mah Jongg League official card.

CODE: RF017  8 Thursdays, April 4 - June 6 (no class 4/18 and 5/30)  6:00 - 7:30 pm  $210

NEW Mah Jongg: Explore the 2019 NJML Card
Laura Zoll
For advanced beginners. Join us as the 2019 NMJL card is unveiled! Learn the new hands and figure out back-ups and options, defensive strategies and other insights to jump-start a new year of play. We will also review and refine the rules of the game. Continue to develop your skills and increase your confidence. Please note: You may purchase your 2019 NMJL card at the first class for $9.

CODE: RF022  8 Thursdays, April 4 - June 6 (no class 4/18 and 5/30)  7:30 - 9:00 pm  $210

NEW QiGong for Health
Sue Wood
Qi gong is part of Traditional Chinese Medicine. We will practice gentle flowing movements, similar to tai chi, but simpler. These practices have been shown to improve immunity, support better balance and lower blood pressure. Plus, it’s a lot of fun! In our sessions, you’ll flex and stretch gently and learn simple practices you can do at home. We will work with the Seven Precious Gestures and the Eight Brocades, as well as some basic walking and breathing practices. Perfect for anyone who has never practiced tai chi or qigong, or as a nice supplement to your existing tai chi or qigong practice.

CODE: WE054  4 Thursday, May 2 - May 23  7:00 - 8:00 pm  $49

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. 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: WE037  Thursday, April 11  6:30 - 8:30 pm  $25

CREATE AN EDIBLE LANDSCAPE
with Ben Barkan, p. 23

AMERICAN SIGN LANGUAGE (ASL)
with Carol Zurek, p. 24
**New Moms’ Network**

*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 through 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 0-12 months. Meet at St. John’s Episcopal Church, 74 Pleasant St., enter rear door.

**CODE:** **WE041** 9 Tuesdays, April 2 - May 28
12:00 - 1:30 pm  $115

**Become More Resilient and Mentally Tough**

*Jim McCauley*

You can change the way your brain reacts to fear and difficult life situations. It’s true. If you’ve ever been disappointed in yourself because you didn’t complete a challenging task or didn’t bounce back from adversity, it’s not because you are lazy or lack will power. More likely you never learned the skills necessary to be more resilient. These skills can be taught and acquired at any age. In this participatory two-night workshop, learn four techniques rooted in neuroscience that will help you be mentally tougher and face adversity with confidence.

**CODE:** **WE055** 2 Wednesdays, May 8 and 15
7:00 - 9:00 pm  $49

**Comforting Others: What to Say and Do**

*Val Walker*

This workshop is ideal for anyone reaching out to others who are grieving, as well as for caregivers and professionals supporting people with chronic illness, disabilities, or aging. Although we may feel compassion and understanding for someone in need, what to best say or do can elude us. Come examine how to put compassion into action with practical examples of comforting at work and at home. We'll explore recent research on empathy, grief, and social support, and review best practices for how to be helpful. We'll also learn how to make realistic commitments to people in need of comfort, as well as how to set boundaries around our availability.

**CODE:** **WE010**  Wednesday, April 24  6:30 - 8:30 pm  $25

**Wardrobe Essentials to Super Power Your Closet**

*Ginger Burr*

The black dress and a pair of black slacks are two of the “wardrobe essentials” we’re told we need in our closet. But a cookie-cutter approach to dressing won’t factor in your particular lifestyle needs. The secret to knowing your personal list of wardrobe basics lies in thinking about how you spend your day. Do you work out and walk the dog? Is most of your time spent in a business-casual office, working from home or running errands with the occasional dinner out? Your lifestyle will help determine the basics you need to bring your outfits together from start to finish without having to spend a single second worrying about what to wear. Stylist extraordinaire Ginger Burr will fully explore this topic with you and leave you feeling more confident and inspired about your fashion choices. If you like, wear or bring along an item or two from your closet that you consider “basic” pieces. Ginger will show you how to assess the items and either make them work or let them go.

**CODE:** **HL033**  Wednesday, May 15  7:00 - 8:30 pm  $19

**Makeup for Life’s Special Events**

*Alexandra Dale*

This workshop is just in time for spring’s prom and wedding season. Learn the difference between everyday makeup and event makeup, and how to use different techniques to create a special-event look that maintains both your personal aesthetic and comfort level. The instructor will use class members as models and also address how to apply makeup if you’re going to be photographed or videotaped. Bring your makeup bag for review and editing by the instructor and receive a face-chart for taking notes in class. Ages 16+.

**CODE:** **WE056**  Tuesday, April 9  7:00 - 9:00 pm  $35

**Open Up Your Intuition to Guidance and Insight**

*Janet Kessenich*

An inner “knowing,” a felt sense, the unexplainable synchronicity—these are some hallmarks of intuition, our Sixth Sense. Though we all have an intuitive capacity, many of us are unsure how to access it, what to make of it, or how it can help us. Learn practices that will help you tap into your own intuitive guidance and insight and discover how to comfortably apply your intuition as a practice in daily life. Bring an open mind and playful spirit and leave with a new pathway to your intuitive gifts!

**CODE:** **WE057**  Thursday, May 16  7:00 - 8:30 pm  $19
NEW Make an Aromatherapy Mist  
Cher Kore
Want a quick way to refresh, relax, or recharge? An aromatherapy mist is fast, fun and easy. Learn about and sample dozens of essential oils that smell wonderful and can help ease stress, uplift, awaken and aid skin care. Then learn to blend and beautifully balance essential oils and make a mister customized to individual healing needs and scent preferences. Tuition includes a $10 material fee.

CODE: WE058 Tuesday, April 23 6:00 - 8:00 pm  $35

NEW Scented Soap with Essential Oils  
Cher Kore
Taking a scented bath or shower can make you feel so much better. Pump up this healing experience by learning how to make customized soaps suited to your personality and skin type. Learn to make soaps which cool you down, clear your head, and decongest; help heal skin imperfections and relax. Learn how to mix foaming soaps for your skin type and scent them using essential oils and castile soap. We will make our soap in foaming bottles to wash or shave. Tuition includes a $12 materials fee.

CODE: WE059 Tuesday, May 28 6:00 - 8:00 pm  $39

Take Both and Save!  
Take both of Cher Kore's classes and receive a discount!

CODE: WE060  $65

First Aid for Grandparents  
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. (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: WE013 Saturday, April 27 10:00 am - 6:00 pm  $175

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: WE036.1 Thursday, April 11 6:00 - 9:00 pm  $95  
CODE: WE036.2 Wednesday, May 15 6:00 - 9:00 pm  $95

Reiki Level 1 Certification  
Ulrike Dettling Kalthofer
For those who want 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. Continuing Education credits available for mental health professionals and nurses.

CODE: WE013 Saturday, April 27 10:00 am - 6:00 pm  $175

“THE BEST ACE CLASS I'VE EVER TAKEN”  
Makeup for Life's Special Events, with Alexandra Dale, p. 32
Memoir Writing Group  
**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. Co-sponsored by Arlington Council on Aging and open to students of all ages.

**CODE:** WL021 8 Tuesdays, April 2 - May 28 (no class 4/16)  10:00 am - noon  $159; Arlington Seniors  $145

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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 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:** WL007 8 Thursdays, April 4 - June 6 (no class 4/18 and 5/30)  7:00 - 9:00 pm  $159

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Reading Novels for Greater Pleasure  
**Jennie Rathbun**  
For book club members and other readers who want to get under the hood to see how great fiction works, this course will deepen your understanding and appreciation of what you read. *At Freddie’s*, a comic novel by Penelope Fitzgerald, introduces us to a school for child actors in 1960s London. In his introduction to the novel, Simon Callow writes, “At Freddie’s is a superb achievement, simply as a novel in its own right, and as one of the tiny handful of great theatre novels.” Full of dry wit, the book shines an unaccustomed light on this “shabby, peripheral hinterland of the stage,” presided over by Freddie, the school’s indomitable proprietress. Become aware of and examine a novelist’s use of character, plot, narrative structure, dialogue and point of view, and our reading pleasure grows. Please read the first four chapters and bring the Mariner paperback (pink cover) to our first class. Meet at **Arlington**

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Senior Center, 27 Maple St. Co-sponsored by Arlington Council on Aging and open to students of all ages.

