

new
classes
weekly
January-
March



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

Welcome to our Winter 2020 catalog

For me and my family, the winter holidays are a time of giving, and a time of togetherness with those we care about. But maybe this season you are looking for more—more ways to celebrate or give. Or perhaps like me, you hope to shop less and ‘do’ more in 2020?

Well, here at ACE, we’ve noticed that our students are indeed looking for more ways to get involved and be together with others. We’ve received several requests for more family classes. And so not only have we added dozens of youth programs, and some great new adult classes—like *Clawhammer Banjo*, *Drawing in Pubs*, and *Shakespeare on Love*—but we’ve also doubled our *Family Night* offerings. You’ll find many opportunities to do something together, and you don’t even have to clean off the dining room table! (Our classes make great gifts too.)

We hope no matter your age or interest, you’ll find a class that excites you and you’ll join us this winter. Along with the entire ACE staff, I send best wishes to you and your families this holiday season.



Winter Term Dates

January 13 - March 13

No Class Dates

Adults: No classes at AHS January 20 and February 17-21. Schedules at other locations may vary, please check class descriptions for details.

Youth: No *KidZone* or *TeenZone* classes January 20, January 21 (Gibbs only), and February 17-21. *VacationFun!* and *Driver’s Ed* will be held at AHS during February break. See youth section for details.

Our Mission

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

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communityed@arlington.k12.ma.us

Tax identification number: 046-001-070

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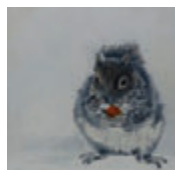


DAYTIME
CLASS



WEEKEND
CLASS

FALL COVER ART CONTEST WINNER



Artist Judith Robichaud, a one-time Arlington resident who now resides in Roslindale, is inspired by the everyday beauty found in one’s own backyard or city park. Many of her paintings focus on unappreciated wildlife from pigeons to squirrels and common birds. “Solo Squirrel” is the first in a series of paintings designed to evoke strong feelings for the subject matter—people either love squirrels or find them a nuisance. Those in the latter camp tend to look at them a little differently after viewing this painting. Judith has shown her work at art fairs and galleries in Boston and New York. Visit judithrobichaud.com

Active Bystander Training: Become an “Upstander”

Christopher Ellinger



We all witness situations where we want to intervene, but hesitate. Will our response make things better or worse? Could we get hurt? Learn how to become a more effective active bystander, someone who not only witnesses a situation, but also speaks up or takes steps to help to defuse or keep a situation from escalating. In this hands-on workshop you will gain skills to evaluate a situation to determine a safe and effective response. Learn and practice a variety of tactics for handling potential attacks in public or verbal micro-aggressions in contexts where people know each other (e.g. workplace, family). Leave the evening a more empowered “upstander.”

WE028 Wednesday, Jan. 22 6:30 - 9 pm \$35

The Power of the Zodiac: Historic Arlington Notables and their Signs

Dee Morris



Does the sun's position when people are born have any influence on their personalities? Perhaps the zodiac may offer insight into the deeds and inclinations of some outstanding notables of our community. Born in November, Vittoria C. Dallin (1861-1948), wife of renowned sculptor, Cyrus Dallin, contributed enormously to the cultural

life of Arlington. Did her fiery sign of Sagittarius the Archer account for some of her passionate dedication to the arts? Enjoying the rough and tumble world of politics, Governor John Q. A. Brackett (1842-1918) worked hard to establish cooperative banks which came to the assistance of the working class. His highly-social June sign of Gemini the Twins may have enhanced his ability to navigate contentious topics such as prohibition and the conditions in Massachusetts prisons. Learn how Arlington's diverse blend of men and women, representing every sign of the zodiac, created a vibrant community.

RF078 Wednesday, Jan. 29 7 - 8:30 pm \$10

NEW DRAWING IN PUBS

Get outside the studio and sketch in a different bar each week with Bryan Ramey, p. 10



Home Coffee Brewing Science

Aaron MacDougall

Want to learn how to consistently brew great coffee that rivals your favorite coffee shop? Join expert coffee roasters in this practical, hands-on tutorial and coffee tasting. Explore the factors that impact coffee extraction and influence flavor so that you can identify the issues when brews go wrong at home. Come taste three different kinds of coffee, then choose a favorite to practice brewing techniques with. We'll use common homebrew devices, tweaking the variables to develop your perfect cup. **Meet at Broadsheet Coffee Roasters, Cambridge.** Tuition includes a beverage fee.

FD264 Monday, Feb. 3 6:30 - 8:30 pm \$25

Out with the Old, In with the New

Lauren Mackler



Are your mind and emotions bogged down by old patterns? Do you make the same resolutions to change year after year? Or, perhaps, you feel overwhelmed by physical clutter, unused objects, or disorganization in your home or professional life. If so, it may be time to “declutter” your life! In this powerful event, psychotherapist and author of

Solemate: Master the Art of Aloneness and Transform Your Life, Lauren Mackler, discusses how each of us has a defined amount of life energy at any given time, and where we allocate that energy creates the life we have. Because most people never learned the “art of decluttering,” they hold on to old ways of thinking, feeling, and living, keeping their life energy and potential captive. Learn how to shed old patterns, unlock your energy, and liberate your potential to create a life you love.

WE079 Thursday, Feb. 6 7 - 8:30 pm \$10

Shakespeare on Love

Robert Lublin



Throughout his works, Shakespeare gives exquisite voice to the mysteries of love. We will read and consider a range of his most intimate sonnets, and try to make sense of love in all of its complexities. Throughout the evening we will explore the words and phrases Shakespeare used to create a rich sense of the diverse ways that love is expressed, received,

and experienced. No prior experience with Shakespeare is necessary, though you may want to refamiliarize yourself with *Romeo and Juliet* and *Othello*, which so beautifully explore the nature of love at the precipice of tragedy.

WL035 Tuesday, Feb. 11 7 - 9 pm \$10

Raising Chickens for Eggs: An Intro to Backyard Chickens

Vicki Krupp

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



HGo83 Wednesday, Mar. 11 7 - 9 pm \$10

OUR CLASSES MAKE GREAT GIFTS!

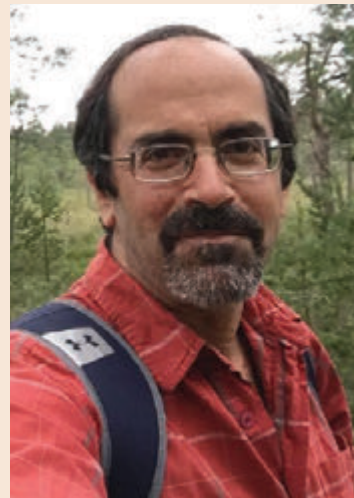
Call 781.316.3568 to purchase a gift certificate today.

CURIOUS MINDS

Astronomy and Our Universe: The Big Picture and a Few 'Hot' Topics

Paul Green

In celebration of the 20th anniversary of the launch of one of NASA's Great Observatories, the Cambridge-based Chandra X-ray Observatory, come ponder the universe's vast wonderland. Begin by putting everything into perspective with a grand tour of the universe from Earth to the Big Bang,



then examine the lives of stars and the key role they play in the creation of the elements that comprise our world. We will also discuss the simplest yet scariest objects of all, black holes. In the final session, meet at the Harvard-Smithsonian Center for Astrophysics near Harvard Square, home of the Chandra Science Center. View the historic Great Refractor telescope dating to the 1840s, and learn about the much more recent discoveries Chandra has made during its two decades in orbit. Specifically designed to investigate very hot regions of the universe by resolving celestial X-ray sources with unprecedented precision, Chandra has greatly advanced the field of X-ray astronomy. See how its discoveries have illuminated exploded stars, clusters of galaxies, and the doomed matter around black holes.

RF079 4 Tuesdays, Jan. 28 - Feb. 25 (no class 2/18)
7 - 8:30 pm \$59

Beekeeping for Beginners

Tony Pulsone



Get prepared for the fascinating hobby of beekeeping as we discuss how to acquire your first bees, hive placement, equipment, seasonal management of your colonies, and being a good neighbor. Come learn what all the buzz is about. (See full description on p. 19)

HGo80 5 Wednesdays, Feb. 5 - Mar. 11 (no class 2/19)
7 - 8:30 pm \$65

Group Travel to Italy Food & Wine: Flavors of Tuscany & Umbria

Registration Deadline Extended to December 31



Join fellow food and wine enthusiasts on an exploration of Tuscany and Umbria. Discover the simple, honest flavors for which central Italy's medieval villages and sweeping countryside are known. Tucked away towns

make up the core of the region, while the cultural capital of Florence offers urban elegance and historic remnants from the Renaissance. The trip includes visits to Florence, San Gimignano, Siena, Montalcino, Cortona, Lake Trasimeno, and

Perugia. Enjoy guided sightseeing tours, multiple tasting lunches and dinners, a cooking lesson, wine tastings, and 9 nights in handpicked hotels. For complete details and to register, visit: GroupTourSite.com/marieraduazz. Deadline extended to December 31.



FREE Info night! Thursday, December 12 7 - 8 pm

EFoot May 9 - 19, 2020 \$4,299 per person includes airfare from Boston

One-Night, Daytime, and Weekend Classes See the full listings on the referenced pages for details

ONE-NIGHT CLASSES

Adult, Infant & Child CPR with AED (Thursday, Jan. 16 / Wednesday, Feb. 5 / Tuesday, Mar. 10)	26
Introduction to Aromatherapy & Essential Oils (Tuesday, Jan. 21)	25
Paper Marbling (Wednesday, Jan. 22)	10
Active Bystander Training (Wednesday, Jan. 22)	3
Use the Power of Intention to Change Your Life (Thursday, Jan. 23)	25
Winter Floral Arranging (Monday, Jan. 27)	19
Estate Planning Essentials (Tuesday, Jan. 28)	7
The Power of the Zodiac: Historic Arlington Notables and their Signs (Wednesday, Jan. 29)	3
Decorating 101 (Thursday, Jan. 30)	19
Home Coffee Brewing Science (Monday, Feb. 3)	3
Plan a Successful Fundraising Event (Tuesday, Feb. 4)	6
Organizing Made Simple (Wednesday, Feb. 5)	19
Out with the Old, In with the New (Thursday, Feb. 6)	3
Shakespeare on Love (Tuesday, Feb. 11)	4
Writing As an Act of Love (Thursday, Feb. 13)	27
Preserving and Passing On the Family Cottage (Tuesday, Feb. 25)	7
Public Speaking with Confidence (Wednesday, Feb. 26)	22
Natural Look Makeup Techniques (Thursday, Feb. 27)	25
Choose Home Colors with Confidence (Thursday, Mar. 5)	19
Terrarium Design & Houseplant Care (Monday, Mar. 9)	20
Glass Fusing Workshop (Tuesday, Mar. 10)	11
Financial Wellness Roadmap (Tuesday, Mar. 10)	8
Raising Chickens for Eggs (Wednesday, Mar. 11)	4

DAYTIME CLASSES

Joyful Morning Yoga (starts Jan. 8)	14
Learn to Knit (starts Jan. 13)	12
Spanish Level 2 (starts Jan. 14)	21
Tai Chi: Yang-Style (3 levels) (starts Jan. 14)	15
Memoir Writing Group (starts Jan. 15)	26
Essentrics: Gentle Stretching (sessions start Jan. 15 & Jan. 17)	13
English as a Second Language (starts Jan. 15)	21
French Level 1 (starts Jan. 16)	20
French Café: Conversation and Culture (starts Jan. 16)	21
Tai Chi: Meditation in Motion (starts Jan. 16)	14
Acrylics Magic (starts Jan. 17)	9
Mixed Media Exploration (starts Jan. 17)	9
Poker: Texas Hold'em 101 (starts Jan. 21)	23
Botanical Drawing (starts Jan. 21)	9
Painting with Pastels (starts Jan. 22)	9
Watercolor Pencils (starts Jan. 27)	10
Play Bridge (starts Jan. 28)	23
Pediatric CPR & First Aid for Grandparents (starts Feb. 3)	26

WEEKEND CLASSES

Reiki Level 1 Certification (Saturday, Jan. 18)	26
Midwinter Walk (Saturday, Feb. 1)	24
Chocolate Tour: Harvard Square (Saturday, Feb. 22)	24
Art Deco in Boston's Financial District (Saturday, Mar. 7)	24
Maple Sugaring at Mass Audubon Habitat (Sunday, Mar. 15)	24



Susan Ruderman

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

BTo87 Tuesday, Feb. 4 6:30 - 9 pm \$29



Maura Harrington & Lisa Ventresco

Train your brain by engaging both your right (artistic) and left (analytical) sides when you create a mind map, a diagram that visually organizes your thoughts and information. This visual thinking tool can help you both synthesize and recall information, and even help you develop new ideas and creative solutions. Drawing mind maps can help you gain clarity in just about any aspect of your life, from planning your day to mapping your future, summarizing a book, studying for a test, creating a presentation, writing a blog post, launching a project, or solving a complex problem.

BTo88 4 Thursdays, Feb. 6 - Mar. 5 (no class 2/20)
7 - 8:30 pm \$69

Howard Loewinger

Learn about Google Drive, Google's answer to Microsoft Office. Google Drive is free, there is no software to install, and you can access the Drive apps and your files from any Internet-connected computer or mobile device. We will focus on the word processing (Docs), spreadsheet (Sheets) and presentation (Slides) apps. Learn how to create and edit files and upload Office and other files into Drive. See how easy it is to share files with others, and take a look at using Drive on both a computer and a mobile device. If you don't already have one, please create a Google (Gmail) account before the first class. Computers will be provided.

BTo89 2 Thursdays, Feb. 27 and Mar. 5 7 - 9 pm \$45

Eric Wing

Create a custom website that lets you make changes easily and indefinitely with the user-friendly and flexible platform WordPress. Learn everything you need to get started, including setting a theme, customizing with images, and adding videos and unique text. Come with an idea for a basic website or blog and finish the course with a working site. To get the most from this course, you must be familiar with how to use a personal computer and be comfortable with the internet. Computers will be provided.

BTo23 4 Tuesdays, Jan. 21 - Feb. 11 7 - 9 pm \$89

Polish your presentation skills, p. 22

Eric Wing

Make your website stand out amongst the 571 new sites that join the internet **every minute** by implementing Search Engine Optimization (SEO). This marketing strategy is an ongoing process that takes into consideration how Google and other search engines work and the computer-programmed algorithms that dictate their behavior to increase the quality and quantity of organic (unpaid) traffic to your website. Get a solid understanding of SEO and enough knowledge to make substantive changes that will noticeably increase traffic to your site. Computers will be provided.

BT041 4 Wednesdays, Feb. 5 - Mar. 4 (no class 2/19)
7 - 9 pm \$89

One-on-One with QuickBooks

Leslie Capachietti

Get one-on-one help with either the desktop version of QuickBooks or QuickBooks Online. Ideal for new QuickBooks users who need help getting their company file set up correctly, or existing users who want advice on how to get the most from the software. Our local certified QuickBooks expert will meet with you for a single, two-hour session. You may need to provide your own computer. Sessions must be scheduled in advance. Location and times are flexible. Please call the ACE office at 781.316.3568 to learn more and register. The price below is for a single, two-hour session. Additional fee may apply for travel outside Arlington.

BT083 Date and time TBD \$125

ALL EVENING CLASSES MEET AT ARLINGTON HIGH SCHOOL (AHS)

unless otherwise noted

One-on-One Technology Tutoring

Howard Loewinger

Get one-on-one help with your smartphone, tablet or computer, and 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. You may need to provide your own laptop or device. Sessions must be scheduled in advance. Location and times are flexible. Please call the ACE office at 781.316.3568 to learn more and register. The price below is for a single, two-hour session. Additional fee may apply for travel outside Arlington.

BT072 Date and time TBD \$125

WEBSITE CLASSES

with Eric Wing, p. 6



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, checking and savings accounts, investments, life insurance, 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 about most. It 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. With both humor and knowledge, a local attorney and estate planning specialist will address fundamentals of estate planning including what happens if you die without a will, avoiding probate, selecting a guardian, minimizing estate taxes, and more.

BT065 Tuesday, Jan. 28 7 - 9 pm \$25/individual or \$35/pair

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 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. With ample time for questions, we will review issues such as: 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 will cover planning techniques that create a smooth transition of your family home while protecting this family asset for generations to come.

BT055 Tuesday, Feb. 25 7 - 9 pm \$25/individual or \$35/pair

Navigating the Stock Market

Michael Stern

You can't afford to miss this course! Get empowered 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, 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.

BT071 3 Wednesdays, Feb. 26 - Mar. 11 7 - 8:30 pm \$55

NEW

FINANCIAL
WELLNESS
ROADMAP

with Megan Scipione

**First-Time Home Buying Fundamentals***Ellen Sullivan & Bob Cahill*

Get a solid overview of the home-buying process at this information-packed workshop that will educate and prepare first-time home buyers for their entry into the real estate market. 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. Together a realtor and lender will lead the discussions.

BT019 2 Wednesdays, Mar. 4 and 11 7 - 9 pm
\$45/individual or \$69/pair

**PLAN A SUCCESSFUL
FUNDRAISING EVENT**

"Susan Ruderman is well organized and answered all of our questions." p. 6

NEW

Financial Wellness Roadmap*Megan Scipione*

Master your money worries and learn to organize your finances with a simple framework that will help you accomplish your goals. Whether you are just starting your career or in your prime income years, optimizing the management of your household finances can reduce stress and position your family to confidently navigate all of life's milestones. With these guidelines, learn how and why to budget, pay off and avoid debt, save, and invest. Jump-start your financial life with these principles that will serve you—and your family—well over your lifetime.

BT090 Tuesday, Mar. 10 7 - 9 pm \$25/individual or \$35/pair

ONLINE CLASSES**Online Classes at Arlington Community Ed
*Learn Anywhere, Anytime***

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



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

- Self-paced
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<https://arlington.mindedgeonline.com/partner/courses/>



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

www.ed2go.com/arlington/



FINE ARTS & CRAFTS

Digital Photography

Suzi Grossman

Move off the “auto” setting and discover what your digital camera can do. We’ll explore your camera’s features and menus and then focus on elements of photography including aperture, shutter speed, metering, focus, and ISO speed. Through discussions about composition and lighting, learn to capture the moment and tell a story through your photos. In the introduction class we’ll focus on the basics, and in the intermediate level we’ll refine your existing skills and learn how to tell a story through photos, using short assignments between classes to practice and review photographs as a group. **Please note:** Bring your DSLR camera and manual to the first class.

INTRODUCTION 6 Wednesdays, Jan. 22 - Mar. 4
(no class 2/19) 7 - 9 pm \$125

INTERMEDIATE 6 Thursdays, Jan. 23 - Mar. 5
(no class 2/20) 7 - 9 pm \$125

WELCOME BACK ANASTASIA!

