

new
classes
weekly
April-
June



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

Welcome to our Spring 2020 catalog!

We have dozens of new classes and workshops and we hope you will find just what you were looking for—or maybe something new will catch your eye.

This spring, our program will enter a time of transition. Construction projects are slated to begin first at the Arlington Senior Center, and then at the Arlington High School.

Many of our daytime programs currently take place at the Senior Center and we are happy to report that we have found temporary homes at the Calvary Church and Mosaic Oasis for all of these daytime classes. A huge thank you to the staff at both venues for welcoming our students during this transition.

As many of you already know, the Arlington High School is going to be entirely rebuilt at its current site, and changes will also begin this spring. We are working closely with the school and building committees and as the project evolves, we will keep you informed about any changes that might impact our programming or parking. Take a look at our updated parking map on page 55 that includes potential changes for spring and continue to check ArlingtonCommunityEd.org for details. As always, please don't hesitate to get in touch with any concerns or questions.

Happy spring!



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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DAYTIME
CLASS



WEEKEND
CLASS

SPRING COVER ART CONTEST WINNER



Artist Daniela Cermenati's embroidery work is inspired by nature, landscapes, the seabed and organic forms, infused with bright and shiny colors. She is a graphic designer by education, but her true passion is crafts and handmade art. Daniela loves to embroider, knit, and paint. She shares that love with others by teaching embroidery classes here at ACE. Daniela's art consists of playing and interacting with different colors and shapes to create unique and unrepeatable works of art. Daniela was born and raised in Santiago de Chile and now lives in Belmont. Visit danicermenati.com



We Need To Talk...

an interview series with Steve Almond

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

The Dispensary Next Door: Cannabis Is Coming to Arlington... Will the Grass Be Greener?

With not one, but possibly two cannabis dispensaries coming to Arlington, the time has come to have a frank discussion about what it will mean for our town to have medical and recreational cannabis available to the general public. What are the benefits and risks to having a “pot shop” alongside our coffee houses and liquor stores? How, if at all, will this change the discussions we have with our kids about drug use? And, what the heck actually happens inside a dispensary?! To help us unpack all this, our moderator, Steve Almond, will talk with experts.

Gather at Kickstand Cafe, 594 Mass. Ave.

Pre-registration required, walk-ins welcome as space allows.

Doors open at 7:00 pm; cafe food available for purchase until 8:00 pm (drinks until 9).

SE056 Thursday, May 7 7:30 - 9:30 pm \$10



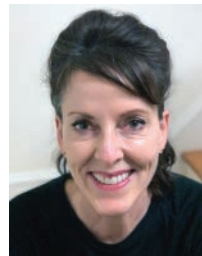
Steve Almond is the author of ten books, including the *New York Times* bestsellers *Candyfreak* and *Against Football*. His essays have appeared in the *New York Times Magazine*, *GQ*, *The Boston Globe* and others. He teaches at the Nieman Fellowship for Journalism at Harvard and Wesleyan University. For many years, he hosted the popular podcast *Dear Sugars* with his pal Cheryl

Strayed. His newest book, *Bad Stories*, is a reckoning with our national moment. He lives in the lower east side of Arlington with his wife Erin and three children.



Erin Zwirko is currently the Assistant Director for Planning and Community Development for the Town of Arlington where she has led the zoning regulations related to adult-use marijuana. She has worked with the town's Marijuana Study Group, and has helped review applications submitted for a Host Community Agreement from the town. In

addition to this, she contributes to a variety of efforts related to implementation of the Master Plan and Housing Production Plan.



Dianna Dixon trained as a homeopath in London, returning to Arlington 20 years ago to raise her daughter. Now Dianna advises patients and clients about cannabis at what is currently the largest and busiest dispensary in the country, in Brookline. With direct experience working on the floor of this bustling store, Dianna speaks to hundreds of people every day about this effective natural medicine.



Cindy Sheridan Curran is the Court/Home Liaison and the Readiness/Emergency Management Coordinator for Arlington Public Schools with a wide variety of experience working with at-risk youth. She presently supports students and families through her position and roles as the attendance officer, homeless liaison, and foster care point of contact.

In addition, Cindy has served as the Arlington youth court diversion coordinator for the last 14 years and the facilitator for Guiding Good Choices, an evidenced-based curriculum to help parents guide children toward healthy decision making.

White People Challenging Racism

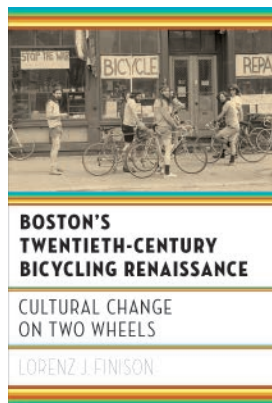
Melanie Roche-Laputka @ Devon Davidson

This five-session workshop is for people of all racial identities. Examine the impact of white privilege and how being unaware of that advantage helps perpetuate racism. Enhance your understanding through discussion of short readings, videos, and other materials. Participants will share everyday situations they have confronted and, using role play, work out effective ways to respond to and challenge racism. Develop a specific plan for challenging racism in the workplace, an organization, or in the community, while being encouraged to find other people in your life who can provide support and serve as allies in implementing the plan. **Please note:** Attendance at all sessions is highly encouraged.

WEo84 5 Thursdays, April 30 - May 28 6 - 8 pm \$89

Boston's Bicycling Renaissance

Lorenz J. Finison, Ph.D.



Trace Boston's history of cycling with author Lorenz J. Finison, Ph.D. as he discusses his newest book. Today, cycling is an increasingly popular sport and mode of transportation for those looking to stay fit, be energy efficient, or to simply avoid Boston traffic, but the trend took a deep dive for most of the 20th century, when automobiles became more common. Boston had been a hub for cyclists up until the early 1900s, and it took until the 1970s

for its popularity to rise again. Join Finison as he explores the cycling renaissance of the 1970s through newspaper archives, records of local bike organizations, and interviews with Boston-area cyclists. Discover eye-opening stories of local history as Finison discusses race, gender, and class as it relates to questions including: Who can ride with whom? Who is included and who is excluded? This is Finison's second book about the history of cycling in Boston. *Co-sponsored by East Arlington Livable Streets, the Arlington Bicycle Advisory Committee, and Quad Cycles.*

RFo83 Wednesday, May 13 7 - 8:30 pm \$10

Creating & Keeping the Relationship You Want

Lauren Mackler



Do you repeat the same ineffective relationship patterns over and over without understanding why? In this eye-opening event for single, divorced, or coupled individuals, psychotherapist, and bestselling author of *Solemate: Master the Art of Aloneness @ Transform Your Life*, Lauren Mackler, will present the attributes and behaviors of "conscious relationship." She will demystify the drivers of romantic chemistry, why relationships either thrive or die, and share practical tools for creating a healthier and more fulfilling dating relationship, partnership, or marriage.

WEo85 Thursday, May 14 7 - 8:30 pm \$10

NEW WAKE UP YOUR WRITING

with Sandra A. Miller, p. 34

Youth Mental Health First Aid

Margaret Credle Thomas @ Maureen Nee



Learn how to help an adolescent who is experiencing a mental health or addictions challenge, or is in crisis. Topics include anxiety, depression, substance use, disruptive behavior disorders (including ADHD), and eating disorders. The course introduces common mental health challenges for youth, reviews adolescent development, and shows adults how to recognize the signs of mental health and substance use problems. This class is primarily designed for parents, teachers, and other community members who regularly interact with young people. Participants must attend all sessions in order to earn the YMHFA certification. Tuition includes all materials.

Co-sponsored by the Arlington Education Foundation. Priority is given to Arlington residents.

WEo86 2 Tuesdays and 2 Thursdays, May 12 - 21 6 - 8 pm \$59

CURIOUS MINDS

Climate Change 101: Science, Impact, and Solutions

Benjamin Brown-Steiner, Ph.D.

Become informed and armed with a deeper understanding of climate change and how you can get involved. Each week we will examine a different facet of this complicated issue. Walk through the history of the Earth's climate, starting with an overview of the natural climate processes from ice age cycles to volcanic eruptions. Discover what scientists know and how they learn about the Earth's climate, and explore strategies to reduce greenhouse gas emissions from the small scale (drive less) to the very large scale (geoengineering). *Co-sponsored by Mothers Out Front and Sustainable Arlington.*



HLo36 4 Tuesdays, April 14 - May 12 (no class 4/21)
7 - 8:30 pm \$49

Daytime & Weekend Classes

See the full listings on the referenced pages.

Daytime Classes

Acrylics Magic (starts 4/21)	9
Art Romp: Mixed Media Art Journal (4/6)	9
Drawing Textures (starts 4/2)	10
English as a Second Language (ESL) (starts 4/8)	24
Essentrics (starts 4/3 and 4/8)	15-16
French Classes (starts 4/16)	24-25
Get Fit! Have Fun! Learn to Run! (starts 4/6)	15
Italian Cafe: Conversations and Culture (starts 4/7)	25
Biking Classes (starts 4/28 and 5/1)	14
Joyful Morning Yoga (starts 4/8)	16
Landscape Drawing (starts 4/2)	10
Learn Bridge (starts 4/17)	28
Learn to Knit (starts 4/13)	14
Memoir Writing Group (starts 4/8)	33
Mixed Media Exploration (starts 4/21)	10
Mystery Walks (starts 4/8)	29
Pediatric CPR & First Aid (starts 5/12)	32
Reading Novels for Greater Pleasure (starts 4/30)	33
Spanish: Level 3 (starts 4/7)	25
Tai Chi (starts 4/2 and 4/7)	17
Total Body Conditioning (starts 4/1 and 4/3)	15
Haiku for a Spring Day (starts 4/29)	33
Watercolor Pencils (starts 4/6)	10
Yoga for Every Body (starts 4/3)	16

Weekend Classes

Adventures at Sea: Bostonians in the Age of Sail (5/17)	30
Birding for Beginners (4/4, 6/6)	29
Celebrate The Summer Solstice (6/20)	30
Chinatown Food Tour (5/3)	29
Fenway Neighborhood Food Tour (5/9)	29
Late Spring Wildflowers (5/31)	30
Lowell Downtown Food Tour (5/16)	30
Reiki Level 1 Certification (4/25)	32
Shinrin-Yoku (Forest Bathing) (4/11, 5/23)	29
Testing Patriotism: A Walking Tour of Civil War Memories from Mount Auburn Cemetery (4/26, 6/14)	29
The Berkshires (5/30)	30

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.

MindEdge
LEARNING

Self-paced, comprehensive professional development for those who want to get ahead in business

<https://arlington.mindedgeonline.com/partner/courses/>

ed2go

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

www.ed2go.com/arlington/



BUSINESS, TECHNOLOGY & FINANCE

Marketing & PR for Small Businesses

Regan Winkler

Attention small business owners who already wear too many hats! Learn the basics of marketing, public relations, and social media from a PR pro. Complete a detailed marketing plan and timeline specific to your business goals over this four week class. Discover how to grow your audience, boost awareness of your business, and establish an active, engaged presence on social media. Geared toward (but not limited to) small businesses with a retail, restaurant, or lifestyle operation.

BT084 4 Tuesdays, April 28 - May 19 7 - 9 pm \$89

NEW Rock the Podium!

Chris Dangle

Learn public speaking from the same dynamic teacher who has inspired hundreds of AHS students. Sharpening communication skills promises professional success and personal satisfaction. In a relaxed, supportive environment, cultivate strategies to most effectively express yourself and impact others. Whether honing existing talents for work or establishing new ones for life, learn how to analyze and discover various methods to enhance daily communication.

BT091 3 Tuesdays, May 12 - 26 6:30 - 8:30 pm \$65

Podcasting

Heather McCormack

Learn how to create your own podcast with guidance from *Boston Free Radio* station manager and podcaster, Heather McCormack. In the *Beginner* level, explore different types of content, structure, and formats and discuss how to create an interesting and engaging podcast plan. Basic use of a recording set-up will be demonstrated. The *Intermediate* level is for anyone who already has a solid plan. Discuss hosting, distributing, marketing, even monetizing through advertisements, joining podcasting networks, and more. Learn the secrets to building a strong and engaged audience, figure out which hosting site is right for you, and learn about how to develop a web and social media presence to get your podcast out to the world.

BEGINNER 2 Wednesdays, April 1 and 15 (no class 4/8)
7 - 9 pm \$59

INTERMEDIATE 2 Wednesdays, May 20 and 27 7 - 9 pm \$59

Take Both and Save!

Take both podcasting courses and receive a discount.

BT085 \$105

Fundamentals of Grant Writing

Maura Harrington

Writing a winning grant proposal can be a fundamental way to help fund a project that supports your nonprofit's mission. Discover what kinds of grant opportunities are out there and how to access the millions of dollars offered every year from both the government and private companies. We'll cover important elements including who should be involved in the process, when to apply, budgeting, logic models, and time-task charts. Practice writing concise and persuasive grants, and develop your own proposal. For those new to the field or hoping to strengthen their grant writing skills.

BT058 4 Wednesdays, April 29 - May 20 7 - 9 pm \$89

How to Start a Successful Nonprofit

Susan Ruderman

Turn your great idea for addressing a local or global need into a successful 501(c)(3) organization. Get an overview of general nonprofit governance topics: crafting a mission statement, writing a business plan, obtaining pro bono assistance, navigating legal and human resource issues (including board and volunteer management), and developing a sustainable fundraising plan. We'll also address more technical aspects: writing bylaws, incorporating in Massachusetts, understanding IRS requirements (or working successfully with a fiscal agent), and staying "in compliance."

BT045 3 Thursdays, May 14 - 28 7 - 9 pm \$65

Excel Essentials

Susanne Agerbak

Microsoft Excel is a powerful application for working with and understanding the numbers in your work or personal life. In the *Beginner* class, learn the essentials: how to input data, do calculations, make charts, and format your spreadsheets to make them easy to read. We will talk about the uses of Excel, look at sample spreadsheets and create our own using Microsoft Excel 2013. The *Intermediate* level will focus on how to make data manageable and meaningful as well as how to manipulate a large spreadsheet to identify errors, interesting patterns and important values. We will cover intermediate-level functionality of Excel 2013 such as conditional formatting, filters, built-in functions, conditional formulas, summaries, and pivot tables. Computers running Excel 2013 will be provided, although the ability to access Excel outside class is recommended in order to practice.

BEGINNER 4 Tuesdays, April 7 - May 5 (no class 4/21)
7 - 9 pm \$95

INTERMEDIATE 4 Tuesdays, May 12 - June 2 7 - 9 pm \$95

Take Both and Save!

Take both Excel courses and receive a discount.

BT068 \$169

NEW Cutting the Cable? Your TV Options in the Digital Age

Howard Loewinger

Are you ready to “cut the cable?” Watching TV has changed over the last 20 years. Now you can choose from hundreds of channels and watch TV on just about any electronic device at any time, anywhere. Explore all the ways you can watch now: traditional cable, over the air, streaming, and live TV over the Internet. We will discuss some of the pros and cons of each and whether your TV is “smart enough,” or if you will need additional hardware to use the Internet services. There will be demonstrations and time for your questions.

BT092 Thursday, April 16 7 - 9 pm \$25

Photo Management on Apple Devices

Howard Loewinger

For those who know how to take photos on an iPhone or iPad and want to learn more about how to manage and organize them. We will cover a wide variety of topics including: how the iPhone and iPad organize photos and how you can organize them yourself; photo sharing; storing photos on your device vs. the “cloud”; deleting photos from multiple devices; editing tools; and using the Photo app on a Mac to make books, calendars, cards and ordering prints from Apple. **Please note:** Bring your iPhone and/or iPad to the first class. Bring a MacBook to the second class if you have one; if not, what you learn will apply to your desktop Mac. Windows users with iPhones and iPads will also benefit from this course.