**CODE:** WL020 6 Thursdays, April 4 - May 16 (no class 4/18)  11:00 am - 12:30 pm  $89; Arlington Seniors  $79

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Writing 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 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. 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.

**CODE:** WL027 6 Wednesdays, April 24 - May 29  7:00 - 9:00 pm  $119

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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. Beginning, experienced, and continuing poets are welcome. Please come prepared to share a portion of a current project.

**CODE:** WL029 6 Thursdays, April 25 - June 6 (no class 5/30)  7:00 - 9:00 pm  $119

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Publish Your Book (Guaranteed)  
**David Ewen**

Get a publishing professional’s inside perspective on how to publish your manuscript and get it onto bookstore shelves, ebook form, and in audiobook. You’ll learn what you need to know, from designing your book and getting it reviewed, to online marketing, and to arranging your own promotional signing tours. The instructor is an author, speaker, consultant, and adjunct lecturer on new digital media technologies in publishing, film, radio, television, webcasting, business, economics, marketing, and publicity. Visit about.me/forestacademy

**CODE:** WL015 Wednesday, May 15  6:00 - 9:00 pm  $29
**SHORT ON TIME? HERE ARE JUST A FEW OF OUR**

**One-Night Classes**

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

Arlington Community Education partners with MindEdge and Ed2Go to offer hundreds of online courses

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**MindEdge LEARNING**

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

[https://arlington.mindedgeonline.com/partner/courses/](https://arlington.mindedgeonline.com/partner/courses/)

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**ed2go**

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

[www.ed2go.com/arlington/](http://www.ed2go.com/arlington/)
Mindfulness Meditation for High School Students  
**Kimber Green**

High school, one of the most exciting periods of life, often challenges us with unique social and academic pressures: How do I fit in? Who and what do I want to become? Am I going to go to college or am I pursuing an alternative route? Managing these stresses can be overwhelming, particularly while keeping up with assignments, friends, extracurriculars, tests, and college applications. Practicing mindfulness meditation can help us more easily “pull back” from pressure that makes us feel out of control of our own lives. We learn to access an inner calm and stillness from which greater self-awareness, perspective and resilience can emerge. We will discuss what mindfulness meditation is, explore what it is not, and practice together. We will use simple breathing exercises to decrease stress and increase feelings of self-control and well being. Employing multiple mindfulness techniques, you will learn which work best for you and how to bring this practice into your everyday life. Class meets at Green Room Wellness Center, 8 Park Ave. Arlington.

CODE: HSo14  3 Wednesdays April 3 - April 24 (no class 4/17) 6:30 - 7:30 pm  $39

Bike Repair and Maintenance  • GRADES 6 - 12  
**Rustem Gode/Justin Haber**

Take advantage of this early-release day. In just two hours, you can learn the essentials of bike repair and maintenance from the head mechanic at Arlington’s hometown bike shop. This hands-on class will teach you how to fix a flat, adjust gears and brakes, and other topics dictated by the interest of the group. **Please note:** Students must bring a bike to class. Meet at Quad Cycles, 1043 Mass. Ave.

CODE: MSo37  Tuesday, April 23  1:30 - 3:30 pm  $25

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 TI 30 XS calculator to class.

Please note: We highly recommend you purchase HiSet Exam 2017-18 Strategies, Practice & Review by Kaplan Prep; please bring to first class.

CODE: HSo01  6 Tuesdays and 6 Thursdays, April 2 - May 16 (no class 4/16 and 4/18)  6:30 - 9:00 pm  $99

Demystifying College Admissions 2019  
**Sue Wachter, Acton College Consulting, LLC**

For families with or without their students. Join a former college admissions officer for an insider’s perspective on the complex and challenging college admissions process. This timely seminar will discuss college lists, and the value of college visits and interviews, college entrance exams, different college application platforms, and how and when to ask for teacher and counselor recommendations. Learn about the advantages of Early Decision vs. Early Action vs. Regular Decision. With this information you will be able to create a timetable that makes sense for your student, and get key organizational strategies to keep your process structured.

CODE: HSo07  Wednesday, April 10  7:00 - 9:00 pm  $35/family or $75/individual

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: HSo05  Wednesday, May 1  6:30 - 8:30 pm  $25/individual or $50/family

Coming this summer...  
The College Coach Bootcamp  

For rising seniors who want to get a jumpstart on the college application process or who want help managing the many requirements of the application process. In a group, you will work with AHS guidance staff and faculty to explore topics including: steps in the college search process and time management; finding colleges that are a good fit; resume-building; college essay and supplement writing; college interview preparation, and the best way to ask teachers to write recommendations. Check the Guidance Newsletter and ArlingtonCommunityEd.org in mid-April for more information.
NEW Combined SAT/ACT Test Prep

Can’t decide which test to take? Now you don’t need to. For the first time ever, Arlington Community Education is offering test prep courses that prepare you for BOTH the SAT and ACT at the same time. These review courses end in time for the June 1 SAT and the June 8 ACT. For information on financial assistance for Arlington students, call Community Education at 781-316-3568. For more information, please visit www.arlingtoncommunityed.org and click on High School Programs then SAT/ACT Review.

SAT/ACT Verbal Review

TBD

This course familiarizes students with both the verbal section of the SAT as well as the English and reading sections of the ACT. The course includes a pre-test of either the SAT or ACT (student chooses), analysis of where improvement is needed for each student, and a post-test to measure progress. Learn how to approach the reading comprehension and writing sections of the SAT and the English and reading sections of the ACT. Become familiar with the types of questions on both exams and effective methods to handle them. You will also practice test-taking under time constraints and simulated conditions. Teachers will assist students in deciphering the requirements of both exams and will support students in their work to take either exam. Students MUST come to the first class with the newest edition of the Official SAT Study Guide AND a College Board ID and password. Guide is available online or for a discount at The Book Rack, 13 Medford Street, Arlington.

SAT/ACT Math Review

TBD

This course familiarizes students with the math section of the SAT and ACT, and includes a pre-test of either the SAT or ACT (student chooses), analysis of where improvement is needed for each student, and a post-test to measure progress. Learn how to approach both the SAT math section and ACT math section. Become familiar with the types of questions on each exam and effective methods to handle them. Students will also practice test-taking under time constraints and simulated conditions. Students MUST come to the first class with the newest edition of the Official SAT Study Guide AND a College Board ID and password. Guide is available online or for a discount at The Book Rack, 13 Medford Street, Arlington.

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.

WORK OPPORTUNITY SUMMERFUN! TEEN COUNSELOR PROGRAM

Arlington Community Education seeks motivated student counselors to be part of our SummerFun! program. Open to rising 9th through graduating seniors from Arlington High School. Paid and volunteer positions available. Open application period March 1–April 1 at ArlingtonCommunityEd.org. No parent inquiries please.
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’s 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 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 44 for policies and important registration information.

GIBBS

NEW Coding with Python 2 - GRADE 6
Rebecca Newman

For those who took the winter session of Coding with Python or with similar experience. We will explore more advanced programming concepts and puzzles and learn how they can be applied to game design, problem solving, and graphics creation. Rebecca Newman is a doctoral candidate 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 DnD, knit, and drink tea. Please note the 75-minute class length.

CODE: GB010 7 Mondays, April 1 - May 20 (no class 4/15) 2:40 - 3:55 pm $159

NEW Yoga & Mindfulness - GRADE 6
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 focus and calm us. 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: GB011 7 Mondays, April 1 - May 20 (no class 4/15) 2:40 - 3:40 pm $95

Gibbs Running Club - GRADE 6
Alison Caruso, Gaggi DeStefanis, Joe Granato, Heather Mahoney

Learn to run a 5K! Join our expert coaches who have years of running experience and learn to run in a fun, non-competitive atmosphere. Over the course of seven weeks, we will build confidence as well as physical and mental endurance with a combination of core exercise, power drills, circuit training, and strength-building workouts. Come prepared to run hills and stairs and for some dynamic and stagnant stretching along with some fun calisthenics. We will wrap up the course by running the Cause + Event 5K road race together as a team on Sunday, May 12. No experience necessary. Team t-shirt included. This is an outdoor class so please dress for
the weather and bring a water bottle. Please note: Runners who choose to do the optional 5K should register using the discounted rate below. Gaggi is an adult and youth fitness instructor; Heather teaches ELA at Gibbs; Alison is a clinical and school psychologist at Gibbs; Joe Granato is a TA at Gibbs.