Fine Arts classes with
Anastasia Semash



Acrylics Magic

Anne Black

Delve into the wonderful world of acrylics. Explore a myriad of ways to use acrylic gels, mediums and paints to create luscious, colorful surfaces. For both newcomers and experienced artists, this course offers guided exercises and demos as well as ample time for experimentation. Spark your creativity with exciting ideas for taking your work in new directions. Tuition includes a \$20 materials fee. An additional materials list will be emailed once the class has reached minimum enrollment. **Meet at Arlington Senior Center.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

ACo67 6 Fridays, Jan. 17 - Feb. 28 (no class 2/21) 10 am - noon
\$145; Arlington Seniors \$128

Mixed Media Exploration

Anne Black

Ignite your creative joy with an alluring array of materials and techniques. Explore mark making and simple printmaking techniques that yield dynamic results. Discover the special appeal of mixed media as you build layers and combine found materials to create unique works of art. New and returning students alike will find fresh ideas to enrich your own artistic voice and vision. Tuition includes a \$30 materials fee. An additional materials list will be emailed once the class has reached minimum enrollment. **Meet at Arlington Senior Center.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

ACo74 6 Fridays, Jan. 17 - Feb. 28 (no class 2/21) 1 - 3 pm
\$155; Arlington Seniors \$138

NEW

RENOVATION DESIGN STUDIO

DIY home renovation project, p. 19

Botanical Drawing

Anastasia Semash

The natural world provides endless opportunities to create art for those captivated by the infinite details that flowers, fruit, and trees provide. Hone your observational skills and discover techniques to illustrate nature using pen, ink, and colored pencils. We’ll work both from observation and photo sources. All skill levels are welcome. A materials list will be emailed once the class has reached minimum enrollment. **Meet at Arlington Senior Center.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

ACo75 7 Tuesdays, Jan. 21 - Mar. 10 (no class 2/18) 1 - 3 pm
\$139; Arlington Seniors \$125

Painting with Pastels

Anastasia Semash

Learn a wide range of artistic chalk and oil pastel painting techniques. Projects include abstract compositions, still life, landscapes and botanicals. Work from observation and photo references, as well as inspiration from the works of great masters. Explore the ways to mix and blend colors, create texture, and effects of light and shade in your art. A materials list will be emailed once the class has reached minimum enrollment. **Meet at Arlington Senior Center.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

ACo76 7 Wednesdays, Jan. 22 - Mar. 11 (no class 2/19)
10 am - noon \$139; Arlington Seniors \$125

Watercolor Pencils DAYTIME CLASS

Anastasia Semash

Watercolor paintings are among the most beautiful and luminous works of art and also one of the most difficult to master. Watercolor pencils have made this process a little easier. We'll work with specialized color pencils to create beautiful paintings. All levels welcome. A materials list will be emailed once the class has reached minimum enrollment.

Meet at Arlington Senior Center. Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

AC007 7 Mondays, Jan. 27 - Mar. 16 (no class 2/17) 1 - 3 pm
\$139; Arlington Seniors \$125

NEW Drawing in Pubs

Bryan Ramey

Sketch with us at a different bar each week. Get outside the studio and draw scenes from real life as we explore some of the best local stools, dives and hangouts the Arlington/Cambridge area has to offer. Capture the tone, gesture and movement around you with the portable mediums of your choice. Improve your drawing ability and become more comfortable drawing in public, all while finding your new favorite stool to sip at. All skill levels and drawing styles are welcome. Drinking is optional. Drawing is not. BYO materials. Meeting locations will be sent one week prior to date of class.

AC077 6 Mondays, Jan. 27 - Mar. 9 (no class 2/17)
7:30 - 9:30 pm \$125

FASHION ILLUSTRATION

"Katherine McGough is a skilled professional, and helped improve my confidence in my drawing."

Fashion Illustration

Katherine McGough

Instagram has helped revive the art of fashion illustration, which was displaced by photography in the 1960s. A new generation of artists is rewriting the rules. This course will help you get started by introducing proportions for both a fashion figure and a real-life human. Learn body anatomy, including how to draw faces, hands and feet, and the clothed figure. Those taking this course again will tackle new projects that will increase your skills. **Please note:** Bring a sketchbook (or paper), a pencil, and a good eraser to the first class, where we will discuss additional materials that may include watercolor, markers, and colored pencils.

AC078 6 Tuesdays, Jan. 28 - Mar. 10 (no class 2/18)
7 - 9 pm \$125

Woodworking: Introduction & Open Shop

Nathan Muehleisen

Craft a maple cutting board as you learn the basics of using woodworking tools. Then use your new skills to design and build a small independent project. Returning students can bring ideas and materials for more complex projects. Wood will be provided for the cutting board but all additional materials must be brought by students. **Meet in the Wood Shop at AHS** (see map on p. 53).

AC079 8 Thursdays, Jan. 16 - Mar. 12 (no class 2/20)
6:30 - 8:30 pm \$195

Card Making: Pop-up Design

Susanne Agerbak

Create fun and engaging cards with pop-up designs. No artistic ability required, only a willingness to muck about with paper, scissors and glue. Master a variety of techniques, building on your skills over the two nights to create even more complex pop-ups. Learn how to customize and make your own designs. You'll never send a store-bought card again, and delight in how your creations become treasured gifts. Tuition includes a \$7 materials fee. **Please note:** Bring scissors to class.

AC080 2 Tuesdays, Jan. 21 and 28 7 - 9 pm \$49

Fun Fact: Susanne also teaches *Family Night: Pop-Up Cards* p. 37

NEW

PAPER MARBLING

with Christine Jansen



NEW

Paper Marbling

Christine Jansen

Create beautiful swirls and colorful patterns as you learn to marbelize paper, an art that dates back to the Middle Ages. In this class for beginners, float pigments on a water bath thickened with carrageenan then use the mobility of the water to transfer freeform shapes or combed patterns onto absorbent paper. Experiment with different tools to make unique designs with kaleidoscopic swirls of color that can be used for portfolio covers, scrapbooking papers, cards, or just for framing. Tuition includes a \$15 materials fee.

AC081 Wednesday, Jan. 22 7 - 9 pm \$35

Fun Fact: Christine also teaches *Family Night: Paper Marbling* p. 36

NEW

FELTED SCARF WORKSHOP

with Betsey Cogswell



NEW

Felted Scarf Workshop*Betsey Cogswell*

Using warm water, a little soap and some friction, craft a soft, warm, beautiful, and light-weight scarf from fine merino wool fleece. Felting, the oldest known way to make fabric, combines layers of wool fibers into one flat piece without knitting or weaving. Create a scarf from wool fleece alone or make a Nuno-felted scarf, which integrates silk fabric with the wool fleece. Felt a fabulously textured scarf for yourself or to give as a one-of-a-kind gift. Tuition includes a \$25 materials fee.

ACo82 2 Tuesdays, Feb. 4 and 11 7 - 9 pm \$65

Glass Fusing Workshop: Plates & Bowls*Michel L'Huillier*

Learn the basics of glass fusing while playing with glass shapes, colors and textures. Learn to use glass powders, frits and stringers. Then design and create a 4x4 inch dish and an 8x8 inch plate or bowl. A selection of pre-cut 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.

ACo69 Tuesday, Mar. 10 6:30 - 8:30 pm \$115

Fun Fact: Michel also teaches *Family Night: Glass Art*, p. 37

NEW

Mosaic Art Design*Suzanne Owayda*

Using the ancient art of mosaics, create your own beautiful fine art panel. Discover the history behind this art form while learning about materials, tools, adhesives, and cutting techniques. Working on an 8x10 inch base, experiment with a variety of design techniques, color arrangements, and placement of materials before finalizing the layout with grout in the last class. Beginners and more experienced students are welcome to this fun and in-depth exploration of mosaics. The cost of all materials (including a frame) is included in tuition. Meet at Mosaic Oasis Studio and Supply, Arlington.

ACo83 5 Mondays, Feb. 24 - Mar. 23 6:30 - 9 pm \$165

Kumihimo Jewelry: Intermediate Necklace*Yin Guang & Naomi Ellenberg-Dukas*

Take your kumihimo skill to the next level. Create a custom-designed beaded statement necklace. Using seven cords, and employing a technique called "Fill the Gap," braid a beaded pearl cord, then create a central beaded focal area. You will also receive coordinating earrings, with the option of making them in class if time allows. Additional kits and materials will be available for sale. Leave with instructions, a pattern, and new skills to continue this satisfying craft on your own. Tuition includes a \$35 materials fee.

ACo84 2 Tuesdays, Feb. 25 and Mar. 3 6:30 - 9 pm \$89

Beginning Jewelry: Sterling Silver 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. **Please note:** A \$35 materials fee is payable to the instructor at the first class. Meet in Jewelry Studio at AHS (see map on p. 53).

ACo33 2 Tuesdays, Jan. 21 and 28 6 - 9 pm \$65

Get to Know Your Sewing Machine*Christine Jansen*

Unleash your inner seamstress! Whether you have no experience or just need a refresher, in just two evenings you'll learn what you need to get sewing. Review your machine's parts and functions, learn to change a bobbin, thread the machine, decipher stitch selections, and use the buttonhole function. After some practice and to boost your confidence, undertake a small project. **Please note:** Bring your sewing machine in good working order along with your machine's instruction manual, if you have it. A materials list will be emailed once the class has reached minimum enrollment.

ACo25.1 2 Thursdays, Jan. 16 and 23 7 - 9 pm \$39

ACo25.2 2 Thursdays, Mar. 5 and 12 7 - 9 pm \$39

Fun Fact: Christine also teaches this class for families, p. 37

KUMIHIMO JEWELRY: INTERMEDIATE NECKLACE

with Yin Guang & Naomi Ellenberg-Dukas



Learn to Sew Clothes

Christine Jansen

Sewing your own garments may sound difficult, but with a little knowledge and personalized instruction you can upgrade your own wardrobe. In this advanced beginner and intermediate level class, learn the basics of garment construction, how to follow a commercial sewing pattern, and tips and tricks to achieve a professional finish. Get to know fabrics and textiles and receive guidance on how to select a pattern, fabric, and notions to purchase for the second class.

ACo7o 6 Wednesdays, Jan. 29 - Mar. 11 (no class 2/19)
7 - 9 pm \$119

Crochet for Beginners

Janet Peluso

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

ACo31 6 Thursdays, Jan. 30 - Mar. 12 (no class 2/20)
7 - 9 pm \$119

NEW

ONE ACT PLAYS

Get creative onstage with Elyse Montoya, p. 22

Learn to Knit

Valerie Wey

Casting on, knitting, purling, changing colors, picking up stitches, binding off, and finishing will be covered in this course for new knitters and those who want to refresh their basic skills. Explore how different yarn, stitches, and gauge affect the end result. Bring an unfinished project you want to continue working on or the instructor can help you choose a new project. **Please note:** If you are new to knitting or left-handed, contact the instructor at valeriewey@yahoo.fr before the first class. Bring a pair of U.S. size 8 bamboo knitting needles, either straight or circular, and some worsted-weight yarn in a mid-to-light toned color to the first class. **Meet at Arlington Senior Center.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

ACo27 6 Mondays, Jan. 13 - Mar. 2 (no class 1/20, 2/17)
10 - 11:30 am \$89; Arlington Seniors \$80

Knitting for Beginners & Beyond

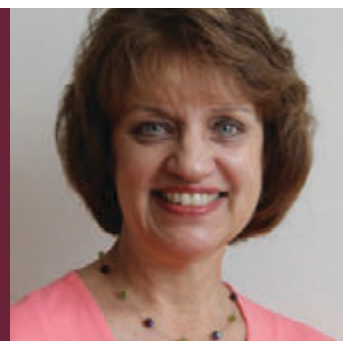
Karen Roth @ Harriet Vanderput

Those new to knitting—or returning to it—will receive a solid foundation in basic skills that will prepare you to move on to independent projects. We will start with the basic skills of casting on and knit-stitch before learning purling, knitting-in-the-round, changing 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 materials list will be emailed once the class has reached minimum enrollment.

ACo28 6 Thursdays, Jan. 16 - Feb. 27 (no class 2/20)
7 - 9 pm \$119

USE THE POWER
OF INTENTION
TO CHANGE
YOUR LIFE

with Janet Kessenich,
p. 25



Hand Embroidery: Sublime Stitchery

Daniela Cermenati

Embroidery, the art of embellishment with needle and thread, has ancient roots. Every culture has some form of it in their textile art history. Although it started as a practical way to mend clothing, embroidery can be incredibly creative, but is also remarkably easy to learn. In this class for all levels, master the basic stitches and the practice by embroidering a flower sampler. Discuss thread and wool options, color palettes, techniques for transferring images, and detailing stitches to accentuate dimension and color so you can start your own project. Tuition includes a \$10 materials fee.

ACo5o 5 Tuesdays, Jan. 21 - Feb. 25 (no class 2/18)
7 - 9 pm \$109

Fun Fact: Daniela also teaches *Family Night: Wonderful Weaving*, p. 36

**“CHRISTINE IS APPROACHABLE
AND ENTHUSIASTIC.”**

Fine Arts & Crafts classes with Christine Jansen



FITNESS & DANCE

Please note: For classes held outside of Arlington High School, please reference p. 53 for addresses.

Total Body Conditioning

Inspire Fitness Training Studio

Get a solid 45 minutes of full-body workout using Concept 2 rowers, AirDyne bikes, battling ropes, kettlebells, and other free weights. We'll put you through your paces using methods such as Tabata, Intervals, and other circuit-training styles. Your whole body will thank you. **Meet at Inspire Fitness, Arlington.**

DE103 8 Mondays, Jan. 6 - Mar. 9 (no class 1/20, 2/17)
7 - 7:45 pm \$159

Get Fit Stay Strong: Core Focus

Gaggi DeStefanis

Get fit this winter with a low-impact, gentle, full-body workout that focuses on balance and building core strength. Exercises will be broken down for concentration of form and posture at each step to encourage and ignite proper muscle memory. We will use air and body resistance (no weights) as we work our muscle groups with circuit training and power drills that keep us moving for an entire hour.

DE088 8 Tuesdays, Jan. 14 - Mar. 10 (no class 2/18)
7 - 8 pm \$95

REGISTER NOW

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

Training Happy Hour

Dorien Keusseyan

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

DE089 8 Wednesdays, Jan. 15 - Mar. 11 (no class 2/19)
7 - 8 pm \$95

Parkour for Balance & Agility

Parkour Generations Boston

You may know parkour for its high-flying flips and big jumps, but its basic principles can also be used to help active older adults become physically stronger and more mentally confident. In this transformative course for ages 50+, improve your balance and agility with low-impact moves under the guidance of trained and supportive coaches. 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. Open to those of all abilities and fitness levels—from beginners just off the couch to seasoned athletes. Taught in a safe and positive environment, moves will be modified for all levels and abilities.

DE080 8 Tuesdays, Jan. 14 - Mar. 10 (no class 2/18)
6 - 7 pm \$129

Parkour

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 long-term practice. 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. Open to ages 14+

DE079 8 Tuesdays, Jan. 14 - Mar. 10 (no class 2/18)
7 - 8:30 pm \$175

Essentrics: Gentle Stretching

Farhana Stevenson / 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 note:** Bring a yoga mat. **Wednesday class with Farhana meets at Calvary Church. Friday class with Severina meets at Arlington Senior Center. Co-sponsored by Arlington Council on Aging and open to adult students of all ages.**

DE069.1 8 Wednesdays, Jan. 15 - Mar. 11 (no class 2/19)
11 am - noon \$115; Arlington Seniors \$104

DE069.2 8 Fridays, Jan. 17 - Mar. 13 (no class 2/21)
11:45 am - 12:45 pm \$115; Arlington Seniors \$104

Essentrics: Full-Body Workout

Cindy Lewis / Farhana Stevenson

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 rebalances 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 is a toning workout and moves at a faster tempo than *Gentle Stretching* (see above).

Please note: Bring a yoga mat and towel.

DE072 8 Thursdays, Jan. 16 - Mar. 12 (no class 2/20)
7 - 8 pm \$115

MEDITATION & VIRTUES: MIND-BODY-HEART

with John Mercuri-Dooley. p. 25

Hatha Yoga

Bettina Velona

Regular practice of hatha yoga brings calm, focus, increased flexibility, and strength to your life. 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. You are continually encouraged to explore your inner flow and turn within for guidance—on and off the mat. Suitable for beginners as well as more experienced students. **Please note:** Bring a yoga mat and a yoga strap or belt. **Meet at Fox Library.**

DE015 7 Mondays, Jan. 13 - Mar. 9 (no class 1/20, 2/17)
7:15 - 8:30 pm \$105

Yoga for Every Body

Debra Rosenblum

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, each class includes modified yoga poses using a chair. The instructor individualizes postures to suit all students. Wear comfortable clothing. **Please note:** Bring a yoga mat, a strap or belt and two yoga blocks if you have them. **Thursday class meets at AHS. Friday class meets at Calvary Church.**

DE014.2 7 Thursdays, Jan. 16 - Mar. 5 (no class 2/20)
6 - 7:15 pm \$105

DE014.1 7 Fridays, Jan. 17 - Mar. 6 (no class 2/21)
9:30 - 10:45 am \$105 

Yoga & Meditation for Every Body

Debra Rosenblum

According to modern neuroscience, the mind and body are a dynamic flow of experiences rather than a fixed state. 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, each class include ways to enter into a meditative state. By learning meditation and yoga, we can create new neural-pathways that enhance memory, boost attention, increase flexibility, improve circulation and reduce stress. The instructor individualizes postures to suit all beginner and intermediate students. Wear comfortable clothing.

DE106 7 Thursdays, Jan. 16 - Mar. 5 (no class 2/20)
7:30 - 8:45 pm \$105

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 achieve proper alignment. Regular practice of yoga brings calm, focus, increased flexibility, and strength to your life.

Please note: Bring a yoga mat and blocks if you have them.

Meet at Calvary Church.

DE010 9 Wednesdays, Jan. 8 - Mar. 18 (no class 2/12, 2/19)
9 - 10:15 am \$135


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, you will learn fundamental skills such as stance, step patterns, basic blocking, and whole-body movement. **Please note:** The 6 pm course is for those acquainted with the Hwa Yu Short Form; the 7:10 pm and daytime courses are mixed level classes suitable for beginners. **Evening classes meet at AHS; daytime class meets at Calvary Church.**

ADVANCED 8 Wednesdays, Jan. 15 - Mar. 11
(no class 2/19) 6 - 7 pm \$105

BEGINNER 8 Wednesdays, Jan. 15 - Mar. 11
(no class 2/19) 7:10 - 8:10 pm \$105

BEGINNER 8 Thursdays, Jan. 16 - Mar. 12
(no class 2/20) 9:30 - 10:30 am \$105 

Tai Chi: Yang-Style DAYTIME CLASS

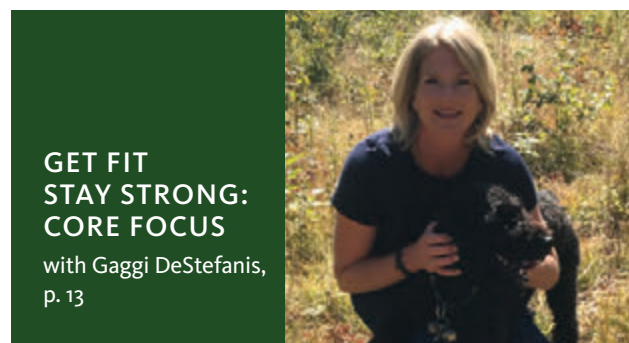
Zhantao Lin

Tai chi is both a cultural experience and an excellent way to exercise and improve balance and coordination. Taught by a 6th-generation tai chi master and native of China, learn steps, hand movements, balance, and form. The instructor provides individual attention and a strong sense of the history and context in Chinese culture for these movements. **Please note:** The 9 am class is appropriate for all ages and ability, and covers the first 16 postures in the Traditional Yang Style Tai Chi Long Form. Level 2 is for students who are ready to move to postures 17 to 50, and Level 3 continues with postures 51 to 88. **Meet at Calvary Church.**

ALL LEVELS 9 Tuesdays, Jan. 14 - Mar. 17 (no class 2/18)
9 - 9:50 am \$119

LEVEL 2 9 Tuesdays, Jan. 14 - Mar. 17 (no class 2/18)
10 - 10:50 am \$119

LEVEL 3 9 Tuesdays, Jan. 14 - Mar. 17 (no class 2/18)
11 - 11:50 am \$119



Qigong for Health

Sue Wood

With roots in traditional Chinese medicine, qigong's goal is to cultivate and balance our life energy, or "qi." Qigong practice typically involves meditative, slow-flowing movement coordinated with deep rhythmic breathing to produce a calm state of mind. Qigong is part of traditional Chinese medicine. The practice is similar to tai chi, but simpler, and benefits can include improved immunity, better balance, and lower blood pressure. Plus, it's a lot of fun! In our sessions, we flex and stretch gently and learn simple routines you can practice at home. We will work with the Seven Precious Gestures and the Eight Brocades, as well as some basic walking and breathing practices.