BT093 2 Thursdays, April 30 and May 7 7 - 9 pm \$45

LEARN HOW TO TAKE BETTER PICTURES

in Digital Photography: An Introduction, p. 11

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

Maximize Your Social Security Benefits

Richard Belofsky

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

BT063 Thursday, April 16 7 - 9 pm \$29/individual or \$45/pair

**PLANNING
AHEAD FOR
CAREGIVING**
with Julie Norstrand,
p. 8



Financial Strategies for a Secure Retirement

Richard Belofsky

Expanded to two nights by popular demand, this workshop will look at the big picture for developing a hierarchy of spending and investing your money; strategies that provide a better outcome, regardless of investment performance. Learn how the new SECURE Act just passed by congress and signed into law in late December impacts retirement planning. Discover special rules to manage your 401(k), 403(b) and pension as you approach retirement and what you need to know about target funds. Find out why investment strategies must be different in retirement; when a Roth IRA makes sense; exploring the hype around annuities; forgotten financial pitfalls and alternative ways to preserve your nest egg against long-term care costs. Join us for this not-to-be missed opportunity to review your retirement finances and make sure your money lasts as long as you do.

BT062 2 Thursdays, April 30 and May 7 7 - 9 pm
\$55/individual or \$79/pair

NEW Estate Planning: Long Term Care and Strategies to Protect Your Assets

David Adams @ Richard Belofsky

As we age, we face the possibility of contracting chronic or acute medical conditions that may require short-term or long-term assistance. This can be very expensive. For example, a nursing home can cost \$15,000 or more per month. Primary payment sources for long-term care coverage in a nursing home, assisted living or home setting are private pay, long-term care insurance, reverse mortgages and MassHealth (Medicaid). There is a dizzying array of options and technical rules that make this a complex planning area, filled with pitfalls. In this two-night class, a long term care planning attorney and a Certified Financial Planner (who is also a long-term care insurance broker) will provide an overview of various long term care planning strategies, and the pros and cons of each. This discussion will include the eligibility rules of the MassHealth program and asset protection strategies available to those engaging in advance or last-minute planning. The class will focus on leveraging your assets to provide for your best possible care.

BT094 2 Tuesdays, April 28 and May 5 7 - 8:30 pm
\$39/individual or \$55/pair

Estate Planning Essentials

David Adams

Estate planning is not just for the wealthy—or the old. Nearly everyone has an “estate,” comprised of everything you own: your car, home, other real estate, checking and savings accounts, investments, life insurance, furniture, and personal possessions. Regardless of the size of your “estate,” good planning lets you control how your assets are given to the people or organizations you care most about; sets up your heirs for success by passing on their inheritance in a way that helps them; helps you and your heirs pay substantially less in taxes, fees, and court costs; minimizes family strife; and makes it easier for your loved ones to handle your affairs during a time of loss. 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, probate and how to avoid it, how to select a guardian, how to minimize estate taxes, and more.

BT065 Tuesday, May 26 7 - 9 pm \$29/individual or \$45/pair

SELLING YOUR HOME?

Check out *Maximize the Sale Price of Your Home*, and *Home Downsizing* 101, p. 22

Plan Ahead for Medicare

Elaine Miller, SHINE

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

BT035 2 Thursdays, May 14 and 21 6:30 - 8:30 pm
\$55/individual or \$79/pair

NEW FINANCIAL LITERACY WORKSHOP

Designed for high schoolers with or without their parents, p. 37

NEW Planning Ahead for Caregiving

Julie Norstrand

Caregiving for an older adult touches the vast majority of us in some way, which is why it is so important to be prepared. Lack of preparation can have a negative impact on so many aspects of our lives, including mental and physical health, loss of social connections, and reduced or lost income. This class will provide you with a better understanding of the aging experience and how to initiate a conversation about it. Learn to develop an effective action plan tailored to the older person's needs; find out about a wide range of resources and services available in the community for older adults and caregivers; and gain caregiver coping skills.

BT095 Wednesday, May 20 7 - 8:30 pm
\$19/individual or \$29/pair

You Can Afford College If...

Don Anderson

Financial aid goes to families who plan and act in advance—before December of the child's sophomore year of high school. Learn how to maximize your financial aid by understanding the process and why implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. Visit collegefundingadvisors.com

HS005 Wednesday, April 29 6:30 - 8:30 pm
\$25/individual or \$39/family

MEET OUR NEW RUSSIAN INSTRUCTOR

Aleka Molokova
classes on p. 26
(see bio online)



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 Thursdays, May 14 - 28 7 - 8:30 pm \$59

TEACH FOR US, OR TELL US WHAT TO OFFER!

We're always looking for enthusiastic instructors to share their expertise with our community. Go to our website, select *Contact Us*, then *Request or Propose a Class*.



FINE ARTS & CRAFTS

NEW Art Romp: Mixed Media Art Journal

Anne Black

Celebrate spring with a fun-packed day of painting, printing, stamping, and embellishing papers that you will turn into a unique art journal. The methods we will use are easy to dive into for any level of experience. Spend the morning printing and painting up a storm using acrylic paints, gel plates, and various painting and mark making tools. Bring a lunch to enjoy while we admire everyone's prints. After lunch, construct an easy no-sew book that opens flat and will be ready for more printing, stamping, collage, and embellishment. Take home your own one-of-a-kind art journal full of creative inspiration. Tuition includes a \$20 materials fee. **Meet at Mosaic Oasis Studio and Supply, Arlington.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

ACo85 Monday, April 6 10 am - 2 pm \$69

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. Tuition includes a \$30 materials fee. An additional materials list will be emailed once the class has reached minimum enrollment. **Meet at Mosaic Oasis Studio and Supply, Arlington.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

ACo67 6 Tuesdays, April 21 - June 9 (no class 4/28, 5/26)
10 am - noon \$165; Arlington Seniors \$149

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. 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 Mosaic Oasis Studio and Supply, Arlington.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

ACo74 6 Tuesdays, April 21 - June 9 (no class 4/28, 5/26)
1 - 3 pm \$165; Arlington Seniors \$149

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

ACo07 8 Mondays, April 6 - June 8 (no class 4/20, 5/25)
10 - noon \$175; Arlington Seniors \$159



**ART ROMP:
MIXED MEDIA
ART JOURNAL**
with Anne Black, p. 9

Spring Watercolor Painting

Eileen Murphy McNamara

Let's paint. Explore the beauty of the season's palette! With the New England landscape as our muse, we will explore the exceptional qualities of watercolor—transparency, fluidity, and versatility—as we create our spring compositions. A materials list will be emailed once the class has reached minimum enrollment. All levels welcome.

ACo61 4 Wednesdays, April 15 - May 13 (no class 4/22)
7 - 9 pm \$89

NEW Pastel Landscapes

Glenn Davis

Have fun and create beautiful works of art using the luminous medium of pastel. Pastels are pure powdered pigment mixed with a binder and formed into a stick. The result is a soft stroke and vibrant color. Learn all of the basics of working with pastels, from color and composition, to textures, shading and underpainting. Using photographs as references, we'll discover how to reproduce New England's changing seasons. A materials list will be emailed once the class has reached minimum enrollment.

ACo88 6 Tuesdays, April 28 - June 2 7 - 9 pm \$129

Landscape Drawing DAYTIME CLASS

Anastasia Semash

Learn tips and techniques to draw landscapes from life and photo references. Study proportion, perspective, basics of composition, tonal and linear drawing, among other artistic principles. We will create a series of drawings including architectural sketches, forests, beaches and rural scenes. Weather permitting, we will venture outside to draw from the beautiful surroundings of the Calvary Church, including Spy Pond. A materials list will be emailed once the class has reached minimum enrollment. **Meet at Calvary Church.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

ACo86 8 Thursdays, April 2 - May 28 (no class 4/23)
9:30 - 11:30 am \$175; Arlington Seniors \$159

Drawing Textures: Creating the Illusion DAYTIME CLASS

Anastasia Semash

Texture can add both beauty and realism to your artwork. Discover how to create rich textures, including wood, fur, glossy fruit skin, as well as fabrics like leather and textiles, shiny metallic surfaces and glass. Learn a variety of techniques as we practice drawing from observation and photo references. Use your favorite medium to create these dynamic drawings, whether it is pens, markers, colored pencils, or watercolors. A materials list will be emailed once the class has reached minimum enrollment. **Meet at Calvary Church.** Co-sponsored by Arlington Council on Aging and open to students of all ages.

ACo87 8 Thursdays, April 2 - May 28 (no class 4/23)
noon - 2 pm \$175; Arlington Seniors \$159

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.

ACo77 6 Mondays, April 6 - May 18 (no class 4/20)
7:30 - 9:30 pm \$135

Cartooning & Comics

Crispin Wood

Cartoons and comics are not just for kids! Cartoons are used in caricatures, greeting cards, single panel *New Yorker* gags, newspaper strips, comic books and graphic novels. It's a versatile art form with a wide range of styles. New to cartooning or have experience and want to shake things up? We'll exercise our creativity to help bring out your inner cartoonist. We'll also examine and experiment with common elements of cartooning: character design, the illusion of passing time, placement of characters, word balloons, and text.

AC035 6 Tuesdays, April 28 - June 2 7 - 9 pm \$119



MAKE YOUR OWN SUSHI SERVING PLATES
with Michel L'Huillier,
p. 12

Mixed Media Collage

Suzanne O'Neil

Have fun as we mix it up with a variety of papers, paints, inks, stamps, stencils, gelli plates, found objects, and more. Using layers, textures, patterns and experimentation, we'll create bookmarks, postcards, journal pages, small wood blocks and triptychs, building toward a final project on a 10x10 inch canvas. New and returning students welcome. There is no experience necessary, just a willingness to experiment and play. Tuition includes a \$25 materials fee.

AC003 5 Thursdays, April 30 - May 28 7 - 9 pm \$135

Digital Photography: An Introduction

Suzi Grossman

Still not sure what all the buttons on your digital camera mean? This course is for those who want to move off the "auto" setting and learn what their digital cameras can do. We'll explore your camera's features and menus and then cover basic elements of photography, including shutter speed, aperture, metering, focus, and ISO speed. We'll build on these basics, adding lighting and composition, and apply them to common subjects such as portraits and landscapes. **Please note:** Bring your camera, which must have a manual mode.

AC014 6 Wednesdays, April 29 - June 3 7 - 9 pm \$129

Explore Adobe Lightroom

Suzi Grossman

Adobe Lightroom is a powerful and intuitive tool for working with your photos. This course will introduce you to all it has to offer including organizational tools, editing, post processing, book making, printing, and more. We will focus on the desktop program Adobe Lightroom Classic CC, and will also review the mobile app and compare differences. Bring a laptop with the software installed or use one of our fully loaded classroom computers. If you are using your own laptop, you can purchase a monthly subscription to the Adobe Creative Cloud Photography Plan. **Please note:** We will review purchasing in the first class; if possible, have the free trial installed so we can jump right in. Students should be comfortable with basic computer skills.

BT079 6 Thursdays, April 30 - June 11 (no class 6/4)
7 - 9 pm \$139

Beginning Jewelry: Sterling Silver Pendant

Laurie Savage

This workshop focuses on creating a sterling silver pendant with bezel-set cabochon stone. Develop your fabrication skills including: drilling, sawing/piercing, filing and multiple soldering techniques; making jump rings; satin finishing; and setting the stone. **Please note:** 3.5 hour class. A \$35 materials fee is payable to the instructor at class. **Meet in Jewelry Studio at AHS** (see map on p. 55).

AC034 Tuesday, May 12 5:30 - 9 pm \$39

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. 55).

AC033 2 Tuesdays, April 7 and 14 6 - 9 pm \$65

Beginning Jewelry: Silver Bangle Bracelets

Laurie Savage

Learn to make a set of textured bangle bracelets, one in sterling silver, one in bronze, and three in copper. Develop fabrication skills, including measuring, texturing, filing, forming, soldering, and tumbler finishing. All materials will be provided, including sterling silver, bronze, and copper, saw blades, solder, and sandpaper. **Please note:** A \$35 materials fee is payable to the teacher on the first night of class. **Meet in Jewelry Studio at AHS** (see map on p. 55).

AC055 2 Tuesdays, April 28 and May 5 6 - 9 pm \$65

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. 55).

ACo79 8 Thursdays, April 2 - May 28 (no class 4/23)
6:30 - 8:30 pm \$199

Kumihimo Jewelry: 7-Strand Braided Necklace

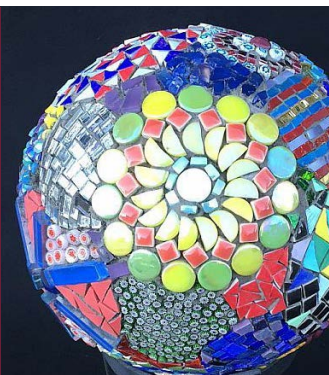
Yin Guang @ Naomi Ellenberg-Dukas

Choose between a selection of kits and create a beaded statement necklace with spring-themed charms. Braid the necklace cord using seven strands to employ the "Fill the Gap" technique, then create a central beaded focal area. If there is time, work on coordinating earrings. Leave with instructions, a pattern, and new skills to continue this satisfying craft on your own. Tuition includes a \$42 materials fee. Additional kits and materials will be available for sale. For those who have some experience with the art of kumihimo.

ACo91 2 Tuesdays, May 19 and 26 6:30 - 9 pm \$95

LIVEN UP YOUR GARDEN

by making a unique
gazing ball at Mosaic
Oasis Studios



Mosaic Gazing Balls

Suzanne Owayda

Add a burst of color and interest to your garden this spring with a beautiful ornament that you create. Design and construct a unique six-inch mosaic gazing ball for use outdoors. The instructor will help you choose materials, design your project, cut glass, and grout your gazing ball. This class is offered on Mondays with an open date for you to return to grout your ball at your convenience. The cost of all materials is included in tuition. **Meet at Mosaic Oasis Studio and Supply, Arlington.**

ACo58 3 Mondays, April 6 - 27 (no class 4/20)
6:30 - 9 pm \$149

NEW Leather Working: Wallet Design

Chrissy Durden

Learn the basics of working with leather while designing and constructing a keychain and simple 6x4 inch wallet. Practice using knives safely to cut the material, and then use punches, rivets, and studs to construct your projects. Choose from a selection of vegetable tanned leather, a sustainable substance that gets more soft, supple, and develops a beautiful patina with time. See how fun it can be to work with leather as you explore its unique properties and versatility. Tuition includes a \$20 materials fee.

ACo89 Thursday, May 21 6 - 9 pm \$49

REGISTER NOW!

Don't wait until the last minute to register, low enrolled classes are cancelled!

NEW Glass Fusing Workshop: Sushi Serving Plates

Michel L'Huillier

Learn the basics of glass fusing while having fun playing with glass shapes, colors, and textures. First learn how to use glass powders, frits, and stringers. Then design and create your own sushi set: a big square plate or long channel plate, two individual 4x4 inch dishes, and one small 3x3 inch dipping sauce dish. Additional pieces can be made for an extra fee. The instructor will fire your pieces in his kiln and they will be available for pickup at the ACE office within two weeks. Tuition includes a \$115 materials fee.

ACo90 Tuesday, May 26 6:30 - 9 pm \$155

Fun Fact: Michel also teaches *Family Night: Glass Art*, p. 41

Creative Textile Design: Shibori

Christine Jansen

Come explore shibori, a surprisingly easy and wonderfully addictive ancient Japanese hand-dyeing technique that involves folding, twisting, or bunching cloth and binding it, then dyeing it in indigo dye. Experiment with cotton as the canvas and enjoy seeing the variety of patterns created by other students using the identical techniques. Then make a beautiful shibori apron. Leave with detailed instructions to practice your new skills on your own. Tuition includes a \$15 materials fee.

ACo24 Wednesday, June 3 6:30 - 9 pm \$45

Fun Fact: Christine also teaches *Family Night: Shibori*, p. 41

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.

AC050 5 Tuesdays, April 14 - May 19 (no class 4/21)
7 - 9 pm \$119



Quilting for Beginners

Nancy Linde

Learn all the basic quilting techniques: cutting fabric, piecing the blocks, and assembling the quilt top. We will also demonstrate basting/pinning the quilt layers together, machine quilting, and binding the edges. Make a throw-sized quilt in a traditional design. A materials list including quilt design, and required supplies will be emailed once the class has reached minimum enrollment. Bring a sewing machine in good working order (with instruction manual) to each class. While this class is for beginners, you must know how to use your machine.

Please note: Students are expected to do some sewing at home between classes; fabric and supplies could reach \$100, depending on what you buy and what you already have.

AC023 5 Wednesdays, April 29 - June 3 (no class 5/20)
6 - 9 pm \$135



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.