5 Tuesdays and 7 Thursdays, March 28 - May 16 (no class 4/2, 4/16 and 4/18)  2:45 - 4:15 pm

CODE: GBoo6.1  GRC Only  $144

CODE: GBoo6.2  GRC+  $25 race fee  $169

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 and all levels of experience welcome. LARP Adventure Program offers educational enrichment that fosters empowerment through imagination.

CODE: GBoo2  8 Tuesdays, April 2 - May 28 (no class 4/16)  2:40 - 3:40 pm (1:10 - 2:10 on early release 4/23 & 5/21)  $155

NEW Technical Drawing & Painting • GRADE 6

Alecia Serafini

Practice and strengthen drawing and painting skills while focusing on creating realistic portraits, figure drawings, still lifes, landscapes, and cityscapes. You will also enjoy free time to take your work in your own direction! A wide variety of media will be used to create work, and student choice is encouraged. Tuition includes a $15 materials fee. Alecia Serafini teachers art at Gibbs.

CODE: GBo12  8 Wednesdays, April 3 - May 29 (no class 4/17)  2:45 - 4:15 pm  $175

LARP Heroes Academy • GRADES 5 - 6

LARP Adventure Program

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, 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, feats, and abilities. Go on adventures with your friends and have fun! New and returning students welcome. LARP Adventure Program offers educational enrichment that fosters empowerment through imagination.

CODE: GBoo4  8 Thursdays, April 4 - May 30 (no class 4/18)  2:40 - 3:40 pm  $155

Babysitting Basics • GRADES 6

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. Please note: Students must be at least 12 years old.

CODE: GBo13  3 Thursdays, April 25 - May 9  2:40 - 4:30 pm  $115

OTTOSON

Ottoson Running Club • GRADES 7 - 8

Meghan Connealy & Gaggi DeStefanis

Learn to run a 5K! Join our expert coaches who have years of running experience and learn to run in a fun, non-competitive atmosphere. Over the course of seven weeks, we will build confidence as well as physical and mental endurance with a combination of core exercise, power drills, circuit training, and strength-building workouts. Come prepared to run hills and stairs and for some dynamic and stagnant stretching along with some fun calisthenics. We will wrap up the course by running the Cause + Event 5K road race together as a team on Sunday, May 12. No experience necessary. Team t-shirt included. This is an outdoor class so please dress for the weather and bring a water bottle. Please note: Runners who choose to do the optional 5K should register using the discounted rate below. Meghan is a speech-language pathologist at OMS; Gaggi is an adult and youth fitness instructor.

7 Mondays and 6 Wednesdays, March 25 - May 13 (no class 4/15 and 4/17)  2:45 - 4:15 pm

CODE: MSoo1.1  ORC only  $156

CODE: MSoo1.2  ORC +  $25 race fee  $181

BIKE REPAIR AND MAINTENANCE

For grades 6–12, p. 36
Clay Creations • GRADES 7 - 8  
Kayla McKenna  
Come experiment with clay to create a variety of imaginative objects. We will discuss form and function and practice hand-building 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: MS011  7 Mondays, April 1 - May 20 (no class 4/15)  
2:40 - 3:40 pm  $105

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. Please note: Students must be at least 12 years old. Meet in Room 232.  
CODE: MS006  4 Wednesdays, May 22 - June 12  
2:45 - 4:30 pm  $115

Yoga & Mindfulness • GRADES 7 - 8  
Madhavi Nunna  
Unwind after the long school day as we strengthen our bodies, relieve stress, and reconnect 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 focus and calm us. 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: MS046  8 Tuesdays, April 2 - May 28 (no class 4/16)  
2:40 - 3:40 pm (1:10 - 2:10 on early release 4/23 & 5/21)  $109

NEW Learn to Code: Java Graphics • GRADES 7 - 8  
Einstein’s Workshop  
Learn the fundamentals of programming in a fun, visual, and interactive way. Make pictures, animations, and games that will wow your family and friends. We’ll use a Java-based programming language called Processing. This is a development environment originally designed to help teach computer programming fundamentals, but has since evolved into an easy way for artists, designers, and researchers to easily produce visual software. Meet in room 328.  
CODE: MS050  8 Thursdays, April 4 - May 30 (no class 4/18)  
2:40 - 3:40 pm  $125

NEW Swing Dancing • GRADES 6 - 9  
Katie Piselli  
“It don’t mean a thing if it ain’t got that swing!” Learn to dance the Lindy Hop, the original swing dance. Originating in Harlem, NY in the late 1920s, this energetic partner dance is now danced all over the world. Come learn the basic steps of Lindy Hop and Charleston and dance with your classmates to lots of swingin’ jazz music. You’ll be social dancing in no time. No experience or partner required. Bring a water bottle and comfy shoes. Katie Piselli is a dance instructor, performer, and choreographer. Meet at AHS.  
CODE: MS051  8 Tuesdays, April 2 - May 28 (no class 4/16)  
3:00 - 4:15 pm  $135

Parkour • GRADES 3 - 5 & 6 - 9  
Parkour Generations Boston  
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. Meet in the Pit at AHS.  
CODE: MS025.1  Grades 6-9: 8 Tuesdays, April 2 - May 28 (no class 4/16)  
3:00 - 4:30 pm  $209
CODE: YE001  Grades 3-5: 8 Thursdays, April 4 - June 6 (no class 4/18 and 5/30)  
6:30 - 7:30 pm  $145
CODE: MS025.2  Grades 6-9: 8 Thursdays, April 4 - June 6 (no class 4/18 and 5/30)  
7:35 - 8:35 pm  $145
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. Meet at AHS.

CODE: MS049.1 4 Tuesdays, April 2 - 30 (no class 4/16) 6:45 - 7:45 pm  $125
CODE: MS049.2 4 Tuesdays, May 7 - 28  6:45 - 7:45 pm  $125

NEW Kitchen Boot Camp • Grades 6 - 8

Zach Slovin

Grab your friends and head to the Arlington High School culinary arts kitchen where we’ll learn must-have cooking techniques as we tackle some amazing recipes. You’ll learn how to make your own pasta, preserve your own jams, make international appetizers, and more. Along the way we’ll practice all sorts of kitchen tricks and skills—and of course enjoy eating our creations at the end of each class. All levels of cooking experience welcome. Tuition includes a $25 food fee. Zack Slovin is an Arlington-based chef and instructor passionate about making cooking and eating an enjoyable experience for kids. Meet at AHS.

CODE: MS052 4 Wednesdays, April 24 - May 15  3:00 - 4:30 pm  $105

Family Class: Pottery Wheel

Indigo Fire

For those interested in learning the pottery wheel or 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 cups. 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. Please 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: AC017.1 Sunday, April 28  10:00 am - noon  $45
CODE: AC017.2 Sunday, May 19  10:00 am - noon  $45

Family Night: Asian Cooking

Elaine Iagatta

Explore the complex and delicious flavors of Asian cooking. Cooking together is a great way to spend family time and teach kids a valuable life skill. This class is designed to teach new cooking techniques that can be easily replicated at home. Together we will make Asian style family favorites: subgum fried rice and homemade fortune cookies. Tuition includes a $20 food fee per pair. Ages 7+. 

CODE: FD249 Tuesday, April 30  5:30 - 7:30 pm  $45/pair

Fun Fact: Elaine also teaches the adult class, Delicious Everyday Gluten Free, p. 20

NEW Family Night: Asian Cooking

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Explore the complex and delicious flavors of Asian cooking. Cooking together is a great way to spend family time and teach kids a valuable life skill. This class is designed to teach new cooking techniques that can be easily replicated at home. Together we will make Asian style family favorites: subgum fried rice and homemade fortune cookies. Tuition includes a $20 food fee per pair. Ages 7+. 

