

ArlingtonCommunityEd.org
September-December • Adults | Families | Kids

# Hello!

As fall approaches, the ACE team is thrilled to welcome back our students and instructors. We've compiled a full slate of new and returning classes for adults, families, and youth, which are reflected in our expanded catalog. Thank you to the hundreds who filled out our recent survey about returning to in-person programs. We heard you!

We have created a variety of classes that we think will fit your comfort level—whether that's indoors, outdoors, online, or all of the above. In addition, we've expanded our meeting locations and will offer classes in ventilated spaces at both Arlington High School and the Gibbs School in the evenings. Youth classes will resume after school at all campuses and we've added more family and youth classes on the weekends as well.

We will, of course, continue to monitor the path of Covid-19 and will make any necessary changes to our class locations and/or schedule. So many of you reported that you are looking to reconnect with others and we believe that our classes are a great way to do that. This is an exciting term and we've got something for everyone, so please, take your time browsing the catalog—and come join us!

Warmly,



#### **About Us**

Arlington Community Education (ACE) welcomes all to participate in a wide range of engaging and affordable learning opportunities. ACE is a program of the Arlington Public Schools that is completely supported by tuition received from our courses.

Jen Rothenberg, Director Andrea Loeb, Youth & Teen Program Manager Stephanie Madden, Adult Program Coordinator Tanya Serrao, Youth Program Coordinator Nina Coles, Business Manager Tracey Dramstad, Registrar Lisa Cohen, Communications Coordinator

## Class Details



Denotes daytime class

Unless otherwise noted in your class description, no classes will be held on October 11, November 11, and November 24-28.

We are using a variety of locations this fall, while continuing to offer many online options. Locations are listed under each class description along with dates, times, and prices. For a full list of locations, see page 49.

For all in-person classes, please check our website for our regularly updated COVID safety precautions.

## Arlington Community Education

Arlington High School 869 Massachusetts Avenue, Arlington, MA 02476 communityed@arlington.k12.ma.us Tax Identification number: 046-001-070 ArlingtonCommunityEd.org 781.316.3568

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# **Fall Cover Art Contest Winner**

"Women of Color" by Ngoc-Tran Vu

Ngoc-Tran Vu is a 1.5-generation Vietnamese-American interdisciplinary artist based in Dorchester whose socially-engaged work evokes discourse of familial ties and memories amongst themes of social justice and intersectionality. She is driven to cocreate, support, and protect the stories and experiences of communities of color, refugees, and immigrants. Tran's painting "Women of Color" portrays the complexities of Asian women, Vietnamese girls, and women of color, through shapes, colors, and spacing. The intentional usage of vibrant colors reveals the depth of beauty too often unseen but the critical need to honor women of color in the dominant narrative. See more of Tran's work at tranvuarts.com and consider taking her class, Cultivating & Sustaining Creative Resiliency in a Time of Uncertainty (see page 1).

#### **Catalog Design**

Carolyn V. Marsden Design

# Special Interest

#### A Descent Into Dante's Inferno: An Allegorical Journey, Then & Now

Irena Rasin

It's the year of Dante! 2021 marks the 700th anniversary of the death of the father of the Italian language and author of *The Divine Comedy*, a magnificent poem consisting of 14,233 hendecasyllabic verses written in *terza rima*, which was invented by Dante (aba, bcb, cdc...). *La Divina commedia* profoundly influenced the entire Western culture, from Botticelli, Blake, and Dalí, to Milton, T. S. Eliot, and Joyce, among others. The last grand work of the Middle Ages, it is also a harbinger of the Renaissance and Humanism. We will examine Dante's *Inferno*, the first canticle of *The Divine Comedy*, through the historical and literary point of view as we read some of its most poignant verses in Italian and English.

8 Mondays | Oct. 18-Dec. 6 | 7:00-8:30 pm | Online | \$139

#### Cultivating & Sustaining Creative Resiliency in a Time of Uncertainty

Ngoc-Tran Vu

Amidst the pandemic, ongoing systemic racism, and the rise of anti-Asian violence, artists and creatives with mission-driven practices have been severely impacted. A lot of us lost gigs and opportunities that were going to sustain us for months and into the future. Despite the struggle of hardship, we also know the power of creative resiliency and what it means to keep



on going. Join this talk as Vietnamese-American artist and organizer Ngoc-Tran Vu shares her socially-engaged practice and tips on how to rest, stay resilient, work, collaborate, and be sustainable during such turbulent times. Let's strategize, share best practices on adaptation, and learn resources for what to do next to maintain forward momentum for ourselves and as a community. *Co-sponsored by Arlington Center for the Arts & Arlington Commission for Arts and Culture*.

Tuesday, Oct. 19 | 7:00-8:30 pm | Online | \$25

## More Than Sun Signs: The Basics of Astrology

Elizabeth Rozan

Demystify what you've heard about astrology and gain more insight into how this interdisciplinary system reflects who you are and how you fit in the world. We will touch upon astrology's use of geography, astronomy, philosophy, psychology, history, and mathematics, and look at signs, planets, houses, and aspects from a modern psychological Western perspective. This approach will look at archetypes and symbols that offer rich metaphors for more conscious living, moving beyond the limiting view of astrology as powerless fortune-telling. A personal horoscope will be provided to each participant with time in class to get questions answered.

3 Wednesdays | Oct. 20-Nov. 3 | 7:00-9:00 pm | Gibbs | \$69

#### Seize the New Normal

Lauren Mackler

Our potential is often diminished by fear, low self-esteem, and other limiting patterns—many of which have been exacerbated during the pandemic. In this online class, renowned coach, CNN expert, bestselling author of *Solemate* and co-author of *Speaking of Success* with Jack Canfield and Stephen Covey, Lauren Mackler, reframes our "new normal" as an unprecedented wake-up call to living life more fully and authentically, and provides practical tools for overriding self-defeating patterns, liberating your potential, and creating a fulfilling life you love.

Thursday, Oct. 21 | 7:00-8:30 pm | Online | \$25

#### **The Science of Happiness**

Lizzie Linn Casanave

Do you ever find yourself wishing you could feel happier? Many of us do, believing it will happen when our lives change—when we find a new job, get a raise, or lose 10 pounds. However, experts are realizing that our well-being can be positively affected through changing the way we think. We shouldn't rely on external circumstances for our happiness, but instead, work on what we have more control over—our thinking and our actions. While we may not be able to control the thoughts that pop into our head, we can learn to influence which ones we choose to dwell upon. We create and strengthen channels in the brain when we repeat certain thoughts. By observing our thoughts, we can consciously choose which pathways in the brain we want to strengthen (like water through a riverbed). If you can create new thinking habits, you can potentially improve your overall well-being.