DE102 6 Thursdays, Jan. 23 - Mar. 5 (no class 2/20)
7 - 8 pm \$79

BollyX Dance Fitness Workout

Randeep Kaur

Discover your inner rockstar and have a blast with BollyX! This dance-fitness program draws inspiration from the music and dance of Bollywood, the film industry of India, and is all about infectious energy, expression and movement. Get moving, sweating, and motivated with a combination of dynamic choreography and the hottest music from around the world. Open to all fitness levels, no experience necessary.

DEo81 7 Tuesdays, Jan. 14 - Mar. 10 (no class 2/11, 2/18)
6 - 7 pm \$89

Hip Hop—Let's Dance

Cedric Crowe

Joining us from *Boston Mobile Dance Studio*, 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'll leave each class energized and inspired.

DEo82 8 Wednesdays, Jan. 15 - Mar. 11 (no class 2/19)
7 - 8 pm \$109

Fabulous Zumba

Cheryl Keane

Burn up to 1,000 calories per hour as you shake, shimmy, and sweat your way through great music that gets your heart pumping and your body moving. Dance to salsa, merengue, swing, and more. Get a total workout through cardio, muscle conditioning, balance, and flexibility without even realizing it 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 necessary. **Monday class meets at St. John's Episcopal Church.**

DEo02.1 8 Mondays, Jan. 13 - Mar. 16 (no class 1/20, 2/17)
6:45 - 7:45 pm \$109

DEo02.2 8 Wednesdays, Jan. 15 - Mar. 11 (no class 2/19)
6:30 - 7:30 pm \$109 

Social Dance I: Smooth Moves

Oksana Haiduchok

Have you ever watched *Dancing with the Stars* and yearned to move gracefully across the floor with a partner, while having a ton of fun? Become familiar with some basic patterns of popular social dances such as the waltz, foxtrot, rumba, cha cha, tango, and swing. Explore the fundamentals of your dance frame, footwork, timing, and etiquette. By the end of the course, you will be able to dance several patterns to each style of dance, recognize the music you're dancing to, and enjoy every future social dance event more fully. No experience or partner required.

DEo07 8 Tuesdays, Jan. 14 - Mar. 10 (no class 2/18)
6:30 - 7:25 pm \$105/individual or \$189/pair

NEW Social Dance: Salsa and Club Latin

Oksana Haiduchok

Vamos bailar! Learn the steps and rhythms of popular and dynamic Latin dances including the spicy and energetic salsa, the sensual shuffle of merengue, the Dominican-born bachata, and the triple-step based cha cha. In a fast, fun, and easy class, we will break down the basics of these hot dances so you can spice up any dance floor you step on. Classes feature a strong focus on partnering, styling, and the characteristics of each dance. No experience or partner required.

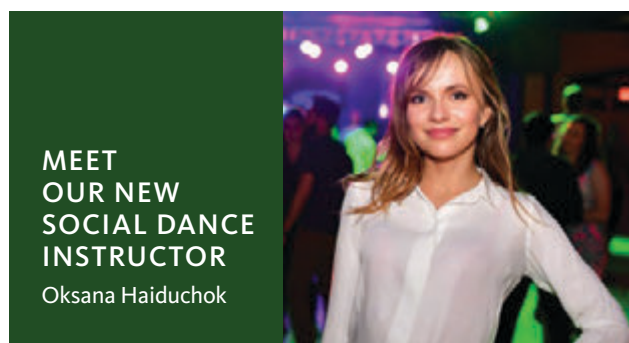
DEo84 8 Tuesdays, Jan. 14 - Mar. 10 (no class 2/18)
7:30 - 8:25 pm \$105/individual or \$189/pair

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!

DEo67 8 Wednesdays, Jan. 15 - Mar. 11 (no class 2/19)
6:30 - 7:45 \$125



Country Two-Step: Beginner and Intermediate

Julie Kaufmann @ Art Sullivan

From tiny Texas honky-tonks to festivals and massive arena concerts, country fans love the Two-Step. Start with the basic step, underarm turn, side-by-side moves and promenade, then move on to some fun and fancy combinations. Learn a few couple dances as well, including the El Paso, Carolina Stroll, and Cowboy Merengue. Though this is a partner dance with a leader and a follower, you are welcome to sign up solo. Perfect for newcomers and those who want to expand their repertoire.

DEo90 8 Wednesdays, Jan. 15 - Mar. 11 (no class 2/19)
7:45 - 9 pm \$125



Please note: Food fees often provide for ample leftovers; bring take-home containers, just in case, and an apron. Some cooking classes welcome students 16+ with a registered adult. Please call our office to inquire.

Wines of Winter

Robert Lublin

When winter descends upon New England, it is time to pour the wines that can fortify the body, mind, and soul against the cold. Now is the season for bold, contemplative reds: complex Bordeaux from France, powerful Cabernet Sauvignon from Napa Valley, aristocratic Amarone from Italy, aged Port from Portugal, and more. Come sit, relax, and reflect upon a variety of extraordinary wines from around the world, chosen for their ability to thaw your limbs and warm your spirit. Light snacks will be offered. Tuition includes a \$15 food and beverage fee. For students 21+. **Meet at The Society of Master Beercierge**, Belmont.

FD265 Tuesday, Jan. 21 7 - 9 pm \$45

Irish Whiskey

Robert Lublin

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

FD266.1 Tuesday, Feb. 4 7 - 9 pm \$55

FD266.2 Wednesday, Mar. 11 7 - 9 pm \$55

Fun Fact: Robert also teaches *Shakespeare on Love*, p. 4

NEW Home Coffee Brewing Science

Aaron MacDougall

Want to know how to consistently brew a good cup of coffee at home? Explore the basic science of brewing coffee and practice making your own with common home-brew devices. **Meet at Broadsheet Coffee Roasters**, Cambridge. (See full description on p. 3)

FD264 Monday, Feb. 3 6:30 - 8:30 pm \$25

Great Teas: Assams to Oolongs

Paul Angiolillo

Learn to brew a perfect cup of tea while sampling at least eight distinctive varieties from China, India, Sri Lanka, Formosa, and other parts of the world. Partake of sweet and savory snacks while sipping and discussing the history of the world's most popular beverage. Tea has played a leading role in trade, artisanry, technology, culture, and society. Take home plenty of samples to grow your tea appreciation and brew your perfect cup at home. Bring one or two of your favorite teacups.

FD098 Tuesday, Feb. 11 7 - 8:30 pm \$19



Cake Decorating: Brush Embroidery

Sandra Frezza

Create dramatic effects on cakes that will impress for any celebration. Use paint brushes to apply royal icing with soft brushstrokes to a fondant covered cake. The motions of the brush leave elegant and exquisite results, giving the cake the look of delicate floral lace and stitches in fabric. Elevate your cake decorating skills with this enchanting and easier-than-it-looks technique. Tuition includes a \$20 food and materials fee. **Please note:** Bring a 6-8 inch frosted cake.

FD267 Tuesday, Jan. 14 6 - 9 pm \$55

Puff Pastry from Scratch—Sweet & Savory

Janine Sciarappa

In this special two night class, master the technique used to make puff pastry—the flaky, buttery dough that rises before your eyes and melts in your mouth. With its fantastic texture, puff pastry can be used in endless ways for both sweet and savory dishes. Learn how to make puff pastry dough on the first night of this class. Then return the next night to prepare an entire menu with your dough, featuring cheese straws as an appetizer, an entree of tarte flambee, and an apple tart for dessert. Tuition includes \$30 food fee.

FD268 Tuesday and Wednesday, Jan. 21 and 22
6:30 - 9 pm \$99

Take-Out Favorites

Katie Walter

Rather than pick up the phone and order take-out—which though convenient, can be expensive and unhealthy—learn to make popular take-out favorites yourself! We'll cook up chicken tikka masala, pad thai, spinach and artichoke calzones, and burrito bowls with cilantro-lime rice and chipotle chicken. Tuition includes a \$20 food fee.

FD269 Wednesday, Jan. 29 6 - 9 pm \$59

Knife Skills: Slice and Dice 101

Sam Loos

Come dice, slice, chop, and chiffonade your way to more confidence, safety, speed, and skill. This hands-on class will help you become a faster, more efficient cook. Using a variety of vegetables and fruits, practice different cutting methods and learn how to hold and use a chef's knife efficiently. Learn the basics of knife safety, how to choose a knife that works for you, and how to keep your knives sharp. With the prepared vegetables we'll make a stir fry to snack on in class. Tuition includes a \$15 food fee. **Please note:** Bring a paring knife (3-5 inch), and your favorite large (6-10 inch) chef's knife, if you have one.

FD079 Tuesday, Feb. 4 6 - 9 pm \$55

Decadent Chocolate Desserts

Janine Sciarappa

Treat yourself and your loved ones to mouth-watering chocolate confections, just in time for Valentine's Day. Wow your friends and family with the easy-to-make yet incredibly decadent sweets you make in this class, including chocolate malt panna cotta, brown butter brownies, and double chocolate walnut cookies. Tuition includes a \$20 food fee.

FD270 Wednesday, Feb. 5 6 - 9 pm \$59

Valentine's Cookies

Sandra Frezza

Learn how to create professional-looking cookies to share with your loved ones this Valentine's Day. Make royal icing and learn several decorating techniques including flooding and wet on wet designs. Create puffed hearts, geometric patterns, and flowers using simple tools. Tuition includes a \$15 food and materials fee. **Please note:** Bring 6-8 medium to large homemade or store-bought sugar cookies and a box large enough for them to lay without overlap to carry cookies home.

FD277 Wednesday, Feb. 12 7 - 9 pm \$39

Fun Fact: Sandra also teaches *Family Night: Paint Your Own (PYO) Cookies*, p. 36

Couples Cooking: Elegant Valentine's Dinner

Katie Walter

Prepare an elegant and decadent dinner with your sweetheart this Valentine's Day. The menu starts with a crunchy and cool Asparagus and Melon Salad with Burrata. Then move on to preparing the pasta course, a simple but sinful White Truffle Linguine. The star of the meal is the entree, buttery and garlicky Baked Shrimp Scampi. Finish with something sweet for your sweetie—indulgent Chocolate Lava Cakes. It's truly a lovely menu not only for Valentine's Day but any time you want a special dinner, whether just for two or an entire party. Tuition includes \$50 food fee per pair.

FD271 Thursday, Feb. 13 6 - 9 pm \$109/couple

The Cookie Jar

Janine Sciarappa

If you are tired of making the same old cookies, come add some new recipes to your baking repertoire. Bake up some classics with an innovative twist using ingredients that you likely already have in your pantry. Fill up your cookie jar with fragrant chocolate spice cookies, rich brown butter sea salt shortbread, and tangy lemon cream cheese cookies. Tuition includes a \$20 food fee.

FD272 Tuesday, Feb. 25 6 - 9 pm \$55



**MEET OUR
NEW COOKING
INSTRUCTOR**

Sam Loos

Delectable Dumplings

Sam Loos

Expand your culinary repertoire with the art of making dumplings. This class covers everything you will need to make dumplings at home: how to shape, fill, and cook dumplings. We'll also cover where to shop to find authentic ingredients. Come make three kinds of dumplings—shrimp shumai, chicken and lemongrass, and classic Chinese pork and leek. And we can't forget the dipping sauce! We'll prepare garlic sesame and Hunan peanut sauces to enjoy with our dumplings. Tuition includes a \$20 food fee.

FD273 Tuesday, Mar. 3 6 - 9 pm \$59

Fun Fact: Sam also teaches a cooking class for families, p. 36

Stress-Free Dinner Party

Lynda Fairbanks Atkins

Dinner parties should be fun for everyone, including the host. Get advice and timing tips such as: What does a simple, stress-free menu look like? What can really be made ahead? What about people who want to bring things? We will prepare celery stuffed with gruyere and pesto and one other no-fuss hors d'oeuvre. Our main dish will be a classic Italian fricassee of chicken with Greek olives and herbs. Dessert will be a winter fruit galette. Bring your questions and we'll ease your concerns. Learn to relax and enjoy your friends—after all, that's why you invited them! Tuition includes a \$20 food fee.

FD274 Wednesday, Mar. 4 6 - 9 pm \$59

Fun Fact: Lynda also teaches a cooking class for families, p. 36

CELEBRATE VALENTINE'S DAY

with one of our love-themed literature classes, p. 27

Five-Ingredient Italian Dishes

Francesca Montillo

Chef Montillo will show you how less is more! With just five items, learn to prepare delicious Italian dishes without the hassle and cost of unnecessary or hard-to-find ingredients. Prepare new recipes that will inspire you to spend more time in the kitchen and less time eating out, including chicken marsala, pasta with beans, and pasta a risotto. Tuition includes a \$20 food fee.

FD276 Thursday, Mar. 5 6 - 9 pm \$59

Vegan Indian Feast

Shruti Mehta

In India it is very easy to be a vegan without missing out on taste or flavor. Prepare an entire feast with dishes like jalapeno and onion pakoras (deep-fried fritters), masoor dal (protein-rich red lentils cooked with onion, ginger, garlic, and spices), broccoli with stuffing, vaghareli khichdi (rice and lentil comfort dish), and a scrumptious dessert of peanut balls with dates. Tuition includes a \$20 food fee.

FD275 Tuesday, Mar. 10 6 - 9 pm \$59

FAMILY NIGHT COOKING CLASSES

p. 36



HOME & GARDEN

NEW Beekeeping for Beginners*Tony Pulsone*

Welcome to the fascinating hobby of beekeeping! Get started by learning about honey bee biology and behavior, how to acquire your first bees, hive placement, equipment, how to conduct inspections, seasonal management of your colonies, and being a good neighbor. We'll discuss the benefits and importance of keeping bees and the culture of beekeeping. Come learn what all the buzz is about.

HGo8o 5 Wednesdays, Feb. 5 - Mar. 11 (no class 2/19)
7 - 8:30 \$65

NEW Renovation Design Studio*Katharine MacPhail*

Did you want to be an architect growing up? Now is your chance to design that project you've been dreaming about. Architect Katharine MacPhail will guide you through the design process. In-class work and homework assignments will help you produce a project plan to present and discuss with the class. After completing the course, you will have drawings and written descriptions of your project, including material selections, that can be used to start meaningful conversations with potential contractors. Depending on the nature and size of the project, further development of the drawings may be necessary to use for construction. **Please note:** one project per individual or pair.

HGo79 6 Tuesdays, Jan. 28 - Mar. 10 (no class 2/18)
7 - 9 pm \$125/individual or \$189/pair

**Decorating 101:
Fall in Love with Your Home Again***Andrea Canty @ Allison Tilly Carswell*

How do you pick the right paint color when the options seem endless? Do you decide on the rug first, then the color of the walls? Hide the TV, or not? Window treatments? Yikes! Decorating your home can be a fun and artistic expression of you and your family. Learn how to work with what you already own and create a coherent color scheme with accessories. Explore ways to display an inherited family heirloom to create visual interest and how to hang mirrors and pictures at the correct height. Bring your design questions—and room photos if you like—for a lively evening filled with insider tips and expert decorating advice.

HGo5o Thursday, Jan. 30 7 - 9 pm \$25

Organizing Made Simple*Wendy Buglio*

Learn an eight-step process for organizing any project—from a junk drawer to a garage—and other simple and practical tips for clearing the clutter in your life. Our instructor is a Certified Professional Organizer who thrives on helping others make space, both mentally and physically, for the things that matter most. Her approach keeps it simple, to give you the mental and physical space for maintaining clarity and peace of mind.

HGo58 Wednesday, Feb. 5 7 - 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.

HGo39 Thursday, Mar. 5 7 - 9 pm \$25

**Winter Floral Arranging:
Designing Outside the Box***Derby Farm Flowers @ Gardens Staff*

January days are short and dark. Although there is nothing blooming in the garden, you can still brighten up these days by creating a cheerful, naturalistic floral arrangement to keep indoors. Get inspiration for thinking about floral design in a new way. In addition to choosing from a large selection of flowers, we'll use a variety of textural winter greens and foraged materials to create a unique winter arrangement for any spot in your home. Tuition includes a \$45 materials fee for all materials, including a vase and flowers. **Meet at Derby Farm Flowers and Gardens, Arlington.**

HGo81 Monday, Jan. 27 7 - 8:30 pm \$65

NEW Terrarium Design & Houseplant Care*Derby Farm Flowers & Gardens Staff*

Learn all of the basics of houseplant care in this one night workshop and alleviate any guilt you have felt when your plants die. We will answer questions including: When do I re-pot, why are these leaves yellow, and which fertilizers should I use? Our in-house expert will also review orchid care. We will also have time to create terrarium gardens that you can take home to start your successful houseplant collection. Tuition includes a \$35 materials fee for container, terrarium plants, soil. **Meet at Derby Farm Flowers and Gardens, Arlington.**

HGo82 Monday, Mar. 9 7 - 8:30 pm \$55

**ORGANIZING
MADE SIMPLE**
 with Wendy Buglio,
p. 19
**NEW Spring Garden: Prep for Success***Jessica Lane*

Grow your garden confidence! This class will cover the basic elements necessary to ensure your garden has the essential building blocks for success. We'll touch on topics including soil, sunlight, and water. Learn how to assess the growing conditions of a site and how to know whether you have the right plants in place for maximum health. The focus will be on perennials, annuals, and shrubs (not vegetables). Come away with a plant list you developed for either an existing garden bed or a new one.

HGo84 3 Tuesdays, Feb. 25 - Mar. 10 7 - 9 pm \$59

**Raising Chickens for Eggs:
An Intro to Backyard Chickens***Vicki Krupp*

Have you considered raising egg-laying chickens in your suburban backyard? Join us for this everything-you-need-to-know primer on raising your own backyard chickens. (See full description on p. 4)

HGo83 Wednesday, Mar. 11 7 - 9 pm \$10

PARKING AT AHS

You can park in any reserved space in the driveway.

**Arabic: Modern Standard***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, learn vocabulary and conversational skills. Those beginning with the language should take Level 1, where you will be introduced to the 28 Arabic letters and focus on basic skills and conversations such as greetings. Level 2 is for those able to read and write simple words. We read short paragraphs, learn grammatical structures and focus on conversational themes including how to describe the world around you. Level 3 will help expand Arabic proficiency.

LEVEL 1 8 Tuesdays, Jan. 14 - Mar. 10 (no class 2/18)
6 - 7:20 pm \$125


LEVEL 2 8 Tuesdays, Jan. 14 - Mar. 10 (no class 2/18)
7:30 - 8:50 pm \$125

LEVEL 3 8 Wednesdays, Jan. 15 - Mar. 11 (no class 2/19)
7:30 - 9 pm \$125

**IF THE CLASS YOU WANT IS FULL,
SIGN UP FOR THE WAITLIST**

French*Barry Bridgelal*

Lay the foundation to become a confident French speaker. Learn pronunciation, vocabulary, grammar, and verbs with a focus on describing the world around you. Beginners or anyone wishing to review the fundamentals should take Level 1, where we will learn basic vocabulary and present tense verbs, emphasizing useful everyday words and phrases. Level 3 is for those looking to speak more efficiently who feel comfortable operating in an immersion (French-only) context. This advanced level class will work on past and present tense, while also reinforcing the use of object pronouns. **Thursday class meets at Arlington Senior Center.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

LEVEL 1 8 Thursdays, Jan. 16 - Mar. 12 (no class 2/20)
1 - 2:30 pm \$125; Arlington Seniors \$112 

LEVEL 1 8 Wednesdays, Jan. 15 - Mar. 11 (no class 2/19)
7:30 - 8:50 pm \$125

LEVEL 3 8 Wednesdays, Jan. 15 - Mar. 11 (no class 2/19)
6 - 7:20 pm \$125

French Café: Conversation and Culture

Barry Bridgell

Bonjour! Join this welcoming and lively French conversation for advanced speakers. This is your chance to practice and improve your conversational French in a relaxed, fun yet structured setting. You will also have the opportunity 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? **Meet at Arlington Senior Center.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

LA026 8 Thursdays, Jan. 16 - Mar. 12 (no class 2/20)
2:30 - 3:50 pm \$125; Arlington Seniors \$112

Italian

Mirela Stefa

Buongiorno! Are you ready to learn Italian in a fun and interesting way? Through games, music, and conversation about everyday life, we will learn vocabulary, pronunciation, and grammar as we explore Italian culture and *la dolce vita*. Gain a solid knowledge of the language of music and love. Level 2 is for those looking to improve spoken Italian and master reflexive verbs, past tense of regular and irregular verbs, and possessive adjectives.