CODE: FD249 Tuesday, April 30  5:30 - 7:30 pm  $45/pair

Fun Fact: Elaine also teaches the adult class, Delicious Everyday Gluten Free, p. 20

IF THE CLASS YOU WANT IS FULL

Sign up for the wait list! There’s no fee and we often get last minute changes.
Family Class: 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:** AC020  Monday, May 6  3:00 - 5:00 pm  $39/pair  
[Fun Fact:] Susanne also teaches an adult pop-up card workshop, p. 11

Family Night: Glass Art  
_Michel L’Huillier_

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. Instructor will fire your pieces in his kiln to be picked up at the ACE office within a week. Tuition includes an $85 materials fee per pair. Ages 8+.  

**CODE:** AC037  Tuesday, May 21  6:00 - 8:00 pm  $115/pair  
[Fun Fact:] Michel also teaches an adult glass art class, p. 12

Family Night: Homemade Pasta and Sauce  
_Zach Slovin_

Make learning the basic techniques of homemade pasta a family affair. We will make a traditional dough by hand, then learn to shape and cut fettuccini as well as make our own raviolis. Together we will also make traditional marinara and pesto sauces for our pastas. And a new tradition of homemade pasta dinners for family and friends has begun! Tuition includes a $20 food fee per pair. Ages 7+.  

**CODE:** FD248  Wednesday, May 8  5:30 - 7:30 pm  $45/pair  
[Fun Fact:] Zach also teaches an adult pasta class, p. 20

FOR FAMILY NIGHTS, CHILDREN MUST BE ACCOMPANIED BY AN ADULT  
Please register under adult’s name
April 16–19 • 9am-4pm

VacationFun! 2019
Grades K–8 • At Arlington High School

Arlington Community Education is pleased to offer families a creative, educational, and fun option for April break. Modeled on SummerFun!, mix and match a variety of classes for a full day of enrichment.

- Lego® Engineering
- Circuit Makers
- App Inventor
- Creative Engineers
- Comic Books
- Woodworking
- Painting
- Glass Art
- Theater
- Parkour
- Archery
- Cooking

VacationFun! 2019
April 1
6 –1
9
• 9
am–4
pm
Grades K–8 • At Arlington High School

Details & Registration at: ArlingtonCommunityEd.org

July 8 – August 9

SummerFun! 2019

New Hours! 9:00–4:00 plus Extended Day 8:00–9:00 am & 4:00–5:30 pm

Fun & creative summer adventures for kids entering grades 1-9

- 100+ classes for children of all interests
- Small classes designed and taught by experienced teachers
- Mix-and-match morning, afternoon, full-day and extended-day options
- Open to students in Arlington and surrounding communities
- SummerFun! is held at Ottoson Middle School

Highlights include:
- Two-week Summer Stock Musical Theater
- Creative, hands-on arts and crafts classes
- High-energy sports and games including Parkour and ultimate frisbee
- Expanded STEM programs for all age groups
- DayTripper week-long field trip series for middle schoolers
- Cooking classes from scratch using fresh ingredients
- Three full weeks of LARP
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
KidZone and TeenZone are equal access programs. We do not discriminate against children with disabilities. We encourage parents to disclose any medical or disability-related needs on your child’s registration form. If you believe your child requires a specific reasonable accommodation for medical or disability-related needs, please contact our office to discuss your child’s needs. Please note that KidZone and TeenZone are not school-sponsored special education programs, so children are not entitled to the same IEP services and accommodations during programming.

Behavior Policy
Children who attend KidZone or TeenZone should be able to participate in group activities with teacher supervision and treat fellow students and staff with respect. If a child is unable to do so, the teacher or director will contact parents to discuss appropriate next steps.

Tuition Assistance
Partial tuition assistance is available for most classes for APS 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
KidZone is pleased to partner with RoLa Languages to offer 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: 7 Mondays, April 1 - May 20 (no class 4/15) 2:40 - 3:40 pm | $140 |
| CODE: BP103 | French Club: 7 Mondays, April 1 - May 20 (no class 4/15) 2:40 - 3:40 pm | $140 |
| CODE: ST101 | Mandarin Club: At Stratton Thursdays, see page 53 |
| CODE: TH86 | Portuguese Club: At Thompson Wednesdays, see page 54 |

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 experience, and end the program with a mini chess tournament. All levels welcome.

| CODE: BP104 | 8 Tuesdays, April 2 - May 28 (no class 4/16) 1:10 - 2:10 pm | $165 |

ARCHERY
Tuesday evenings at AHS for Grades 4–9, p. 41
**NEW Crafting Studio 2.0 • GRADES 4 - 5**

*Christine Capaldo*

For students who have taken a previous session of *Crafting Studio*, or for more ambitious crafters. We'll try our hands at more challenging pieces constructed 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:** BP145  8 Wednesdays, April 3 - May 29 (no class 4/17)  2:40 - 3:40 pm  $139

**Fit Girls • GRADES 4 - 5**

*Aly Frank and Beth Defossez*

*Fit Girls* is a non-competitive fitness initiative that inspires active lifestyles, friendships, personal growth and the confidence that comes from working toward and achieving goals. We meet twice a week for fun and energizing sessions that build physical and mental endurance and prepare us for the *Cause + Event 5K* road race that we will run as a team on Sunday, May 12. This is an outdoor program so please dress for the weather and bring a water bottle. Team t-shirts are included. **Please note:** Runners who choose to do the *optional 5K* should register using the discounted rate below.

6 Wednesdays and 5 Fridays, April 3 - May 15 (no class 4/17 and 4/19)  2:40 - 3:40 pm

**CODE:** BP08.1  Fit Girls Only  $88

**CODE:** BP08.2  Fit Girls + $25 race fee  $113

**Circuit Makers 101 • GRADES K - 2**

*Circuit Lab*

Let’s get creative with electricity! In this junior version of our *Hands-On Electronics* course, you will create your own electronics: 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 that you can take home. **Please note the 90-minute class length.**

**CODE:** BP116  8 Wednesdays, April 3 - May 29 (no class 4/17)  2:40 - 4:10 pm  $195

**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. 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, April 4 - May 30 (no class 4/18)  2:40 - 3:40 pm  $129

**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 spring we will use fresh ingredients in a batch of new recipes 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. **Please note:** Runners who choose to do the *optional 5K* should register using the discounted rate below.

8 Fridays, April 5 - May 31 (no class 4/19)  2:40 - 3:40 pm

**CODE:** BP080  8 Fridays, April 5 - May 31 (no class 4/19)  2:40 - 3:40 pm  $175

**Brackett**

**Fit Girls • GRADES 4 - 5**

*Tracy Breen, Suzanne Kaminski and Haley Finn*

*Fit Girls* is a non-competitive fitness initiative that inspires active lifestyles, friendships, personal growth and the confidence that comes from working toward and achieving goals. We meet twice a week for fun and energizing sessions that build physical and mental endurance and prepare us for the *Cause + Event 5K* road race that we will run as a team on Sunday, May 12. This is an outdoor program so please dress for the weather and bring a water bottle. Team t-shirts are included. **Please note:** Runners who choose to do the *optional 5K* should register using the discounted rate below.

6 Mondays and 6 Wednesdays, March 25 - May 8 (no class 4/15 and 4/17)  2:40 - 3:40 pm

**CODE:** BR08.1  Fit Girls Only  $96

**CODE:** BR08.2  Fit Girls + $25 race fee  $121

**CHESS WIZARDS**

At Bishop, Brackett, Dallin and Peirce
Nature Detectives: Signs of Spring • GRADES 1 - 2

*Audubon Habitat*

Can you feel it in the air? Can you see the signs? Spring has nearly sprung and nature is telling us that warmth is on its way. Learn to observe these signs, like the arrival of migrating birds, the emergence of insects, and the bursting of buds happening all around us. We'll analyze live animals and specimens, go outside to explore the schoolyard, and create journals to document all the wonders we discover. There is an amazing world full of life that is waking up from winter. Let's go see it! *Note: This is primarily an outdoor class so please dress for the weather.*

**CODE:** BR147  7 Mondays, April 1 - May 20 (no class 4/15)  2:40 - 3:40 pm  $119

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Parkour • GRADES 3 - 5

*Parkour Generations Boston*

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:** BR54  8 Tuesdays, April 2 - May 28 (no class 4/16)  1:10 - 2:10 pm  $145

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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 experience, and end the program with a mini chess tournament. All levels welcome.