AC025.1 2 Wednesdays, April 1 and 15 (no class 4/8)
7 - 9 pm \$45

AC025.2 2 Wednesdays, May 20 and 27 7 - 9 pm \$45

Fun Fact: Christine also teaches this class for families, p. 42

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. **Please note:** Bring your sewing machine each week.

AC070 6 Thursdays, April 30 - June 11 (no class 6/4)
7 - 9 pm \$129

NEW Make & Mend

Debbie White

Tired of throwing away clothes when simple things go wrong? Be kind to your wallet and the environment by learning to hand sew and make basic garment repairs yourself. Learn to replace buttons, hooks, and snaps, repair garment hems and ripped seams, and even how to re-string laces and ties. We will also do a small project using the Japanese mending art of *Sashiko*. Tuition includes \$5 materials fee. **Please note:** Bring your sewing machine in working order. This class does not cover zipper replacement or garment size alteration. Age 14+

AC092 2 Tuesdays, May 5 and 12 7 - 9 pm \$49

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. **Meet at Calvary Church.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

ACo27 6 Mondays, April 13 - June 1 (no class 4/20, 5/25)
10 - 11:30 am \$99; Arlington Seniors \$89

VEGETARIAN SUSHI

Expand your culinary repertoire with Sam Loos, p. 20



Knitting for Beginners & Beyond

Hariet Vanderput

Those new to knitting—or returning to it—will receive a solid foundation in basic knitting skills that will prepare you to move on to independent projects. We will start with the basic skills of casting on and knit-stitch then learn 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.

Please note: A supply list will be provided at the first class.

ACo28 5 Thursdays, April 30 - May 28 7 - 9 pm \$119

CHECK CLASS LISTINGS ONLINE FOR ADDITIONAL INFO ABOUT ART SUPPLIES

Purchase of materials may be required before the start of the class.



FITNESS & DANCE

Please note: For classes held outside of Arlington High School, please reference p. 55 for addresses.

Spring Road Biking

Tom Allen

Ride local roads both east and west of Arlington as spring comes to New England. Our starting locations will vary and include Arlington, Bedford, Concord, and occasionally beyond. We will ride 20-25 miles, maintain an average pace of 12 mph and climb some hills—because New England is not flat! **Please note:** Riders must wear helmets and have recently tuned road or hybrid bikes with fully inflated tires. (Some of our past riders have used electric assist bikes.) Meeting location will be emailed one week prior to date of first class. Weather cancellations will be made up as needed.

DE092 6 Tuesdays, April 28 - June 9 (no class 5/26)
9:45 am - 12:15 pm \$75

COME EXPLORE NEW BIKE ROUTES

with Tom Allen or Joy Spadafora

"We biked to places I would never have known about."



Joyful Friday Biking

Joy Spadafora

Tired of the Minuteman Bikeway and looking for a change of cycling scenery? We'll explore interesting routes in Winchester, Lexington, Bedford, Concord, and just beyond. Riders should be able to maintain a 12 mph average pace and ride 15-20 miles. This is moderate, but not leisurely, riding. Rides will be on roads, paved rail trails, and on packed trails through the woods. **Please note:** Riders must wear helmets and have recently tuned road or hybrid bikes with fully inflated tires. Bring water, a snack, a great attitude, and a spare inner tube (just in case). Meeting location will be emailed one week prior to date of first class. Weather cancellations will be made up as needed.

DE076 6 Fridays, May 1 - June 5 9:30 am - noon \$75

Bike Repair & Maintenance

Quad Cycles

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

DEo75.1 Monday, April 13 7 - 9 pm \$25

DEo75.2 Monday, May 11 7 - 9 pm \$25

Fun Fact: Teen Class, May 20, p. 40

BOSTON'S BICYCLING RENAISSANCE:

Cultural Change on Two Wheels, p. 4

Total Body Conditioning: Rise & Shine!

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.** Space is limited.

DE103.1 8 Wednesdays, April 1 - May 27 (no class 4/22)

5:45 - 6:30 am \$159

DE103.2 8 Fridays, April 3 - May 29 (no class 4/24)


5:45 - 6:30 am \$159

Get Fit! Have Fun! Learn to Run!

Gaggi DeStefanis

It's tough to stick to a fitness and running program on your own, especially when the weather is cold, wet, or icy. Learn how to integrate and sprinkle fitness into your daily life and establish routines that make it easier to make fitness a lifelong habit. This course will get you moving and motivated and having fun while you're at it. Gradually build strength and physical endurance through body resistance, circuit drills, and strong core exercises. Each class ends with a run or walk to build endurance for a 5K (3.1 mile) road race. Come prepared to run outdoors—rain, snow, or shine. All abilities are welcome.

DEo05.1 8 Mondays, April 6 - June 8 (no class 4/20, 5/25)

9 - 10:30 am \$119 

DEo05.2 8 Tuesdays, April 7 - June 2 (no class 4/21)

6 - 7:30 pm \$119

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.

DEo80 8 Tuesdays, April 7 - June 2 (no class 4/21)

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+

DEo79 8 Tuesdays, April 7 - June 2 (no class 4/21)

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. **Meet at Calvary Church.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

DEo69.1 9 Wednesdays, April 8 - June 10 (no class 4/22)

11 am - noon \$135; Arlington Seniors \$121

DEo69.2 8 Fridays, April 3 - June 12 (no class 4/10, 4/24, 5/8)

11 am - noon (new time) \$119; Arlington Seniors \$109

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 that moves at a faster tempo than *Gentle Stretching* (see above). **Please note:** Bring a yoga mat and towel.

DE072 9 Thursdays, April 2 - June 11 (no class 4/23, 6/4)
7 - 8 pm \$135

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 10 Mondays, April 6 - June 29 (no class 4/20, 5/4, 5/25)
7:15 - 8:30 pm \$145

MOST DAYTIME CLASSES MEET AT CALVARY CHURCH

(300 Mass. Ave.) check class listing for details

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 8 Thursdays, April 2 - June 11 (no class 4/9, 4/23, 6/4)
6 - 7:15 pm \$115

DE014.1 8 Fridays, April 3 - June 5 (no class 4/10, 4/24)
9:30 - 10:45 am \$115 

Yoga & Meditation for Every Body

Debra Rosenblum

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 will 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. **Please note:** Bring a yoga mat, a strap or belt and two yoga blocks if you have them. Wear comfortable clothing.

DE106 8 Thursdays, April 2 - June 11 (no class 4/9, 4/23, 6/4)
7:30 - 8:45 pm \$115

PARKOUR CLASSES

Improve balance,
strength and flexibility
while having fun, p. 15



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 10 Wednesdays, April 8 - June 17 (no class 4/22)
9 - 10:15 am \$145

"Juanita is knowledgeable and very approachable. I feel more confident being alone with my two grandchildren."
—Pediatric CPR & First Aid for Grandparents, p. 32

Facial Yoga Workshop

Debra Rosenblum

Pamper yourself with facial yoga. Learn how to use facial yoga poses to tighten and tone facial muscles, which help to reduce wrinkles and leave your skin rejuvenated. You will also learn eye exercises to alleviate eye strain and a sequence of facial massage techniques to release sinus tension and congestion. All of these techniques can be learned either seated in a chair or lying down on a yoga mat. No prior yoga experience necessary. **Please note:** Wear comfortable clothing and bring a yoga mat.

DEo85 Tuesday, April 28 6:30 - 8:30 pm \$25



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 is for beginners and the daytime class is all levels. **Evening classes meet at AHS; daytime class meets at Calvary Church.**

ADVANCED 8 Wednesdays, April 1 - May 27 (no class 4/22)
6 - 7 pm \$105

BEGINNER 8 Wednesdays, April 1 - May 27 (no class 4/22)
7:10 - 8:10 pm \$105

ALL LEVELS 8 Thursdays, April 2 - May 28 (no class 4/23)
9:30 - 10:30 am \$105 

Tai Chi: Yang-Style

Zhantao Lin

Tai chi is both a cultural experience and an excellent way to exercise and improve balance and coordination. Taught by a 6th-generation tai chi master and native of China, 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 abilities, 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 10 Tuesdays, April 7 - June 16 (no class 4/21)
9 - 9:50 am \$129

LEVEL 2 10 Tuesdays, April 7 - June 16 (no class 4/21)
10 - 10:50 am \$129

LEVEL 3 10 Tuesdays, April 7 - June 16 (no class 4/21)
11 - 11:50 am \$129

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. 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. We will work with the Seven Precious Gestures and the Eight Brocades, as well as some basic walking and breathing practices. Flex and stretch gently and learn simple routines you can practice at home.

DE102 4 Thursdays, April 30 - May 21 7 - 8 pm \$49

Barre Basics Workout

Amber Breimeir

For those new to barre workouts, learn to safely sculpt long, lean legs, and flat abs using traditional ballet exercises and Pilates mat work. Barre can boost endurance, improve balance, increase range of motion and promote better posture. The low-impact, high intensity movements are designed to strengthen and tone your body in ways that few other workouts can. Come utilize muscles you never knew you had! **Please note:** Bring a mat to class. **Meet in the Fitness Room at AHS**, use Mill Street entrance (see map p. 55).

DEo62 8 Wednesdays, April 1 - June 3 (no class 4/8, 4/22)
7:15 - 8:15 pm \$109

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, April 1 - May 27 (no class 4/22)
7:30 - 8:30 pm \$109

Fabulous Zumba

Cheryl Keane

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 9 Mondays, April 6 - June 15 (no class 4/20, 5/25)
6:45 - 7:45 pm \$125

DEo02.2 9 Wednesdays, April 1 - June 3 (no class 4/22)
6:30 - 7:30 pm \$125

Take Both and Save!

Take both Zumba classes and receive a discount.

DE1o8 \$225

**CHECK OUR WEBSITE FOR PARKING
AND AHS CONSTRUCTION UPDATES**

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 8 Tuesdays, April 7 - June 2 (no class 4/21)
6 - 7 pm \$109

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 9 Wednesdays, April 1 - June 3 (no class 4/22)
6:30 - 7:45 pm \$139

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.

DEo9o 9 Wednesdays, April 1 - June 3 (no class 4/22)
7:45 - 9 pm \$139/individual or \$235/pair

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, April 7 - June 2 (no class 4/21)
6:30 - 7:25 pm \$105/individual or \$179/pair

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, April 7 - June 2 (no class 4/21)
7:30 - 8:25 pm \$105/individual or \$179/pair



FOOD & DRINK

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.

NEW Luxury Tequila

Robert Lublin

The popularity of tequila has exploded in recent years and for good reason. It's delicious! Learn about this distinctive distillate of the blue agave plant from Jalisco, Mexico. Together, we will sample a range of exceptional tequilas, discuss its history, and learn why so many people love it. Our tasting will start with the brand that introduced ultra-premium tequila to the world, Patron, trying the *Silver* (unaged), *Reposado* (lightly aged) and *Añejo* (aged) varieties. Then we will move on to some exciting varieties that show how good tequila can be. If you haven't given tequila 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 Beerierge, Belmont.**

FD278.1 Wednesday, April 15 (Tax Day!) 7 - 9 pm \$55

FD278.2 Tuesday, May 5 (Cinco de Mayo) 7 - 9 pm \$55

"She is an exceptional instructor—helpful, interactive, and well-prepared with pre-measured ingredients!"

—Baking classes with pastry chef Janine Sciarappa

Wines of Summer

Robert Lublin

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

FD251 Tuesday, June 2 7 - 9 pm \$45

Cake Decorating for Beginners: Spring Theme

TBD

Elevate your cakes with sure-to-impress decorating techniques. Practice creating a whimsical spring themed design with buttercream. Learn how to level and fill a decorating bag, and get tips on how to hold it to apply the right amount of pressure while piping. Take home decorating tools, step-by-step instructions to make your own buttercream frosting, plus your beautiful cake creation. Tuition includes \$20 materials fee.

Please note: Bring a single-layer unfrosted cake (six to eight inch round), a cake carrier or box to transport your finished product, and an apron (optional).

FD279 Tuesday, April 7 6 - 9 pm \$55

Floral Cupcake Decorating

Sandra Frezza

Does making buttercream flowers seem a bit daunting? With Russian piping tips, you just squeeze once and a beautiful flower appears, like magic! Learn to create gorgeous floral cupcakes with these special piping tips. We'll also try combining colored icing to create unique multi-colored flowers. Leave with your own set of Russian piping tips to try this unique skill at home. Tuition includes \$20 materials fee.

Please note: Bring 10-12 unfrosted cupcakes as well as a box or carrier to transport your completed cupcakes.

FD280 Wednesday, May 6 6:30 - 8:30 pm \$45

Fun Fact: Sandra also teaches *Family Night: Fondant Animal Cupcakes*, p. 41

Tarts from Scratch: Two Night Workshop

Janine Sciarappa

Learning to bake tarts can be daunting, but once you master the techniques to create the basic pastry dough you'll be able to make showstopping desserts. In this two-night workshop, pastry chef Sciarappa will take you step-by-step through the process of making the light and crisp *pâte sucrée* and the rich and crumbly *pâte sablée*. Then you will use these classic French tart doughs to make chocolate cream tart, apple galette, and raspberry almond tart. Tuition includes \$30 food fee.

FD282 2 Thursdays, May 14 and 21 6 - 9 pm \$99

NEW RAISING CHICKENS: INEXPENSIVE & ENVIRONMENTALLY FRIENDLY METHODS

with Babette Wils, p. 23

Chinatown Bakery Buns

Roberta Hing

The bakeries in Chinatown are filled with mouth-watering aromas of freshly baked buns and pastries. Join chef instructor Roberta Hing for this hands-on class as we recreate three Chinatown bakery favorites. We'll start by making coconut buns, addictively tender yeasty buns filled with sweet coconut paste. Next, we'll make fluffy pineapple buns with a special crispy topping. We'll also recreate a star of dim sum tables, airy steamed barbecue pork buns or bao. At the end of class, we will enjoy eating their creations together. Tuition includes a \$20 food fee.

FD281 Thursday, April 16 6 - 9 pm \$59

The Great British Bake-off

Janine Sciarappa

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

FD230 Thursday, May 28 6 - 9 pm \$59

Cinco de Mayo

Katie Walter

Let's spice things up with a Mexican feast in honor of Cinco de Mayo. We will master some favorite recipes including: chicken mole enchiladas (mole is a thick, warm-spiced, chocolate-tinged sauce used in many Mexican style dishes); tomato rice; street corn salad; and tomato avocado salsa. We'll finish with a cilantro lime spritzer recipe that lends itself to the addition of tequila when recreating it at home. Tuition includes a \$20 food fee.

FD239 Thursday, April 30 6 - 9 pm \$59

Easy At-Home Spanish Tapas

Sam Loos

Tapas, or "small bites," are a variety of savory Spanish dishes, often served as a snack with drinks. Mix up your date night or dinner party by serving a combination of these vibrant, easy, and delicious small plates and turn them into a full meal. Learn to prepare a variety of traditional Spanish tapas, including several hot dishes: *tortilla de patatas* (omelette with potatoes and onions), *gambas al ajillo* (garlic shrimp), *patatas bravas* (crispy potatoes with aioli), *albondigas* (meatballs), as well as room temperature options for a charcuterie plate: *pa amb tomàquet* (grilled bread rubbed with tomatoes), marinated olives, and *banderillas* (pickled veggie skewers). Tuition includes a \$20 food fee.

FD283 Tuesday, May 26 6 - 9 pm \$59

Springtime in Northern Italy

Lynda Fairbanks Atkins

Discover the rich and diverse flavors of Northern Italy. *Pasta e fagioli* is one of the region's great summer soups. Learn to make this classic Italian soup of beans and short pasta with tomatoes and vegetables. Then try your hand at the unique dish *rosellini de pasta*, "pasta roses," a long-forgotten specialty of Romagna made of long noodles, rolled around meat and cheese and topped with a rosy pink sauce. Accompany it all with a light and crunchy lemon, cucumber, and pepper salad—bright and fresh for warmer days. Tuition includes a \$20 food fee.

FD284 Tuesday, May 12 6 - 9 pm \$59

THESE FOOD & DRINK CLASSES ARE FOR ADULTS.