LEVEL 1 8 Tuesdays, Jan. 14 - Mar. 10 (no class 2/18)
6 - 7:20 pm \$125

LEVEL 2 8 Tuesdays, Jan. 14 - Mar. 10 (no class 2/18)
7:30 - 8:50 pm \$125

English as a Second Language (ESL)

Andrea O'Leary / Alison Silver / Kalen Hammann

Learning to communicate in English and be understood is a common issue for most non-native speakers. In a small, friendly, low-stress classroom setting, we will work on better understanding American English and work on listening and speaking the language. The Fundamentals level is for those who are unable to speak or understand American English. We focus on pronunciation and listening. Level 1 is for those looking to learn basic sentence structure, simple verb tenses of past and future, and expressions for daily living. More advanced students should take Level 2 where we will improve accents, learn about irregular verbs and nouns, and introduce past progressive and perfect verb tenses. **Wednesday class meets at Arlington Senior Center.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

FUNDAMENTALS 7 Wednesdays, Jan. 15 - Mar. 4 (no class 2/19)
12:30 - 2 pm \$105; Arlington Seniors \$95 (O'Leary) 

LEVEL 1 8 Thursdays, Jan. 16 - Mar. 12 (no class 2/20)
6:30 - 8 pm \$119 (Silver)

LEVEL 2 8 Thursdays, Jan. 16 - Mar. 12 (no class 2/20)
6:30 - 8:30 pm \$165 (Hammann)

Russian: Level 2

Kerry Sabbag


Continue learning written and spoken Russian. Become familiar with additional basic grammar such as singular/plural noun endings, introductory verb conjugation, and adjective forms. Practice useful tasks such as saying where you live and work, discussing travel experiences and preferences, and describing objects. Vocabulary topics will include household and clothing.

LA059 6 Thursdays, Jan. 16 - Feb. 27 (no class 2/20)
7:15 - 8:45 pm \$95


Spanish

Roxana Figueroa / Guillermina Dumas

Through fun activities and a dynamic classroom environment, come learn and practice your Spanish language skills. As we work on grammar, conversation, numbers and verbs, we will explore topics such as traveling, ordering food, and giving directions. In Level 2, we will improve conversation skills, learn new grammar concepts, and enhance pronunciation. Those looking to further hone pronunciation, and are ready to practice advanced grammar, verb conjugations, take Level 3. **Tuesday class with Guillermina meets at the Arlington Senior Center.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

LEVEL 2 8 Tuesdays, Jan. 14 - Mar. 10 (no class 2/18)
1 - 2:30 pm \$125; Arlington Seniors \$112 

LEVEL 2 7 Thursdays, Jan. 16 - Mar. 12 (no class 2/20, 2/27)
7:30 - 8:50 pm \$109

LEVEL 3 7 Thursdays, Jan. 16 - Mar. 12 (no class 2/20, 2/27)
6 - 7:20 pm \$109 

ITALIAN CLASSES

"Mirela Stefa is wonderful and understanding of everyone's needs."

Spanish Cafe: Conversation and Culture

Cintha 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 who 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.

LA052 8 Wednesdays, Jan. 15 - Mar. 11 (no class 2/19)
7 - 8:30 pm \$125



MUSIC & THEATER

NEW One Act Plays

Elyse Montoya

Calling all actors! This winter, come join us for a unique and fun opportunity to perform on stage. Together we will work to choose, rehearse, and produce a series of one-acts. On the last night of class your friends and family will be invited to come and enjoy the show. Whether you have never performed before, or have loads of practice, this will be a fun, collaborative experience to get up onstage and play.

MA095 8 Tuesdays, Jan. 14 - Mar. 10 (no class 2/18)
7 - 9 pm \$169

NEW Public Speaking with Confidence

Lau Lapides Company

Refine your public speaking with tools and techniques to help engage your audience and improve your presentation. Build self-confidence while learning how to organize and deliver interesting and relevant content. Polish your articulation, neutralize local accent/dialect, and work on breathing techniques. By the end of this dynamic, fast-paced workshop, you'll be on your way to conquering any fears or anxieties you have about public speaking.

MA096 Wednesday, Feb. 26 7 - 9 pm \$25

NEW FLASH! FICTION IN AN INSTANT

with Alissa Butterworth, p. 27

Everyone Can Sing!

Madalyn Kitchen

Our instructor believes that everyone can sing—even you! Discover your singing voice by learning the basics of healthy vocal technique: breath management, maintaining a consistent vocal tone and ear training. Develop your voice and unleash its full potential as we practice in a group setting with some time for personal attention. All you need is an open mind and a desire to sing! For those looking to take their voice to the next level and unleash its full potential, take the continuing class.

BEGINNER 8 Tuesdays, Jan. 14 - Mar. 10 (no class 2/18)
6 - 7:20 pm \$139

CONTINUING 8 Tuesdays, Jan. 14 - Mar. 10 (no class 2/18)
7:30 - 8:50 pm \$139

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 how to hold and tune your ukulele as well as play basic chords and strum patterns to popular songs. Those looking to improve your skills, with the ability to play three-chord songs and switch between basic chords, take the continuing class. **Please note:** Bring a ukulele and clip-on ukulele tuner if you have one.

BEGINNER 5 Thursdays, Jan. 16 - Feb. 13 6 - 7:20 pm \$95

CONTINUING 5 Thursdays, Jan. 16 - Feb. 13
7:30 - 8:50 pm \$95

Fun Fact: Anne also teaches ukulele for kids, p. 33



MEET OUR NEW GUITAR INSTRUCTOR

Masashi Nakamura

Guitar

Masashi Nakamura

In a fun, group-oriented format, learn the elements of guitar and the basics of music. Acquire the tools you need to play songs with the group or to continue learning on your own. Those who have been playing guitar for a while and want to develop stronger musical skills, take the continuing level. **Please note:** Students must bring a guitar.

BEGINNER 8 Tuesdays, Jan. 14 - Mar. 10 (no class 2/18)
6 - 7:20 pm \$149

CONTINUING 8 Tuesdays, Jan. 14 - Mar. 10 (no class 2/18)
7:30 - 8:50 pm \$149

Fun Fact: Masashi also teaches guitar for kids, p. 33

NEW Banjo Basics: Clawhammer Style

Larry Unger

Learn to play the banjo in the old time clawhammer style with this course for beginning and intermediate musicians. We'll start from the beginning with right hand technique and chords. The goal will be to learn a handful of melodies that people actually play in open G and, hopefully, in double C and G modal tuning. Learning by ear will be stressed but handouts of banjo tab will also be available. **Please note:** Students must bring a banjo.

MA097 8 Wednesdays, Jan. 15 - Mar. 11 (no class 2/19)
7 - 8:30 pm \$149



RECREATION & TRAVEL

NEW Poker: Texas Hold'em 101

India Hobel

Find out the difference between a boat and a fish, a button and a rock, slow rolling and slow playing, as well as a bullet and a blank as you discover why Texas hold'em is one of the most popular poker games around. In a relaxed and friendly atmosphere, explore different poker concepts and experience hands-on practice play (for chips only) in each class. For those with little or no experience, take up this game of skill, luck and, most of all, fun! **Meet at Arlington Senior Center.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

RF070 6 Tuesdays, Jan. 21 - Mar. 3 (no class 2/18) 3 - 5 pm
\$129; Arlington Seniors \$115

THE POWER OF THE ZODIAC: HISTORIC ARLINGTON NOTABLES AND THEIR SIGNS

with historian Dee Morris, p. 3

American Mah Jongg

Laura Zoll

Learn to play this fun and fascinating game that combines a Chinese set of tiles with American rules and strategy. A game of skill and luck, rules, and informal conventions, Mah Jongg often bonds a table of friends. In the beginner class, 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. The advanced class, for anyone who has been playing regularly for several months, delves into topics that will increase your offensive and defensive knowledge of the game. **Please note:** The beginning level tuition includes a National Mah Jongg League official card. For those in the advanced class, please bring a 2019 NMJL card to the first class or purchase one from the instructor for \$9.

BEGINNER 8 Thursdays, Jan. 16 - Mar. 12 (no class 2/20)
6 - 7:20 pm \$219

ADVANCED 8 Thursdays, Jan. 16 - Mar. 12 (no class 2/20)
7:30 - 8:50 pm \$210

NEW Incredible Card Tricks!

John Bach

Have you been amazed by card tricks on YouTube and TV talent shows and wondered how they are done? Wonder no more! A professional magician will teach you dozens of spectacular card tricks to impress family and friends that are easy and require no sleight of hand. With a step-by-step breakdown of each trick as well as tips and techniques on improving your professional performance, you will be the hit of your next party.

RF082 4 Wednesdays, Feb. 5 - Mar. 4 (no class 2/19)
7 - 8 pm \$39

Fun Fact: John also teaches a family night card tricks class, p. 37

Group Travel to Italy Food & Wine: Flavors of Tuscany & Umbria

Registration Deadline Extended to December 31

Join fellow food and wine enthusiasts on an exploration of Tuscany and Umbria. (See full description on p. 5)

FREE Info night! Thursday, December 12 7 - 8 pm

EF001 May 9 - 19, 2020

NEW

INCREDIBLE CARD TRICKS

with magician
John Bach



Play Bridge

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. **Daytime class meets at St. Camillus Church** (elevator available).

RF024.1 6 Tuesdays, Jan. 28 - Mar. 10 (no class 2/18)
10 am - noon \$125 

RF024.2 6 Tuesdays, Jan. 28 - Mar. 10 (no class 2/18)
7 - 9 pm \$125



WALKING TOURS

Please note: All walks meet rain or shine. Pre-registration is required. Meeting location will be sent one week prior to date of class.

Midwinter Walk

Boot Boutwell, Mass Audubon Habitat

Join Boot Boutwell for a hike at Mass Audubon's Habitat Sanctuary in Belmont as we breathe in the winter air, take a look at the plants in their winter form, keep our eyes open for animal tracks, and, if conditions are favorable, tap the first sugar maple of the season. If the trails are snow-covered, we'll trek on snowshoes (there will be some available for use at no charge). We'll conclude our hike by visiting the Habitat kitchen for a warm, seasonal treat. Children ages 10+ and up are welcome to register if accompanied by a registered adult.

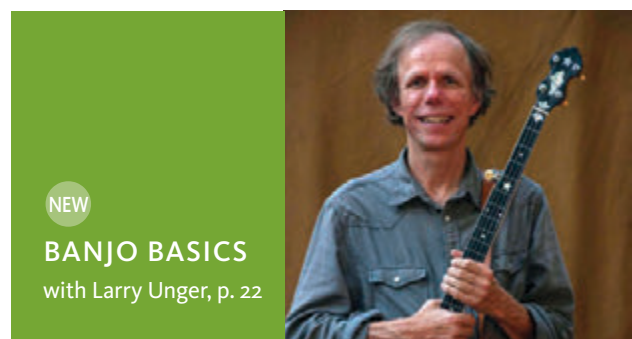
RF055 Saturday, Feb. 1 12:30 - 2:30 pm \$20

Maple Sugaring at Mass Audubon Habitat

Boot Boutwell

Late winter in New England often features cold nights and warmer days, providing ideal conditions for the "running of the sap" in our sugar maples. This sap is vital to the health of the tree and has also created economic opportunities for local farmers who harvest the sap and sell the resulting syrup. Join us for a morning of getting up close to these majestic maples, identifying the various species, and tasting sap right from the bucket. We'll conclude by returning indoors to boil down a small amount of sap so we can watch it turn into syrup. In a blind taste test, we'll see who can tell the difference between real 100% maple syrup and a typical "pancake and waffle syrup" made mostly of corn syrup. Children ages 10+ are welcome to register if accompanied by a registered adult.

RF056 Sunday, Mar. 15 10 am - 12:30 pm \$20



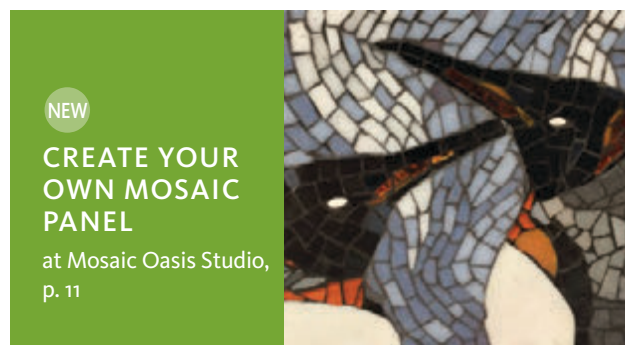
NEW
BANJO BASICS
with Larry Unger, p. 22

Chocolate Tour: Harvard Square

Off the Beaten Path Food Tours and Experiences

Learn local history and all about chocolate. Throughout this walking tour we'll make up to six stops, including a visit to a specialty shop to learn how to taste chocolate, chocolate balsamic vinegar and fleur de sel. We'll sample delicious local ice cream from an independent store, and try unique chocolate tea. Sip cacao juice directly from the chocolate fruit, and sample roasted cacao beans. Relive your childhood at an old-timey candy shoppe, and indulge in a quality chocolate baked good or two. Tuition includes all food costs. All ages welcome.

RF077 Saturday, Feb. 22 4 - 5:30 pm \$42



NEW

CREATE YOUR OWN MOSAIC PANEL

at Mosaic Oasis Studio,
p. 11

Art Deco in Boston's Financial District

Boston by Foot

Although Boston is less well known for its Art Deco architecture than New York or Miami, it contains examples that rival New York's finest. Boston's greatest concentration of Art Deco is in the city's Financial District, an area substantially leveled by fire in 1872 and ripe for a second cycle of redevelopment fifty years later. Learn not only about individual buildings and their architects, but also gain context and background on the design elements and influences of American Art Deco. Rediscover the downtown you often see, but rarely notice. Children ages 10+ are welcome to register if accompanied by a registered adult.

RF050 Saturday, Mar. 7 10 - 11:30 am \$20



BRING THE FAMILY ON A WALKING TOUR

for more family options, see pgs. 36-37



WELLNESS

NEW Introduction to Aromatherapy & Essential Oils

Cher Kore

Discover which essential oils and methods of aromatherapy work best for you and your family. These treatments can help with a variety of physical, emotional, and beauty concerns such as stress, insomnia, headaches, sinus congestion, sore muscles, joints, and skin irritations. Smell and choose from dozens of common and uncommon scents, and make one essential oil blend and an essential oil mister to take home. We'll also discuss how to make a variety of beauty products and healing treatments to use in a bath, massage oil, soap or shampoo, diffuser, and more. Tuition includes an \$10 materials fee.

WEo8o Tuesday, Jan. 21 6 - 8:30 pm \$45

NEW Use the Power of Intention to Change Your Life

Janet Kessenich

Step into the new year on the right foot! Bring your intentions and resolutions—for your relationships, health, professional work, overall well-being, or whatever you wish—to this experiential workshop. We'll both clarify your intentions and explore what is getting in the way of manifesting them. Learn techniques to clear your blocks so that you can transform your life one intention at a time.

WEo81 Thursday, Jan. 23 7 - 8:30 pm \$19

NEW MIND MAPPING: CREATIVE VISUAL THINKING, p. 6

NEW Meditation & Virtues: Mind-Body-Heart

John Mercuri-Dooley

Learn the essential skills of meditation to open your mind, body, and heart. Practice guided and individual breath meditation with a focus on virtues such as generosity, gratitude, and kindness, with guidance on how to make them part of your life. Develop loving awareness of yourself, other people and the world around you. Leave with the skills to meditate on your own and enjoy the benefits of meditation as it brings peace, strength, and positivity.

WEo82 6 Wednesdays, Jan. 29 - Mar. 11 (no class 2/19)
7 - 8 pm \$75

Natural Look Makeup Techniques

Alexandra Dale

If you want to find a balance between wearing no makeup at all and a fully made-up face, join our professional makeup artist and learn how to apply the right cosmetics for a natural, everyday look. This class will focus on how to choose a foundation, review essential products for your makeup collection, and demonstrate techniques that will make your routine quick and simple. Learn how to enhance your natural beauty without wearing a lot of makeup.

WEo34 Thursday, Feb. 27 7 - 9 pm \$35

NEW Crystal Grids: Set with Intention

Elizabeth Colburn-Moraites

Learn to arrange crystals in a variety of grids and layouts to create energies focused on attaining your goals. Explore what combinations and arrangements are best suited for intentions such as abundance, protection, and meditation. Grids can be used for distance healing or to heal a specific area or group. We will also examine layouts meant particularly for self-healing, in which a person typically lies underneath or within a specific design. Layouts will include stress/anxiety, intuition, as well as flu and cold. Whatever your goal may be, learn how crystals can be combined and arranged to help set your intention and manifest success.

WEo83 2 Tuesdays, Mar. 3 and 10 7 - 9 pm \$49

Become More Resilient & Mentally Tough

Jim McCauley

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 willpower. More likely you never learned the skills necessary to be more resilient. These skills can be taught and acquired at *any* age. You can change the way your brain reacts to fear and difficult life situations. In this participatory two-night workshop, learn four techniques rooted in neuroscience that will help you become mentally tougher and able to face adversity with confidence.

WEo55 2 Wednesdays, Mar. 4 and 11 7 - 9 pm \$49

Active Bystander Training: Become an "Upstander"

Christopher Ellinger

Learn how to become a more effective active bystander who takes steps to help to defuse a situation. Practice a variety of tactics for handling potential attacks in public or where people know each other to become a more empowered "upstander." (See full description on p. 3)

WEo28 Wednesday, Jan. 22 6:30 - 9 pm \$35

Pediatric CPR & First Aid for Grandparents

Juanita Kingsley

If you're caring for your grandkids, you need to know how to respond in case of a first-aid emergency. Much has changed since you might have administered first aid to 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, environmental emergencies and pediatric CPR, as well as allergies and EpiPens. Receive an American Safety and Health Institute certification upon successful completion of this course. **Meet at Arlington Senior Center.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages. Sorry, no senior discount available.

WE017 2 Mondays, Feb. 3 and 10 10 - 11:30 am \$95

Adult, Infant & Child CPR with AED

Kierstin Merlino

This intensive three-hour course 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. You will also learn how to help someone who is choking, respond in other emergency situations, and 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 ACE office at 781.316.3568 to register for a reduced rate.

WE036.1 Thursday, Jan. 16 6 - 9 pm \$95

WE036.2 Wednesday, Feb. 5 6 - 9 pm \$95

WE036.3 Tuesday, Mar. 10 6 - 9 pm \$95

Reiki Level 1 Certification

Ulrike Dettling Kalthofer

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 insurance. 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. **Meet at Arlington Reiki Associates.** Continuing Education credits available for mental health professionals and nurses.