**CODE:** BR104  8 Tuesdays, April 2 - May 28 (no class 4/16)  1:10 - 2:10 pm  $165

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Motion Commotion • GRADES K - 2

*Wicked Cool for Kids*

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

**CODE:** BR65  6 Wednesdays, April 24 - May 29  2:40 - 3:40 pm  $145

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Creative Cartooning • GRADES 3 - 5

*Sue Rice, Arlington Center for the Arts*

Have you ever wanted to create characters from your favorite graphic novels? Develop characters, settings, and dialog to create your own comic strips and graphic novels from your imagination. Learn how images, exaggeration, character development and expression can make your ideas come to life. Work in a variety of materials including ink, colored pencil and more. *Sue Rice holds a BFA in Illustration from the Rhode Island School of Design. She is a freelance illustrator and has taught at public schools in the Boston area.*

**CODE:** BR148  8 Thursdays, April 4 - May 30 (no class 4/18)  2:40 - 4:10 pm  $195

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“THE PROJECTS WERE FANTASTIC”

*Family Night: Glass Art with Michel L’Huillier, p. 42*
Language Clubs: Spanish, French, Portuguese, Mandarin • GRADES K - 5

RoLa Languages

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: 8 Thursdays, April 4 - May 30 (no class 4/18) 2:40 - 3:40 pm  $160
CODE: BR103  French Club: 8 Thursdays, April 4 - May 30 (no class 4/18) 2:40 - 3:40 pm  $160
CODE: ST101  Mandarin Club: At Stratton Thursdays, see page 53
CODE: TH86  Portuguese Club: At Thompson Wednesdays, see page 54

NEW LEGO® Batman Gotham Gadgets • GRADES K - 2

Play-Well TEKnologies

Take on Gotham’s villains by designing and building Batman’s favorite crime-fighting machines. Build the Bat Tumbler, craft a Batwing, and design your very own Batcave, all out of LEGO® materials. Then use your projects to help save the city. Be the superhero or superheroine Gotham needs while learning how the world works through STEM concepts. Please note the 90-minute class length.

CODE: BR149  8 Fridays, April 5 - May 31 (no class 4/19) 2:40 - 4:10 pm  $195

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 focus and calm us. 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  8 Fridays, April 5 - May 31 (no class 4/19) 2:40 - 3:40 pm  $109

DALLIN

Fit Girls • GRADES 4 - 5

Meagan Burke, Jill Connor, Lianne Dusek and Morgan Elliott

Fit Girls is a non-competitive fitness initiative that inspires active lifestyles, friendships, personal growth and the confidence that comes from working toward and achieving goals. We meet twice a week for fun and energizing sessions that build physical and mental endurance and prepare us for the Cause + Event 5K road race that we will run as a team on Sunday, May 12. This is an outdoor program so please dress for the weather and bring a water bottle. Team t-shirts are included. Please note: Runners who choose to do the optional 5K should register using the discounted rate below.

6 Mondays and 6 Wednesdays, March 25 - May 8 (no class 4/15 and 4/17) 2:40 - 3:40 pm

CODE: DA08.1  Fit Girls Only  $96
CODE: DA08.2  Fit Girls + $25 race fee  $121

FAMILY NIGHTS:
GLASS ART, POP-UP CARDS, POTTERY, PAINTED WOODEN SPOONS, AND COOKING
See p. 41
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 gracefully, 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 experience, and end the program with a mini chess tournament. All levels welcome.

CODE: DA104 8 Tuesdays, April 2 - May 28 (no class 4/16) 1:10 - 2:10 pm  $165

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: 8 Wednesdays, April 3 - May 29 (no class 4/17) 2:40 - 3:40 pm  $160

CODE: DA103 French Club: 8 Wednesdays, April 3 - May 29 (no class 4/17) 2:40 - 3:40 pm  $160

CODE: ST101 Mandarin Club: At Stratton Thursdays, see page 53

CODE: TH86 Portuguese Club: At Thompson Wednesdays, see page 54

NEW Computer Art of Making Things • GRADES 3 - 5

Einstein’s Workshop

Learn to use computers and modern technology to make anything look professional. We will use simple computer art and design programs to make awesome images and 2D art. Then we will apply what we’ve learned and, using our laser and vinyl cutters, make many cool and useful objects to take home.

CODE: DA151 8 Thursdays, April 4 - May 30 (no class 4/18) 2:40 - 3:40 pm  $125
**Circuit Makers 101**  •  GRADUES K - 2

*Circuit Lab*

Let's get creative with electricity! In this junior version of our *Hands-On Electronics* course, you will create your own electronics: 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 that you can take home. **Please note the 90-minute class length.**

**CODE:** DA116  8 Fridays, April 5 - May 31 (no class 4/19)  2:40 - 4:10 pm  $195

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**Hardy**

**Fit Girls**  •  GRADUES 4 - 5

*Jennie French and Katherine Picarde*

*Fit Girls* is a non-competitive fitness initiative that inspires active lifestyles, friendships, personal growth and the confidence that comes from working toward and achieving goals. We meet twice a week for fun and energizing sessions that build physical and mental endurance and prepare us for the *Cause + Event 5K* road race that we will run as a team on Sunday, May 12. This is an outdoor program so please dress for the weather and bring a water bottle. Team t-shirts are included. **Please note:** Runners who choose to do the optional 5K should register using the discounted rate below.

6 Mondays and 6 Thursdays, March 25 - May 9 (no class 4/15 and 4/18)  2:40 - 3:40 pm

**CODE:** HA08.1  *Fit Girls Only*  $96

**CODE:** HA08.2  *Fit Girls + $25 race fee*  $121

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**Language Clubs: Spanish, French, Portuguese, Mandarin**  •  GRADUES 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:** HA100  *Spanish Club:*  7 Mondays, April 1 - May 20 (no class 4/15)  2:40 - 3:40 pm  $140

**CODE:** HA103  *French Club:*  7 Mondays, April 1 - May 20 (no class 4/15)  2:40 - 3:40 pm  $140

**CODE:** ST101  *Mandarin Club:* At Stratton Thursdays, see page 53

**CODE:** TH86  *Portuguese Club:* At Thompson Wednesdays, see page 54

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**Video Game Design**  •  GRADUES 3 - 5

*Empow Studios*

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:** HA26  8 Tuesdays, April 2 - May 28 (no class 4/16)  1:10 - 2:10 pm  $209

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**P.E. Plus A.M.**  •  GRADUES 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. 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:** HA22.1  8 Wednesdays, April 3 - May 29 (no class 4/17)  7:30 - 8:10 am  $65  Grades 1 - 2

**CODE:** HA22.2  8 Tuesdays, April 2 - May 28 (no class 4/16)  7:30 - 8:10 am  $65  Grades 3 - 5

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**SUMMERFUN!**

July 8–August 9  
For Grades 1–9, p. 43
NEW Cardboard Creations • GRADES 4 - 5

Brandon Jackson

Students around the country are making amazing cardboard creations such as arcade games, lawn games, helmets, artwork, animals, and so much more. This is your opportunity to join in on the fun. Using special tools specifically made for working with cardboard, explore your creative side and make something of your own design, or find inspiration from the internet or books. Tuition includes a $10 materials fee. Brandon Jackson teaches grade 5 at Hardy elementary school where he enjoys emphasizing play-based learning. Please note the 90-minute class length.

CODE: HA152  8 Wednesdays, April 3 - May 29 (no class 4/17)  2:40 - 4:10 pm  $175

NEW Music and Me • GRADES K - 2

Romy Wilhelm, Arlington Center for the Arts

Who doesn't love music? In this age-appropriate class for K-2, we will explore the basics of music and use those tools to move, groove, drum, dance, jiggie...you name it! Each class will focus on a musical topic including solfege, rhythm, harmony, and notation. Please wear comfortable clothes suitable for movement. Romy Wilhelm is a Hardy mom and board-certified music therapist.

CODE: HA153  8 Wednesdays, April 3 - May 29 (no class 4/17)  2:40 - 3:40 pm  $169

Animal Art • GRADES K - 1

Tracy Bernier

Come journey around the world as we explore animals from many habitats. We will study different creatures each week and then create an art project focusing on their unique characteristics. 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, April 4 - May 30 (no class 4/18)  2:40 - 3:40 pm  $129

NEW Young Inventors Squad • GRADES K - 2

Einstein’s Workshop

This is your chance to build and re-engineer components of everyday objects and recycled materials into your own cool gadgets! Through guided challenges, we'll develop a working knowledge of physics concepts and engineering skills, by making science gadgets to take home.