For Family Night cooking classes, see p. 41

Vegetarian Sushi

Sam Loos

Expand your culinary repertoire and learn about the techniques, tools, and ingredients to make a variety of vegetarian sushi rolls at home. Make classic California rolls with avocado, carrots and cucumber; marinated mushroom hand rolls; and tofu skin inari sushi (marinated tofu filled with sushi rice and a variety of vegetables and seasonings). Learn to prepare and cook all of the components of sushi, and take home the skills and a bamboo sushi mat to continue the fun at home. Though this is a vegetarian-based class, we'll also cover what qualifies as "sushi grade" fish, and where to purchase it. Tuition includes a \$23 food and materials fee.

FD285 Wednesday, April 15 6 - 9 pm \$62

JOIN ROBERTA
ON HER
CHINATOWN
FOOD TOUR

and taste the
real deal! p. 29



Simple Curries

Shruti Mehta

For Indian food aficionados, the word “curry” conjures up images of chunks of vegetables, lentils or meats in buttery, colorful, and aromatic gravy. If you are new to cooking Indian cuisine and would like to introduce your family to the exotic flavors of a good curry, come learn to prepare three different kinds. Make *palak paneer* (spinach and homemade cheese cooked with onion, ginger, chilies and spices, drizzled with cream), *aloo-gobhi* (cauliflower and potatoes cooked to perfection), and curried black-eyed beans cooked in an onion-tomato gravy. These curries will be served with aromatic saffron rice with nuts, garlic naan (store bought bread garnished with garlic butter and chili powder) and a simple raita (sauce). Come get “curried” away! Tuition includes a \$20 food fee.

FD286 Thursday, April 2 6 - 9 pm \$59

Masala Dosai

Ashwini Ramanisankar

Dosas are delicious, gluten-free, crisp, and fluffy crepes made from rice and lentils. They are very popular for breakfast or dinner in India and are served with a tasty potato and vegetable filling with coconut chutney. Dosas are easy to digest and make for a healthy and light meal. In this hands-on class we will learn how to make the batter, spread and make the crepe, prepare the vegetable filling and grind the chutney. Tuition includes a \$20 food fee.

FD101 Wednesday, May 27 6 - 9 pm \$59

WE LOVE OUR INSTRUCTORS!

Check out our instructor bios online.

Everyday Asian

Katie Walter

Take a culinary tour around Asia and learn recipes from a variety of countries. Prepare traditional and easy-to-make recipes, all featuring ingredients that can often be found in your pantry: garlic, ginger, scallions, and soy sauce. Spice up your weeknight meals with Korean pork bulgogi, Chinese garlicky green beans, Vietnamese spring rolls with dipping sauce, and Taiwanese three-cup chicken stir fry. Tuition includes a \$20 food fee.

FD287 Tuesday, May 19 6 - 9 pm \$59



HOME & GARDEN

NEW Home Inspection: Everything You Need to Know

Morgan Cohen

Buying a home can be overwhelming for a number of reasons, but understanding the condition of the home can often be one of the most intimidating. This course is designed to give homebuyers a clear understanding of the home inspection process and how it integrates into the homebuying process in Massachusetts. Topics include why inspecting a home is important, how to choose a home inspector, types of defects that are typical for various types and ages of homes, the major systems problems that can be found in a home, the inspection report, additional testing and inspection related services, as well as what to do after the inspection. Come get all of your questions answered in this informative evening.

HGo85 Tuesday, April 7 7 - 9 pm \$29/individual or \$45/pair



Research Your Home's History

Michael Ruderman

Your house tells a story. Its age and architectural style, its place in the community, and the lives of the people who have lived there all contribute to this history. This two-night course will introduce you to the methods and sources of researching your home's history. We'll look at property deeds and historical atlases, town directories, and annual reports. We'll see how probate records and census listings reveal the families who lived in your house and in your neighborhood. Begin compiling research after the first class and share what you've uncovered in the second. Leave with ideas for next steps to finish your house's story.

HGo87 2 Thursdays, May 21 and 28 7 - 9 pm \$39

Maximize the Sale Price of Your Home

Bill Butler

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

HGo86 Tuesday, April 14 7 - 9 pm \$29/individual or \$45/pair

Home Downsizing 101

David Lenoir

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

HGo91 Tuesday, May 12 7 - 9 pm \$29/individual or \$45/pair

Take Both and Save!

Take both classes about selling your home and receive a discount.

HGo90 \$49/individual or \$79/family

Clear Your Clutter the Feng Shui Way

Linda Varone

Decluttering, organizing, spring cleaning—the goal of these seasonal rituals is about bringing a sense of order to your surroundings to make your life easier. The ancient Chinese art of Feng Shui is a perfect complement. Its goal is to create more harmony in your surroundings and improve the flow of positive energy. Discover how Feng Shui principles can make spring cleaning easier. Learn practical strategies and helpful tips to organize your home for more space, time, and energy. This discussion is generously illustrated with photo slides, videos, and a helpful handout.

HGo41 Wednesday, April 29 7 - 9 pm \$25

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

Auto Repair for Everyone

Bruce Gerry

Get an overview of the major systems of an automobile from an experienced mechanic and instructor who can make all things automotive both fun and clear. With this information you'll be better able to diagnose problems, perform basic maintenance, and deal competently and knowledgeably with mechanics. We will cover basic maintenance and troubleshooting ignition, charging, cooling, fluids, electrical, brakes, and exhaust systems. We'll also discuss common problems encountered with any vehicle. **Please note:** This is a lecture/demonstration class loaded with information.

HGo51 3 Tuesdays, May 5 - 19 7 - 9 pm \$59

CLIMATE CHANGE 101: SCIENCE, IMPACT AND SOLUTIONS

with Benjamin Brown-Steiner, p. 4

Naturalistic Spring Flower Arranging

Derby Farm Flowers @ Gardens

Explore a new level of creativity in this fabulous introduction to naturalistic flower arranging, a design style where flowers and plant materials are placed as they would grow in nature. Using unusual seasonal flowers, greens and branches, you'll learn easy techniques that will allow you to enjoy the creativity of naturalistic design during any season. Tuition includes a \$45 materials fee, which includes the vase and large selection of flowers and greens. **Meet at Derby Farm Flowers & Gardens, Arlington.**

HGo65 Monday, April 6 7 - 8:30 pm \$65

Backyard Composting

Jeremy Marin

Composting is a win/win/win: good for the environment, good for plants, and good for the planet. A mix of yard and kitchen wastes, compost is rich in nutrients essential to plant growth. It is an ideal, low- or no-cost soil amendment that also saves water by helping the soil hold onto moisture, recycles organic resources, and saves material from the incinerator. This workshop will demystify the process and answer all your compost questions, from basic to advanced. You will also be invited to an optional tour at the instructor's house to see a compost bin setup in action. Receive a coupon for \$10 off the price of a compost bin, available for purchase through Arlington's Department of Public Works. *Co-sponsored by the Department of Public Works.*

HGo21 Wednesday, April 15 7 - 8:30 pm \$19

NEW Raising Chickens: Inexpensive & Environmentally Friendly Methods

Babette Wils

Keeping a small flock of chickens at home is a fun and rewarding hobby, and the daily supply of fresh eggs is hard to beat. But raising chickens the traditional way means buying expensive feed, let them in and out of their coop daily, and cleaning a messy coop regularly. Learn a new way to raise chickens that reduces your reliance on store-bought feed by 90-100%, eliminates those coop chores, and transforms your organic kitchen waste into yummy eggs. We'll also cover how to build and maintain a compost pile with leaves, garden waste, and kitchen scraps that your chickens will scratch around in for a healthy, natural chicken diet. Then discover how to build a roomy, predator-proof (and un-smelly) chicken run yourself—with zero building skills—that works with this innovative system.

HGo88 Tuesday, April 28 7 - 9 pm \$25



Permaculture: A Garden in Harmony with Nature

Babette Wils

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

HGo74 Thursday, April 16 7 - 9 pm \$25

Organic Care for Lush Lawns

Bruce Wenning

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

HGo03 Tuesday, May 5 7 - 9 pm \$25

Renovate and Rejuvenate Garden Beds

Bruce Wenning

If you have inherited an old and neglected perennial garden—or created one of your own—don't despair! Learn the necessary "ecological" steps for bringing your perennial garden beds back to life. We will cover plant and soil basics, plant and site evaluations, soil pH, proper planting techniques, and how to decide which plants to keep and which to prune or remove. We will also discuss how to choose appropriate plants for your site—from ground covers to small trees—and the kinds of plants you can add to extend the bloom time of your garden from spring to fall.

HGo18 2 Thursdays, May 21 and 28 7 - 9 pm \$49

Take Both of Bruce Wenning's classes and Save!

HGo64 \$65

CHECK OUT OUR ONE-NIGHT WORKSHOPS

p. 34

Grow Your Own Organic Produce

Ben Barkan

With a home garden you can grow sweeter and more nutritious produce than anything you buy in a store, but it's essential that you start with healthy soil and learn the basics about garden design. Led by the founder of HomeHarvest, this workshop will discuss soil health, site preparation, sustainable land-use techniques, and how to maximize garden productivity while harmonizing with the landscape. We'll also cover how to incorporate beautiful ornamental plants throughout the garden. This comprehensive workshop will help you design an attractive garden and grow food in an urban or suburban landscape using sustainable and organic practices.

HGo89 Wednesday, May 27 7 - 9 pm \$25



LANGUAGES

American Sign Language (ASL)

Carol Zurek

Signing is a useful skill that can open up a new world of relationships and understanding. Explore this visual language and learn about Deaf Culture. Those with no experience should take *Level 1*, where you will learn the ASL manual alphabet and numbers as well as basic conversational tools. In *Level 2*, we will focus on verbs and creating grammatically correct sentence structure. Further hone your skills in *Level 3*, where we will polish expressive and receptive skills and practice advanced grammar and vocabulary. We will also discuss cultural awareness and related terminology.

LEVEL 1 8 Tuesdays, April 7 - June 2 (no class 4/21)
6 - 7:20 pm \$139

LEVEL 2 8 Tuesdays, April 7 - June 2 (no class 4/21)
7:30 - 8:50 pm \$139

LEVEL 3 8 Thursdays, April 2 - May 28 (no class 4/23)
6 - 7:30 pm \$139 NEW

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 will read short paragraphs, learn grammatical structures, and focus on describing the world around you. *Level 3* will help expand Arabic proficiency, putting your conjugation and other grammar skills to use as you learn to write more elaborate paragraphs.

LEVEL 1 8 Tuesdays, April 7 - June 2 (no class 4/21)
6 - 7:20 pm \$125

LEVEL 2 8 Tuesdays, April 7 - June 2 (no class 4/21)
7:30 - 8:50 pm \$125

LEVEL 3 7 Wednesdays, April 15 - June 3 (no class 4/22)
7:30 - 8:50 pm \$109

DAYTIME LANGUAGE CLASSES MEET AT CALVARY CHURCH

300 Mass Ave., Arlington

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 small, friendly, low-stress classroom settings, 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. For those looking to build on your English skills, take *Level 3* to learn about phrasal verbs, how to use the past continuous tense, how to make conditional statements, and more. Practice using colloquial, idiomatic English to handle more and more daily situations with ease. **Wednesday class meets at Calvary Church.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

FUNDAMENTALS 7 Wednesdays, April 8 - May 27
(no class 4/22) 12:30 - 2 pm \$105; Arlington Seniors \$95
(O'Leary) DAYTIME CLASS

LEVEL 1 7 Thursdays, April 16 - June 11 (no class 4/23, 6/4)
6:30 - 8 pm \$105 (Silver)

LEVEL 2 7 Thursdays, April 16 - June 11 (no class 4/23, 6/4)
6:30 - 8:30 pm \$139 (Hammann)

LEVEL 3 7 Wednesdays, April 15 - June 3 (no class 4/22)
6 - 8 pm \$139 (Hammann) NEW

"Rania is an amazing teacher and explained everything clearly."

—Arabic classes with Rania Nasser

French Café:

Conversation and Culture DAYTIME CLASS

Barry Bridgelal


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

LA026 7 Thursdays, April 16 - June 11 (no class 4/23, 5/7)
2:30 - 3:50 pm \$109; Arlington Seniors \$99


French

Barry Bridgell

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 2* will focus on improving conversational precision by developing vocabulary and learning present and immediate future tenses. We will also learn irregular verbs, possessive and demonstrative adjectives, comparatives and superlatives, and imperatives. Building upon the skills already acquired, students in *Level 4* will learn the future tense, irregular adjectives, conditional expressions, ordinal numbers, reflexive verbs and pronouns, the imperative form, and expressions of reciprocal action. Having completed *Level 4*, students can expect to be able to discuss numerous topics with relative sophistication as well as to read and write multi-paragraph texts. **Thursday class meets at Calvary Church.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

LEVEL 1 7 Thursdays, April 16 - June 11 (no class 4/23, 5/7)
1 - 2:20 pm \$109; Arlington Seniors \$99 

LEVEL 2 8 Wednesdays, April 1 - June 3 (no class 4/22, 5/13)
7:30 - 8:50 pm \$125

LEVEL 4 8 Wednesdays, April 1 - June 3 (no class 4/22, 5/13)
6 - 7:20 pm \$125 


Italian

Mirela Stefa

Buongiorno! Are you ready to learn Italian in a fun and interesting way? Through 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. In *Level 2*, work on improving spoken Italian, mastering reflexive verbs, past tense of regular and irregular verbs, and possessive adjectives. *Level 3* is for those looking to further hone oral comprehension and expression of topics including travel, health, and time. We will also focus on imperfect tense, distinctive pronouns, simple future tense, and double object pronouns.

LEVEL 1 8 Thursdays, April 2 - May 28 (no class 4/23)
6 - 7:20 pm \$125

LEVEL 2 8 Tuesdays, April 7 - June 2 (no class 4/21)
7:30 - 8:50 pm \$125

LEVEL 3 8 Tuesdays, April 7 - June 2 (no class 4/21)
6 - 7:20 pm \$125 

Italian Cafe: Conversations and Culture

Barry Bridgell

Ciao! In this lively discussion-based class, come practice and improve your conversational Italian. We'll discuss Italy's rich culture, including art, cuisine, and history, in a fun and relaxed setting. For those who have a solid understanding of Italian present and past tenses. **Meet at Calvary Church.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

LA051 7 Tuesdays, April 7 - June 2 (no class 4/21, 5/12)
10:30 - 11:50 am \$109; Arlington Seniors \$99



MEET OUR
NEW MANDARIN
INSTRUCTOR

Xiaohui Cao
(see bio online)


Spanish

Roxana Figueroa / Barry Bridgell

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 1*, learn basic vocabulary and practice the alphabet, numbers, greetings, and simple present tense of regular verbs. *Level 2* will focus on improving conversation skills and new grammar concepts. Those who are ready to practice advanced grammar and verb conjugations, and further hone pronunciation, take *Level 3*. **Tuesday class with Barry meets at Calvary Church.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages.

LEVEL 1 6 Thursdays, April 30 - June 11 (no class 6/4)
6 - 7:20 pm \$95

LEVEL 2 6 Thursdays, April 30 - June 11 (no class 6/4)
7:30 - 8:50 pm \$95

LEVEL 3 7 Tuesdays, April 7 - June 2 (no class 4/21, 5/12)
noon - 1:20 pm \$109; Arlington Seniors \$99 

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, April 1 - May 27 (no class 4/22)
7 - 8:30 pm \$125

NEW Mandarin: Level 1

Xiaohui Cao

你好! (*Ni hao!* / Hello!) Spend time learning a language that has 5,000 years of history. Mandarin is the most widely spoken language in the world and becoming increasingly popular due to globalization. Gain insights into Chinese languages and culture and lay the foundations to understand Mandarin. This introductory class will teach you to write the Chinese phonetic system and have simple conversations. We will also explore how Chinese characters originated and practice calligraphy with Chinese brush and ink.

LA064 8 Wednesdays, April 1 - May 27 (no class 4/22)
6 - 7:30 pm \$125

Russian

Aleka Molokova

Practice Russian in a lively group atmosphere. We will work on vocabulary, grammar, and conversational skills, all while exploring traditional and modern Russian culture. In *Level 1*, become familiar with basic grammar such as grammatical gender, possessive forms, singular/plural noun endings, and introductory verb conjugation. Practice useful tasks such as introducing yourself, saying where you live and work and talking about what you like and need. Continue learning written and spoken Russian in *Level 3*, where the focus will be on improving conversational skills and learning more advanced grammar concepts.