Tuesday, Oct. 26 | 7:00-8:30 pm | Online | \$25

# African Music & Culture: An Interactive Performance

Motherland Cultural Connections, Myra Maimoh, Tausi Zaina, JJ Koso, and more

Explore the incredible and diverse music from three different countries in Africa at this live, interactive concert experience. Showcasing original music, spoken word, art, and real life stories by artists from Cameroon, Kenya, and Liberia, this unique event is not only entertaining, but



also offers an opportunity to get fully immersed in Africa's cultural diversity. Interact with the artists and ask questions in a judgment free environment. Presented by an organization whose mission it is to empower immigrants with ties to Africa, employing them to use and share their talents to help bridge the cultural divide and fully participate in and contribute to a growing economy.

Saturday, Nov. 6 | 11:00 am-1:00 pm | Online | \$55

#### **Extended Reality Technology**

Hedrick Ellis

Drop into an alternate reality as you explore immersive technologies that are revolutionizing the way people learn and interact with each other. Extended Reality (XR) is a term that encompasses Augmented Reality, Virtual Reality, and Mixed Reality. This workshop will give an overview of some of the latest developments in XR technologies and give you the opportunity for hands-on experimentation with AR via iPads, VR via the Oculus Quest 2, and MR via the Microsoft Hololens.

Thursday, Oct. 28 | 7:00-9:00 pm | Gibbs | \$29

#### **Raising Antiracist Kids: A Parent Workshop Series**

Meredith Moore, Kids for Racial Justice

This workshop series is for parents and other caregivers who want their children to be informed about race and committed to racial justice. In a supportive and cooperative environment, participants unpack the rationale for race-conscious parenting practices, explore models from *Kids for Racial Justice*'s children's programs, and prepare for conversations with their own children. Participants are encouraged to try things out at home between sessions. **Please note:** While some of the topics are geared towards White parents/caregivers, the strategies discussed may be helpful for anyone. Folks of all racial backgrounds are welcome to participate in the workshop series.

4 Mondays | Oct. 18-Nov. 8 | 7:00-8:30 pm | Online | \$95



# White People Challenging Racism: Moving From Talk to Action

Melanie Roche-Laputka & Marcia Kimm-Jackson

While this small, online workshop welcomes participants of all identities, the focus is on racism as a system that White people created, maintain, and need to take immediate action to end. Examine the role of White people in dismantling racism, in becoming antiracist, and in building an equitable society. Explore the impact of White privilege and how being unaware of that advantage helps perpetuate racism. Share everyday racism-related situations where you may not have effectively responded and, using role plays, work out effective ways to 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 an accountability partner in implementing your plan.

5 Wednesdays | Oct. 21-Dec. 2 | 6:30-8:30 pm | Online | \$150

# **Constructive Conversations Across Political Differences**

Christopher Ellinger

Political differences can damage relationships—but it doesn't have to be this way. How do we maintain or rebuild respect with family, friends, and colleagues who hold very different views from ours? Join this interactive workshop to learn useful models of engaging in difficult conversations. In a safe space, we'll go over a variety of scenarios and have plenty of time to practice and gain effective skills for these encounters. Topics will include why rapport might be broken and how to build it back up, how to defuse tension and change the tone, and how to identify and avoid trigger words. We'll also talk about moral foundations and how they can differ between political parties, and learn about groups that are working to repair relationships across the political divide.

4 Wednesdays | Nov. 3-Dec. 1 | 7:00-9:00 pm | Gibbs | \$99

#### **DNA & Genealogy**

Leah Abraham

**Ancestry Verification:** Using DNA results to build a family tree can be daunting. For folks who have one (or more) DNA tests and want to use their matches to find birth parents or verify ancestors, this class will get you started. Matches will be sorted to find common ancestors. Tree building from matches to common ancestors and back from those common ancestors to you (and unknown birth parents or known ancestors you want to verify) will be demonstrated and practiced. Leave with a plan to get to your answers.

**Advanced Matching Techniques:** For those who have completed a basic review of matches and want to get more from their DNA results. There is a wealth of information in DNA match share clusters. Even more information on how you are related to matches and ancestors can be found by comparing segments. We'll use the free "DNA Painter" app as one tool to visualize shared segments and research which ancestor might be the origin of segments. This class will demonstrate and provide practice time using tools that can help you become a "DNA expert."

Verification: 4 Tuesdays | Sept. 28-Oct. 19 | 7:00-9:00 pm Online | \$105

Advanced Matching: 3 Tuesdays | Nov. 2-16 | 7:00-9:00 pm Online | \$79

# We love our instructors!

See online class listings for bios.





Learn about movements within Arlington centered on government and the environment, and see how you can get involved and make an impact.

#### An Activist's Guide to Town Government

Michael Ruderman

Explore the ins and outs of Arlington's town government and learn how you can get involved and make a difference. We'll discuss what happens in daily operations and how Arlington's legislative branch, Town Meeting, works. Learn where the levers of power are, and how to apply pressure to them to make a change. Understand the months of decision-making that create our town budget, as well as how and when the public can influence the process. Whether you are interested in becoming a Town Meeting Member, getting involved in one of Arlington's many committees, or simply want to clarify how your local government works, this class will demystify the inner workings of your town and demonstrate how town government is truly open to all who want to participate in it.

2 Wednesdays | Oct. 6 and 13 | 7:00-9:00 pm | Gibbs | \$49

These events are co-sponsored by Sustainable Arlington & Mothers Out Front



#### **Zero Waste: Goals for Home, Work & the Community**

Charlotte Milan, DPW Recycling Coordinator

"Zero waste" seems aspirational to some and pure gibberish to others. Schools, cities and individuals claim they have already achieved this incredible degree of waste reduction, but how do they define "zero"? In this class we will investigate success stories from other parts of the country and the world. As Arlington plans updates to our trash and recycling programs, what should our goal be? What should we try, what should we avoid, and how close to zero waste can we aspire to get? Bring your ideas and questions, and be ready to be challenged to think differently.

Tuesday, Oct. 5 | 7:00-8:30 pm | Online | \$15



#### **Local Efforts Towards Zero Carbon Homes**

**Moderator:** Amos Meeks, PhD, *Precinct 3 Town Meeting Member, Sustainable Arlington* 

#### Panelists (All Arlington Residents):

Tom Ehbrecht, Sustainable Arlington

Scott Samenfeld, HeatSmart, Menotomy Weatherization Program participant

Ezekiel Wheeler, business and home solar user.