WE013 Saturday, Jan. 18 10 am - 6 pm \$175

OUT WITH THE OLD, IN WITH THE NEW

Shed old patterns and liberate potential for creativity, with Lauren Mackler, p. 3



WRITING & LITERATURE

Memoir Writing Group

Lissa Franz

Memoir writing seeks the truth of life as only you can tell it. Our focus will be on sharing work in a constructive and supportive environment. Each class will include a discussion of published memoir excerpts and the craft of writing, an in-class writing prompt/exercise to deepen and encourage your writing practice, and the sharing of work on a rotating schedule. This course is ideal for those seeking feedback and encouragement at any point in the memoir writing process. **Meet at Arlington Senior Center.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

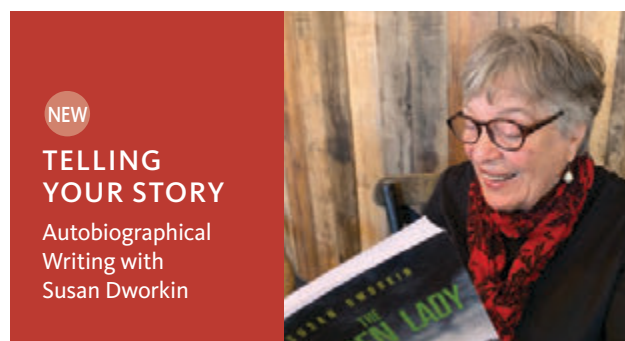
WL021 8 Wednesdays, Jan. 15 - Mar. 11 (no class 2/19)
10 am - noon \$159; Arlington Seniors \$145

Telling Your Story: Autobiographical Writing

Susan Dworkin

This course will help you unlock memories and add historical context and larger dimensions to what may seem like a small, even unimportant life journey. Develop the literary skills to tell tales that may once have seemed un-tellable. An essential part of the class will be sharing our stories, which may provide ideas and solutions for your own work. Critiquing and being critiqued in a supportive environment can open your mind and broaden your vision. The goal is to leave the class with a story that can be left to your children and your children's children, an invaluable history for future generations. Writers of all backgrounds and levels of experience are welcome.

WL036 6 Wednesdays, Jan. 29 - Mar. 11 (no class 2/19)
7 - 9 pm \$119



 NEW

TELLING YOUR STORY

Autobiographical
Writing with
Susan Dworkin

NEW Flash!—Fiction in an Instant

Alissa Butterworth

Flash fiction, short-shorts, and postcard-stories are popular fictional forms under 1,500 words. How do writers create dynamic, intense micro fictions that stay with you long after the story ends? Learn how to embrace brevity and use it to create flash stories that sing. Using the craft elements of fiction to anchor your micro experiments, we'll employ a simple guiding framework to help you draft your own flash pieces. Through innovative writing prompts, engaging readings to find inspiration, and in-class drafting, revision and workshopping time, you'll get the chance to explore the flash form in a fun, collaborative literary setting. Writers of all backgrounds and levels of experience are welcome.

WLo37 4 Thursdays, Jan. 30 - Feb. 27 (no class 2/20)
7 - 9 pm \$79

NEW Shakespeare on Love

Robert Lublin

Read and consider a range of Shakespeare's most intimate sonnets, and examine the words and phrases he used to explore the human understanding of love. No prior experience with Shakespeare is necessary. (See full description on p. 4)

WLo35 Tuesday, Feb. 11 7 - 9 pm \$10



NEW

**SNOWY PINES:
WINTER HAIKU**

with Jeannie Martin &
Brad Bennett

NEW Writing As an Act of Love

Sandra A. Miller

Jean Cocteau, the French filmmaker, poet, novelist, and playwright, said, "Writing is an act of love." On the night before Valentine's Day, join us for a class that uses writing prompts to explore and celebrate the idea of love in its myriad forms: romantic love, self love, puppy love, spiritual love, and so many more. If you aren't sure how you're feeling about love these days, this is a chance to write your way into the emotion and maybe even awaken your heart just by putting pen to paper and letting go. Bring a journal, a pen, and your searching heart.

WLo39 Thursday, Feb. 13 7 - 9 pm \$10

NEW Poetry Exploration

Jean Flanagan

If you think poetry is too boring and hard to understand, come discover some new poets who may speak to your heart and mind. We will read, write, analyze and reflect upon poets who live in our community, next door in Cambridge, other areas of the country and around the world. Uncover the wonder of poets like Mary Oliver, whose work combines nature and spirituality. Naomi Shihab Nye asks us to reflect on kindness. Look at the poems of local authors including Arlington's current Poet Laureate Steven Ratiner and past Laureates Cathie Desjardins and Miriam Levine. Attend an optional poetry reading when the class ends to solidify your new appreciation of poetry.

WLo40 3 Tuesdays, Feb. 25 - Mar. 10 7 - 8:30 pm \$45

NEW Snowy Pines: Winter Haiku

Jeannie Martin & Brad Bennett

A haiku is a short nature poem, originating in Japan but now popular all over the globe. Haiku connect us more deeply to the natural world and help us celebrate the extraordinary in the ordinary. During this fun and supportive class, learn about the history, form, and structure of haiku. Then read some famous and not-so-famous winter haiku and discuss what makes them effective. Try creating your own haiku using writing prompts in a small notebook you will be given that you can take home. We'll also save time for sharing our observations and poems.

WLo38 3 Wednesdays, Jan. 29 - Feb. 12 7 - 8:30 pm \$45

Fun Fact: Brad also teaches haiku for kids, p. 39

WOULD YOU LIKE TO TEACH?

Would you like to teach for adults, kids or families?

We're always looking for enthusiastic instructors

to share their expertise with our community. Go to

our website and click on *Contact Us* and then select

Request or Propose a Class.



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

ACMi

Arlington Community Media, Inc. (ACMi) is the town's cable access television studio that broadcasts content on three different channels (Public, Education, and Government). ACMi offers every town resident the opportunity to get hands-on experience with video production, and is deeply committed to fostering connections between and among town agencies, groups, and individuals. Visit acmi.tv

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 vocal, 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

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 arlington-eats.org

Arlington Education Foundation

AEF works to support and advance public education in Arlington. AEF funds system wide initiatives and creative new projects to enhance the educational experiences of Arlington's teachers and students. Visit aefma.org

Arlington Friends of the Drama

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

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

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. Visit ArlingtonHistorical.org

Arlington Youth Health & Safety Coalition

AYHSC is a community coalition funded by a federal grant, with representatives from public and private 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

Food Link

Food Link is an Arlington-based food rescue non profit that alleviates hunger, reduces food waste, and contributes to environmental sustainability. With the help of over 80 volunteers, we collect nutritious food that would otherwise go to waste from local grocers and cafés and deliver it to community organizations serving people in need. Visit foodlinkma.org

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 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. Visit saintjohns-arlington.org

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. All forums are free and open to the public. Visit arlington.k12.ma.us/news/pdfs/parentforums.pdf

Sanborn Foundation: Easing the Financial Burden of Living with Cancer

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

The Children's Room

The Children's Room (TCR) offers grief support for families with children 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 childrensroom.org

The Cyrus E. Dallin Art Museum

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. Visit dallin.org

The Old Schwamb Mill

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. Visit oldschwambmill.org

Youth Programs



Grades K-12



High School teachers lead the following SAT/ACT review courses that end in time for the May 2 and June 6 SAT exams and the June 13 ACT.

SAT Verbal Review • GRADE 11

TBD

This course familiarizes you with the verbal section of the SAT, and includes a pre-test, with analysis of where improvement is needed for each student, and a post-test to measure progress. Learn how to approach the SAT, particularly the reading comprehension, embedded vocabulary, and writing sections. Become familiar with the types of questions and effective methods to handle them. Practice test-taking under time constraints and simulated conditions. **Please note:** Students MUST come to the first class with the official study guide for the SAT AND a College Board ID and password.

HS010 Dates & times TBD, check website \$175

SAT Math Review • GRADE 11

Clayton Jones

This course familiarizes you with the math section of the SAT, and includes a pre-test, with individual analysis of where improvement is needed for each student, and a post-test to measure progress. Learn how to approach the SAT math section. Become familiar with the types of questions and effective methods to handle them. Practice test-taking under time constraints and simulated conditions. **Please note:** Come to the first class with a calculator, the official study guide for the SAT, AND a College Board ID and password.

HS009 6 Tuesdays, Mar. 17 - Apr. 28 (no class 4/21) \$175

ACT Crash Course • GRADE 11

Erin Bradley

The ACT Add-On is intended for, but not limited to, students who have taken/are taking SAT Prep. This course is a one-time 2.5 hour overview of the ACT. Students will become familiar with the structure of all sections of the test (English, Reading, Math, and Science) as well as the essay. Special focus will be given to the unique science section which is not found on the SAT. The course will cover question types and strategies for each section, and students will get a chance to practice and review questions from each section. This course will also teach strategies for writing the essay. Students will leave this course knowledgeable about all aspects of the ACT.

HS025 Date & times TBD, check website \$45

Take One SAT Prep Class and the ACT Crash Course and Save!

HS026 \$198

HiSet Test Prep

Joe Green

The Massachusetts State Department of Education now uses 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 way 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. Practice tests will be offered in each area of study. Please note: You must purchase the HiSet Exam 2017-18 Strategies, Practice & Review by Kaplan Prep and bring to first class.

HS001 8 Wednesdays, Jan. 15 - Mar. 11 (no class 2/19)
6 - 9 pm \$125

Life Design for Teens • GRADES 10 - 12

Lynette Culverhouse

Are you feeling stressed out by demands put on you by adults? Too much homework, not enough time with friends, worry about your future and what happens after high school? Life Design will help you learn to make good decisions, manage stress and conflict, navigate tough situations and gain confidence in a fun, safe and supportive environment where you are heard and understood. Come away with a positive plan for your future and the tools to build an exciting, interesting and fun life based on who you are and what you value. For further class details, email: lynetteculverhouse@gmail.com

HS020 4 Tuesdays, Jan. 14 - Feb. 11 (no class 1/28)
4:30 - 6:30 pm \$149

In-Control: Crash Prevention Training

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

Driver's Education

CS Driving School

CS Driving School has contracted with Arlington Community Education to offer Driver's Education to students wishing to obtain their Certificate of Driver Education. The Complete Driver Education Program consists of 30 hours of Classroom Instruction, 12 hours of Behind-the-Wheel Instruction, 6 hours of In-Car Observation, and a 2 hour Parent/Guardian Class which is mandated by the Registry of Motor Vehicles. Classroom Instruction is for students who have reached the minimum age of 15 years, nine months (15.9) by the first day of class. Once a student is 16 years old and has a Massachusetts Learner's Permit, the student can begin Behind-the-Wheel Instruction. CS Driving School must have a copy of the student's Learner's Permit on file prior to scheduling lessons. Behind-the-Wheel lessons are scheduled online through the Student Portal. CS Driving School offers lessons seven days a week with pick-up and drop-off from Arlington High or any other location in Arlington. Classroom Instruction is held at Arlington High School.

All Driver's Ed registrations must be done online through CS Driving School. To Register, visit csdriving.com, select 'Teen Program' then click 'Enroll' under Arlington Community Ed. \$685; \$699 starting 7/1/2020. Questions? Please call CS Driving 781.891.0460.

Session 2: Dec. 2 - 17 Monday - Thursday 3 - 6 pm

Session 3: Jan. 6 - 22 (no class 1/20) Monday - Thursday 6 - 9 pm

Session 4: Feb. 18 - 22 (vacation intensive*) Tuesday - Saturday 9 am - 3:30 pm

Session 5: Mar. 2 - 13 Monday - Friday 3 - 6 pm

Session 6: Apr. 21 - 25 (vacation intensive*) Tuesday - Saturday 9 am - 3:30 pm

Session 7: May 26 - June 10 Monday - Thursday 3 - 6 pm

Session 8: July 13 - July 17 (summer intensive) Monday - Friday 9 am - 3:30 pm

Session 9: July 27 - 31 (summer intensive) Monday - Friday 9 am - 3:30 pm

Session 10: Aug. 10 - 14 (summer intensive) Monday - Friday 9 am - 3:30 pm

*These sessions are for Arlington residents only.

PREPARE
FOR THE SAT
p. 30



TeenZone classes are geared toward students in grades 6 - 8 and take place at Gibbs, Ottoson, and Arlington High School. See page 38 for policies and important registration information. No classes on Jan. 20, Jan. 21 (Gibbs only), Feb. 17 - 21.

GIBBS

NEW Fashion Illustration • GRADE 6

Christine Jansen

Ever dream of being a fashion designer? Learn to sketch your designs on a model, draw fashion flats, portray fabric swatches, and make moodboards. Experiment with different drawing mediums and 3D materials to make your garments pop. All levels welcome. Tuition includes a \$10 materials fee. **Please note 2-hour class.**

GB016 4 Mondays, Jan. 13 - Feb. 10 2:40 - 4:40 pm \$125

Things You Should Know • GRADE 6

The Etiquette Academy of New England

Try something fun and new on this early release day with a three-hour interactive and engaging workshop on etiquette. Learn "how to adult" with proper table manners, summer job/private school interview skills, dress codes, and cell phone etiquette. Through role playing and group discussion, learn tangible skills of being a successful adult, socially and at work. Walk away able to practice your newly learned manners right after class—at the dinner table or in your next social media interaction. **Please note 3-hour class.**

GB015 Tuesday, Feb. 25 1:15 - 4:15 pm \$125

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. Develop a hero's values, perspectives and discipline as you adventure through the fantastic world of Etheraz, an original world created for our program's ongoing narrative. Build safe and fun props such as foam swords, armor and spell effects. Learn to play and build your own character: a warrior, wizard or rogue with special skills and abilities. Go on adventures with your friends and have fun! New and returning students welcome.

GB004 7 Tuesdays, Jan. 14 - Mar. 10 (no class 1/21) 2:40 - 3:40 pm (1:10 - 2:10 pm on early release 2/25) \$135

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

LARP Adventure Program

Come tabletop role-play and flex your imagination and critical thinking skills. In the original 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. 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.

GB002 8 Wednesdays, Jan. 15 - Mar. 11 2:40 - 3:40 pm \$155

Graphic Novel Writing Lab • GRADE 6

Heather Mahoney

Do you love graphic novels or have an idea for an amazing story of your own? We will analyze the work of favorite novelists to learn the basics of great storytelling using images, dialogue, and layout. By the end of the course you will have your own graphic novels and the creative skills to continue producing great work. Tuition includes a \$12 materials fee.

GB009 8 Thursdays, Jan. 16 - Mar. 12 2:40 - 3:40 pm \$129

Learn to Code: Java Graphics • GRADE 6

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 produce visual software. **Please note 75-minute class.**

GB017 8 Fridays, Jan. 17 - Mar. 13 2:40 - 3:55 pm \$269

NEW Jewelry Design & Creation • GRADES 6 - 7

Alecia Serafini

Create unique and beautiful jewelry while flexing your creative muscles. Practice wire-working techniques and create jewelry of all sorts from beads, gemstones, and even found objects. You can create many different pieces with class supplies or feel free to bring in your own sentimental or original objects. At the end of the course we will exhibit our creations for the community. A supply list will be provided at the first class for \$10-\$15 of optional materials. **Please note 90-minute class.**

GB018 8 Fridays, Jan. 17 - Mar. 13 2:45 - 4:15 pm \$169

NEW

INCREDIBLE CARD TRICKS!

Family Night, p. 37

OTTOSON

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. **Meet in room 322.**

MS011 8 Mondays, Jan. 13 - Mar. 16 2:40 - 3:40 pm \$125

NEW Fashion Illustration • GRADES 7 - 8

Christine Jansen

Ever dream of being a fashion designer? Learn to sketch your designs on a model, draw fashion flats, portray fabric swatches, and make moodboards. Experiment with different drawing mediums and 3D materials to make your garments pop. All levels welcome. Tuition includes a \$10 materials fee. **Please note 2-hour class.**

MS056 4 Mondays, Feb. 24 - Mar. 16 2:40 - 4:40 pm \$125

**GRAPHIC
NOVELS
WRITING LAB**
with Heather
Mahoney



Things You Should Know • GRADES 7 - 8

The Etiquette Academy of New England

Try something fun and new on this early release day with a three-hour interactive and engaging workshop on etiquette. Learn “how to adult,” with proper table manners, summer job/private school interview skills, dress codes, and cell phone etiquette. Through role playing and group discussion, learn tangible skills of being a successful adult, socially and at work. Walk away able to practice your newly learned manners right after class—at the dinner table or in your next social media interaction. **Please note 3-hour class.**

MS057 Tuesday, Mar. 17 1:15 - 4:15 pm \$125

Babysitting Basics • GRADES 7 - 8*Va Shon Wallace-Hiltbold, 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.

MS006 4 Wednesdays, Jan. 22 - Feb. 12 2:40 - 4:30 pm \$115

NEW Digital Arts • GRADES 7 - 8*Einstein's Workshop*

Welcome to the world of freehand Digital Art. Using sophisticated computer art software and drawing tablets, make incredible images and animations while exploring color, composition, and layering. Through step-by-step instructions and experimentation, each week we will tackle new projects in groups and individually. You'll be amazed by the creative possibilities. **Please note 75-minute class.**

MS058 8 Wednesdays, Jan. 15 - Mar. 11 2:40 - 3:55 pm \$269

YOUTH CLASSES @ AHS**Parkour***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.

MS025 Grades 6 - 12 8 Tuesdays, Jan. 14 - Mar. 10
3:00 - 4:30 pm \$189

YE001 Ages 6 - 9 8 Thursdays, Jan. 16 - Mar. 12
6:30 - 7:30 pm \$145

YE002 Ages 10 - 13 8 Thursdays, Jan. 16 - Mar. 12
7:35 - 8:35 pm \$145

NEW Introduction to Guitar • AGES 10 - 15*Masashi Nakamura*

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. **Please note:** Students must bring a guitar.

MS059 8 Tuesdays, Jan. 14 - Mar. 10 4:30 - 5:45 pm \$125

Ukulele • AGES 10 - 15*Anne Ku*

Ukulele is one of the easiest instruments to learn and provides immediate satisfaction. In this group course for players of all levels, practice how to hold and tune your ukulele as well as play basic chords and strum patterns in popular songs. No prior knowledge of music required. Beginning and continuing students welcome. Visit anneku.com/ukulele. **Please note:** Students must bring a ukulele.

MS055 5 Thursdays, Jan. 16 - Feb. 13 4:30 - 5:45 pm \$79

OPENS
REGISTRATION
FEB. 18

June 29 - August 7
SummerFun! 2020
@ Ottoson Middle School

**Join us for SummerFun!**

Kids of all interests entering grades 1-9 can select from 100+ fun and creative classes designed and taught by experienced classroom teachers. Full-, half-, and extended-day options let you choose the schedule that works best for your family.

**Highlights include:**

Cooking, Theater, Music, Dance, Field Trips, Programming, Game Design, Chess, Nature Explorations, Painting, Clay Sculpture, Cartooning, Glass Art, Fiber Arts, Woodworking, Languages, LARP, Sports & Games, Parkour, Yoga, Ultimate Frisbee, Baseball, Basketball



VACATIONFUN!

February 18–21
VacationFun! 2020
 @ Arlington High School

Animal Art • GRADES K - 2

Tracy Bernier

Come journey around the world as we explore animals from many habitats. We will study different creatures 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.

VF141A 9 am - noon \$165

Circuit Makers • 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.

VF100P 1 - 4 pm \$195

Clay Creations • GRADES 5 - 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.

VF142A 9 am - noon \$165

FOR FULL DETAILS ON VACATIONFUN!

visit arlingtoncommunityed.org

Earth, Space & Sea • GRADES K - 2

Wicked Cool for Kids

Take a look at our big blue planet and beyond. Look deep into space and train like an astronaut, learn about the constellations and build air-powered space shuttles to exit the atmosphere. Next return to earth to analyze the makeup of the planet's surface and earth's extremes like earthquakes and erupting volcanoes. Then, we'll dive down deep into the ocean to make cartesian divers, explore like ocean engineers to stop an oil spill, and investigate ocean invertebrates.

VF143A 9 am - noon \$225

VF143F Full Day: 9 am - 4 pm \$325



**PAINTING
EXPLORATION**
 with Leng
Diamond

Hands-On Electronics • GRADES 3 - 5

Circuit Lab

Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry, and step up to projects where we design our own interactive and programmable devices. We will use the latest tools including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to experiment with LEDs, resistors, motors and programming. Each class will give you the chance to design a hands-on project and returning students will be given new projects and challenges.

VF99A 9 am - noon \$195

Kawaii Crafting Club • GRADES 3 - 5

Kelly Hughes

The Japanese concept of kawaii—best translated as “cuteness”—has grown from a national trend to a global phenomenon. Aspiring crafters and artists will learn how to draw people, animals and objects kawaii-style. In addition to drawing, we will create adorable kawaii plushies and more as we exercise our individuality and playfulness. It's kawaii cuteness overload! Tuition includes a \$10 materials fee.