LEVEL 1 7 Thursdays, April 2 - May 28 (no class 4/23, 5/21)
6 - 7:20 pm \$109

LEVEL 3 7 Thursdays, April 2 - May 28 (no class 4/23, 5/21)
7:30 - 8:50 pm \$109 **NEW**

EVERYONE CAN SING!

Our acting teacher Elyse Montoya is now teaching singing too!



MUSIC & THEATER

Please note: Students must bring their own musical instrument to each class unless otherwise noted.

Everyone Can Sing

Elyse Montoya

Discover your singing voice in a fun group setting 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. We'll practice a variety of songs, and leave time for personal attention. All you need is an open mind and a desire to sing!

BEGINNER 8 Tuesdays, April 7 - June 2 (no class 4/21)
6 - 7:20 pm \$139

CONTINUING 8 Tuesdays, April 7 - June 2 (no class 4/21)
7:30 - 8:50 pm \$139

NEW Quick Harmony

Alexandra Gubin

Come make beautiful music as you join your voice in harmony with others. Each night we'll learn some easy and beautiful arrangements, as well as rounds and canons. Songs will offer a variety of simple and challenging parts. Get more comfortable singing with other parts happening around you and have fun as we create a vocal community. All levels welcome.

MA100 3 Wednesdays, April 29 - May 13 7 - 8:30 pm \$45

Act Now

Elyse Montoya

Discover your hidden acting talent—or reawaken it—in a safe, fun, and creative space! Work with and learn from peers as we create believable, honest characters onstage in a safe, non-judgmental space. In *Scene One* we will cover the basics of acting and theater, while practicing improv and monologue work. Those with acting experience should take *Scene Two*, where we will work on improvisational scenes as well as scenes from classic and contemporary plays. We'll explore character development and listening and responding to your scene partner with honesty.

SCENE ONE 7 Thursdays, April 16 - June 11 (no class 4/23, 6/4)
6:30 - 8:30 pm \$145

SCENE TWO 7 Wednesdays, April 15 - June 3 (no class 4/22)
6:30 - 8:30 pm \$145

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.

MA097 5 Wednesdays, April 15 - May 20 (no class 4/22)
7 - 8:30 pm \$95

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.

BEGINNER 8 Tuesdays, April 7 - June 2 (no class 4/21)
6 - 7:20 pm \$149

CONTINUING 8 Tuesdays, April 7 - June 2 (no class 4/21)
7:30 - 8:50 pm \$149

Fun Fact: Masashi also teaches guitar for kids, p. 40

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. The *Continuing* class is for those looking to improve their skills and who have the ability to play three-chord songs and switch between basic chords.

BEGINNER 6 Thursdays, April 30 - June 11 (no class 6/4)
6 - 7:20 pm \$115

CONTINUING 6 Thursdays, April 30 - June 11 (no class 6/4)
7:30 - 8:50 pm \$115

Fun Fact: Anne also teaches ukulele for kids, p. 40

NEW Ukulele Strum Pattern Workshop

Anne Ku

Join this lively evening for a workout of the right hand. No matter how long you've been playing the ukulele, you will benefit from exercises to improve rhythm and timing, which includes the fundamental techniques of muting, percussion, texture, and different kinds of strokes and strums applied to well-known songs. Enhance your musical style and bring greater joy to your playing. Open to all levels.

MA090 Thursday, April 2 6 - 9 pm \$29

NEW Ukulele Chord Fingering Workshop

Anne Ku

Exercise your left hand in this workshop where you will gain a better understanding of optimal fingering, faster switching, and so-called "moveable chord shapes." All levels are welcome to join, as we also identify common chord progressions and practice the songs that use them.

MA101 Thursday, April 16 6 - 9 pm \$29

Take Both & Save!

Enjoy both ukulele workshops and receive a discount.

MA102 \$49

Harmonica

Vinny Serino

A harmonica is like a party in your pocket! Learn to play your favorite tunes and blues riffs on this simple, take-anywhere instrument. The *Beginner* level will cover basic skills including positioning the harmonica properly in your mouth, hand techniques, breath control, and fundamental chords. In the *Continuing* class, learn draw bends, blow bends, tongue block, and pursing methods. We will work toward building solos that reflect your style, and play octaves, chords, and warbles, among other in-depth techniques. **Please note:** Bring a diatonic (not chromatic) C harmonica, a.k.a. "a blues harp."

BEGINNER 8 Wednesdays, April 1 - May 27 (no class 4/22)
6:30 - 7:25 pm \$89

CONTINUING 8 Wednesdays, April 1 - May 27 (no class 4/22)
7:30 - 8:25 pm \$89

West African Hand Drumming

Dean Fisher

Explore *djembe*, a goblet-shaped drum played with bare hands, in a relaxed and fun atmosphere. Learn techniques to make basic drum sounds—bass, tone, and slap—to create rhythms integral to West African culture. No experience is necessary to take the *Beginner* class, but for those who have some experience or have already taken the beginner class, take the next level. In *Continuing*, we will delve deeper into the music and add the *dununs*, drums played with a stick, to complete the rhythm. **Please note:** Bring a drum if you have one. If you do not, email the ACE office to reserve one. Supplies are limited.

BEGINNER 8 Thursdays, April 2 - May 28 (no class 4/23)
7 - 7:50 pm \$99

CONTINUING 8 Thursdays, April 2 - May 28 (no class 4/23)
8 - 8:50 pm \$99 NEW

BRING YOUR OWN INSTRUMENT

to class unless otherwise noted



RECREATION & TRAVEL

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, understanding the Charleston, and learning the hands. The *Learn 2020 Card* class is for advanced beginners and players who already know the rules of the game. The class will help you understand the new hands and begin to think strategically about the new card.

Please note: For both classes there will be a \$9 materials fee to be collected at the first class to cover each student's 2020 NMJL card.

BEGINNER 7 Thursdays, April 16 - June 11 (no class 4/23, 6/4)
6 - 7:20 pm \$185

LEARN 2020 CARD 7 Thursdays, April 16 - June 11
(no class 4/23, 6/4) 7:30 - 8:50 pm \$185 NEW

Boating Safely

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

This beginner course will help prepare boaters to obtain a boat license or safety certification in many states. Many companies offer discounts on boating insurance to those who successfully complete this course. We will cover a wide range of topics including safety equipment, navigation, boating law, boating problems, trailering, storing and protecting your boat, hunting and fishing, water-skiing, and river boating. An optional text is available for purchase in class. This class also qualifies 12-16 year olds to test for the Massachusetts Boating Safety Certificate, which allows youth to operate a boat by themselves. For more information on course content, visit cgaux.org.

RFo66 5 Thursdays, April 30 - May 28 7 - 9 pm
\$45/individual or \$75/family

ADVENTURES AT SEA: BOSTONIANS IN THE AGE OF SAIL

Join us on this walking tour in downtown Boston, p. 30

Learn Bridge

Elizabeth Gompels

Easy to learn, bridge can take a lifetime to master and is fun to play at all levels of expertise. Over eight weeks, you will learn the basics of bidding, playing, and scoring. Each session begins with a 45-minute lesson, followed by 75 minutes of practice play. Classes will include guided demonstrations, group discussions, and bridge hands to practice techniques and have fun. The book *Easybridge!* by Edith McMullin is optional and may be purchased from the instructor for \$15. **Please note:** Evening class at AHS is 2.5 hours. **Daytime class meets at St. Camillus Church** (elevator available).

RFo24.2 7 Tuesdays, April 14 - June 2 (no class 4/21)
6:30 - 8:50 pm \$179

RFo24.1 8 Fridays, April 17 - June 12 (no class 4/24)
9:30 - 11:30 am \$169 DAYTIME CLASS

Smart Planning for European Vacations

Wim Nijenberg

Learn to book the best possible products and services—air, hotel, ground transportation, and sightseeing—from an expert with decades of experience. Whether traveling individually or with a tour or cruise, become aware of the many discounts in Europe and avoid missed opportunities. Even if you've already made your plans, you can still benefit from this information-packed evening.

RFo69 Tuesday, April 7 7 - 9 pm \$25

Walk the British Isles

Mary Hamilton

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

RFo85 Tuesday, April 14 7 - 8:30 pm \$19

WEST AFRICAN HAND DRUMMING

with Dean
Fisher, p. 27



PHOTO © BRIK GERRING

WALKING TOURS

Please note: Pre-registration is required. Meeting location will be sent one week prior to date of class. All walks meet rain or shine. *"There is no such thing as bad weather, only bad clothes."*
— Scandinavian saying

Mystery Walks

Mary Hurley

Discover new places to hike and hear tales about Native American settlers and esteemed writers such as Alcott and Emerson. We walk five to six miles, rain or shine. Enjoy the camaraderie of fellow walkers as we learn and have fun.

RF073 6 Wednesdays, April 8 - May 20 (no class 4/22)
9:30 am - noon \$89

NEW Birding for Beginners

Correne George

New to birding, or looking to sharpen your skills? Join one or both of these walks and explore birding sites in two local parks. Each walk will bring something new! At the April walk at Mass Habitat, glimpse early migrants including Palm Warbler, Hermit Thrush, Eastern Phoebe, and Pine Warbler. Some possible nesting birds we may spot during the June walk at Rock Meadow include the Yellow Warbler, Common Yellowthroat, Eastern Wood-Pewee, and Gray Catbird. Children ages 10+ and up are welcome to register for both walks if accompanied by a registered adult. *Co-sponsored by Mass Audubon / Habitat Education Center @ Wildlife Sanctuary.*

RF086.1 Saturday, April 4 8 - 9:30 am (@ Habitat) \$10

RF086.2 Saturday, June 6 7 - 8:30 am (@ Rock Meadow) \$10

Shinrin-Yoku (Forest Bathing): Not Just Any Walk in the Woods

Lisa Mediano

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

RF065.1 Saturday, April 11 8 - 10 am \$19

RF065.2 Saturday, May 23 8 - 10 am \$19

NEW Testing Patriotism: A Walking Tour of Civil War Memories at Mount Auburn Cemetery

Dee Morris

During the Civil War (1861-5), the lives of many women and men were forever changed as they reworked their family and community ties. Join us around the time of Patriot's Day and Flag Day, as we visit Mount Auburn Cemetery and discover the monuments of remarkable figures who dealt with the concept of patriotism. Notables will include Dorothea Dix (1802-1887), a social reformer without medical training who was appointed to oversee all the Union hospitals; Henry Todd (1837-1864) who bravely carried the flag of the 36th Regiment during the Battle of the Wilderness; and William Baynard Whaley (1843-1921), a Confederate soldier, who found eternal rest on Eglantine Path not far from several Union notables.

RF061.1 Sunday, April 26 2 - 4 pm \$19

RF087 Sunday, June 14 (Flag Day) 2 - 4 pm \$19

NEW Chinatown Food Tour

Roberta Hing

Boston's Chinatown is filled with so many little shops and restaurants—it's easy to get lost amid its colorful window displays and enticing aromas. Join us on this culinary and cultural adventure led by an expert guide. Our journey begins in the heart of Chinatown, where we'll learn about its history while stopping at a few shops and bakeries for samples. Next we'll visit a Chinese herbal shop to examine traditional Chinese medicinal remedies, and enjoy a traditional dim sum lunch at a restaurant that's popular among locals—an experience not to be missed. Finally, we'll conclude our tour at a Chinese market and explore exotic produce and other unique offerings. Tuition includes food fees and tips.

RF088 Sunday, May 3 11 am - 1:30 pm \$70

NEW Fenway Neighborhood Food Tour

Off The Beaten Path Food Tours and Experiences

Calling all ballpark foodies! Don't miss this unique tour highlighting delicious ballpark eats in the shadow of historic Fenway Park. In the past several years, the Fenway neighborhood's food scene has experienced a flavor explosion. No longer just a destination for Red Sox games, now there's true culinary talent in its midst. We'll visit the new Time Out Boston Market food hall for a specialty coffee drink then chow down as we visit a variety of iconic restaurants around Fenway Park. Learn about the history of the famous Citgo sign and the Green Monster while munching on the best "American" ballpark eats from scallion pancake sandwiches to pizza and brown butter ice cream. Tuition includes food fees. (No ballpark entrance.) All ages welcome.

RF089 Saturday, May 9 11 am - 1 pm \$69

NEW Adventures at Sea: Bostonians in the Age of Sail ★ WEEKEND CLASS

Boston by Foot

Join this walking tour of downtown Boston, and explore the dramatic development of Town Cove and Boston's changing relationship with sea travel through memorable stories and first-person accounts. For Boston's first two hundred years, "*a flown sheate, a faire winde, and a boune voyage*" were wishes at the heart of the city's life and economy. Travel under sail was commonplace and central to the culture, across classes. Pirates, storms, sea battles, exotic lands, romance, and Revolutionary politics all come alive through the tales of courageous individuals whose experiences have been captured in letters, diaries, and memoirs from this era. In a broad stroke, these accounts illustrate the influence of our port on the growth of the nation.

RF090 Sunday, May 17 2 - 3:30 pm \$19

WE RELY ON YOUR FEEDBACK!

Please help us by returning class evaluations.

Late Spring Wildflowers of Arlington's Great Meadows ★ WEEKEND CLASS

Boot Boutwell

In late May the wildflowers are out in abundance. Join Boot Boutwell at Arlington's Great Meadows for a stroll in search of late-spring wildflowers. The walk will focus on wildflower identification as well as some fun and interesting natural history about the plants we see. We'll also take a look at some cool plants that aren't in flower. Children ages 10+ and up are welcome to register if accompanied by a registered adult.

RF091 Sunday, May 31 9:30 am - noon \$19

Celebrate the Summer Solstice at Arlington's Great Meadows ★ WEEKEND CLASS

Boot Boutwell

The summer solstice marks the longest day of the year when the midday sun reaches its highest point in the sky. The summer solstice occurs this year on June 20 and we'll celebrate with a nature walk through Arlington's Great Meadows to enjoy the beauty of the natural world. The walk will focus on plant identification, fun and interesting natural history about past and present human uses, and tales and legends about the plants we see. We'll also celebrate the season with a little poetry and solstice lore. Children ages 10+ and up are welcome to register if accompanied by a registered adult.

RF092 Saturday, June 20 9:30 am - noon \$19

DAY TRIPS

NEW Lowell Downtown Canalway Cultural District Food Tour ★ WEEKEND CLASS

Off The Beaten Path Food Tours and Experiences

Come explore Lowell, Massachusetts, a unique city with a rich history and diverse cuisine. Come hungry because during our three hours together, we'll make seven stops and sample delicious eats including muffins, burgers, and homemade marshmallows, as well as local Columbian and Venezuelan specialties. In case we all fall into a food coma, we'll wrap up our day with a reinvigorating authentic Vietnamese coffee demonstration and tasting. Along the way we'll stretch our legs and explore the incredible revitalization Lowell has experienced in the recent decade. Once home to over four dozen mills, the city is now repurposing these fantastic spaces into museums, art spaces, and local residences. Tuition includes all food fees. Transportation not provided. All ages welcome.

RF093 Saturday, May 16 11:30 - 2:30 pm \$60

NEW The Berkshires: Imposing Cottages & Inspiring Gardens ★ WEEKEND CLASS

Endless Byways Travel



FULL DAY TRIP: Join seasoned traversers Joe and Martha of Endless Byways Travel on this day trip adventure to Western Massachusetts. Meet at Arlington High School at 8 am and hop on a bus to travel west. Our first stop

will be Ventfort Hall in Lenox, the imposing "Cottage" of Sarah Morgan of the JP Morgan family. Designed in the Gilded Age, the home reflects the great changes that occurred in American life, industry, and society during the 19th century. After a short bus ride to Stockbridge we'll stretch our legs on a brief walking tour of Main Street. Check out the famous sites and scenes used in Norman Rockwell paintings, and visit the famed Red Lion Inn, whose guests have included the Roosevelts, Nathaniel Hawthorne, and John Wayne. Lunch will be on your own at one of the many eateries along bustling Main Street. Our final stop before driving back to Arlington High School will be at the Berkshire Botanical Gardens. With dozens of display areas and hundreds of local and native varieties over 15 acres, it is one of the oldest botanical gardens in the region. Further details will be emailed ahead of time. Tuition includes transportation and entrance fees. **Please note:** Seating is limited. Registration is required by May 15, no refunds will be issued after that date.