Seth Federspiel, Climate Program Manager, City of Cambridge Coralie Cooper, Arlington Clean Energy Future Committee, Arlington Mothers Out Front

Meet Arlington residents who have worked to make their homes emit less carbon dioxide. Learn how they have switched their heating, cooling, and cooking systems through new installations and assistance from local organizations. Hear how an electrified home can become carbon free and stop emitting greenhouse gases when combined with opting for up to 100% renewable electricity. In many cases, the efficient systems and insulation solutions can save money and, most importantly, help slow climate change.

Wednesday, Nov. 3 | 7:00-9:00 pm | Online | \$15



# Net Zero: Arlington's Effort to Eliminate Greenhouse Gas Emissions

Ken Pruitt, Arlington's Town Energy Manager Ryan Katofsky, Net Zero Action Plan

Arlington is actively working to eliminate local greenhouse gas emissions across all sectors by 2050. Join energy professionals who helped write Arlington's first Net Zero Action Plan to learn what net zero means, why achieving it is a key part in responding to the climate crisis, and how electrification fits into the picture. Whether you rent or own your home, find out what you need to know and what you can do, from planning your home's energy future to supporting local warrant articles and state legislation.

Wednesday, Oct. 27 | 7:00-8:30 pm | Online | \$15

# Career, Technology & Finance

#### Career

#### **Delivering Effective Presentations**

Marci Cohen

Are you daunted by getting in front of an audience of coworkers, colleagues, or customers to give presentations? This class will show how to engage and inform your audience, not bore, confuse, or exasperate them. You'll learn how to tailor the content to the audience and the setting, eliminate distractions, and expertly use technology, including recognizing when to skip it. We'll cover time management and other preparation that will make things go smoother on the day of the event, whether you are presenting on your own or as part of a larger panel. This twopart hybrid workshop is appropriate for anyone who has yet to give their first presentation or who wants to improve their skills for either in-person or online audiences. Meet in person for the first session and then apply what you learned by giving a brief online presentation and getting group feedback at the remote second session.

2 Wednesdays | Oct. 6 and 13 | 7:00-8:30 pm Gibbs/Online | \$39

#### Land a Nontechnical Job in the Tech Industry

Gamze Saunders

Do you feel stuck in your current job or career and unable to grow to the next level? While the tech landscape is hot in Boston, opportunities abound for nontechnical professionals too. Learn about how you can transition your career and enjoy the high salary, benefits and perks of a technology company. In this class, you will learn about types of tech companies and identify how your current skills can be a great asset by using skills matrix methodology. You will learn the tools and processes to build a strong resume and get practice time with a hiring manager who will share tips on making connections. Participation, an open mindset, and some homework are essential to this small-group class.

3 Tuesdays | Oct. 12-26 | 7:00-8:30 pm | AHS | \$55

#### **Resume Writing Workshop**

Gamze Saunders

Fuel your career search with a powerful resume in this workshop led by a professional who looks at resumes for a living. Stand out from the crowd with clear, precise statements that immediately get the attention of recruiters and hiring managers. Work on your own resume in class with time for one-on-one help. Get tips to form impact statements, tools to highlight your experience and background, and learn how to work them into a powerful resume that will accelerate your next career move. A modern and effective resume template will be provided, which will make it easy to keep your information up-to-date.

2 Tuesdays | Nov. 9-16 | 7:00-9:00 pm | AHS | \$49

#### 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."

3 Thursdays | Oct. 14-28 | 7:00-9:00 pm | Gibbs | \$69



**New! Office Ergonomics 101** with Nicole Stewart, p. 32

### **Technology**

#### **WordPress: An Introduction**

Gary E. Haffer

WordPress is a user-friendly and customizable platform that lets you make changes easily and indefinitely. No need to be a programming wizard to learn how to use it. Whether you have a website you'd like to learn how to manage better or you have an idea for a site or blog, we'll cover everything you need to get started. Start by setting a theme, then we'll learn how to customize it with images, videos, and unique text. Become familiar with creating dropdown menus, links, and more for a professional appearance. Review how to choose a domain, and the tools involved in building a unique website. Leave the course with a working site that you can manage yourself.

3 Tuesdays | Sept. 28-Oct. 12 | 7:00-8:30 pm | AHS | \$65

### New class locations this fall!

See page 49 for details



#### **SEO Basics: Build Website Traffic**

Gary E. Haffer

Make your website stand out amongst the hundreds of new sites that join the internet every minute by implementing Search Engine Optimization (SEO). Get a solid understanding of what SEO is and how search engines work to increase the quality and quantity of traffic to your website. We'll discuss why a target audience is important, how to choose the best keywords, and what the on-page SEO attributes are (what has to be added to a site or modified in order for it to rank better in the search engines). With ample practice time, you will leave with a solid plan for how to monitor and manage projects that will help you reach your goals whether you are interested in SEO as a career or just the set of strategies that will noticeably increase traffic to your site.

4 Wednesdays | Oct. 20-Nov. 10 | 7:00-8:30 pm | Gibbs | \$89

#### **Social Media for Professionals**

Samantha Fein

**Beginner** This introductory level course teaches individuals how to build a social media presence and grow a professional network online. Whether you are a current job-seeker, small business owner, or simply looking to develop a professional online presence, this course will help you reap the benefits of proper social media management. We'll start with an overview of the various platforms. Learn strategy and best practices for content creation, user engagement, and ongoing platform management. No prior social media experience is necessary.

Beyond Beginner Make the most of your social media accounts and learn strategies to more effectively meet your professional or business needs. Discover how to maintain cohesive brand management across the various platforms you use, and learn about the benefits of using content management tools such as HootSuite and Canva. Get a solid understanding of campaign development and how to set and keep goals. We'll also cover how to manage your impact through analytics, and talk about how and when to use paid ad campaigns. This course is designed for individuals who have a basic understanding of social media practices and are looking to take their skills to the next level.

4 Mondays | 7:00-8:30 | Online | \$75

Beginner: Sept. 27-Oct. 25
Bevond: Nov. 8-Nov. 29

Take both social media classes & save | \$135





# New! Introduction to Adobe Photoshop

with Samantha Fein, p. 8



#### **Website Design: Engaging Your Customers**

Andrea Spector

Learn essential website best practices as well as key structural and content elements that will captivate your audience. We'll look at how visitors navigate through the site, what your content conveys, whether you might be missing any lead generation opportunities, and more. This class is designed for both those who have an existing website or are in the process of creating one. Through a series of lectures and hands-on approaches, this class will help you design a website that not only looks good but effectively captures what your unique business is all about.