VF144A 9 am - noon \$165

LARP: Evenda Heroes Academy • GRADES 3 - 8*LARP Adventure Program*

FULL DAY: Have you ever wanted to seek treasure and uncover the secrets of the world? Battle brutal bandits, gruesome goblins, and deadly dragons? Find your way through the dungeon and claim the ancient treasure? Now you can in an interactive world of live-action roleplay (LARP). In a one-of-a-kind experience, you will explore community, art, and self-discovery by becoming your own personal hero. Through themed games, art projects, and interactive theater, we will create a world of magic and wonder, go on fantastic adventures, and discover magical mysteries!

VF109F Grades 3 - 5 9 am - 4 pm \$370

VF110F Grades 6 - 8 9 am - 4 pm \$370
**Little Chefs • GRADES K - 5***Trina Best*

If you love helping in the kitchen then come make some yummy treats with us. Recipes will include some no-bake options and also some that we will bake together. You'll take home a cookbook with recipes at the end of the week. Tuition includes a \$20 food and materials fee.

VF145A Grades K - 2 9 am - noon \$175

VF146P Grades 3 - 5 1 - 4 pm \$175
Painting Exploration • GRADES K - 5*Leng Diamond*

Come channel your inner Picasso and learn all about paint. Whether you love to dip your brushes in acrylics or your fingers in paint, *Painting Exploration* will give you an exciting intro into the world of paint. We'll learn how great artists used them to create the works of art we see hanging on museum walls. We will also produce our own masterpieces using vibrant color, different types of paint, and creative techniques. Tuition includes a \$20 materials fee.

VF148A Grades 3 - 5 9 am - noon \$175

VF147P Grades K - 2 1 - 4 pm \$175
Parkour • AGES 9 - 13*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.

VF155A Ages 6 - 9 9 am - noon \$179

VF156P Ages 10 - 13 1 - 4 pm \$179
Radiant Child® Yoga & Art • GRADES 3 - 5*Carla Leone*

Enjoy playful, mindfulness practices including simple yoga poses, games, and songs that will help us feel centered and relaxed. In the second half of each class, we will explore drawing, storytelling, building with clay, painting, jewelry making, and more. We will use mindfulness to push past preconceived notions of what art is or should look like.

VF152P 1 - 4 pm \$165
Show Choir • GRADES 2 - 6*Nicole Antonakas*

Calling all singers and dancers! Join us for a fun-filled week as we sing popular songs set to simple dance moves. You'll learn and practice choreography that we will integrate with some of our favorite songs. Come express yourself physically and creatively through multiple skits throughout the week.

VF153A Grades 4 - 6 9 am - noon \$159

VF154P Grades 2 - 3 1 - 4 pm \$159
Woodworking 101 • GRADES 3 - 8*Jeffrey Babbin*

Get your hands dirty in this woodworking class. Learn to safely handle common woodworking tools and then work to design, construct and finish your very own tool box. You will learn woodworking techniques and by the end of the week have a finished piece to take home. Tuition includes a \$20 materials fee.

VF126A Grades 3 - 5 9 am - noon \$175

VF95P Grades 6 - 8 1 - 4 pm \$175
HALF-DAY STUDENTS:

Add lunch/recess hour for \$10/day



FAMILY NIGHTS

Spend time together! Fees are for one adult and one child unless otherwise noted. Please register under adult's name only.

NEW Taco Tuesday

Sam Loos

A family favorite, tacos are easy to make, and can be made ahead! Have fun mixing and matching toppings and fillings with a variety of tortillas. Make chicken tinga, Baja shrimp, and corn and black bean tacos with pico de gallo, mango salsa, and chipotle crema. Taco 'bout a good time! Tuition includes a \$25 food fee per pair. Ages 10+

FAM12 Tuesday, Jan. 28 6 - 8 pm \$55/pair

Fun Fact: Sam also teaches cooking classes for adults, p. 18



NEW Paint Your Own (PYO) Cookies

Sandra Frezza

Paint doesn't just have to be on a canvas! Come use edible paints to decorate cookies. A mixture of pre-stenciled and blank cookies will be provided, ready and waiting to be filled with paint, like a coloring book. Enjoy cookies in a new and special way. Each pair will leave with brushes, a paint palette and tips and tricks to continue making these fun cookies at home. Tuition includes a \$20 fee per pair, which includes a container to transport finished cookies. Ages 7+

FAM15 Thursday, Jan. 30 6 - 7:30 pm \$49/pair

Fun Fact: Sandra also teaches a cake decorating class, p. 17

NEW Meatball Mania!

Lynda Fairbanks Atkins

Cultures the world over make meatballs—with beef, chicken, turkey, goat, fish, vegetables, rice, even alligator! While we won't tackle alligator, we will make Middle Eastern lamb meatballs with pomegranate glaze and Mexican chicken taco meatballs served with salsa rice. At the end of class we will sit down and eat together. It may or may not be cloudy, but there is definitely more than just a chance of meatballs! Tuition includes a \$25 food fee. Ages 7+

FAM14 Wednesday, Feb. 26 6:30 - 8:30 pm \$55/pair

Fun Fact: Lynda also teaches a cooking class for adults, p. 18

NEW Paper Marbling

Christine Jansen

Create beautiful swirls and colorful patterns as you learn to marbleize paper, an art that dates back to the Middle Ages. In this class for beginners, float pigments on a water bath thickened with carrageenan then use the mobility of the water to transfer freeform shapes or combed patterns onto absorbent paper. Experiment with different tools to make unique designs with kaleidoscopic swirls of color that can be used for portfolio covers, scrapbooking papers, cards or just for framing. Tuition includes a \$30 materials fee per pair. Ages 7+

FAM010 Wednesday, Jan. 15 6:30 - 8:30 pm \$59/pair

Fun Fact: Christine also teaches this class for adults, p. 10

NEW Wonderful Weaving

Daniela Cermenati

Continue or begin your crafting journey with an evening of weaving, a fun and easy activity for all ages. Come learn the basics—what is warp and weft, how to make your own loom—then play with all different types of yarn to create your own masterpiece. Focus will be on circular weaving. All supplies provided. Ages 7+

FAM11 Thursday, Jan. 23 6 - 8 pm \$29/pair



NEW Get to Know Your Sewing Machine*Christine Jansen*

Unleash your inner seamstress! Whether you have no experience or just need a refresher, in just three evenings you'll learn what you need to get sewing. Review your machine's parts and functions, learn to change a bobbin, thread the machine, decipher stitch selections and use the buttonhole function. After some practice and to boost your confidence, undertake a small project. **Please note:** Each pair bring one sewing machine in good working order along with your machine's instruction manual, if you have it. A materials list will be emailed once the class has reached minimum enrollment. Ages 10+

FAM13 3 Thursdays, Jan. 30 - Feb. 13 6:30 - 8:30 pm \$89/pair

Fun Fact: Christine also teaches this class for adults, p. 11

**Card Making: Pop-Up Design***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. Tuition includes a \$10 fee per pair that covers materials for making and decorating 12 cards each. Please note: Bring scissors to class. Ages 8+

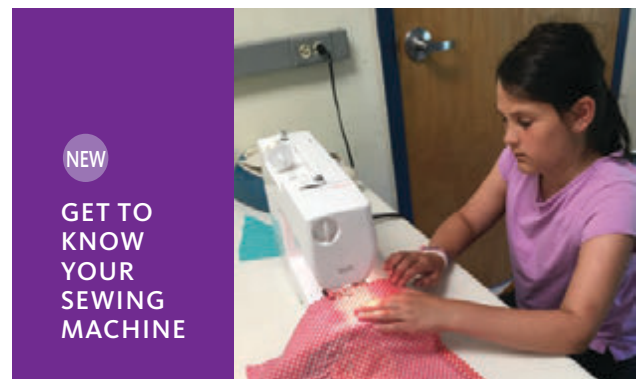
FAM16 Tuesday, Feb. 4 6 - 8 pm \$39/pair

Fun Fact: Susanne also teaches this class for adults, p. 10

Balloon Twisting*Naomi Greenfield*

Balloon twisting is fun and fascinating for all ages. Start by learning how to make a balloon dog and see how this simple creation is the building block of all advanced balloon sculpture. Learn to make dogs, then flowers, hats, and even monkeys on palm trees. Tuition includes a pump and a starter pack of balloons per pair. Ages 7+

FAM17 Tuesday, Feb. 11 6 - 7:30 pm \$29/pair

**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 inch dish or 5 inch bowl together. 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. The 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+

FAM06 Tuesday, Mar. 3 6 - 8 pm \$115/pair

Fun Fact: Michel also teaches an adult class, p. 11

NEW Incredible Card Tricks!*John Bach*

Join professional magician John Bach for this fun evening where you will learn spectacular card tricks that will amaze your friends and family. With step-by-step instructions, learn tips and techniques on how to perform. All you'll need is a deck of cards to become a hit at any party! No experience necessary, just the ability to hold a deck of cards. Ages 10+

FAM18 Tuesday, Mar. 10 6 - 8 pm \$29/pair

Fun Fact: John also teaches this class for adults, p. 23



KIDZONE

IMPORTANT INFORMATION

Registration

Students may take classes at any school. All youth registrations must be made online. We want every student to have a positive learning experience so please make sure your child shows an interest in a class before enrolling.

No Class Dates

No classes on Jan. 20, Jan. 21 (Gibbs only), Feb. 17-21.

Drop-off & Dismissal

For Kidzone, staff gather children after school and escort them to class and 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. Late fee is \$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

Our programs are equal access. 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 ACE programs 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 our programs 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 cancelled 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 a \$15 fee. No other refunds will be granted.

BISHOP

Language Clubs: Spanish, French • GRADES K - 5

RoLa Languages

KidZone's Language Clubs introduce children to foreign languages and cultures as early as kindergarten. Each week we will practice language skills and learn about the history, food, and culture of the countries where that language is spoken. We will reinforce skills through songs, games, crafts, and storytelling, resulting in a fun and challenging learning experience. Instruction is adapted for a variety of levels, making this an excellent introduction for beginners and an opportunity for returning students to expand their proficiency.

Please note: These clubs are not designed for advanced speakers.

Spanish or French Club: 8 Mondays, Jan. 13 - Mar. 16
2:40 - 3:40 pm \$160

EVENING PARKOUR AT AHS

for ages 6 - 13,
p. 33



Keyboarding • GRADES 3 - 5

Beth Defossez

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.

BP125 8 Mondays, Jan. 13 - Mar. 16 2:40 - 3:40 pm \$129

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 basics 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.

BP104 8 Tuesdays, Jan. 14 - Mar. 10 1:10 - 2:10 pm \$165

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 design 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. **Please note 90-minute class.**

BP148 8 Wednesdays, Jan. 15 - Mar. 11 2:40 - 4:10 pm \$195

Home Alone Safety • GRADES 4 - 5*Cindy Sheridan Curran & Officer Bryan White*

Take the first steps toward independence. In this interactive, role-playing class we'll talk about how to best answer the phone and doorbell, ways to avoid accidents and fires, what to do in an emergency, first-aid techniques, kitchen and internet safety, and other tips on how to safely spend brief periods of time on your own. **Please note 90-minute class.**

BP66 Wednesday, Jan. 22 2:40 - 4:10 pm \$19

Kids' Test Kitchen • GRADES K - 5*KTK Chef Instructor*

Kids' Test Kitchen is on a mission to get young aspiring chefs cooking, tasting, and thinking about healthy ingredients. Each week explore new and familiar foods. Then, working as a team, we'll slice, dice, peel, measure, and cook until we've prepared the finished dish. This winter we'll celebrate ingredients that will warm your bones on a cold day and offer ideas for quick and healthy dishes for the family to enjoy together. At the end of each class, go home with a sample of the finished dish, and recipe. We will work around allergies, making sure that everyone is having fun and staying safe.

BPo8o 8 Thursdays, Jan. 16 - Mar. 12 2:40 - 3:40 pm \$185

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. **Please note 75-minute class.**

BP154 8 Fridays, Jan. 17 - Mar. 13 2:40 - 3:55 pm \$269

WE RELY ON YOUR FEEDBACK!

Please help us by returning class evaluations.

BRACKETT**Actor's Toolbox • GRADES K - 2***Kaylah Dixon, Arlington Children's Theater*

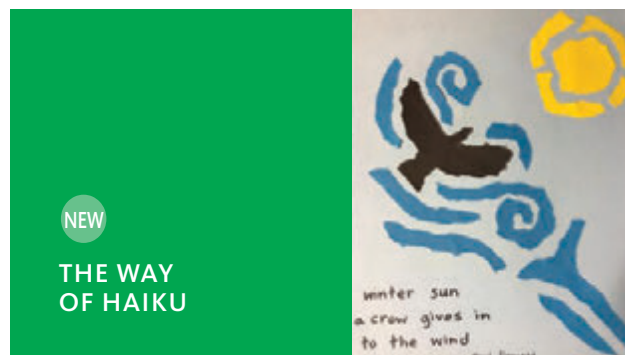
In this introductory acting class we will experiment with games, improv, voice, and movement to learn basic acting skills and build confidence, all while having fun. Each class begins with warm-up games followed by acting exercises—ranging from silly to serious—that build focus, confidence, and communication skills.

BR135 8 Mondays, Jan. 13 - Mar. 16 2:40 - 3:40 pm \$165

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.

BR1o4 8 Tuesdays, Jan. 14 - Mar. 10 1:10 - 2:10 pm \$165

**NEW The Way of Haiku • GRADES 3 - 5***Brad Bennett*

Let your inner poet and artist shine as we learn about, write, and illustrate haiku poems. Explore the history and beauty of haiku, small but powerful three line poems that originated in Japan 400 years ago and are now the most popular poems in the world. During the first half of each session, we will write haiku by participating in different fun activities. During the second half of each session, we will illustrate our haiku. Create watercolor and paper collages plus haiku bookmarks, postcards, and small books. Tuition includes a \$7 materials fee.

BR174 8 Tuesdays, Jan. 14 - Mar. 10 1:10 - 2:10 pm \$119

Fun Fact: Brad also teaches a Haiku class for adults, p. 27

Art Explorers • GRADES K - 2*Pam Shanley-Daube, Arlington Center for the Arts*

Have a blast as we explore a variety of art media to learn basic art concepts like texture, line, color and shape, while creating 2D and 3D projects. We will use all sorts of 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. **Please note 90-minute class.**

BR141 8 Wednesdays, Jan. 15 - Mar. 11 2:40 - 4:10 pm \$195

Home Alone Safety • GRADES 4 - 5*Cindy Sheridan Curran & Officer Bryan White*

Take the first steps toward independence. In this interactive, role-playing class we'll talk about how to best answer the phone and doorbell, ways to avoid accidents and fires, what to do in an emergency, first-aid techniques, kitchen and internet safety, and other tips on how to safely spend brief periods of time on your own. **Please note 90-minute class.**

BR66 Wednesday, Feb. 12 2:40 - 4:10 pm \$19

Language Clubs:**Spanish, French, Mandarin • GRADES K - 5***RoLa Languages*

KidZone's Language Clubs introduce children to foreign languages and cultures as early as kindergarten. Each week we will practice language skills and learn about the history, food and culture of the countries where that language is spoken. We will reinforce skills through songs, games, crafts and storytelling, resulting in a fun and challenging learning experience. Instruction is adapted for a variety of levels, making this an excellent introduction for beginners and an opportunity for returning students to expand their proficiency. **Please note:** These clubs are not designed for advanced speakers.

 Spanish, French or Mandarin Club: 8 Thursdays, Jan. 16 - Mar. 12
 2:40 - 3:40 pm \$160

Building & Engineering Club • GRADES 3 - 5*Empow Studios*

Join this cooperative, welcoming group and work together to create architecture, build circuits in Minecraft, and design interior spaces to make the home you've always wanted. Using creative and design-thinking elements, you will work on individual projects or group projects with friends. No previous coding or engineering experience is required. **Please note 90-minute class.**

BR167 8 Fridays, Jan. 17 - Mar. 13 2:40 - 4:10 pm \$329

CHOCOLATE TOUR: HARVARD SQUARE

Saturday, Feb. 22, all ages, p. 24

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 90-minute class.**

BR116 8 Fridays, Jan. 17 - Mar. 13 2:40 - 4:10 pm \$195

**DALLIN****NEW Minecraft Engineering with LEGO® • GRADES K - 2***Play-Well TEKologies*

Bring Minecraft to life using tens of thousands of LEGO® parts! Build engineer-designed projects such as a creeper, a lava trap, and a minecart and create your favorite Minecraft mobs, tools, and objects. Design and build as never before and explore your craziest ideas. New and returning students can explore the endless creative possibilities of the LEGO® with the guidance of an experienced instructor. **Please note 90-minute class.**

DA175 8 Mondays, Jan. 13 - Mar. 16 2:40 - 4:10 pm \$195

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

Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry, and step up to projects where we design our own interactive and programmable devices. We will use the latest tools including Arduino (for building interactive devices) and Raspberry Pi (for learning about computers and coding) to experiment with LEDs, resistors, motors, and programming. Each class will give you the chance to design a hands-on project and returning students will be given new projects and challenges. **Please note 90-minute class.**

DA49 8 Mondays, Jan. 13 - Mar. 16 2:40 - 4:10 pm \$195

Kawaii Crafting Club • GRADES 3 - 5*Kelly Hughes*

The Japanese concept of kawaii—best translated as “cuteness”—has grown from a national trend to a global phenomenon. In this weekly club, aspiring crafters and artists will learn how to draw people, animals, and objects kawaii-style. In addition to drawing, we will create adorable kawaii plushies and more as we exercise our individuality and playfulness. It's kawaii cuteness overload! Tuition includes a \$10 materials fee. **Please note 75-minute class.**

DA162 8 Mondays, Jan. 13 - Mar. 16 2:40 - 3:55 pm \$149

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.

DA104 8 Tuesdays, Jan. 14 - Mar. 10 1:10 - 2:10 pm \$165

Language Clubs:**Spanish, French, Portuguese • GRADES K - 5***RoLa Languages*

KidZone's Language Clubs introduce children to foreign languages and cultures as early as kindergarten. Each week we will practice language skills and learn about the history, food, and culture of the countries where that language is spoken. We will reinforce skills through songs, games, crafts, and storytelling, resulting in a fun and challenging learning experience. Instruction is adapted for a variety of levels, making this an excellent introduction for beginners and an opportunity for returning students to expand their proficiency. **Please note:** These clubs are not designed for advanced speakers.

 Spanish, French, or Portuguese Club: 8 Wednesdays,
Jan. 15 - Mar. 11 2:40 - 3:40 pm \$160

Graphic Novels • GRADES 4 - 5*Sue Rice, Arlington Center for the Arts*

Are you a fan of graphic novels, or interested in illustrating stories? We'll take a look at some of the many graphic novels made especially for kids, such as Tin Tin, Mouse Guard, Dog Man, Sand Warrior, and Bone. Then we will write our own stories and design characters to develop into multiple page mini graphic novels. Skill-building includes page design, inking, and how to use color to help tell a story. **Please note 90-minute class.**

DA161 8 Thursdays, Jan. 16 - Mar. 12 2:40 - 4:10 pm \$195

NEW Theater Explorations • GRADES K - 2*Amanda O'Donnell*

This class is all about playing, moving, and storytelling. Practice performing through games and activities that let you take center stage. Games like *Museum*, *Human Machine*, and *Spacewalk* will warm us up so we'll be ready to take on bigger challenges like acting out storybooks, dancing, and even creating our own performances to share with our classmates.