RF094 Saturday, May 30 FULL DAY 8 am - 8 pm \$139



WELLNESS

April Showers — Make an Aromatic Foaming Soap

Cher Kore

Taking a scented bath or shower can make you feel so much better. Pump up this healing experience by learning how to make customized soaps suited to your personality and skin type. Learn to make soaps that cool you down, clear your head, and decongest; help heal skin imperfections; and relax. Using essential oils and castile soap we will mix foaming soaps suited to our skin types. Tuition includes a \$12 materials fee.

WEo87 Tuesday, April 14 6:30 - 8:30 pm \$39



NEW

WHAT I WISH I HAD KNOWN: A WORKSHOP FOR MOTHERS AND DAUGHTERS

led by mother-
daughter team

NEW What I Wish I Had Known: A Workshop for Mothers & Daughters

Sharon Maxwell, Ph.D. @ Chelsea Maxwell, Ed.M.

What do you wish you had known about sex, love, and romantic relationships before heading to college? This mother-daughter team will help you start and sustain this life-long conversation now. The evening will begin as one group, then the daughters will peel off, giving everyone a chance for frank conversations before coming back together for reflection and group discussion. Through compassion, humor, information, and dialogue, both groups will explore our understanding of healthy relationships, and how we can empower our daughters to move forward with agency over their bodies and choices. *For mothers with their daughters in grades 9-12.*

WEo88 Wednesday, April 29 7 - 9 pm \$35/pair

NEW Brave New Friendships: Building Community and a Sense of Belonging

Val Walker

It takes courage and initiative to break out of a period of isolation and rebuild our support networks. After a serious illness, a period of grieving, or relocating to a new area, we may find it difficult to “get out there,” to be socially confident, outgoing, and open to new relationships. Simply going to a meetup might not feel right, as we may prefer volunteering, a support group, or a class. This program offers guidance for how to explore and tap our wider communities to build friendships, fellowships, and a deeper sense of belonging.

WEo89 Thursday, April 30 6:30 - 8:30 pm \$25

Relaxation: How to Do Nothing (and be okay with it)

Tim Grimes

Learn how to relax and spend more time “doing nothing” in this three-night workshop on stress reduction. While anxiety is an accepted norm in modern culture, it doesn’t have to be for you. Most of us find ourselves in a state of constant mental busyness, but what would happen if we let go of all that stress and distraction for some time every day? Discover the paradoxical benefits of taking time to “do nothing” each day and why it’s much more important than we realize. Tap into a deeper state of relaxation through experiential exercises and practice what you learn to make it a part of every day.

WEo61 3 Thursdays, April 30 - May 14 7 - 8:30 pm \$55

NEW

YOUTH MENTAL HEALTH FIRST AID

Learn how to help an adolescent who is experiencing a mental health or addictions challenge, p. 5

Well-Being in Five Easy Practices

Janet Kessenich

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

WEo50 Tuesday, May 12 7 - 8:30 pm \$19

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.

WEo13 Saturday, April 25 10 am - 6 pm \$175

CREATE A HEALTHIER AND MORE FULFILLING RELATIONSHIP

with world-renowned coach Lauren Mackler, p. 4

White People Challenging Racism

Melanie Roche-Laputka @ Devon Davidson

Examine the impact of white privilege and develop a plan for challenging racism in your everyday life. (See full description on page 4.)

WEo84 5 Thursdays, April 30 - May 28 6 - 8 pm \$85

Active Bystander (“Upstander”) Intervention Training

Christopher Ellinger

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

WEo28 Thursday, May 14 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 Whittemore Robbins House.** Co-sponsored by Arlington Council on Aging and open to adult students of all ages. Sorry, no senior discount available.

WEo17 2 Tuesdays, May 12 and 19 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.



WEo36.1 Tuesday, April 7 6 - 9 pm \$95

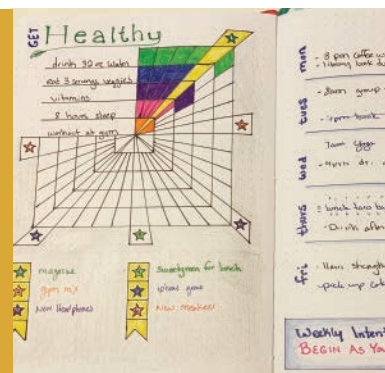
WEo36.2 Tuesday, May 5 6 - 9 pm \$95

WEo36.3 Wednesday, June 3 6 - 9 pm \$95

 NEW

CREATIVE JOURNALING

See facing page





WRITING & LITERATURE

The Writer's Workshop

Alissa Butterworth

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

WLo07 8 Thursdays, Apr 2 - May 28 (no class 4/23)
7 - 9 pm \$159

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

WLo21 8 Wednesdays, April 8 - June 3 (no class 4/22)
10 am - noon \$165; Arlington Seniors \$149

Haiku for a Spring Day

Jeannie Martin

Haiku is a poem of heightened awareness that connects us more deeply with the natural world and with each other. Learn about haiku's history and structure as we read many haiku, both famous and not-so-famous. Then we will try our hands at writing our own haiku in a fun and supportive atmosphere. Each participant will receive a small field notebook and the instructor's latest book, *a touch of light*. No experience with poetry necessary. **Meet at Calvary Church.**

WLo41 2 Tuesdays, April 28 and May 5 1 - 3 pm \$39

Reading Novels for Greater Pleasure

Jennie Rathbun

For book club members and other readers who want to get under the hood and see how great fiction works, this course will deepen your appreciation and understanding of the novelist's art. In *What Was She Thinking? [Notes on a Scandal]*, a compelling story of loneliness, repression and friendship between women teachers at an English school, Zoe Heller gives a master class in psychological suspense, with echoes of Highsmith and McEwan. We'll look closely at character, narrative voice and structure, detail, gesture, and dialogue. Please read the Foreword and first two chapters and bring the Picador paperback (green apple on the cover) to our first class. **Meet at Calvary Church.** Co-sponsored by Arlington Council on Aging and open to students of all ages.

WLo20 6 Thursdays, April 30 - June 4 11 am - 12:30 pm
\$95; Arlington Seniors \$85

Exploring the Irish Short Story

Jean Flanagan

A long-standing tradition in Ireland, the short story evolved from oral storytelling into an art form, and some say, the national genre of Ireland. These varied and rich stories range in genre and style, and have incorporated Irish politics and history as important features throughout the decades of being published. Many of Ireland's best authors have participated in the genre, and we will read and discuss a selection of them, including James Joyce, Frank O'Connor, Liam O'Flaherty, and Mary Lavin. We will also explore works by writers of today such as Emma Donoghue and Colum McCann. Before the first class, please read *Guests of the Nation* by Frank O'Connor and *The Fairy Goose* by Liam O'Flaherty, both of which can be found in the book, *Classic Irish Short Stories* by Frank O'Connor. The full list of stories will be sent upon registration, many of which will be in the *Classic Irish Short Stories* book.

WLo42 4 Tuesdays, April 28 - May 19 6:30 - 8 pm \$59

Creative Journaling: Bullet Journals, Habit Trackers, & DIY Planners

Kayleigh Shoen

Journaling can be much more than colorless text. Today's creative journals include multi-functional bullet journals, inspiring habit trackers, and customized DIY planners. In this fun, relaxing class, you'll learn about the history of creative journals, receive guidance on an assortment of artistic layouts and techniques, and use class time to begin transforming a blank notebook into a journal that's perfect for you. This class is appropriate for any skill level. In the first week we'll discuss materials, so just bring your favorite pen or pencil—and your creativity!

WLo43 5 Tuesdays, April 28 - May 26 7 - 9 pm \$89

ONE-NIGHT WORKSHOPS

NEW Wake up Your Writing

Sandra A. Miller

Spring is a time when the earth wakes up after a long sleep. We, too, come out of hibernation and once again pay attention to the beauty bursting to life all around us. Because spring is a season in which we tend to feel alert to the world, it's also the perfect time to get back into a writing habit. Whether you want to start journaling regularly, revisit a personal essay you've been grappling with, or develop a more focused writing practice, join us for an evening of celebrating renewal—both in the world, and in our lives. Through writing and reflective exercises, we will wake up our creative muscles and connect with others who are also eager to embrace the season.

WLo44 Wednesday, May 6 7 - 9 pm \$19

NEW A Drop of Pond: Writing Haiku in Arlington

Brad Bennett



Connect with the natural world in this one night workshop on haiku writing. Join us on an inspirational short walk outside, writing down observations and insights, then return inside and turn your notes into haiku poems. Celebrate the extraordinary in the ordinary with the most popular poetry form in the world! All levels of experience welcome.

WLo45 Wednesday, May 20 6:30 - 8:30 pm \$19

NEW Two Poet Laureates: Inspired Writing

Steven Ratiner @ Cathie Desjardins

Join Arlington's current Poet Laureate, Steven Ratiner, and Poet Laureate Emerita, Cathie Desjardins, in this fun and engaging evening focused on poetry and the creative process. Learn from the experts about what has influenced them, and how it manifests in their work. For Cathie, it is her Arlington garden, which stimulated her new book, *Buddha in a Garden*. Ancient Chinese poetry and philosophy inspired Steven to develop a relaxed and intuitive approach to composition. The evening finishes with both poets guiding you in writing about their favorite, formative topics, so bring a pen and paper, and leave with ideas on how inspiration can stimulate your writing.

WLo46 Thursday, May 28 7 - 9 pm \$19

Fun Fact: Steven also teaches a family night poetry class, p. 42

One-Night Classes

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PARKING AND CONSTRUCTION UPDATES:

ArlingtonCommunityEd.org



COMMUNITY CONNECTIONS

Thank you to the many local organizations that contribute to the vibrancy of Arlington. Here are just a few—get involved!

Arlington Community Media, Inc. (ACMi) is the town's cable access television studio that broadcasts content on three different channels (Public, Education, and Government), offering every town resident the opportunity to get hands-on experience with video production. 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 engages the community in eliminating food insecurity and hunger in Arlington. They rely on neighbors to help them end hunger by providing food, financial donations, and volunteers. Visit arlingtoneats.org

Arlington Education Foundation (AEF) works to support and advance public education in Arlington by funding 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 is a hidden gem in the heart of Arlington Center that mounts four plays each season. Attend the plays or volunteer to build sets, sell refreshments, or usher. Visit afdtheatre.org

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 is dedicated to preserving the Jason Russell House and the Society's collections, and 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, that focuses on positive community change through education, environmental initiatives, policy development, and improving youth access to treatment. Visit arlingtonma.gov/ayhsc

Food Link is an Arlington-based regional food rescue nonprofit that alleviates hunger, reduces food waste, and contributes to environmental sustainability. With the help of over 80 volunteers, they 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 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'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 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 (TCR) offers grief support for families with children who have experienced the death of a parent or sibling. TCR also 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 allows visitors to discover over 90 works of the celebrated sculptor, educator and Indigenous rights advocate who lived and worked in Arlington for over 40 years. Visit dallin.org

The Old Schwamb Mill is an historic 19th-century mill located on the oldest continuously-used mill site in the United States. It is now a living history museum listed on the National Register of Historic Places. Visit oldschwambmill.org

Philharmonic Society of Arlington endeavors to provide performances of the widest range of classical and contemporary works to community audiences in accessible settings; a showcase for talented, non-professional singers and instrumentalists; and a forum for composers to premiere contemporary compositions. Visit psarlington.org



HIGH SCHOOL & COLLEGE PREP

The following SAT/ACT review courses end in time for the May 2 and June 6 SAT exams and the April 4 and June 13 ACT exams. The summer courses are timed for the August 29 SAT exam.

SAT Verbal Review • GRADE 11

Kayleigh Shoen

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 6 Thursdays, March 12 - April 30 (no class 4/9, 4/23)
7 - 9 pm \$175

HS101.1 August 17 - 20 (M-Th) 1 - 4 pm \$175



MAINE WILDERNESS EXPEDITION

June 25 - July 2

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, March 17 - April 28 (no class 4/21)
3 - 5 pm \$175

HS101.1 August 17 - 20 (M-Th) 9 - noon \$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 Monday, March 30 3 - 5:30 pm \$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 three of the five required areas of study: reading, writing, and math. 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.

HS001 8 Wednesdays, April 1 - May 27 (no class 4/22)
6 - 9 pm \$125

Jumpstart for Juniors: Demystifying College Admissions

Sue Wachter, Acton College Consulting, LLC

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

HS007 Tuesday, April 14 7 - 9 pm \$25/individual or \$35/family

You Can Afford College If...

Don Anderson, College Funding Advisors, Inc.

Financial aid goes to families who plan and act in advance—before December of the child's sophomore year of high school. Learn how to maximize your financial aid by understanding the process and why implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. Visit collegefundingadvisors.com

HS005 Wednesday, April 29 6:30 - 8:30 pm
\$25/individual or \$35/pair

SUMMERFUN! COUNSELOR PROGRAM

Apply March 1 - April 1 at ArlingtonCommunityEd.org

College Application Bootcamp • SUMMER

Erin Bradley, Kathy Hirsch & Danielle Rakowsky

Join AHS staff this summer for a four day course designed for rising seniors looking to get a jump start on their college application process, and who want help with the many writing requirements. We will tackle topics including: college application time management and scheduling, resume-building, college essay and supplement writing, college interview preparation, and financial aid awareness. Please come to the first class with a preliminary list of colleges and at least two essay ideas. Each 3 hour session will include built-in time for students to work on their essays and applications. *Erin Bradley is an AHS English teacher. Kathy Hirsch and Danielle Rakowsky are school counselors at AHS. Check our website for a finalized teacher/counselor schedule.*

HS017.1 August 10 - 13 (M-Th) 9 - noon \$199

HS017.2 August 17 - 20 (M-Th) 9 - noon \$199

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 Thursdays, April 16 - May 14 4:30 - 6:30 pm \$149

NEW Financial Literacy Workshop

Chris Shea, Association of Financial Educators

As soon as you start earning money, it's important to learn how to manage it. In this financial literacy workshop, we'll cover how to track and manage expenses, set up a budget, the pros and cons of credit cards, and how to set goals for larger purchases and future expenses. We'll also review other financial impacts to young adults, including student loans. Turn yourself into your own bank and learn how to control your money before it controls you. Start building the foundation for lifelong financial success. *For high schoolers with or without their parents.*

HS027 Tuesday, April 14 7 - 9 pm \$19/individual or \$29/family

NEW What I Wish I Had Known: A Workshop for Mothers & Daughters

Sharon Maxwell, Ph.D., & Chelsea Maxwell, Ed.M.

What do you wish you had known about sex, love, and romantic relationships before heading to college? This mother-daughter team will help you start and sustain this life-long conversation now. Ages 14+ (See full description on p. 31)

WE088 Wednesday, April 29 7 - 9 pm \$35/pair

NEW Prom Makeup • GRADES 9 - 12

Alexandra Dale

With prom season right around the corner, this class will focus on how to use different makeup techniques to create a cool, fun, and personalized makeup look for that special event. We'll review techniques that easily upgrade your everyday makeup look with products you may already have in your makeup bag. We will also discuss the one or two products that you could purchase to create an elevated makeup look without being over-complicated. Class members can volunteer as demonstration models. If you like, bring your makeup bag for review and editing by the instructor. All students will receive a face-chart for taking notes in class.

HS028 Friday, May 8 2:45 - 4:45 pm \$35

Maine Wilderness Expedition • SUMMER

Jeffrey Bruno, Physical Education Teacher, AHS & Shannon Zich, Outdoor Educator & Wilderness Guide

For rising 10th graders through graduating seniors. Join two experienced wilderness guides for a week of hiking, backpacking, and canoeing through the spectacular Maine wilderness. Start with a night at the Cathedral Pines Campground before embarking on two nights and three days hiking the Bigelow Range. On day four we meet up with our canoes and supplies at the west end of Flagstaff lake to begin the canoeing portion of our trip, which will be three days of canoeing and camping along the lake, heading east to where our journey began.

SF-MAINE June 25 - July 2 \$850

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 5: March 2 - 13 Monday - Friday 3 - 6 pm

Session 6: April 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

*This session is for Arlington residents only.

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



TeenZone classes are geared toward students in grades 6 - 8 and take place at Gibbs, Ottoson, and Arlington High School. See page 44 for policies and important registration information. No classes on April 10, April 20-24, May 25.

GIBBS

Babysitting Basics • GRADES 6

Va Shon Wallace-Hiltpold, 4-H Youth and Family Development

This 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 12 years old to participate.