CODE: HA154  8 Fridays, April 5 - May 31 (no class 4/19)  2:40 - 3:40 pm  $225

Fit Girls • GRADES 4 - 5

Victoria Hill and Heather Dooley

Fit Girls is a non-competitive fitness initiative that inspires active lifestyles, friendships, personal growth and the confidence that comes from working toward and achieving goals. We meet twice a week for fun and energizing sessions that build physical and mental endurance and prepare us for the Cause + Event 5K road race that we will run as a team on Sunday, May 12. This is an outdoor program so please dress for the weather and bring a water bottle. Team t-shirts are included. Please note: Runners who choose to do the optional 5K should register using the discounted rate below.

7 Mondays and 7 Thursdays, March 25 - May 16 (no class 4/15 and 4/18)  2:40 - 3:40 pm

CODE: PR08.1  Fit Girls Only  $112
CODE: PR08.2  Fit Girls + $25 race fee  $137

Minecraft Architecture • GRADES 3 - 5

Einstein’s Workshop

Minecraft is more than just a game. It is a creative tool which allows players to create amazing structures, scenes and works of art. With hundreds of blocks and items we will engage in “constructive play” as we design and build our structures. Working in the same world together, we will learn the meaning of good “digital citizenship.” There is no one theme for this class and students can choose to create from their imagination or use real world reference material for their inspiration.

CODE: PR155  7 Mondays, April 1 - May 20 (no class 4/15)  2:40 - 3:40 pm  $195

SPRING WILDFLOWERS HABITAT WALKING TOUR

Ages 10+, p. 30
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: 8 Tuesdays, April 2 - May 28 (no class 4/16) 1:10 - 2:10 pm  $160
CODE: PR103  French Club: 8 Tuesdays, April 2 - May 28 (no class 4/16) 1:10 - 2:10 pm  $160
CODE: ST101  Mandarin Club: At Stratton Thursdays, see page 53
CODE: TH86  Portuguese Club: At Thompson Wednesdays, see page 54

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 experience, and end the program with a mini chess tournament. All levels welcome.

CODE: PR104  8 Tuesdays, April 2 - May 28 (no class 4/16) 1:10 - 2:10 pm  $165

Actor’s Toolbox  • GRADES K - 2

Kaylah Dixon, Arlington Children’s Theater

This introductory acting class uses games, improv, voice and movement to build confidence and experiment with basic acting tools. We will focus on experimentation and communication using methods to promote personal growth and ensemble play. We will begin each class with warm-up games and move to acting exercises that 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: PR135  8 Thursdays, April 4 - May 30 (no class 4/18) 2:40 - 3:40 pm  $165

Cartooning with Young Rembrandts  • GRADES K - 5

Young Rembrandts Staff

Enjoy the excitement of cartooning as we learn to draw dynamic figures and action-filled scenes. Learn how to personify inanimate objects, transforming them into funny cartoon characters. Each week brings a new set of drawings, tied together by a common theme or sequential story. New and returning students of all levels of experience are welcome and no two lessons are alike.

CODE: PR115  8 Wednesdays, April 3 - May 29 (no class 4/17) 2:40 - 3:40 pm  $159

Motion Commotion  • GRADES 1 - 2

Wicked Cool for Kids

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

CODE: PR65  6 Fridays, April 26 - May 31 2:40 - 3:40 pm  $145

IF THE CLASS YOU WANT IS FULL

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

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.
Stratton

Creative Dance • GRADES K - 3
Thomas Krusinski
In our time together we will explore movement, body awareness, flexibility and strength. And since dance is a performing art, we also will create original dances and have fun moving our bodies to music. Please wear comfortable clothes suitable for movement. Thomas Krusinski was a dance performer for 15 years and taught creative dance, pre-ballet, ballet, and boys and girls dance ensembles for many years at the Brookline Music School. Please note: Students attending A Place to Grow should register for the 3:45 session.

CODE: ST143.1  7 Mondays, April 1 - May 20 (no class 4/15)  2:40 - 3:40 pm   $139
CODE: ST143.2  7 Mondays, April 1 - May 20 (no class 4/15)  3:45 - 4:45 pm   $139

Video Game Design • GRADES 3 - 5
Empow Studios
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: ST26  7 Mondays, April 1 - May 20 (no class 4/15)  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, April 2 - May 28 (no class 4/16)  1:10 - 2:10 pm   $135

Art Explorers • GRADES K - 2
Pam Shanley-Daube, Arlington Center for the Arts
We will 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: ST141  8 Wednesdays, April 3 - May 29 (no class 4/17)  2:40 - 4:10 pm   $195

Fit Girls • GRADES 4 - 5
Patricia Mangaudis and Sarah Diminico
Fit Girls is a non-competitive fitness initiative that inspires active lifestyles, friendships, personal growth and the confidence that comes from working toward and achieving goals. We meet twice a week for fun and energizing sessions that build physical and mental endurance and prepare us for the Cause + Event 5K road race that we will run as a team on Sunday, May 12. This is an outdoor program so please dress for the weather and bring a water bottle. Team t-shirts are included. Please note: Runners who choose to do the optional 5K should register using the discounted rate below.

6 Wednesdays and 6 Thursdays, March 27 - May 9 (no class 4/17 and 4/18)  2:40 - 3:40 pm

CODE: ST08.1  Fit Girls Only   $96
CODE: ST08.2  Fit Girls + $25 race fee   $121

Parkour • GRADES 3 - 5
Parkour Generations Boston
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.

CODE: ST54  8 Thursdays, April 4 - May 30 (no class 4/18)  2:40 - 3:40 pm   $145
Language Clubs: Spanish, French, Portuguese, Mandarin  •  GRADES K - 5
RoLa Languages Instructor
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CODE: ST100  Spanish Club: 8 Thursdays, April 4 - May 30 (no class 4/18)  2:40 - 3:40 pm $160
CODE: ST103  French Club: 8 Thursdays, April 4 - May 30 (no class 4/18)  2:40 - 3:40 pm $160
CODE: ST101  Mandarin Club: 8 Thursdays, April 4 - May 30 (no class 4/18)  2:40 - 3:40 pm $160
CODE: TH86  Portuguese Club: At Thompson Wednesdays, see page 54

NEW  Introduction to Musical Theater  •  GRADES 3 - 5
Arlington Children's Theater Staff
In this dynamic theater class, we will learn how to safely and effectively warm-up our voices and bodies and workshop excerpts from The Jungle Book. We will combine singing, dancing and acting to communicate a story and engage our audience. The final session will be open to friends and family as students share some of their work.

CODE: ST156  8 Fridays, April 5 - May 31 (no class 4/19)  2:40 - 3:40 pm $165

Digital Animation  •  GRADES 3 - 5
Empow Studios
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. Learn how to animate step-by-step, and explore your creativity while learning about storytelling, time-management, and the 12 principles of animation. This class is great for all levels of experience.

CODE: TH113  7 Mondays, April 1 - May 20 (no class 4/15)  2:40 - 3:40 pm $185

Cartooning with Young Rembrandts  •  GRADES K - 5
Young Rembrandts Staff
Enjoy the excitement of cartooning as we learn to draw dynamic figures and action-filled scenes. Learn how to personify inanimate objects, transforming them into funny cartoon characters. Each week brings a new set of drawings, tied together by a common theme or sequential story. New and returning students of all levels of experience are welcome and no two lessons are alike.