4 Mondays | Oct. 18-Nov. 8 | 7:00-8:30 pm | Online | \$119

#### **Excel Essentials**

Susanne Agerbak

Microsoft Excel is a powerful application for working with and understanding the numbers in your work or personal life.

**Beginner** 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.

**Intermediate** 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.

4 Tuesdays | 7:00-9:00 pm | AHS | \$99

Beginner: Sept. 28-Oct. 19
Intermediate: Oct. 26-Nov. 16

Take both Excel courses & save | \$179



#### **Everything Google**

Howard Loewinger

You know about Google search. Maybe you use Gmail, Google's email program and Chrome, Google's popular browser. But do you know that Google has an app that is like Microsoft Office (Google Drive)? Do you know with Google Maps you can go to a location and "walk around" as if you were a pedestrian? Or that Google Photos allows unlimited free storage for your photos and videos? In fact, Google has apps for just about everything and they are all free and work on any computer or mobile device. In this class we will learn some tips and tricks about Google search and then explore Google's other apps.

Thursday, Nov. 4 | 7:00-9:00 pm | Gibbs | \$29

#### Get the Most Out of Your iPhone

Marjorie Wein

Learn how to use and take full advantage of all the amazing features your iPhone offers: great camera and video capabilities, text messaging, Siri, FaceTime, calendars, contacts and many other features. Find out why people love their iPhones. Whether you are new to the iPhone, want to learn more tips and tricks, or just want to learn what's new in iOS14 (the latest operating system)—this course is for you.

2 Tuesdays | Nov. 9 and 16 | 6:30-8:30 pm | AHS | \$49

#### **Cybersecurity: Staying Safe Online**

Howard Loewinger

Learn about various aspects of cybersecurity and how to keep yourself and your computer and mobile devices safe online. This class will cover how you can be tracked online, and how to avoid it. We'll talk about privacy settings in your browser and how to browse the web anonymously; take a look at the current most common online scams and discover ways to protect yourself from them; and address antivirus software for both PCs and Macs, as well as mobile devices. Learn how to determine if your computer or mobile device may have a virus and get specific recommendations for packages that can prevent viruses. We will also talk about email safety (phishing and spoofing) and share tips on how to manage your passwords and shop safely online.

Wednesday, Nov. 17 | 7:00-9:00 pm | Gibbs | \$29

#### **One-on-One with QuickBooks**

Leslie Capachietti

Get one-on-one help with either QuickBooks desktop or Quick-Books Online. This training is ideal for new QuickBooks users who need help getting their company file set up correctly, or existing users who want advice on how to get the most from the software. Our certified local QuickBooks expert will meet with you virtually for a single, two-hour session. Sessions must be scheduled in advance. Times are flexible; please call or email the ACE office to learn more and register.

Date and time TBD | Online | \$125/2 hours

#### 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), how to organize your desktop, and more. You may need to provide your own laptop or device for this single, two-hour session. Sessions must be scheduled in advance. Times and location are flexible; please call or email the ACE office to learn more and register. Additional fee may apply for travel outside Arlington.

Date, time, location TBD | \$125/2 hours

#### **Finance**

#### **Financial Wellness Roadmap**

Megan Scipione

Conquer your money worries and learn to organize your finances with a simple framework. Whether you are just starting out your career, or in your prime income years, optimizing the management of your household finances can reduce stress and position your family to confidently navigate all life milestones. We'll explore the impact of debt on your personal finances and review strategies for paying it off. With a pathway to a debt-free future, we'll move on to your most powerful wealth building tool: budgeting. Learn how to allocate money so you can balance priorities and save intentionally. We'll also demystify the process of saving for retirement and focus on how employer-based retirement programs work and ways that you can save on your own. Leave class with a plan in place to secure your financial future.

3 Wednesdays | Oct. 20-Nov. 3 | 7:00-8:30 pm | Online \$65/individual or \$105/pair

# New! Manage & Reduce Financial Stress

with Tim Grimes, p. 33



#### **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.

3 Wednesdays | Nov. 3-17 | 7:30-9:00 pm | Online | \$89

# Buying or selling a home?

Look for classes in Home & Garden, p. 19



# College in your future?

Learn about financial options, see p. 38

#### **Medicare 101**

Elaine Miller

This one-evening class, led by a state certified Medicare benefits counseling professional, is designed for those who are either new to Medicare, planning for retirement, or caregiving for elders who need insurance information. Learn how the four parts of Medicare work together to provide comprehensive health insurance coverage; where, when and how to enroll in Medicare Part A and B; how to avoid late enrollment penalties; and find the best supplement plans available using the Medicare Planfinder tool. Students will receive a SHINE kit with information about Medicare and other health care plan choices/costs available to Massachusetts residents.

Wednesday, Sept. 29 | 7:00-8:30 pm | Online | \$25 Tuesday, Nov. 9 | 7:00-8:30 pm | Online | \$25

#### **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. We will also review special planning considerations for self-employed individuals. Recent changes in benefits will be reviewed.

Wednesday, Oct. 6 | 7:00-8:30 pm | Gibbs \$29/individual or \$45/pair

#### **Financial Strategies Toward a Secure Retirement** Richard Belofsky

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. Look at the big picture for developing a hierarchy of spending and investing your money, including strategies that provide a better outcome, regardless of investment performance. Learn how the new tax laws impact 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.

2 Wednesdays | Oct. 13 and 20 | 7:00-8:30 pm | Gibbs \$45/individual or \$79/pair

#### **Planning for Financial Success After Divorce**

Chris Chen

Many people start their post-divorce life not fully understanding, the financial impact of their settlement. It's hard enough adapting to a new life reality, but even harder to adjust to a new standard of living, new asset level, and new financial goals. This course will help you focus on the key issues that will allow you to settle into a financially successful post-divorce life. It is usually more effective to plan sooner, ideally before the agreement is final. Start to develop the architecture of the financial plan for the rest of your life including managing your spending plan, your debt, and your assets.

Wednesday, Oct. 20 | 7:00-8:30 pm | Gibbs | \$29

#### **Estate Planning Essentials**

David W. Adams, Esq.

Estate planning is not just for the wealthy—or the old. Nearly everyone has an "estate," comprised of everything you own. 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. Learn the 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 the benefits and problems of trusts.