DA176 8 Thursdays, Jan. 16 - Mar. 12 2:40 - 3:40 pm \$115

**Home Alone Safety • GRADES 4 - 5***Cindy Sheridan Curran @ Officer Bryan White*

Take the first steps toward independence. In this interactive, role-playing class we'll talk about how to best answer the phone and doorbell, ways to avoid accidents and fires, what to do in an emergency, first-aid techniques, kitchen and internet safety, and other tips on how to safely spend brief periods of time on your own. **Please note 90-minute class.**

DA66 Thursday, Jan. 23 2:40 - 4:10 pm \$19

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. Each week explore new and familiar foods. Then, working as a team, we'll slice, dice, peel, measure, and cook until we've prepared the finished dish. This winter we'll celebrate ingredients that will warm your bones on a cold day and offer ideas for quick and healthy dishes for the family to enjoy together. At the end of each class, go home with a sample of the finished dish, and recipe. We will work around allergies, making sure that everyone is having fun and staying safe.

DA080 8 Fridays, Jan. 17 - Mar. 13 2:40 - 3:40 pm \$185

HARDY

Language Clubs: Spanish, French • GRADES K - 5 *RoLa Languages*

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Spanish or French Club: 8 Mondays, Jan. 13 - Mar 16
2:40 - 3:40 pm \$160

P.E. Plus A.M. • GRADES 1 - 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. *P.E. Plus* gets your blood pumping and sends you off to class primed to learn.

HA22.2 Grades 3 - 5 8 Tuesdays, Jan. 14 - Mar. 10
7:30 - 8:10 am \$65

HA22.1 Grades 1 - 2 8 Wednesdays, Jan. 15 - Mar. 11
7:30 - 8:10 am \$65

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.

HA104 8 Tuesdays, Jan. 14 - Mar. 10 1:10 - 2:10 pm \$165

MAPLE SUGARING AT MASS AUDUBON HABITAT

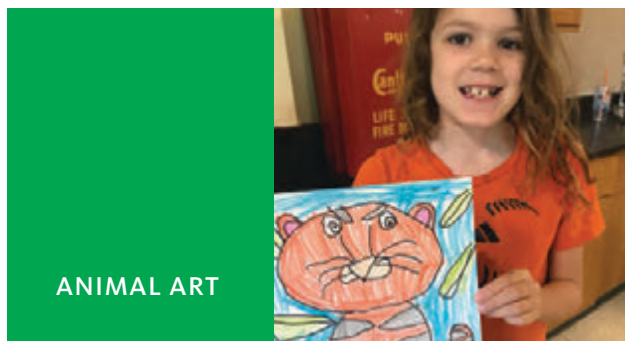
Sunday, March 15, ages 10+, p. 24

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. Each week explore new and familiar foods. Then, working as a team, we'll slice, dice, peel, measure, and cook until we've prepared the finished dish. This winter we'll celebrate ingredients that will warm your bones on a cold day and offer ideas for quick and healthy dishes for the family to enjoy together. At the end of each class, go home with a sample of the finished dish, and recipe. We will work around allergies, making sure that everyone is having fun and staying safe.

HA080 8 Wednesdays, Jan. 15 - Mar. 11 2:40 - 3:40 pm \$185



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.

HA138 8 Thursdays, Jan. 16 - Mar. 12 2:40 - 3:40 pm \$125

Digital Arts & Design Club • GRADES 3 - 5

Empow Studios

Digital Arts @ Design Club is for designers, storytellers, and aspiring tech gurus. Using technology as a tool, we will create movies, animations, music compositions—and even 3D models that we print to share with family and friends. This club is a great way to explore the power of technology, while incorporating art and storytelling elements. No previous coding or digital art experience is required. **Please note** 90-minute class.

HA164 8 Thursdays, Jan. 16 - Mar. 12 2:40 - 4:10 pm \$329

Home Alone Safety • GRADES 4 - 5*Cindy Sheridan Curran @ Officer Bryan White*

Take the first steps toward independence. In this interactive, role-playing class we'll talk about how to best answer the phone and doorbell, ways to avoid accidents and fires, what to do in an emergency, first-aid techniques, kitchen and internet safety, and other tips on how to safely spend brief periods of time on your own. **Please note 90-minute class.**

HA66 Thursday, Jan. 30 2:40 - 4:10 pm \$19

NEW PAPER MARBLING

Family Night, ages 7+, p. 36

STEM Challenge with LEGO® • GRADES 3 - 5*Play-Well TEKologies*

Power up your engineering skills with tens of thousands of LEGO®. Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as cars, rail riders, and forklifts. Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. **Please note 90-minute class.**

HA120 8 Fridays, Jan. 17 - Mar. 13 2:40 - 4:10 pm \$195

NEW**GUITAR OR UKULELE**

Ages 10-15 at AHS, p. 33

**Vegetable Circus: Circus Sprouts** • GRADES K - 2*Vegetable Circus*

Take your first circus steps and grow your circus superpowers with Vegetable Circus! We'll exercise a variety of fine motor skills through balancing arts, basic juggling, and spinning objects, plus we'll incorporate gross motor skills such as our "vegetable stretches," tai chi, yoga, and dance. Throughout the session we connect circus arts to the themes of healthy eating and healthy moving. Join the circus today! **Please note 75-minute class.**

HA165 8 Fridays, Jan. 17 - Mar. 13 2:40 - 3:55 pm \$165

PEIRCE**Elementary Drawing** • GRADES K - 5*Young Rembrandts*

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

PR79 8 Mondays, Jan. 13 - Mar. 16 2:40 - 3:40 pm \$165

Language Clubs: Spanish, French • GRADES K - 5*RoLa Languages*

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 Spanish or French Club: 8 Tuesdays, Jan. 14 - Mar. 10
 1:10 - 2:10 pm \$160

Chess Wizards • GRADES 1 - 5*Chess Wizards*

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PR104 8 Tuesdays, Jan. 14 - Mar. 10 1:10 - 2:10 pm \$165

NEW**Frozen Science** • GRADES K - 2*Wicked Cool for Kids*

Love all things frozen? Go on a Frozen Science expedition! We'll make "frozen" slime, style six-pointed snowflakes, and make our own magical indoor snow. Grow cold crystals and make a spectacular density-based snow globe. Create a spectacular frozen forest, make magical potions, and warm up by making your own homemade hand warmers.

PR177 7 Wednesdays, Jan. 22 - Mar. 11 2:40 - 3:40 pm \$185

Home Alone Safety • GRADES 4 - 5*Cindy Sheridan Curran @ Officer Bryan White*

Take the first steps toward independence. In this interactive, role-playing class we'll talk about how to best answer the phone and doorbell, ways to avoid accidents and fires, what to do in an emergency, first-aid techniques, kitchen and internet safety, and other tips on how to safely spend brief periods of time on your own. **Please note 90-minute class.**

PR66 Wednesday, Feb. 5 2:40 - 4:10 \$19

Code Kingdom • GRADES 3 - 5*Einstein's Workshop*

Learn to create your own Mods for Minecraft using this simple tool for teaching Java. Code Kingdoms is a coding interface that allows students to code on several levels from very simple "block coding" with pictures, to more complex Java. This class is a great introduction to more advanced coding and no experience is necessary. **Please note 75-minute class.**

PR170 8 Thursdays, Jan. 16 - Mar. 12 2:40 - 3:55 pm \$269



NEW

MEXICAN
FOLK ART**NEW Mexican Folk Art • GRADES 4 - 5***Cat Beaudoin, Arlington Center for the Arts*

Explore the history, context, and creation of various forms of Mexican folk art. Discover the whimsical alebrijes—brightly colored sculptures of fantastical creatures—by artist Pedro Linares (popularized in the movie *Coco*) and create your own. We will also study printmaking and design and print our own posters. **Please note 90-minute class.**

PR178 8 Thursdays, Jan. 16 - Mar. 12 2:40 - 4:10 pm \$195

NEW

GET TO KNOW
YOUR SEWING MACHINE

Family Class, ages 10+, p. 37

Vegetable Circus: Circus Sprouts • GRADES K - 2*Vegetable Circus*

Take your first circus steps and grow your circus superpowers with Vegetable Circus! We'll exercise a variety of fine motor skills through balancing arts, basic juggling, and spinning objects, plus we'll incorporate gross motor skills such as our "vegetable stretches," tai chi, yoga, and dance. Throughout the session we connect circus arts to the themes of healthy eating and healthy moving. Join the circus today! **Please note 75-minute class.**

PR165 8 Fridays, Jan. 17 - Mar. 13 2:40 - 3:55 pm \$165

VACATIONFUN!

February 18–21 at AHS for Grades K–8, p. 34

STRATTON**Creative Dance • GRADES K - 3***Thomas Krusinski*

During our time together we will explore movement, body awareness, strength, and flexibility by playing fun structured improv games. You and your classmates will choose the music, and the moves it inspires in all of us will be shaped into original dances. **Please note:** Students who attend APTG should register for the 3:45 session.

ST143.1 8 Mondays, Jan. 13 - Mar. 16 2:40 - 3:40 pm \$159

ST143.2 8 Mondays, Jan. 13 - Mar. 16 3:45 - 4:45 pm \$159

Coding Club • GRADES 3 - 5*Empow Studios*

Coding Club is for kids who want to try their hand at creating games, animations, and applications by learning how to code. We'll start with fundamental concepts using Scratch, an easy-to-understand, block-based, "drag and drop" coding language. Then we'll apply our new coding knowledge to create a playable video game to share with friends. Once we're familiar with the basic concepts, we'll experiment with Java, a coding language used in many of the applications running on your Android device, and in Minecraft, the second best-selling video game of all time. No prior experience is required. **Please note 90-minute class.**

ST160 8 Tuesdays, Jan. 14 - Mar. 10 1:10 - 2:40 pm \$329

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.

ST54 8 Tuesdays, Jan. 14 - Mar. 10 1:10 - 2:10 pm \$145

Elementary Drawing • GRADES K - 5*Young Rembrandts*

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

ST79 8 Wednesdays, Jan. 15 - Mar. 11 2:40 - 3:40 pm \$165

NEW **Minecraft Engineering
with LEGO® • GRADES K - 2**
Play-Well TEKologies

Bring Minecraft to life using tens of thousands of LEGO® parts. Build engineer-designed projects such as a creeper, a lava trap, and a minecart and create your favorite Minecraft mobs, tools, and objects. Design and build as never before and explore your craziest ideas. New and returning students can explore the endless creative possibilities of the LEGO® with the guidance of an experienced instructor. **Please note 90-minute class.**

ST175 8 Wednesdays, Jan. 15 - Mar. 11 2:40 - 4:10 pm \$195

NEW **Clay Play • GRADES 4 - 5**
Melody Wolfe Thomas

Come and get dirty while we explore this favorite art material. Learn handbuilding techniques (pinch, coil, and slab) as well as surface decoration. We will design our own sculpture projects as well as functional pieces such as cups or bowls. All work will be glazed and fired. Tuition includes a \$10 materials fee. **Please note 90-minute class.**

ST179 8 Thursdays, Jan. 16 - Mar. 12 2:40 - 4:10 pm \$179

Home Alone Safety • GRADES 4 - 5*Cindy Sheridan Curran @ Officer Bryan White*

Take the first steps toward independence. In this interactive, role-playing class we'll talk about how to best answer the phone and doorbell, ways to avoid accidents and fires, what to do in an emergency, first-aid techniques, kitchen and internet safety, and other tips on how to safely spend brief periods of time on your own. **Please note 90-minute class.**

ST66 Thursday, Feb. 6 2:40 - 4:10 \$19

**Language Clubs:****Spanish, French, Mandarin • GRADES K - 5***RoLa Languages Instructor*

KidZone's Language Clubs introduce children to foreign languages and cultures as early as kindergarten. Each week we will practice language skills and learn about the history, food, and culture of the countries where that language is spoken. We will reinforce skills through songs, games, crafts, and storytelling, resulting in a fun and challenging learning experience. Instruction is adapted for a variety of levels, making this an excellent introduction for beginners and an opportunity for returning students to expand their proficiency. **Please note:** These clubs are not designed for advanced speakers.

 Spanish, French, or Mandarin Club: 8 Thursdays, Jan. 16 - Mar. 12
 2:40 - 3:40 pm \$160

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

Known for its fun games and teamwork-oriented environment, *Nathan's Ninjas* is a mix of traditional Kempo Karate with elements of sport karate, tumbling, and grappling. This course will give you a true self-defense perspective, all while having fun and building confidence. **Please note:** Students attending APTG should register for the 3:45 session.

ST29.1 8 Fridays, Jan. 17 - Mar. 13 2:40 - 3:40 pm \$135

ST29.2 8 Fridays, Jan. 17 - Mar. 13 3:45 - 4:45 pm \$135

Radiant Child® Yoga & Art • GRADES 3 - 5*Carla Leone*

Enjoy playful, mindfulness practices including simple yoga poses, games, and songs that will help us feel centered and relaxed. In the second half of each class, we will explore drawing, storytelling, building with clay, painting, jewelry making, and more. We will use mindfulness to push past preconceived notions of what art is or should look like.

ST172 8 Fridays, Jan. 17 - Mar 13 2:40 - 3:40 pm \$125

THOMPSON**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.

Please note 75-minute class.

TH151 8 Mondays, Jan. 13 - Mar 16 2:40 - 3:55 pm \$269

Let's Dance! • GRADES 1 - 3*Jamie Webster*

Dance is great fun and exercise that builds focus, self-control, balance and creativity. Let's dance and play together exploring space, rhythm, and speed while using props and upbeat music for inspiration.

TH168 8 Mondays, Jan. 13 - Mar 16 2:40 - 3:40 pm \$115

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.

TH104 8 Tuesdays, Jan. 14 - Mar. 10 1:10 - 2:10 pm \$165

BALLOON TWISTING

Family Night, p. 37

NEW Felt Fun • GRADES 1 - 3*Hui Ru Liang @ Lisa Treadwell*

Colorful, soft, and easy to use, felt will quickly become your favorite material to craft with. Use your hands and imagination to bring your thoughts and ideas to life. We will make bookmarks, masks, flowers, animals, food, and emojis—the possibilities are endless. No sewing is required, just your creativity, excitement, and willingness to have some fun. Tuition includes a \$10 materials fee.

TH180 8 Wednesdays, Jan. 15 - Mar. 11 2:40 - 3:40 pm \$125

Home Alone Safety • GRADES 4 - 5*Cindy Sheridan Curran @ Officer Bryan White*

Take the first steps toward independence. In this interactive, role-playing class we'll talk about how to best answer the phone and doorbell, ways to avoid accidents and fires, what to do in an emergency, first-aid techniques, kitchen and internet safety, and other tips on how to safely spend brief periods of time on your own. **Please note 90-minute class.**

TH66 Wednesday, Jan. 29 2:40 - 4:10 pm \$19

CHESS WIZARDS**Language Clubs:****Spanish, French, Portuguese • GRADES K - 5***RoLa Languages*

KidZone's Language Clubs introduce children to foreign languages and cultures as early as kindergarten. Each week we will practice language skills and learn about the history, food, and culture of the countries where that language is spoken. We will reinforce skills through songs, games, crafts, and storytelling, resulting in a fun and challenging learning experience. Instruction is adapted for a variety of levels, making this an excellent introduction for beginners and an opportunity for returning students to expand their proficiency. **Please note:** These clubs are not designed for advanced speakers.

 Spanish, French or Portuguese Club: 8 Wednesdays, Jan. 15 - Mar. 11 2:40 - 3:40 pm \$160

Habitat's Nature Detectives:

Wild Winter • GRADES K - 2

Mass Audubon Habitat

What's happening outside in the winter? Come learn how different plants and animals have adapted to survive during these cold months. We will look for tracks and signs and make our own as we explore outdoors. Habitat's naturalists will bring in animal specimens, tell stories, and play wild games outside to discover the wonder that winter has to offer.

TH139 8 Thursdays, Jan. 16 - Mar. 12 2:40 - 3:40 pm \$135

Keyboarding • GRADES 3 - 5

Courtnei Fassel

More than ever, students take tests, do homework, and write papers digitally, yet few schools teach basic typing as part of the curriculum. Try a non-boring way to learn a fundamental skill. Master the keyboard through fun exercises and games. Start early to dramatically improve typing speed and develop a lifelong skill.

TH125 8 Thursdays, Jan. 16 - Mar. 12 2:40 - 3:40 pm \$129



Actor's Toolbox • GRADES K - 2

Kaylah Dixon, Arlington Children's Theater

In this introductory acting class we will experiment with games, improv, voice, and movement to learn basic acting skills and build confidence, all while having fun. Each class begins with warm-up games followed by acting exercises—ranging from silly to serious—that build focus, confidence, and communication skills.

TH135 8 Fridays, Jan. 17 - Mar. 13 2:40 - 3:40 pm \$165

Code Club • GRADES 2 - 3

Liz Ferola

Come join in on some coding fun! In this self-driven and self-paced course we will use Scratch Jr., Ozobots and *code.org* to explore coding and programming concepts on iPads. New and returning students are welcome.

TH169 8 Fridays, Jan. 17 - Mar. 13 2:40 - 3:40 pm \$129

David Adams, Esq. is a resident of Arlington and founding partner at Pathway Law LLC, a firm specializing in estate planning, elder law, charitable planning, probate, and estate administration. Visit PathwayLaw.com

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

Paul Angiolillo is a long-time tea connoisseur who has worked at Upton Tea Imports, a major purveyor of fine loose-leaf teas. He has lectured on the history of tea and held tea-tastings at the Peabody-Essex Museum and other venues.

Nicole Antonakas is a BSP at Brackett School and runs Positively Showtime!, Inc. She has produced and directed many show choir and musical performances for children.

Lynda Fairbanks Atkins holds a certificate from the Cambridge School of Culinary Arts as well as a degree in French and an MBA. She has developed and led many cooking classes for kids and adults.

Jeffrey Babbini is a special education teacher at Ottoson Middle school and has been in education for over 10 years. With ACE, he has been teaching youth woodworking for two years.

John Bach is an award-winning magician who has been performing for over 25 years. He is a member of the Society of American Magicians, International Brotherhood of Magicians, and the New England Magic Collectors Society.

Cat Beaudoin is an artist, art educator, and lifelong learner from Phoenix, Arizona. She enjoys experimenting with new mediums as well as discovering new ways to provide empowering arts opportunities for youth.

Brad Bennett has taught haiku for over twenty years. His writings have appeared in over thirty magazines and journals, and his collection, *a drop of pond*, won a Touchstone Distinguished Book Award from the Haiku Foundation.

Tracy Bernier is a kindergarten teacher at Hardy. She loves sharing her love of animals and craft with children. In the fall Tracy coaches Hardy's Boys in Motion running team.

Trina Best is a special education teacher at Gibbs. Her passions include cooking, crafting, baking, and travelling, and she always looks forward to sharing these with children.

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.

Erin Bradley is an English teacher at Arlington High School and currently teaches sophomores, juniors, and seniors. She is also the Advisor for the Class of 2020.

Barry Bridgelal has studied more than ten languages and holds degrees in international relations and French literature. Barry has taught French, Italian and Latin in many language schools.

Wendy Buglio, CPO® is dedicated to discovering what's most important and then developing strategies to get everything else out of the way. With her non-judgmental approach and calming energy, she works with clients to make decisions and take action to create desired change.

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

Bob Cahill is a Senior Mortgage Banker, Broker & Planner with over 16 years of residential lending experience in 29 states including all of New England, FL, DC, MD, and more.

Leslie Capachietti is a certified trainer for Intuit, the makers of QuickBooks software, and the author of the QuickBooks "Official Guide" series. She is principal of Automated Financial Solutions.

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

Chess Wizards has inspired thousands of children across the United States and Canada to think logically, solve problems, win graciously, and learn from defeat since 2002.

Circuit Lab's mission is to get kids excited about computers and electronics, and to train them in the most useful of modern-day skills. Their philosophy is to engage with electronics as tools—not toys.

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

Elizabeth Colburn-Moraites is a certified crystal therapist, certified singing bowl therapist, intuit, and meditation teacher. She is the owner of The Om Approach.

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

Lynette Culverhouse is a certified Life Design coach and workshop facilitator, and is thrilled to bring this life changing program to young people who have had few opportunities to explore and reflect on how they want to live their lives.