CODE: TH115  7 Mondays, April 1 - May 20 (no class 4/15)  2:40 - 3:40 pm $139

Thompson

Fit Girls  •  GRADES 4 - 5
Christine Fanciullo and Chrisna Chevalier
Fit Girls is a non-competitive fitness initiative that inspires active lifestyles, friendships, personal growth and the confidence that comes from working toward and achieving goals. We meet twice a week for fun and energizing sessions that build physical and mental endurance and prepare us for the Cause + Event 5K road race that we will run as a team on Sunday, May 12. This is an outdoor program so please dress for the weather and bring a water bottle. Team t-shirts are included. Please note: Runners who choose to do the optional 5K should register using the discounted rate below.
7 Mondays and 6 Wednesdays, March 25 - May 13 (no class 4/15 and 4/17)  2:40 - 3:40 pm
CODE: TH08.1  Fit Girls Only $104
CODE: TH08.2  Fit Girls + $25 race fee $129

Evening Parkour
AT AHS
Thursdays for Grades 3-5 and 6-9, p. 40
### NEW LEGO® Batman Gotham Gadgets • GRADES K - 2

**Play-Well TEKnologies**

Take on Gotham’s villains by designing and building Batman’s favorite crime-fighting machines. Build the Bat Tumbler, craft a Batwing, and design your very own Batcave, all out of LEGO® materials. Then use your projects to help save the city. Be the superhero or superheroine Gotham needs while learning how the world works through STEM concepts. **Please note the 90-minute class length.**

**CODE:** TH149  8 Tuesdays, April 2 - May 28 (no class 4/16)  1:10 - 2:40 pm  $195

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

**RoLa Languages Instructor**

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**CODE:** TH100  Spanish Club: 8 Wednesday, April 3 - May 29 (no class 4/17)  2:40 - 3:40 pm  $160

**CODE:** TH103  French Club: 8 Wednesday, April 3 - May 29 (no class 4/17)  2:40 - 3:40 pm  $160

**CODE:** TH86  Portuguese Club: 8 Wednesday, April 3 - May 29 (no class 4/17)  2:40 - 3:40 pm  $160

**CODE:** ST101  Mandarin Club: At Stratton Thursdays, see page 53

### 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 spring we will use fresh ingredients in a batch of new recipes 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:** TH157  8 Thursdays, April 4 - May 30 (no class 4/18)  2:40 - 3:40 pm  $175

### Coding with Scratch Jr 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 grade 3 at Thompson.

**CODE:** TH78  7 Fridays, April 12 - May 31 (no class 4/19)  2:40 - 3:40 pm  $115

### NEW Crafting Open Studio • GRADES 3 - 5

**Hui Ru Liang & Tanya Serrao**

Finish your week at school with some open studio crafting time. We will provide the materials and project inspiration, you come with your imagination and the desire to create. Tuition includes a $10 materials fee. Hui Ru Liang and Tanya Serrao have taught the popular Yarn Play class for many years. They are excited to bring more crafting to Thompson.

**CODE:** TH158  7 Fridays, April 12 - May 31 (no class 4/19)  2:40 - 3:40 pm  $105

### 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. Please note: Students attending TASP should register for the 3:45 session.

**CODE:** TH29.1  7 Fridays, April 12 - May 31 (no class 4/19)  2:40 - 3:40 pm  $119

**CODE:** TH29.2  7 Fridays, April 12 - May 31 (no class 4/19)  3:45 - 4:45 pm  $119

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**REGISTER NOW!**

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

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

Tom Allen has spent much of his time since early retirement riding and leading rides on local roads. His devoted following loves the rides as well as the history Tom shares along the way.

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

Ben Barkan is founder and owner of HomeHarvest, a company passionate about creating edible landscapes, and whose mission is to transform urban spaces into attractive and regenerative ecosystems.

Ann Bausman has a love affair with paper, pattern and color. She has taken classes at the School of the Museum of Fine Arts and other locations, and sells her work at area shops and artisan craft fairs.

Richard BelofskyCLU, ChFC, CFP® has more than 30 years of experience in financial services. An Arlington resident and Five-Star Wealth Manager recipient, he is a Certified Financial Planner® and financial advisor with The Bulfinch Group LLC.

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

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.

Boston By Foot promotes public awareness and appreciation of Boston’s rich history and architectural heritage by offering guided tours and programs conducted by 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 eight and has studied more than ten languages. He holds degrees in international relations and French literature and has taught French, Italian and Latin in a variety of language schools.

Arthur Budnik is a certified SHINE counselor and periodically a consultant to Minuteman Senior Services for Medicare presentations and activities.

Ginger Burr is founder of Total Image Consultants where she works with women from all walks of life to create a wardrobe they love. She is the author of That’s So You! and has appeared in Worth, Forbes Magazine, and Bloomberg Businessweek.

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

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.

Harriet Chenkin holds a degree in art therapy and creativity development from Pratt Institute. She worked as an art therapist at the Boston Institute of Arts Therapy, and while there curated numerous exhibitions created by children, adolescents and the elderly.

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.

Alexandra Dale is a practicing makeup artist with a degree in studio art from Smith College and multiple makeup artistry accreditation programs. She values feeling beautiful inside and out and through Alexandra Makeup Artistry serves clients throughout the U.S.

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 poet laureate of Arlington. Her writing has been published in Cognoscenti and in many publications including the Christian Science Monitor and The Boston Globe.

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.

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

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 fire personnel.
Sarah Dredge is a vocalist, actress and educator with degrees from the New England Conservatory of Music and Ithaca College. She has worked professionally in musical theater, classical music, and on television, and is a proud member of the National Association of Teachers of Singing.

Naomi Ellenberg-Dukas is president of Beadesigner International, co-chair of the Belmont Art Association, and owner of DukasDesigns.com.

David K. Ewen, M.Ed. is an author, speaker, and talk show host.

Dean Fisher has worked as a multi-instrumentalist for 27 years. He has been teaching djembe and dunun, which he learned in Arlington and in Conakry, Guinea West Africa, for the past seven years.

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.

Sue Funk is an exhibiting artist and a Massachusetts certified teacher.

Severina Gates is a former dancer and the first Level 4-certified Essentrics instructor in Massachusetts.

Erik Gehring is a freelance photographer who specializes in trees and natural landscapes. His favorite destination is Boston’s Arnold Arboretum, and for the last ten years he has published a calendar of images taken in the Arboretum landscape entitled Trees of Boston. Visit erikgehring.com.

Bruce Gerry, aka “Dr. Tuneup,” has been a self-employed, mobile auto mechanic for more than 40 years. He holds degrees in civil engineering and business administration from Northeastern University.

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).

Phillip Grannan is a multi-instrumentalist, composer, and teacher who 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.

Kimber Green is a licensed and board-certified massage therapist and speech-language pathologist who was voted Best of Boston Wellness “Mindfulness Coach” in 2016. Visit kimbergreentherapies.com

Suzi Grossman holds a degree in fine arts from the School of the Museum of Fine Arts and in English literature from Tufts. Her photographs explore family and group dynamics as well as living environments. 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. Visit ancientmoon.com.

Mary Hamilton has walked the British Isles with her husband countless times, and loves to share her experience with others.

Maura Harrington, GPC founded MJH Grant Consulting in 2016 to provide high-quality proposal writing and grant consulting services for nonprofits. She has more than 20 years of experience in the non-profit sector.

Eric Helmuth has been growing vegetables in containers and in the ground using organic methods for more than 15 years. At his Arlington home, he grows more than 30 crops over three seasons in a large container garden and raised beds.

Mary Hurley is a beloved leader of nature, museum and walking adventures.

Elaine E. Iagatta is a farm to table private chef and baker with over 25 years of experience. A 2006 diagnosis of being allergic to: Wheat, Barley, Rye, Oats, Sugar and fruit was an epic event. She had to learn how to eat again and created Tru NO Glu “truly gluten free without sacrificing taste.”

Indigo Fire is a pottery studio in Belmont that provides a friendly, non-intimidating environment for those interested in learning more about pottery.

Christine Jansen is a teaching assistant at Framingham State University, working with new fashion students. She has taught painting, stenciling, faux finishing, rug hooking, and textile design for various continuing education programs, and holds a bachelor’s degree in fashion design.

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 and has completed commissions for the Boston Children’s Museum and other venues.

Julie Kaufmann offers a wide range of dance instruction, including group classes, private lessons, parties and events and movement class for cancer survivors. Visit jkdance.com

Cheryl Keane is a certified Zumba instructor with a loyal following.

Janet Kessenich specializes in connecting workshop participants with what brings meaning, purpose and empowerment into their lives. She is the author of Music Lessons for the Spirit, a collection of essays drawn from the spiritual/life lessons learned as a pianist. Visit www.spiralenergies.com
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 an aromatherapist and the founder of Kameleon Healing Aromatherapy. She 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.