Thursday, Oct. 28 | 7:00-9:00 pm | Gibbs \$35/individual or \$63/pair



#### **Estate Planning: Prepare for Long Term Care**

Benjamin Strobeck, Esq.

As we get older, many of us wrestle with important questions: Do I want to age in place or move to a new living environment? What will my health needs require? What can I afford? Learn to leverage your assets to provide for your best possible care, while also protecting assets for children or other heirs. Learn about 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.

Thursday, Nov. 4 | 7:00-8:30 pm | Online \$29/individual or \$45/pair

# Fine Arts & Crafts

Many art classes require you to purchase materials before the start of class. Check the online class listing on our website for details.



#### Introduction to Adobe Photoshop

Samantha Fein

Explore Adobe Photoshop, the photo-editing software used by professionals. With guided instruction, learn how to create eyecatching images using the basic tools of Photoshop. Discover how to adjust an image's color or perspective, correct blemishes, create layers, and add text. We'll cover the basic functions of Photoshop with plenty of time for hands-on practice to get a true sense of how fun and easy editing your pictures can be.

5 Tuesdays | Oct. 12-Nov. 9 | 7:00-8:30 pm | AHS | \$89

#### **Drawing Foundations**

Dani Schechner/Eli Portman

Learning to draw is about learning to see. Learn and practice basic techniques as we draw objects and scenes around us. Each week will introduce a new topic, such as perspective, light, shade and shadow, value, and relationships, and we'll draw together as we integrate these concepts. For inspiration, we'll look at examples of artists whose work demonstrates our new techniques. We will work on a variety of subjects which may include landscapes, still lives, people, and more. All levels are welcome, especially beginners. All levels are welcome, especially beginners.

8 Wednesdays | Sept. 22-Nov. 10 | 6:00-7:15 pm Gibbs | \$119 (Schechner)

9 Wednesdays | Oct. 6-Dec. 8 | 10:00-11:30 am Online | \$155 (Portman)

#### Anyone Can Draw: Cray-Pas® 🎇



Charlotte Kaplan

Cray-Pas® are big, waxy crayons in fabulous brilliant colors. They're called "oil pastels" but are much less messy and toxic than either oil sticks or pastels. In this class we'll learn drawing basics—perspective, shade and shadow, composition—using this medium. The bright colors will be fun and freeing and a perfect antidote to being cooped up for so long.

10 Thursdays | Sept. 23-Dec. 9 | 10:00 am-12:00 pm Calvary | \$229

### If the class you want is full, sign up for the wait list!



There's no fee and we often get last minute changes.

#### **Botanical Art**

Anastasia Semash

Learn how to use plants as a subject of art. The emphasis will be on the beauty and personality of the plants and we'll work using both pictures and live subjects. The main materials used will be colored pencils and watercolor paints. Your "portraits" of flowers or fruit can be printed on postcards and calendars as perfect gifts for your loved ones. All levels welcome.

10 Tuesdays | Oct. 5-Dec. 7 | 6:30-8:30 pm | Online | \$229

#### **Painting with Colored Pencils**

Anastasia Semash

Learn how to create wonderful painting effects with just colored pencils. You will learn principles of layering and blending the colors, technical tips, and ways to combine your pencils with other art materials. We'll talk about color theory, lights, and shades as we work on different projects such as landscapes, flowers, still life, abstract art, and illustration. All levels welcome.

8 Thursdays | Oct. 7-Dec. 9 | 6:30-8:30 pm | Online | \$185

#### **Mandala Drawing: Meditation Through Art**

Ashwini Ramanisankar

Mandalas are geometric diagrams or patterns that are created as a form of self-expression through concentrating one's mind via meditation, or as a creative practice. Mandala-making is enjoyed by many different cultures and religions to help set one's mind in the right direction. The practice can calm the mind, relieve stress, and heal pain. This workshop will encourage you to use the process in whatever way is most meaningful for you, and through simple steps, you will leave with a fantastic artwork of your own and potentially a new way to engage more fully in the present moment. All levels welcome.

Thursday, Oct. 7 | 7:00-9:00 pm | Online | \$29

#### **An Introduction to Watercolor**

Dani Schechner

Do you love the luminosity of watercolor paintings? Build the foundational techniques necessary for capturing any subject matter. Learn how to choose quality materials, manage flow, control and use blooms, paint washes and glazes, understand transparencies and saturation, identify the science of light and pigment to control your medium, and more. Develop confidence and fluency in the medium while relaxing and enjoying the painting process.

8 Wednesdays | Sept. 22-Nov. 10 | 7:30-8:45 pm | Gibbs | \$119

#### Watercolor Pencils 🎇



Charlotte Kaplan

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 much easier. We'll work with these water-soluble color pencils to create beautiful paintings. All levels are welcome.

10 Tuesdays | Oct. 5-Dec. 7 | 10:00 am-12:00 pm Calvary | \$229

#### **Acrylic Painting: An Introduction**

Laurel Greenfield

Learn the basics of painting with acrylics in this easy-to-follow class. We'll start with color mixing to produce vibrant hues and build up your skills so you can make paintings that pop and begin to bring your ideas to life on canvas. Develop your own style and create your own masterpieces, whether you have painting experience or not.

6 Thursdays | Sept. 30-Nov. 4 | 7:00-8:30 pm | Gibbs | \$105

#### **Mixed Media Collage**

Suzanne O'Neil

Have fun as we mix it up with a variety of papers, paints, inks, stamps, stencils, found objects, and more. Using layers, textures, patterns, and experimentation, we'll use a variety of techniques to create artist trading cards, bookmarks, triptychs, and journal pages, building toward a final project on a 10"x10" canvas. New and returning students are welcome. There is no experience necessary, just a willingness to experiment and play.

4 Tuesdays | Oct. 5-26 | 7:00-9:00 pm AHS | \$125 (includes all materials)

#### **Printmaking**

Dani Schechner

Learn to transfer images from an original matrix or template onto paper or fabric surfaces. Explore relief in foam and linoleum, carving strategies, application of continued pressure registering your page, inking your block, and more. Advanced students can explore jigs and layering multiple shapes and colors. We will also create textured blocks for printing called collagraphs and monotypes by drawing into an inked sheet. Create single editions of some of your prints, then experiment and explore ways to collage practice runs into new and original images.

8 Mondays | Sept. 27-Nov. 22 | 7:00-8:30 pm | Online | \$135

#### Art Romp: Fall Colors 🎇



Anne Black

Use acrylic paints and a variety of mark-making, painting, and printing techniques to make unique cards and lots of colorful papers inspired by the colors and textures of the fall season. Create an easy pamphlet book with removable pages to hold your painted papers. Whether a new or experienced artist, you will find easy methods and fresh ideas to enrich your own artistic voice.