GB013 May 11, 13, 15 2:40 - 4:30 pm \$115

Gibbs Running Club • GRADE 6

Alison Caruso, Tom Bushell @ Gaggi DeStefanis

Learn to run a 5K! Join our expert coaches who have years of running experience and learn to run in a fun, non-competitive atmosphere. Over the course of seven weeks, we will build confidence as well as physical and mental endurance with a combination of core exercises, power drills, circuit training, and strength-building workouts. We will wrap up the course by running the optional *Cause + Event* 5K road race on Sunday, May 31. T-shirts are included.

7 Mondays and 8 Thursdays, March 30 - May 28 2:30 - 4:00 pm

GB006.1 GRC Only \$180

GB006.2 GRC + \$25 fee for optional 5K \$205



Business Sharks • GRADES 6

Rightbrain Curriculum

Play the role of young entrepreneurs as we start with the germ of an idea for a business and product and take it through the entire entrepreneurial process. Develop prototypes, formulate a business plan and devise a marketing strategy. Learn concepts such as competition, profits, and branding while designing print ads, acting out "TV commercials," researching real estate locations and designing storefronts. As young executives, you will conclude the program by pitching your ideas "Shark-Tank" style. Let's take care of business!

GB019 7 Mondays, March 30 - May 18 2:40 - 4:10 pm \$165

Things You Should Know • GRADE 6*The Etiquette Academy of New England*

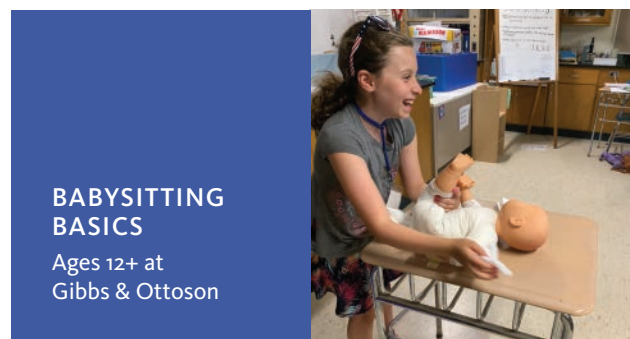
Try something fun and new on this early release day with a three-hour interactive and engaging workshop on etiquette. Learn “how to adult” with proper table manners, summer job/private school interview skills, dress codes, and cell phone etiquette. Through role playing and group discussion, learn tangible 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, April 28 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 8 Tuesdays, March 31 - May 26 2:40 - 3:40 pm
(1:10 - 2:10 pm on early release 4/28, 5/19) \$155

**BABYSITTING
BASICS**

Ages 12+ at
Gibbs & Ottoson

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

Come tabletop roleplay 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, April 1 - May 27 2:40 - 3:40 pm \$155

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

GB018 7 Fridays, April 3 - May 29 2:45 - 4:15 pm \$159

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.

MS011 7 Mondays, March 30 - May 18 2:40 - 3:40 pm \$115

Babysitting Basics • GRADES 7 - 8*Va Shon Wallace-Hiltbold, 4-H Youth and Family Development*

This 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 2 Mondays and 2 Wednesdays, April 6 - 15
2:40 - 4:30 pm \$115

Ottoson Running Club • GRADES 7 - 8*Brianna Goldstein, Jessica Nguy @ David Schaye*

Learn to run a 5K! Join our expert coaches who have years of running experience and learn to run in a fun, non-competitive atmosphere. Build confidence as well as physical and mental endurance with a combination of core exercises, power drills, circuit training, and strength-building workouts. We will wrap up the course by running the optional *Cause + Event* 5K road race on Sunday, May 31. T-shirts are included.

7 Mondays and 8 Wednesdays, March 30 - May 27 2:45 - 4:15 pm

MS001.1 ORC only \$180

MS001.2 ORC + \$25 fee for optional 5K \$205

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, May 19 1:15 - 4:15 pm \$125**NEW Intro to Programming with Python Part 1 • GRADES 7 - 8***Wendy Byrne, Blackrock Networks, Inc.*

Taught by a software developer, learn the basics of “real” computer programming in Python, an easy-to-learn language that is used today in many companies. We will read, write, and modify basic Python programs and learn about variables, loops, if-then-else statements, and functions. Topics will cover how to use Python to do math problems, draw pictures, and write a quiz. No programming experience is expected but the material is challenging and best suited for those who enjoy computers and problem solving. **Please note:** A *Raspberry Pi 3 Model B* is required for this class, which students will also use for a small amount of weekly homework.

MS060 8 Wednesdays, April 1 - May 27 2:40 - 3:40 pm \$285**TEENZONE AT 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, April 7 - June 2 3:00 - 4:30 pm \$189**YE001** Ages 6 - 9 8 Thursdays, April 2 - May 28 6:30 - 7:30 pm \$145**YE002** Ages 10 - 13 8 Thursdays, April 2 - May 28 7:35 - 8:35 pm \$145**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. For new and returning students. **Please note:** Students must bring a guitar.

MS059 8 Tuesdays, April 7 - June 2 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 practice how to hold and tune your ukulele as well as play basic chords and strum patterns in popular songs. The *Continuing* class is for those looking to improve their skills who have the ability to play three-chord songs and switch between basic chords. **Please note:** Students must bring a ukulele.

CONTINUING 6 Thursdays, April 30 - June 11 (no class 6/4) 3:20 - 4:30 pm \$89**BEGINNING** 6 Thursdays, April 30 - June 11 (no class 6/4) 4:40 - 5:50 pm \$89**NEW West African Hand Drumming • AGES 10 - 15***Dean Fisher*

Explore *djembe*, a goblet-shaped drum played with bare hands, in a relaxed and fun atmosphere. Learn techniques to make basic drum sounds—bass, tone and slap—to create rhythms integral to West African culture. All levels are welcome, and no experience is necessary. Drums will be provided for those who need one. **Please note:** Bring a drum if you have one. If you do not, you must email the ACE office to reserve one. Supplies are limited.

MS061 6 Thursdays, April 2 - May 14 6 - 6:50 pm \$65**Bike Repair & Maintenance • GRADES 6 - 12***Quad Cycles*

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

MS062 Wednesday, May 20 7 - 9 pm \$25**PARKOUR AT SUMMERFUN!**4 weeks! Register at ArlingtonCommunityEd.org



FAMILY NIGHTS

Spend time together! Only one registration required per pair. Please register under adult's name only.

NEW Lunch on the Go!

Laura Hagopian

Learn how to make healthy, simple, and varied school lunches. Work together to prepare four different bento-style lunches that taste good cold or at room temperature. Recipes may include tortellini pasta salad, a Mediterranean style bento, personal pizzas, and a grazing snack box. Expand your lunch repertoire to get parents and kids interested in this daily task. Tuition includes a \$25 food fee per pair. Ages 7+

FAM19 Tuesday, April 28 6 - 8 pm \$55/pair

Sushi Party

Zach Slovin

Do you love sushi? Come make rolling sushi a fun family affair. Learn how to prepare sushi rice, chop the filling into strips, and rolling techniques using vegetables and cooked shrimp (this class does not involve raw fish). We will also learn to make onigiri rice balls, a hit with even the pickiest eaters. Tuition includes a \$20 food fee per pair. Ages 7+

FAM02 Wednesday, April 29 5:30 - 7:30 pm \$49/pair

NEW WHAT I WISH I HAD KNOWN:

A Workshop for Mothers and Daughters, ages 14+, p. 31

NEW Sugar & Spice

Lynda Fairbanks Atkins

Cooking together is twice as nice when we focus on sugar and spice. We will start off by making a sweet treat, molded chocolate lollipops with lots of cute decorations. They are a tasty and fun confection to share with friends and give as small gifts. Then we'll spice things up by making old-fashioned ginger cookies, delicious on their own but even more amazing when brimming with scrumptious fillings, especially ice cream. Tuition includes a \$20 food fee per pair. Ages 7+

FAM20 Thursday, May 7 6 - 8 pm \$49/pair

NEW Fondant Animal Cupcakes

Sandra Frezza

Come decorate cupcakes, each with a different, whimsical animal made out of fondant. We'll roll out, cut, and work with pre-made fondant to design four animals per person: a bumble bee, ladybug, monkey and octopus. This fun class is perfect for any level of decorator from beginner to advanced. **Please note:** Bring eight unfrosted cupcakes. All other supplies including icing, fondant, rolling pins and cutters will be provided. Tuition includes \$20 materials fee per pair. Ages 7+

FAM21 Wednesday, May 20 6 - 8 pm \$49/pair

NEW FINANCIAL LITERACY WORKSHOP

Ages 14+, p. 37

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 pre-cut 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 a \$92 materials fee per pair. Ages 8+

FAM06 Tuesday, April 7 6 - 8 pm \$125/pair

Fun Fact: Michel also teaches an adult class, p. 12

NEW Creative Textile Design: Shibori

Christine Jansen

Come explore shibori, a surprisingly easy and wonderfully addictive ancient Japanese hand-dyeing technique that involves folding, twisting, or bunching cloth and binding it, then dyeing it in indigo dye. Experiment with cotton as the canvas and enjoy seeing the variety of patterns created by other students using the identical techniques. Then make a beautiful shibori apron. Leave with detailed instructions to practice your new skills on your own. Tuition includes a \$30 materials fee per pair. Ages 7+

FAM22 Thursday, April 16 6:30 - 8:30 pm \$59/pair

Fun Fact: Christine also teaches this class for adults, p. 12

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 Wednesdays, April 29 - May 13 6:30 - 8:30 pm \$89/pair

Fun Fact: Christine also teaches this class for adults, p. 13

NEW Weaving Wonders

Kimberley Harding

Learn some basket-making basics and create a lovely Japanese-style basket with a bud vase that is a perfect gift for Mother's Day or other occasions. Choose from a range of hand-dyed rattan weavers in vibrant colors. To create a square base, turn up your weavers in a sweeping curve and finish with waxed linen knots to fasten the groups of weavers around a small vase. **Please note:** Each pair should bring a 12-18 inch ruler and strong, sharp scissors (not fabric scissors!). Tuition includes a \$10 materials fee per pair. Ages 7+

FAM23 Tuesday, May 5 6:30 - 8:30 pm \$39/pair

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, May 12 6 - 8 pm \$29/pair

NEW Poetry & Art: A Bridge to China

Steven Ratiner

Take a journey through China's rich poetic tradition with Arlington's new Poet Laureate. At the first session, discover the forerunner to Japanese haiku, *jintishi* ("new-style poetry"), of the fabled Tang Dynasty, and try writing some of the four-line poems of your own. The second night begins with a demonstration of "a scholar's table" and the beautiful tools used for "The Three Perfections" of poetry, painting, and calligraphy. Everyone will get the chance to paint several Chinese characters and begin a poetry/art piece which can later be mounted as a Chinese-style hanging scroll. Tuition includes an \$8 material fee per pair. Grades 4+

FAM24 2 Thursdays, May 14 and 21 6:30 - 8:30 pm \$65/pair



April 21-24 @ Arlington High School
VacationFun! 2020
 AM classes 9 am - 12 pm • PM classes 1 - 4 pm • LARP 9 am - 4 pm

NEW Build Your Own Soap Box Derby Car

Arlington Soap Box Derby Volunteers

Have you ever wanted to be a professional race car driver? Led by a team of veteran Soap Box Derby enthusiasts, get hands-on help building your very own Soap Box Derby car and discover the physics behind all the secret ingredients. Once your car is finished, race it at our indoor rally at the CambridgeSide Mall on April 25 and at our Arlington race on June 13 on Eastern Ave. Tuition includes the entrance fees for both races.

VF157-AM Grades 4 - 7 \$225

NEW Expert Architects

Right Brain Curriculum

The sky's the limit in *Expert Architects*! Take a turn being president of an architectural firm tasked with designing and building the city's next skyscraper. We will learn the history of skyscrapers and create blueprints of our own stylized tall buildings, while considering factors such as the environment, traffic, and surrounding buildings using Google Earth to find the perfect location. We will present our finished three-dimensional models at the end of the week.

VF158-AM Grades 3 - 5 \$195

VF159-PM Grades 6 - 8 \$195

LARP: Evenda Heroes Academy

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!

VF109-F Grades 3 - 5 \$409

VF110-F Grades 6 - 8 \$409

NEW Yoga & Art*Leng Diamond*

Let's exercise our minds and bodies to improve our mental and physical strength. We will practice meditation and yoga, read books, and engage in activities that focus on mindfulness. Take nature walks, make crafts, and master yoga poses. Develop a positive attitude and learn to handle whatever life may throw your way. **Please note:** Bring your own yoga mat.

VF160-AM Grades K - 2 \$175

VF161-PM Grades 3 - 5 \$175

Parkour*Parkour Generations Boston*

Turn any environment into a playground for movement and physical challenge. Learn 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.

VF155-AM Ages 6 - 9 \$179

VF156-PM Ages 10 - 13 \$179

Circuit Makers 101*Circuit Lab*

Let's get creative with electricity! Create your own electronics such as 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.

VF100-PM Grades K - 2 \$195

Glass Art*Michel L'Huillier*

Discover the medium of glass and learn three different techniques. First explore glass fusing as we create a fused glass nightlight with copper inclusion and a decorative tile. Secondly, make a trivet and big mirror using mosaics. Finally, experiment with jewelry mosaics by designing two necklaces with metal pendants of different shapes and colors using glass beads and iridescent and dichroic glass. Tuition includes a \$95 materials fee.

VF75-AM Grades 6 - 8 \$255

VF162-PM Grades 3 - 5 \$255

Hands-On Electronics*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 designing our own interactive and programmable devices. 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.

VF99-AM Grades 3 - 5 \$195

Little Chefs*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.

VF146-AM Grades 3 - 5 \$175

VF145-PM Grades K - 2 \$175

Spanish Club: ¡Vámonos! (Let's Go!)*RoLa Languages*

Through songs, games, crafts, short writing activities, drawings, and music, practice Spanish in a fun yet rigorous way. Instruction is primarily intended for beginners, but is also suitable for those who have taken *KidZone* language classes.

VF163-AM Grades 1 - 4 \$205

Spring into STEM Challenge with LEGO® Materials*Play-Well TEKologies*

Let's get building with tens of thousands of LEGO parts. Play baseball in spring training, visit the Cherry Blossom festival, and explore raging waterfalls. Apply real-world mechanical engineering concepts as you design, build, and explore your craziest ideas.

VF164-AM Grades K - 2 \$169

VF165-PM Grades 3 - 6 \$169

Woodworking 101*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.

VF126-AM Grades 3 - 5 \$175

FOR FULL DETAILS ON VACATIONFUN!

Visit ArlingtonCommunityEd.org



KIDZONE

IMPORTANT INFORMATION

Registration

Students may take classes at any school, however ACE does not provide transportation. 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 April 10, April 20-24, May 25.

Drop-off & Dismissal

For *KidZone*, our Onsite Coordinator will gather children after school and escort them to class. Students are dismissed by the instructor according to the dismissal plan you selected on the registration form (walk/pickup/afterschool). If you are picking up your child, please be prompt. 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: 7 Mondays, March 30 - May 18
2:40 - 3:40 pm \$140

Mass Audubon: Nature Heroes • GRADES 1 - 2

Mass Audubon Habitat

Come explore your school yard and help protect its wildlife inhabitants. As the weather warms, we will observe the changes in wildlife and plants, play active games outdoors, and complete service projects that promote the well-being of nature. Be a *Nature Hero* by discovering what natural wonders Arlington has to offer and by learning to protect it for generations to come.

BR147 7 Mondays, March 30 - May 18 2:40 - 3:40 pm \$125

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, March 31 - May 26 1:10 - 2:10 pm \$165

Yoga & Mindfulness • GRADES 2 - 3

Caroline Thom

Enjoy yoga poses, breathing and relaxation exercises that help us calm our bodies and minds, increase strength and flexibility, improve concentration and give us the tools to manage stress in our daily lives. Each class will include a mindfulness exercise, simple asanas (postures), and a period of relaxation. Please wear comfortable clothes suitable for movement, no jeans.