Cindy Sheridan Curran is Arlington Public Schools Court/Home Liaison, Readiness and Emergency Management Coordinator, Attendance Officer, Homeless Liaison and Foster Care Point of Contact.

Alexandra Dale is a practicing makeup artist who serves clients across the country through Alexandra Makeup Artistry. She has a degree in studio art from Smith College and multiple makeup artistry accreditations.

Beth Defosse teaches grade 4 at Bishop. She received her master's in education from Brandeis University. When she isn't teaching, she enjoys spending time outdoors running and hiking. Beth also coaches the Bishop Fit Girls.

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.

Gaggi DeStefanis began her running career in high school as a sprinter. As an adult, she has run 15 marathons. She is the assistant coach of the AHS Girls XCcountry team, coaches running at both Arlington middle schools, and teaches adults how to run in private classes.

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

Leng Diamond is a special education tutor at the Weston schools who loves working with kids. Leng enjoys yoga, arts and crafts, and has taught with ACE for many years.

Kaylah Dixon is a staff member at Arlington Children's Theater. When she isn't doing theater, she spends her time writing and acting for films.

Guillermina Dumas has been teaching Spanish to adults and children for over forty years, with experience in Concord public schools, and a middle school in Arlington.

Susan Dworkin has made a living as a writer of books, plays, and articles for 30 years. She taught writing at Tufts University and other organizations. Her book, *The Nazi Officer's Wife* (co-written with the late Edith Hahn Beer), was a *New York Times* best seller.

Einstein's Workshop is dedicated to inspiring children and adults in their exploration of STEAM by developing fluency in the science and engineering concepts they need to succeed in our tech-driven society.

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

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

Empow Studios supports active participation and developing literacy in digital, virtual, and robotic environments. They empower kids by giving them the tools not only to navigate their future landscapes, but be active and intentional creators.

The Etiquette Academy of New England is dedicated to enhancing social skills, improving communication techniques, and developing leadership qualities necessary to succeed personally and professionally.

Courtnei Fassel teaches grade 3 at Thompson. As a teacher and a life-long learner, she understands the importance of typing quickly and accurately. Typing is a skill you'll use in school, social life, and work for the rest of your life.

Liz Ferola is a 3rd grade teacher at Thompson school. She has also taught 1st and 2nd grade, and LOVES anything coding.

Roxana Figueroa has a master's degree in foreign language education. She has been teaching Spanish and English for the past nine years and enjoys learning about different cultures, food, traditions, music and literature.

Jean Flanagan is the author of two books of poetry, has taught at Middlesex Community College and facilitates in an alternative sentencing program called Changing Lives Through Literature. She is a founder of the Arlington Center for the Arts.

Linda Flynn has taught P.E. in Arlington for almost 16 years. She enjoys teaching morning fitness classes that are proven to help students focus during their school day. The excited kids' faces are the best start to her day.

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.

Sandra Frezza is an award winning cake artist. She is the owner and operator of Sandra's Sweet Sensations in Boston, and has been inducted into the Wilton Hall of Fame.

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

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).

Joe Green has been teaching adult education for 15 years. His courses cover all subject areas for the current HiSet. He has provided tutoring services for adults in preparing for a wide variety of career related examinations.

Paul Green is a NASA astrophysicist whose research ranges from dwarf stars to quasars. He works for the Smithsonian Astrophysical Observatory on NASA's Chandra X-ray satellite telescope facility.

Naomi Greenfield began balloon twisting at age 13. Many pops later, Naomi twists balloons at a variety of events and has created personalized sculptures for celebrities such as Al Roker, Kathie Lee, Hoda Kotb, Adam Sandler and even Sir Paul McCartney (who called his sculpture "Brilliant!").

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

Oksana Haiduchok has trained and performed in various styles of dance. Upon moving to Boston, from Ukraine, she became a certified Arthur Murray Professional Ballroom Instructor with the Cambridge studio. Her success as a teacher has stemmed from her genuine passion for dancing and belief that everyone can learn.

Kalen Hammann is a local tutor, helping people improve test scores and work on their English. With a Ph.D. in philosophy, he has teaching experience locally in Boston and Rockport, and has traveled the globe to lead workshops on leadership and creativity.

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 nonprofit sector.

India Hobel is passionate about poker and spends much of her time playing, studying, teaching, and talking about poker. She is a retired Florida native with a BA in psychology, an MS in clinical psychology and a graduate degree in human resources.

Kelly Hughes teaches grade 5 at Dallin.

Inspire Fitness Training Studio trainers are highly motivated, and have numerous certifications in various backgrounds. They believe that with proper planning and nutrition, they can help clients achieve their goals.

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.

Clayton Jones is a math teacher at Arlington High School.

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

Randeep Kaur is a certified BollyX instructor. BollyX motivates her to sweat it all out on the dance floor, and she wants to motivate and inspire others to do the same. She believes that exercise is the best form of preventative medicine.

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 author of *Music Lessons for the Spirit*, a collection of essays drawn from the spiritual/life lessons learned as a pianist. Visit spiralenergies.com

Dorien Kusseyan is a certified personal trainer at Gold's Gym in Arlington and owner of Lighten UP, LLC, a home visiting training service. She is also certified in fitness nutrition and a weight-loss success story having lost and kept off over 100 pounds.

Kids' Test Kitchen facilitators enthusiastically guide kids through recipes, ensuring that everyone gets a job. They encourage exploration and participation, and are supportive of those who are too nervous to eat.

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.

Madalyn Kitchen holds a degree in choral music education from Brigham Young University. She has conducted choirs of all ages and experience levels, most recently as the choir director at Arlington High School. She places special emphasis on musicianship and ensemble.

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

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

Thomas Krusinski was a professional dancer for 15 years based in Boston and toured the United States and Europe. For over 20 years, he has been teaching creative, pre-ballet, ballet, modern, and boys and girls dance ensembles as faculty at the Brookline Music School.

Anne Ku is author of a new book on the ukulele and has taught music at the University of Hawaii Maui College. With degrees in music from the UK and the Netherlands, she founded the ukulele movement in Historic Lower Mills and performs in the Boston Guitar Orchestra. Visit anneku.com/ukulele

Jessica Lane is a certified Master Gardener. She is the owner of Inspired Gardens, an Arlington based gardening company. She loves helping people overcome hurdles to having a garden they love.

LARP Adventure Program offers educational enrichment that fosters empowerment through imagination.

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.

Lau Lapides Company is a communications coaching studio specializing in voice-over, acting, public speaking and presentation. Visit laulapidescompany.com

Carla Leone has a Master's degree in Mindfulness, is a trained children's Certified Instructor of Radiant Child® Yoga, and is a former teaching assistant at Brackett. She finds that integrating yoga, mindfulness, and creative arts is a winning combination.

Cindy Lewis is a retired lawyer who works at the Federation for Children with Special Needs. She believes that Essentrics is an effective full-body workout for people of all ages.

Hui Ru Liang is a longtime yarn crafter who loves to share her passion for crafting with children of all ages. She is a kindergarten TA at Thompson and has co-taught the popular KidZone class *Yarn Play* for many years.

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

Howard Loewinger has been working with computers since the days of the Commodore PET. He has worked as a programmer and database administrator, and as a systems and user support specialist, mostly in higher education.

Sam Loos attended the Professional Chef's program at the Cambridge School of Culinary Arts. She has worked both front and back of house roles across the foodservice industry and now can be found personal cheffing around the greater Boston area. Sam hopes to spread her love of food and cooking to the community.

Robert Lublin is professor of theater 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*.

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

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

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

Heather Mahoney teaches English at Gibbs. She coaches both the Gibbs Running Club, and AHS Junior Varsity Soccer.

Jeannie Martin has led retreats and workshops on haiku in a variety of community settings. She has authored nine chapbooks of haiku poetry, as well as two longer books about haiku, and publishes in haiku journals and magazines.

Mass Audubon Habitat has been a long-standing center for environmental education. Habitat offers year-round programs for all ages.

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

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

Kayla McKenna teaches art at Otis and has run her popular Clay Creations for the last three years.

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.

John Mercuri-Dooley has 30 years of experience practicing and studying meditation with community organizations and at the Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital. He has also taught with Buddhist teachers, and practitioners in body work.

Kierstin Merlino is a certified Athletic Trainer who has been teaching CPR for Technical Medical Center since 2015. She holds a B.S. from the University of Vermont in Athletic Training, and an M.Ed from Endicott College in Athletic Administration.

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 area cemeteries and programs at libraries, schools, and historical societies. Her goal is to connect people with their civic ancestors.

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.

Masashi Nakamura has been teaching for fourteen years, and performing with a variety of bands for twenty-two years. He has been voted Best Guitarist in the Yamaha Band Explosion Contest in Japan, and has experience with over a dozen instruments.

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.

Amanda O'Donnell is a local performer, playwright, and educator. Her interests in the performing arts range from Shakespeare to aerial arts to stage combat and everything in between. She is currently working on her master's in theatre education at Emerson College.

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.

Off the Beaten Path Food Tours was started in 2017 by a local couple Sam and Lizzie who wanted to show off local independent restaurants, their delicious food and the stories behind the establishments and neighborhoods. They currently run 12 local tours and are always adding more.

Suzanne Owayda, owner of Mosaic Oasis Studio & Supply, offers mosaic classes and workshops, and sells tools, supplies and materials. Visit mosaicoasis.com

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.

Play-Well Tek strives to build problem-solving skills, foster creative expression, and an appreciation of how things work all through playing and building with LEGO®.

Nathan Porter is a certified black belt and runs Rising Storm Karate, voted Best of Burlington 2015. Visit risingstormkarate.com

Tony Pulsone, a second-generation beekeeper. He is the Vice-President of the Middlesex County Beekeepers Association, a member of the Massachusetts Beekeepers Association, and is a certified Master Beekeeper by Cornell University's Dyce Laboratory for Honey Bee Research.

Bryan Ramey received his BFA from Alfred University in 2008, and attended the post bachelor program at the School for the Museum of Fine Arts in 2011. Bryan has exhibited and curated both locally and internationally, worked with musicians and authors as a freelance illustrator and taught at various locations all over New England.

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.

RoLa Languages instills in students the confidence necessary to reach their language goals, in a rigorous but fun environment.

Debra Rosenblum has a master's degree in education and a certificate of advanced graduate studies in creative and expressive arts. She holds a 500-hour certification in yoga, teaches meditation and transformation through art and chair yoga.

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, is an Arlington resident and philanthropy professional with more than 25 years of experience in helping nonprofits—from Harvard and MIT to one-person startups—reach their advancement goals.

Kerry Sabbag became interested in Russian culture when she read *Anna Karenina* and was determined to eventually read it in Russian. After completing her Ph.D. in Russian literature at Brown University, she taught Russian language and literature at the University of Kansas. She is excited to continue introducing students to the wonders and challenges of learning Russian.

Laurie Savage received a bachelor of fine arts 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.

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.

Megan Scipione is a Financial Wellness Coach. Her 20+ year-career has been focused on improving financial outcomes for individuals.

Anastasia Semash is a local artist and teacher who studied illustration at the School of the Museum of Fine Arts, Boston, and holds a degree from St. Petersburg State University, Russia. Visit artsemash.com

Alecia Serafini teaches art at Gibbs. She studied small metals and jewelry design at Mass Art and has taught jewelry making courses for jewelry supply stores. Alecia has designed and created jewelry for local stores and clients.

Pam Shanley-Daube 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.

Alison Silver teaches English at Acton-Boxborough High School. With 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.

Cinthya Soto 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.

Mirela Stefa has been teaching students the art of speaking Italian and immersing in the cultural aspects of traveling, working, and living in Italy for the past twenty years.

Farhana Stevenson was introduced to Essentrics in 2017 and fell in love with the fluid, dynamic nature of the exercises. She likes that it combines ballet, tai chi and physiotherapy to create a toned, lean body. She received her certification in 2019.

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 a member of the Greater Boston Association of Realtors and Massachusetts Association of Realtors.

Melody Wolfe Thomas is the art teacher at Stratton. She is a working ceramic artist and creates sculpture and tableware in her home studio. She has also taught ceramics for Mudflat Studio, Arlington Center for the Arts, and Mass Audubon.

Lisa Treadwell was Thompson's building substitute for several years. Now she is a kindergarten TA and is loving it. Lisa enjoys being creative and has taught courses through SummerFun for two years.

Larry Unger has been a full-time musician since 1984, and has traveled the world playing for traditional dances, at festivals and in concert. He is proficient in many instruments, teaches guitar and banjo and has written over 5000 melodies himself.

Harriet Vanderput, a graduate of 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, and is an author and professional speaker. Visit lindavarone.com

Vegetable Circus is a program of the Allied Wellness Education Network (AWEN), a national wellness organization. They use circus arts to teach children and adults creative and exciting ways to live healthy while having fun.

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.

Lisa Ventresco has more than 20 years of experience helping organizations innovate how they approach learning and development. She focuses on learning theory and instructional design to improve learner engagement and professional development.

Va Shon Wallace-Hitpold, a 4-H extension educator, helps interested youth become aware of the responsibilities involved with babysitting and the importance of their role as the caregiver.

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 in London and now in Lexington as part of Two Aprons Cookery. Visit <https://2aprons.wordpress.com>

Jamie Webster is trained as a modern dancer, loves to dance, teach, and delights in sharing the joys of dance with people of all ages. She is the Thompson librarian.

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

Bryan White has been with the Arlington Police Department for 7 years and became the School Resource Officer this year. Before that he worked at Minuteman High School and the LABBB collaborative, working with students with special needs.

Wicked Cool for Kids brings science to life with an innovative curriculum designed to inspire kids and teachers.

Eric Wing is the founder of MetroCreate Studios, a digital marketing firm. Since 2008, Eric has worked with countless business owners and marketing professionals to produce leads that convert into sales and profits. He holds an MBA from Northeastern University.

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.

Young Rembrandts raises generations that value the power, the passion, and the significance of art.

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.

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 some adult classes if accompanied by a registered adult. Please call our office at 781.316.3568 to inquire. Registration remains open until the first meeting of most classes, as space permits. Under-enrolled classes are cancelled, so register early.

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.

Waitlists

If the class you want is full, sign up for the waitlist! There's no charge and we often get last-minute changes.

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.

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. Do not enter from Mill Street unless indicated on your class.

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.
- 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.

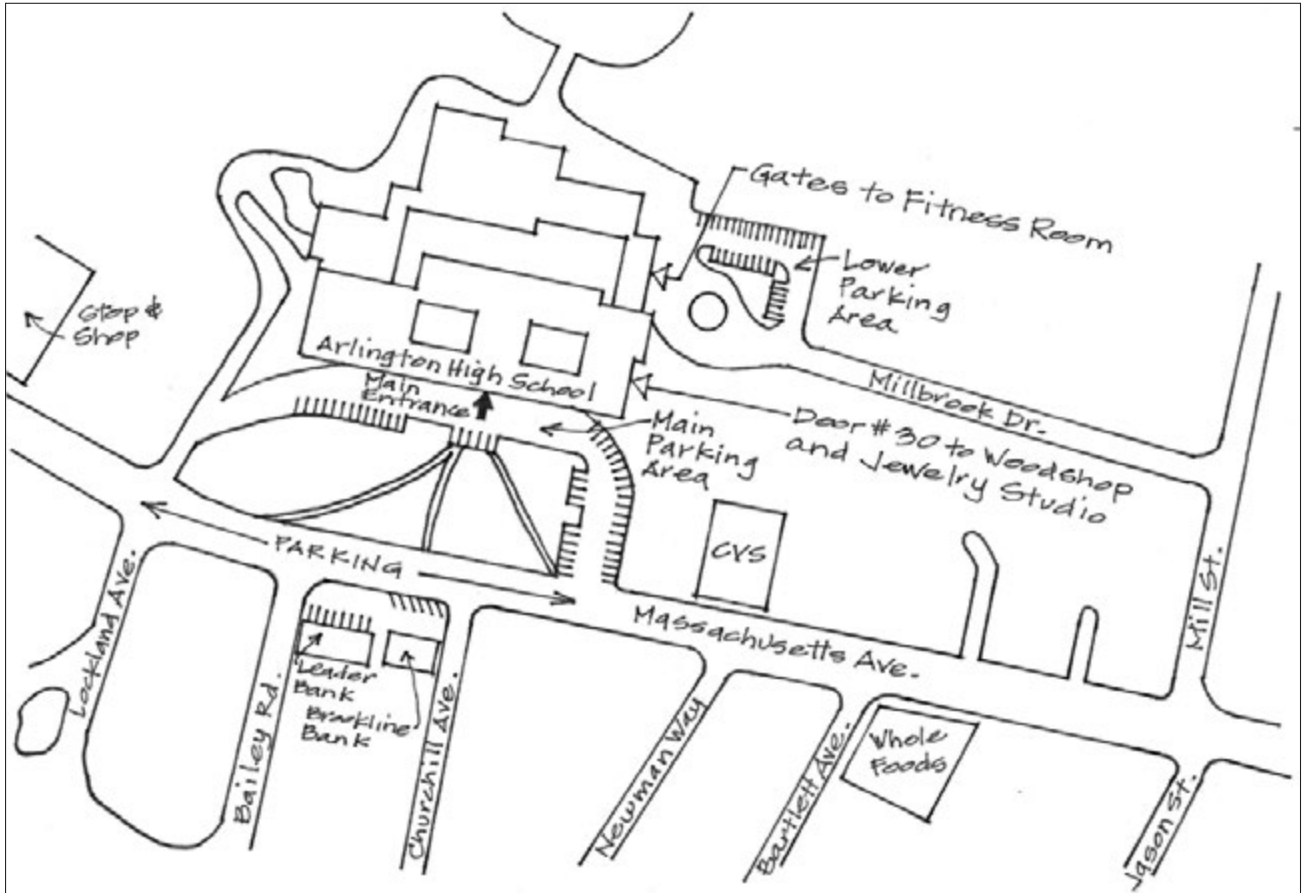
Gift Certificates Available!



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

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.



Class Locations Outside AHS

Arlington Senior Center: 27 Maple Street

Arlington Reiki Associates: 366 Mass. Ave, Suite 304

Broadsheet Coffee: 100 Kirkland Street, Cambridge

Calvary Church: 300 Mass. Ave.

Derby Farms: 218 Mass. Ave.

Fox Library: 175 Mass. Ave.

Inspire Fitness: 180 Mass. Ave.

Mosaic Oasis Studio: 1189B Mass. Ave.

St. John's Church: 74 Pleasant Street

St. Camillus Church: 1175 Concord Turnpike

The Society of Master Beercierge:

85 Leonard Street, Belmont



Adult Registration Form

Name _____ Date _____

Address _____ City _____ State _____ ZIP _____

Primary Phone _____ Email (required) _____

COURSE/LEVEL CODE	COURSE TITLE	FEE
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:

- Pay by Check:** Please make payable to Arlington Community Education and mail with this registration form to **Arlington Community Education**, 869 Mass. Ave., Arlington, MA 02476
- Pay by Charge:** at ArlingtonCommunityEd.org, by fax 781.316.3381, or by mail.

Charge: ☐ VISA ☐ MasterCard ☐ Discover

Card # _____ Expiration Date _____ Security Code _____

Cardholder Signature _____





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ArlingtonCommunityEd.org

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Home & Garden

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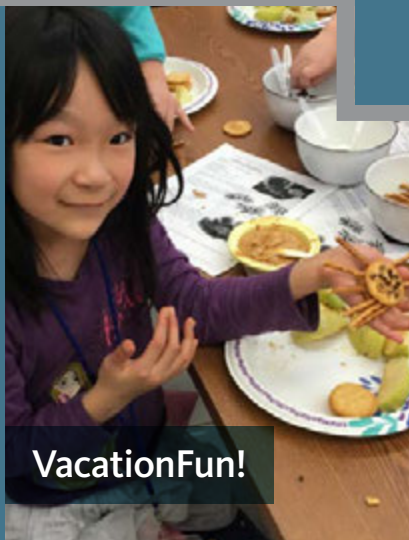
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Food & Drink

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VacationFun!

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Family
Nights