Friday, October 8 | 9:00 am-12:00 pm ACA | \$55 (includes some materials)

#### Acrylics Magic 🎇



Anne Black

Delve into the wonderful world of acrylics. Explore a myriad of ways to use acrylic gels, mediums and paints to create luscious, colorful surfaces. For both newcomers and experienced artists, this course offers guided exercises and demos as well as ample time for experimentation. Spark your creativity with exciting ideas for taking your work in new directions.

3 Fridays | Nov. 5-19 | 10:00 am-12:00 pm ACA | \$89 (includes some materials)

#### Art Romp: Holiday Spirit 🎇



Anne Black

Celebrate the holiday season by making colorful cards, 3-D ornaments, and artful mini-books using acrylic paints and a variety of fun mark-making, painting, and printing techniques. Both new and experienced artists will find easy methods and fresh ideas to inspire creativity while making unique gifts to share.

Friday, Dec. 3 | 9:00 am-12:00 pm ACA | \$55 (includes some materials)



**New! Leather Working:** Wallet Design with Chrissy Durden, p. 11

#### **Get to Know Your Sewing Machine**

Christine Jansen/Jen Flores

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 such as a mini bag.

3 Wednesdays | Sept. 29-Oct. 13 | 6:30-8:30 pm Gibbs | \$69 (Jansen)

3 Thursdays | Oct. 21-Nov. 4 | 7:00-9:00 pm Gibbs | \$69 (Flores)

#### **Create the Perfect A-Line Skirt**

Christine Jansen

Draft and sew your own skirt that will fit your personal measurements perfectly in the fabric of your choice. Once the pattern is drafted you can make it over and over again with different variations. Make it short to wear with leggings, make it knee length for summer, or add patch pockets because everybody needs pockets. You will learn pattern drafting (without difficult math), how to place and sew darts, seam finishing, putting in a centered zipper, making and attaching a waistband, and hemming. You will need to know how to use your sewing machine and have a zipper foot (you don't need to know how to

5 Wednesdays | Oct. 20-Nov. 17 | 6:30-8:30 pm | Gibbs | \$115

#### **Upcycled Sewing Workshop**

Jen Flores

Transform an old item into new again in this fun "sewing circle." Get inspired to make creative pieces by adding new elements like patches, fresh color, and fabric to lengthen, or combine different patterns together to design a brand new piece. We'll make upcycled clothing, create a bag, and more. This class will help refamiliarize you with your machine if it's been a while, and keep you going with inspiring ideas. There will be some fun fabric remnants available to use and we'll try out a serger machine for further inspiration. For those with experience sewing.

3 Thursdays | Sept. 30-Oct. 14 | 7:00-9:00 pm | Gibbs | \$69



New! Meditative Slow Stitching

#### **Meditative Slow Stitching**

Ann Bausman

Slow down and relax with this simple yet stunningly creative activity. Drawing inspiration from the Japanese boro and Indian kantha techniques, we'll work with the basic running stitch and explore the use of different fabrics, color, and pattern. Learn basic techniques and explore different textures and patterned fabric. Create a finished piece for display or use the techniques to embellish jeans or other clothing items. This is a great way to upcycle old clothing or linens as well as fabric. No experience necessary.

3 Thursdays | Sept. 23-Oct. 7 | 7:00-9:00 pm | Gibbs | \$75

#### Crochet

Janet Peluso

Crochet can be used to make all sorts of fun and cool accessories: hats, scarves, wraps, shrugs, embellishments (flowers, ruffles), bags/purses, and more.

**Beginner** Learn basic techniques and stitches, including single and double crochet. Leave with an understanding of how to read patterns, crochet different shapes, increase/decrease, and how to finish pieces.

**Project-Based Workshop** For those with some experience. Get ideas and help starting a new project in a relaxed, friendly setting. The instructor will have a variety of patterns to choose from or you can bring your own.

Beginner: 6 Thursdays | Sept. 30–Nov. 4 7:00–8:30 pm | Gibbs | \$115 (includes materials)

Project: 3 Thursdays | Nov. 18-Dec. 9

7:00-8:30 pm | Gibbs | \$55

Take both classes & save! | \$155



#### Knit One, Purl Two: Knitting for Beginners & Beyond

Kathy Paglierani/Karen Roth LoRusso & Hariet Vanderput

Take up or rediscover the relaxing craft of knitting in these classes for beginners and beyond. Reduce your stress as you get a solid foundation in basic skills, including how to hold the needles and yarn, casting on and binding off, knit and purl stitches, increasing and decreasing, and how to read a pattern. Additional skills will be introduced based on the level and interests of participants. Students will select an appropriate project to work on.

6 Mondays | Oct. 18-Nov. 22 | 10:00-11:30 am Calvary | \$109 (Paglierani)

6 Thursdays | Oct. 7-Nov. 18 | 7:00-9:00 pm Gibbs | \$139 (LoRusso & Vanderput)

#### **Quilting for Beginners**

Nancy Linde

Learn the basic techniques of making a quilt: cutting fabric, piecing the blocks, and sewing the quilt top. The process of pinning the quilt layers, quilting the quilt, and binding the edges will be demonstrated at the last two classes. We will use a basic traditional star design that you can modify in size to make anything from a pillow to a full-sized quilt. A well-tuned sewing machine is required, and although this class is for beginner quilters, you must know the basics of how to use it. To keep up with the pace of the class, independent sewing will be necessary between classes. It's possible that fabric and supplies could exceed \$100 depending on project size.

5 Thursdays | Oct. 21-Dec. 2 | 6:30-8:30 pm | Gibbs | \$119

#### Pop-Up Card Design

Susanne Agerbak

Learn how to create fun and engaging cards with pop-up designs. No artistic ability required, only a willingness to muck about with paper, scissors, and glue. We'll master a variety of simple and more complex techniques, and learn how to customize them to make our own designs. We'll discuss useful books and tools for more complex pop-up designs. Holiday-themed designs will be demonstrated for those hoping to make holiday cards. A special kind of creative magic awaits you in this workshop. You'll never send a store-bought card again, and delight in how your creations become treasured gifts.