Anne Ku was born in Brunei and raised in Japan. She holds a master’s in music, has performed widely as a chamber musician and taught music at University of Hawaii. Since discovering ukulele, she has been jamming in clubs, giving lessons and workshops, and writing a book for aspiring ukulele players.

Michel L’Huillier studied fine arts and art history in Strasbourg, France, where he discovered a love for glass. Since 2004 he has taught stained glass and fusing in studios and schools in the Boston area.

David Lenoir is certified by the National Association of Realtors as a seniors real estate specialist (SRES®) and is qualified to address the needs of homebuyers and sellers age 50+.

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.

Nancy Linde is an author and quilter extraordinaire. She’s a member of the Quilter’s Connection, one of the oldest and largest quilting guilds in the country. Nancy is also working on her third Brain Games book due out in late 2019.

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.

Robert Lublin is professor of theatre arts at UMass Boston. In addition to publishing books and articles on Shakespeare, theater history, and dramatic literature, he reviews whisky, wine and beer for Drinkhacker.com.

Katharine MacPhail is a registered, LEED-certified architect who has been working on residential projects in the area for over 20 years.

Jeremy Marin is an avid vegetable gardener and compost maker, letting the bacteria do most of the work in the garden and in the compost bin. This frees him up to help and teach others about both.

Jim McCauley is a clinical social worker and co-founder and associate director of the Riverside Trauma Center. He is a licensed mental health clinician with expertise in helping individuals and organizations recover from traumatic events.

Heather McCormack is station manager at Boston Free Radio who recently started podcasting her own show Make it Stop. She is passionate about using community media to engage those who are traditionally underrepresented in telling their stories in ways that promote social change.

Cara McMillin has been knitting for over ten years and managed a yarn shop where she taught numerous knitting workshops. She looks forward to helping people expand their skills and gain confidence in their knitting abilities.

Lisa Mediano is a certified forest therapy guide with the Association of Nature and Forest Therapy Guides and Programs (ANFT).

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 helps people build meaningful and satisfying relationships through increased self-awareness, clearer communication, and healthy boundaries.

Alan Missel is a past division captain in the Coast Guard Auxiliary, sector Boston, coxswain.

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 published.

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.

Elyse Montoya holds a bachelor’s degree in theater from the University of California and has been performing in community and professional shows since she was seven. She loves to share the joy of theater and acting with others.

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 MassArt and has worked as a carpenter, cabinetmaker, and furniture maker. Most recently he taught in woodshops and Makerspaces.

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 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 teacher.

Wim Nijenberg is a native of the Netherlands and has more than 40 years of European travel experience. For nearly 20 years he conducted Europe Travel Planning seminars for travel agents nationwide.

Andrea O'Leary is a native American English speaker who holds a master's degree in education from Northeastern University and has taught English for many years to students of all ages and levels.

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 research projects focused on social and environmental aspects of everyday consumer products used in personal care and house cleaning.

Farheen Owais has been passionate about dancing since she was a child. She took 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 daily life. Elif is co-owner and chef at Magic Bites Bakery and Cafe, Arlington.

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

Parkour Generations Boston runs classes and workshops for all ages and abilities throughout the New England region.

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.

Katie Piselli is a dance teacher, performer, and choreographer specializing in vernacular jazz dances including Lindy Hop, Charleston, and Jazz Roots. Her mission is to promote jazz music, dance, and history through dynamic instruction.

Ray Pourali is chemical engineer, environmental engineer, process engineer, clean energy researcher, and founder of EnviroPal.org which delivers indoor/outdoor year-round composting solutions nationwide. Visit EnviroPal.org

Ebi Poweigha is a Cambridge native who wanted to be a rockstar, 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.makingtheflame.com.

Irena Stanic Rasin is an author, translator and teacher. 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.

Jennie Rathbun is a short-story writer and book reviewer who lives in Arlington. She has published a dozen stories in literary journals and holds a master’s in fine arts from the Bennington Writing Seminars.

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.

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 Boston Baked Blues. He was selected for World Harmonica Players’ list of most influential blues harmonica players many times.

Alison Silver teaches English at Acton-Boxborough High. With a bachelor’s degree in comparative literature and Italian studies and a master’s degree in teaching English from Brown University, she has taught English in Italy and tutored children and adults in ESL, Italian, writing, and reading comprehension.

Zach Slovin is the first grandchild to two grandmothers who are avid cooks. Cooking was a hobby until Zach decided to leave the IT industry to pursue the culinary world full-time. He specializes in pastas, breads, and pizzas and 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.

Joy Spadafora bikes up to 60 miles/week (weather-permitting). Her rides feature scenic vistas, bodies of water, and historical points of interest.

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.

Ellen Sullivan is a Realtor®, accredited buyer representative, and member of the Greater Boston Association of Realtors and Massachusetts Association of Realtors.

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. 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.

Val Walker holds a master of science in rehabilitation counseling from Virginia Commonwealth University, specializing in grief, loss and disability. She is the author of The Art of Comforting: What to Say and Do for People in Distress, and her articles have appeared in AARP Bulletin, Good Housekeeping, Coping with Cancer magazine, TIME, Whole Living, and others.

Katie Walter is 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 in London and now in Lexington as part of Two Aprons Cookery. Visit 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.

Babette Wils has been permaculture gardening in Needham for 15 years, and recently started a blog about it at http://bigfootgardens.blogspot.com. She is currently workshop coordinator at the Boston Food Forest Coalition.

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.

Abigail Wolf, with a background in herbalism, permaculture, environmental design, and organic farming, enjoys transforming landscapes into beautiful and productive vegetable gardens on the HomeHarvest installation team.

Sue Wood has practiced tai chi and qi gong since 1984. She has studied with Dr. Yang Yang, Dr. Roger Jahnke, Kenneth Cohen, and David Zucker. Her goal is to provide simple practices that students can integrate into their daily lives to enjoy improved balance, posture, and skills for calming and centering.

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.

Carol Zurek is a second-generation Deaf individual who attended the American School for the Deaf, the first school in America for Deaf students. She has taught American Sign Language and Deaf Culture 101 in various academic and community settings for over 20 years.

WOULD YOU LIKE TO TEACH?

Would you like to teach with ACE or do you have an idea for a new class? We’re always looking for enthusiastic instructors to share their expertise with our community. 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).
3. **MAIL** the registration form to Arlington Community Education, 869 Massachusetts Ave., Arlington, MA 02476.
4. **FAX** your registration to us at 781-316-3381.
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+. High school students under 18 may register for adult classes if accompanied by a registered adult. Registration remains open until the first meeting of most classes, as space permits. Under-enrolled 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. GPS address: 869 Massachusetts Ave., Arlington, MA 02476

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 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 __________________________ State ______ ZIP ______

Primary Phone ______________________________ Email (required) ______________________________

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Registration fee (once per term, per person, fee waived for courses $25 and under) $6.00

Donation to Scholarship Fund

TOTAL: __________________

I agree to release and hold harmless the Town of Arlington, Arlington Public Schools and its employees, agents and assigns from all liability or expenses arising out of any incident involving or any account of injury in connection with this program. I consent to treatment by emergency personnel in the event of injury to, or illness during my participation in this program. I accept full responsibility for all costs for any such emergency treatment. I agree to abide by APS policies. I further agree to the possible taking of my photograph for promotion of the program via print and web.

Signature __________________________________ Date ______________________________________

To Register:

1. Pay by Check: Please make payable to Arlington Community Education and mail with this registration form to Arlington Community Education, 869 Mass. Ave., Arlington, MA 02476
2. Pay by Charge: at ArlingtonCommunityEd.org, by fax 781.316.3381, or by mail. Charge will appear on your credit card statement as “Arlington Community Education.”

Charge: □ VISA □ MasterCard □ Discover

Card # ______________________________ Expiration Date _____________ Security Code _____________

Cardholder Signature ____________________________________________________________
Our Programs

Adult Programs
Ages 18+

KidZone
Grades K - 5

TeenZone
Grades 6 - 8

Family Programs
Spend time together

High School & College Prep
Grades 9 - 12

SummerFun!
Grades 1 - 9

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Grades K - 8 • FEBRUARY & APRIL
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We Need To Talk
with author Steve Almond

Walking Tours

Jewelry Making Classes