BP181 8 Wednesdays, April 1 - May 27 2:40 - 3:40 pm \$115

Fit Girls • GRADES 4 - 5*Aly Frank @ Beth Defossez*

Fit Girls is a non-competitive fitness initiative that inspires active lifestyles, friendships, personal growth and the confidence that comes from working toward and achieving goals. Meet twice a week for fun and energizing sessions that build physical and mental endurance and prepare us for the optional *Cause + Event* 5K road race on Sunday, May 31. T-shirts are included.

9 Wednesdays and 7 Fridays, April 1 - June 3 2:40 - 3:40 pm**BPo8.1** Fit Girls Only \$128**BPo8.2** Fit Girls + \$25 fee for optional 5K \$153**Cartoon Drawing • GRADES K - 5***Young Rembrandts*

Use your great sense of humor to complement your artistic abilities. Create exciting cartoon characters with expressive face and dynamic poses, and breathe life into everyday objects. Then draw sequential images and jokes to develop visual storytelling skills. Students of all levels of experience are welcome in this fun and fast-paced class where no two lessons are alike.

BP182 8 Wednesdays, April 1 - May 27 2:40 - 3:40 pm \$165**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.**

BP183 8 Thursdays, April 2 - May 28 2:40 - 4:10 pm \$329**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.**

BP116 7 Fridays, April 3 - May 29 2:40 - 4:10 pm \$175**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 7 Mondays, March 30 - May 18 2:40 - 3:40 pm \$145**Fit Girls • GRADES 4 - 5***Haley Finn, Victoria Hill @ Cali Russo*

Fit Girls is a non-competitive fitness initiative that inspires active lifestyles, friendships, personal growth and the confidence that comes from working toward and achieving goals. We meet twice a week for fun and energizing sessions that build physical and mental endurance and prepare us for the optional *Cause + Event* 5K road race on Sunday, May 31. T-shirts are included.

7 Mondays and 8 Wednesdays, March 30 - May 27 2:40 - 3:40 pm**BRo8.1** Fit Girls Only \$120**BRo8.2** Fit Girls + \$25 fee for optional 5K \$145**Boys in Motion • GRADES 4 - 5***Kelsey Vail @ Emily Paravanno*

Boys in Motion is a non-competitive program that introduces boys to the joy of running, building physical and mental endurance and inspiring an active lifestyle. We meet weekly for fun and energizing sessions to prepare us for the optional *Cause + Event* 5K road race on Sunday, May 31.

7 Mondays, March 30 - May 18 2:40 - 3:40 pm**BR56.1** BIM Only \$56**BR56.2** BIM + \$25 fee for optional 5K \$81**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.

BR104 8 Tuesdays, March 31 - May 26 1:10 - 2:10 pm \$165

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.

BR54 8 Tuesdays, April 7 - June 2 1:10 - 2:10 pm \$145

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.**

BR170 8 Wednesdays, April 1 - May 27 2:40 - 3:55 pm \$269

Cartoon Drawing • GRADES K - 5*Young Rembrandts*

Use your great sense of humor to complement your artistic abilities. Create exciting cartoon characters with expressive face and dynamic poses, and breathe life into everyday objects. Then draw sequential images and jokes to develop visual storytelling skills. Students of all levels of experience are welcome in this fun and fast-paced class where no two lessons are alike.

BR182 8 Thursdays, April 2 - May 28 2:40 - 3:40 pm \$165

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 Thursdays, April 2 - May 28
2:40 - 3:40 pm \$160

NEW Animal Architects using LEGO® • GRADES K - 2*Play-Well TEKologies*

Let your imagination run wild with tens of thousands of LEGO parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas—the possibilities of LEGO are endless. **Please note 90-minute class.**

BR184 7 Fridays, April 3 - May 29 2:40 - 4:10 pm \$169

DALLIN**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.**

DA154 7 Mondays, March 30 - May 18 2:40 - 3:55 pm \$235

SUMMERFUN!

June 29 - August 7
Grades 1 - 9. Register at
ArlingtonCommunityEd.org

**Fit Girls** • GRADES 4 - 5*Candace Lillis, Rebekah Wall @ Gaggi DeStefanis*

Fit Girls is a non-competitive fitness initiative that inspires active lifestyles, friendships, personal growth and the confidence that comes from working toward and achieving goals. We meet twice a week for fun and energizing sessions that build physical and mental endurance and prepare us for the optional *Cause + Event* 5K road race on Sunday, May 31. T-shirts are included.

7 Mondays and 8 Wednesdays, March 30 - May 27 2:40 - 3:40 pm

DAo8.1 Fit Girls Only \$120

DAo8.2 Fit Girls + \$25 fee for optional 5K \$145

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, March 31 - May 26 1:10 - 2:10 pm \$165

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 Wednesdays, April 1 - May 27
2:40 - 3:40 pm \$160

Keyboarding • GRADES 3 - 5*Marybeth O'Brien*

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.

DA125 8 Thursdays, April 2 - May 28 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.

DA135 7 Fridays, April 3 - May 29 2:40 - 3:40 pm \$145

NEW Your Voice: Public Speaking • GRADES 3 - 5*Right Brain Curriculum*

Have fun writing and delivering speeches in front of a supportive group and begin to develop this lifelong skill. We will write short speeches about subjects that interest us and practice reading them out loud in this low-pressure environment. Focus on skills such as standing up tall, using a loud voice, and making eye contact. Watch famous and not-so-famous public speakers and analyze their deliveries. At the end of the course we will create our own TV news broadcasts with you as the anchors. **Please note 90-minute class.**

DA185 7 Fridays, April 3 - May 29 2:40 - 4:10 pm \$165

HARDY**Fit Girls • GRADES 4 - 5***Jennie French @ Katherine Picarde*

Fit Girls is a non-competitive fitness initiative that inspires active lifestyles, friendships, personal growth and the confidence that comes from working toward and achieving goals. We meet twice a week for fun and energizing sessions that build physical and mental endurance and prepare us for the optional *Cause + Event* 5K road race on Sunday, May 31. T-shirts are included.

6 Mondays and 7 Thursdays, April 6 - May 28 2:40 - 3:40 pm

HA08.1 Fit Girls Only \$104

HA08.2 Fit Girls + \$25 fee for optional 5K \$129

NEW**POETRY & ART: A BRIDGE TO CHINA**

Family Class, p. 42

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

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Spanish, French or Mandarin Club: 7 Mondays, March 30 - May 18 2:40 - 3:40 pm \$140

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, March 31 - May 26
7:30 - 8:10 am \$65

HA22.1 Grades 1 - 2 8 Wednesdays, April 1 - May 27
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, March 31 - May 26 1:10 - 2:10 pm \$165

NEW Animal Architects using LEGO® • GRADES K - 2*Play-Well TEKologies*

Let your imagination run wild with tens of thousands of LEGO parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas—the possibilities of LEGO are endless. **Please note 90-minute class.**

HA184 8 Wednesdays, April 1 - May 27 2:40 - 4:10 pm \$195

Keyboarding • GRADES 3 - 5*Jennifer Lauchlan*

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.

HA125 8 Wednesdays, April 1 - May 27 2:40 - 3:40 pm \$129

IF THE CLASS YOU WANT IS FULL

Sign up for the waitlist. There is no fee and we often get last-minute changes.

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.

HA138 6 Thursdays, April 2 - May 14 2:40 - 3:40 pm \$95

Music & Me • GRADES K - 2*Romy Wilhelm, Arlington Center for the Arts*

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

HA153 8 Thursdays, April 2 - May 28 2:40 - 3:40 pm \$145

TRAILBLAZERS' GUIDE TO GIBBS FOR RISING 6TH GRADERS

August 17 - 19 & August 24 - 26

Register at ArlingtonCommunityEd.org**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 7 Fridays, April 3 - May 29 2:40 - 3:55 pm \$145

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.**

HA151 7 Fridays, April 3 - May 29 2:40 - 3:55 pm \$235

PEIRCE

Circuit Makers 101 • GRADES K - 2

Circuit Lab

Let's get creative with electricity! Create your own electronics such as 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.**

PR116 7 Mondays, March 30 - May 18 2:40 - 4:10 pm \$169

Fit Girls • GRADES 4 - 5

Heather Dooley, Victoria Hill & Sarah Diminico

Fit Girls is a non-competitive fitness initiative that inspires active lifestyles, friendships, personal growth and the confidence that comes from working toward and achieving goals. We meet twice a week for fun and energizing sessions that build physical and mental endurance and prepare us for the optional *Cause + Event* 5K road race on Sunday, May 31. T-shirts are included.

7 Mondays and 8 Wednesdays, March 30 - May 27 2:40 - 3:40 pm

PR08.1 Fit Girls Only \$120

PR08.2 Fit Girls + \$25 fee for optional 5K \$145

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 Tuesdays, March 31 - May 26
1:10 - 2:10 pm \$160

Chess Wizards • GRADES 1 - 5

Chess Wizards

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

PR104 8 Tuesdays, March 31 - May 26 1:10 - 2:10 pm \$165

Mass Audubon: Nature Heroes • GRADES 1 - 2

Mass Audubon Habitat

Come explore your school yard and help protect its wildlife inhabitants. As the weather warms, we will observe the changes in wildlife and plants, play active games outdoors, and complete service projects that promote the well-being of nature. Be a *Nature Hero* by discovering what natural wonders Arlington has to offer and by learning to protect it for generations to come.

PR147 8 Wednesdays, April 1 - May 27 2:40 - 3:40 pm \$145

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.

PR176 8 Thursdays, April 2 - May 28 2:40 - 3:40 pm \$145

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 using color to help tell a story. **Please note 90-minute class.**

PR161 8 Thursdays, April 2 - May 28 2:40 - 4:10 pm \$195

FAMILY NIGHTS:

Wonderful Weaving,
Sushi Party, Animal
Cupcakes, Glass Art,
Shibori, Card Tricks,
p. 41



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 put the skills learned to the test in GameMaker where we can program our own video game. No prior experience is required. **Please note 90-minute class.**

PR160 7 Fridays, April 3 - May 29 2:40 - 4:10 pm \$289

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 our inspired moves will be shaped into original dances. **Please note:** Students who attend APTG should register for the 3:45 session.

ST143.1 7 Mondays, March 30 - May 18 2:40 - 3:40 pm \$139

ST143.2 7 Mondays, March 30 - May 18 3:45 - 4:45 pm \$139

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.

ST29.1 8 Tuesdays, March 31 - May 26 1:10 - 2:10 pm \$135

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.**

ST164 8 Tuesdays, March 31 - May 26 1:10 - 2:40 pm \$329

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.**

ST154 8 Wednesdays, April 1 - May 27 2:40 - 3:55 pm \$269

Fit Girls • GRADES 4 - 5*Patricia Mangaudis @ Kerri Swett-Zizzo*

Fit Girls is a non-competitive fitness initiative that inspires active lifestyles, friendships, personal growth and the confidence that comes from working toward and achieving goals. We meet twice a week for fun and energizing sessions that build physical and mental endurance and prepare us for the optional *Cause + Event* 5K road race on Sunday, May 31. T-shirts are included.

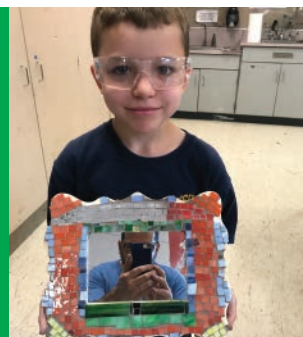
8 Wednesdays and 8 Thursdays, April 1 - May 28 2:40 - 3:40 pm

STo8.1 Fit Girls Only \$128

STo8.2 Fit Girls + \$25 fee for optional 5K \$153

VACATIONFUN!

April 21 - 24 at
Arlington High School
Grades K - 8, p. 42

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

ST179 8 Thursdays, April 2 - May 28 2:40 - 4:10 pm \$179

GUITAR, UKULELE, WEST-AFRICAN HAND DRUMMING

Ages 10 - 15 at AHS, p. 40

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, April 2 - May 28 2:40 - 3:40 pm \$160

Keyboarding • GRADES 3 - 5

Jennifer Lauchlan

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.

ST125 7 Fridays, April 3 - May 29 2:40 - 3:40 pm \$115

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.**

ST165 7 Fridays, April 3 - May 29 2:40 - 3:55 pm \$145

THOMPSON

NEW Animal Architects using LEGO® • GRADES K - 2

Play-Well TEKnologies

Let your imagination run wild with tens of thousands of LEGO parts as we design and build leaping dolphins, buzzing beehives, and towering giraffes. Play, create, and learn in a world inspired by the animal kingdom. Design and build as never before and explore your craziest ideas—the possibilities of LEGO are endless. **Please note 90-minute class.**

TH184 7 Mondays, March 30 - May 18 2:40 - 4:10 pm \$169

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 7 Mondays, March 30 - May 18 2:40 - 3:40 pm \$105



Fit Girls • GRADES 4 - 5

Christine Fanciullo, Chrisna Chevalier @ Alison O'Mahony

Fit Girls is a non-competitive fitness initiative that inspires active lifestyles, friendships, personal growth and the confidence that comes from working toward and achieving goals. We meet twice a week for fun and energizing sessions that build physical and mental endurance and prepare us for the optional *Cause + Event* 5K road race on Sunday, May 31. T-shirts are included.

8 Mondays and 8 Fridays, March 30 - June 1 2:40 - 3:40 pm

THo8.1 Fit Girls Only \$128

THo8.2 Fit Girls + \$25 fee for optional 5K \$153

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, March 31 - May 26 1:10 - 2:10 pm \$165

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 Wednesdays, April 1 - May 27
2:40 - 3:40 pm \$160

PARKOUR GALORE!

Evenings at AHS, p. 40
April VacationFun!, p. 43
SummerFun! Register at
ArlingtonCommunityEd.org

**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.

TH180 8 Wednesdays, April 1 - May 27 2:40 - 3:40 pm \$129

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 go-minute class.**

TH148 8 Wednesdays, April 1 - May 27 2:40 - 4:10 pm \$195

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, April 2 - May 28 2:40 - 3:40 pm \$129

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.

TH54 8 Thursdays, April 2 - May 28 2:40 - 3:40 pm \$145

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 TASP should register for the 3:45 session.

TH29.1 7 Fridays, April 3 - May 29 2:40 - 3:40 pm \$119

TH29.2 7 Fridays, April 3 - May 29 3:45 - 4:45 pm \$119

**CREATIVE TEXTILE DESIGN: SHIBORI**

Family Night, p. 41

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 7 Fridays, April 3 - May 29 2:40 - 3:40 pm \$115



Adult Registration Form

Name _____ Address _____

Apt. No. _____ City _____ State _____ ZIP _____

Primary Phone _____ Email (required) _____

COURSE/LEVEL CODE	COURSE TITLE	FEE
Registration fee (once per term, per person, fee waived for courses \$30 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 _____

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 \$30 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 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 noted in your class description.

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 and Entrances at Arlington High School, Spring 2020

Throughout this term, please continue to enter Arlington High School from Mass. Ave. 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 Mass. Ave. directly in front of the school and on surrounding side streets.

If your class is meeting in the fitness room, enter the courtyard through the **gates** off the Millbrook Dr. parking area. For CPR, woodshop, or jewelry classes, enter **Door #30** to the left of the gates. See map below.

Construction is planned to begin in late April. At that time, the Mass. Ave. driveway entrance and half of the numbered parking spaces may be eliminated. A new driveway entrance and walkway will be paved for access to the main entrance.

Any changes during the term will be emailed to you. Check ArlingtonCommunityEd.org for updates or call 781.316.3568



Class Locations Outside AHS

Arlington Reiki Associates: 366 Mass. Ave. Suite 304

Calvary Church: 300 Mass. Ave.

Derby Farm Flowers & Gardens: 218 Mass. Ave.

Fox Library: 175 Mass. Ave.

Inspire Fitness: 180 Mass. Ave.

Mosaic Oasis Studio: 1189B Mass. Ave.

Quad Cycles: 1043 Mass. Ave.

St. John's Church: 74 Pleasant St.

St. Camillus Church: 1175 Concord Turnpike

The Society of Master Beercierge: 85 Leonard St., Belmont

Whittemore Robbins House: 670R Mass. Ave.



At Arlington High School
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Arlington, MA 02476

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ArlingtonCommunityEd.org



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



Join us for SummerFun!

- 100+ programs for children of all interests
- Small classes designed and taught by experienced classroom teachers
- Mix and match morning, afternoon and extended-day
- Single or multiple weeks
- Open to students in Arlington and surrounding communities

Highlights include:

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