Tuesday, Nov. 30 | 6:30-8:30 pm | AHS | \$35 (includes materials)



**Learn to knit** with Kathy Paglierani

#### **Kumihimo Jewelry: Beaded Bracelet**

Naomi Ellenberg-Dukas

Make a beautiful bracelet using the ancient art of Japanese braiding. *Kumihimo* means "gathered threads." Originally used to braid lacing for a Samurais' armor, today it is a popular jewelry-making technique that is easy, fun, fast, and addictive. We will explore the history of this art, and learn about terms, tips, and resources. Then we will start working on mastering the basic round braid. Each participant will create a half hook bracelet, for yourself or to give as a gift. Leave with new skills to continue this satisfying craft on your own. Color choices can be made ahead of time with the instructor.

2 Tuesdays | Oct. 26, 6:00-8:30 pm and Nov. 2, 6:00-7:30 pm AHS | \$69 (includes materials kit)

#### **Beginning Silversmithing: Jewelry Design**

Laurie Savage

**Sterling Silver Ring** 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.

**Sterling Silver Pendant** 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:** For each session, a \$40 materials fee is payable to the instructor at the first class.

2 Tuesdays | 5:30-8:30 pm | AHS | \$69 *Ring:* Sept. 21 and 28 or Oct. 12 and 19

Pendant: Nov. 9 and 16

#### **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.

Wednesday, Oct 13 | 6:00-9:00 pm Gibbs | \$55 (includes all materials)

#### **Woodworking Open Shop**

Nathan Muehleisen

Don't miss this great in-person opportunity for aspiring or experienced woodworkers. Learn the basics of fine woodworking using shop tools such as the joiner, planer, and table saw to create a cutting board. Students who have taken this course before can bring their own projects for a more self-directed open shop.

8 Tuesdays | Oct. 5-Nov. 23 | 6:30-8:30 pm AHS | \$265 (includes some materials)

#### **Textured Glass Workshop: Low Relief Tile**

Michel L'Huillier

Create a low relief tile out of ceramic fiber (a soft material easily cut or torn) on top of which three layers of glass will be kiln fired. The glass sheets will become one solid piece with the imprint of your low relief. You will have the option to add bright transparent colors to your project using thin fusible colored glass pieces. Once kilnfired your artwork will be inserted into a custom 8" x 11" wooden frame.



Wednesday, Nov. 17 | 6:30-8:30 pm Gibbs | \$169 (includes all materials)

#### **Fused Glass Workshop: Sushi Serving Set**

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, glass beads, and stringers. Then design and create your own sushi set featuring two small  $6" \times 6"$  plates and one large serving dish  $(4" \times 13"$  channel plate,  $8" \times 8"$  square or 8" circle), perfect to serve sushi, cheese and crackers, or desserts. The instructor will fire your pieces in his kiln and return them to ACE within a week—in time to give as a gift for the holidays!

Thursday, Dec. 9 | 6:30-9:00 pm Gibbs | \$159 (includes all materials)

# Design shibori, pop-up cards or fused glass as a family!



Family classes, p. 35

#### **Felted Scarf Workshop**

Betsey Cogswell

Using warm water, a little soap and some friction, craft a soft, warm, beautiful, and light-weight scarf from fine merino wool fleece. Felting, the oldest known way to make fabric, combines layers of wool fibers into one flat piece without knitting or weaving. Create a scarf from wool fleece alone or make a Nuno-felted scarf, which integrates silk fabric with the wool fleece.

2 Thursdays | Dec. 2-9 | 7:00-9:00 pm Gibbs | \$79 (includes all materials)

#### **Shibori: Creative Textile Design**

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 dipping 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.

Wednesday, Dec. 1 | 6:30-9:00 pm Gibbs | \$49 (includes all materials)

# Fitness & Dance

#### Fall Road Biking 🎇



iom Allen

Ride local roads both east and west of Arlington as fall 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!

8 Tuesdays | Sept. 14-Nov. 2 | 9:45 am-12:15 pm Offsite | \$119

#### Joyful Friday Biking 🎇



Tired of the Minuteman Bikeway and looking for a change of cycling scenery? We'll explore interesting and unique routes in communities surrounding Arlington. Riders should be able to maintain a 10-12 mph average pace and ride 15-18 miles. This is moderate, but not leisurely riding. Rides will be on roads, paved rail trails, and on packed trails through the woods.

6 Fridays | Sept. 17-Oct. 22 | 9:30 am-12:00 pm | Offsite | \$89

#### **Bike 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.

Monday, Sept. 27 | 5:00-7:00 pm | Quad | \$29 Friday, Oct. 15 | 5:00-7:00 pm | Quad | \$29

Bike safety and repair classes for kids, p. 46



#### Learn to Run

Gaggi DeStefanis

There's more to running than just "left, right, left, right, left, right." Stretching, strengthening, and core control are all important parts of a healthy and balanced running regiment. But it really starts with your head. We'll show you how easy and simple it is to establish a daily fitness routine. These classes stress proper running form, focusing on the lower back and core muscles. Learn how to track miles via the Strava running app, your Garmin, or your old fashioned notebook to achieve your fitness goals.

**Fit to 5K** Get strong and stay injury free in this slow-moving, safely-progressing, and endurance-building nine-week running program, which builds up to a 5K (3.1 miles), the BRR Turkey Trot on Saturday, November 20.

**Fit to 4K** Not ready to commit to a 5K? This five-week class focuses on overall fitness and concludes with a 4K (2.5 miles) run at Fresh Pond on the Saturday after the last class.

*5k:* 9 Tuesdays | Sept. 21–Nov. 16 | 8:45–10:00 am Outdoors | \$119

**4k:** 5 Wednesdays | Sept. 22–Oct. 20 | 6:00–7:30 pm Outdoors | \$79

#### **Parkour**

Parkour Generations

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

**Ages 14 +** Learn 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.

**Ages 50 +** The basic principles of parkour can be used to help active older adults become physically stronger and more mentally confident. In this transformative course, 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.

14 +: 9 Tuesdays | Sept. 28-Nov. 23 7:00-8:00 pm | AHS | \$165 50 +: 8 Saturdays | Oct. 2-Nov. 20 12:30-1:30 pm | Offsite | \$145

#### **Essentrics**

Severina Gates/Cindy Lewis & Farhana Stevenson/Diane Najarian Essentrics is a full-body workout that lengthens and strengthens every muscle in the body through a dynamic combination of movements. This completely original workout draws on the flowing movements of tai chi and ballet to create a balanced, flexible, and pain-free body. Essentrics rebalances the body, prevents and treats injuries, unlocks tight joints, and develops lean, strong, and flexible muscles with immediate changes to your posture.

**Gentle Stretching** is for men and women of all ages and fitness levels who are looking for a gentle, slow-tempo class that will help produce greater joint mobility.

**Stretch & Tone** moves at a moderate tempo. Cues will be given to help you adjust your workout to be more gentle or more challenging, depending on your personal fitness level and goals.

**Full-Body** moves at a faster tempo and is ideal for physically active men and women.

Gentle Stretching: 10 Fridays | Sept. 24-Dec. 3 11:30-12:30 pm | Calvary | \$159 (Gates)

Stretch & Tone: 11 Wednesdays | Sept. 22-Dec. 8 10:00-11:00 am | Online | \$165 (Najarian)

Full-Body: 10 Thursdays | Sept. 23-Dec. 9 7:15-8:15 pm | Gibbs | \$149 (Lewis / Stevenson)

# New! Read and analyze "Weird Fiction"

with Kayleigh Shoen, p. 35



# For Meditation classes,



see our Wellness section, p. 32

#### **Hatha Yoga**

Susan Desmarais

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.

12 Mondays | Sept. 20-Dec. 13 | 7:15-8:30 pm | Online | \$189

#### **Yoga for Every Body**

Ruth Lieberherr

This course is perfect for those just beginning or coming back to yoga, but experienced yogis will also enjoy the attention given to proper alignment and will benefit from the poses. 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.

10 Thursdays | Sept. 23-Dec. 9 | 6:30-7:45 pm | Gibbs | \$159 10 Fridays | Sept. 24-Dec. 10 | 9:30-10:45 am | Calvary | \$159



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.

11 Wednesdays | Sept. 22-Dec. 8 | 9:00-10:15 am Calvary | \$175

#### Flow Yoga

Debra Rosenblum

Come release tensions from your day, stretch your body, and strengthen your core. You will be guided through a series of yoga poses, breathing practices, and soothing affirmations to relax the body, quiet the mind, and nurture your heart. This class is for people of all ages and yoga experience as the postures are taught in a way that accommodates each person's individual needs.

10 Wednesdays | Sept. 29-Dec. 8 | 5:30-6:30 pm | Online | \$125

#### Chair Yoga 🎇

Debra Rosenblum

One great thing about yoga is that it can be adapted to suit anyone's needs. Chair yoga is especially beneficial for beginners, senior citizens, people with injuries, or those looking to learn how to apply yoga techniques at the office. As we practice chair yoga, our bodies relax and our minds quiet. During our time together, we will increase our self-awareness and revitalize our lives. Yoga has been proven to improve strength and flexibility as well as reduce stress and manage pain. The chair yoga postures taught in this class can be integrated throughout the day.

12 Tuesdays | Sept. 21-Dec. 7 | 9:00-10:00 am | Online | \$149

#### **Restorative Yoga**

Ruth Lieberherr

Release stress and loosen tense muscles with a deeply relaxing yoga session. Restorative yoga focuses on resting in supported poses that help us listen to the subtle cues from our bodies. There are many benefits to restorative yoga, including a decrease in stress hormones, a strengthened immune system, and improved quality of sleep. This practice will help unwind tension in your body so you can approach life's challenges from a place of clarity and calmness. All levels welcome.

4 Wednesdays | Oct. 20-Nov. 10 | 6:30-7:45 pm | Gibbs | \$65

#### **Facial Yoga**

Debra Rosenblum

Pamper yourself with facial yoga. Learn how to use facial yoga poses to tighten and tone facial muscles, which helps 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 is necessary. This workshop has been expanded to two nights due to popular demand, so if you have taken it before, join us again for a more in-depth experience.

2 Mondays | Nov. 8-15 | 6:30-7:30 pm | Online | \$29



#### **Balance Your Hormones Naturally** with Yoga & Nutrition

Susan Desmarais

This series of classes will illuminate the endocrine system, and the many ways yoga can balance and enhance them. Through both lecture and practice, we will explore how various asanas can fine-tune each organ in the endocrine network to better play its part in an ongoing hormonal symphony, whose optimal function is essential to good health. We will also review the impact of stress and how it affects other hormones. You will learn to recognize how suboptimal endocrine function shows up in our bodies and examine the effects of lifestyle, sleep, and nutrition. Learn how you can empower yourself using the wisdom of yoga to bring your inner symphony into harmony and balance.

4 Thursdays | Oct. 14-Nov. 4 | 7:00-8:30 pm | Online | \$129

#### Tai Chi: Meditation in Motion

Judith King

This is an intermediate course for those with experience with the Hwa Yu short form. 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. Continue to improve your skills such as stance, step patterns, basic blocking, and whole-body movement.

11 Wednesdays | Sept. 22-Dec. 8 | 6:30-7:30 pm | Gibbs | \$159

# We rely on your feedback!

Please help us by returning class evaluations.



#### **QiGong**

Judith King/Sue Wood

With roots in traditional Chinese medicine, gigong'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.

10 Thursdays | Sept. 23-Dec. 9 | 9:30-10:30 am Calvary | \$145 (King) 🎇

6 Tuesdays | Oct. 19-Nov. 23 | 6:00-7:00 pm | AHS | \$89 (Wood)



#### Tai Chi: Yang-Style 🎇



Tai chi is both a cultural experience and an excellent way to exercise and improve balance and coordination. Classes are taught by a 6th-generation tai chi master and native of China. All classes will focus on accuracy, consistency, and fluency to further strengthen your body's balance. Appropriate for all fitness levels.

All Levels This introduction covers the first 16 postures of the 88 postures in the traditional Yang Style Tai Chi Long Form. 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.

**Level 2** For students who have experience with the first part of the Yang Style tai chi and who are ready to move on to postures 17 to 50.

**Level 3** We continue with postures 51 to 88 of Yang Style tai chi.

12 Tuesdays | Sept. 21-Dec. 7 | Calvary | \$155

All Levels: 9:00-9:50 am Level 2: 10:00-10:50 am Level 3: 11:00-11:50 am

#### **Barre Basics Workout**

Amber Breimeir

For those new to barre workouts, learn to safely strengthen your legs, core and upper body, while improving functional fitness by using traditional ballet exercises, yoga, and Pilates mat work. The major benefits of barre are improved posture, muscle strength and endurance, increased flexibility, and reduced stress.

9 Tuesdays | Oct. 5-Nov. 30 | 7:15-8:15 pm | Online | \$125

#### **Hula Hoop Fitness**

Laura Walden, Vegetable Circus

Many people feel nostalgia for hula hoops, reminding us of a childlike playfulness. In this class, you can return to that feeling you once had on the playground and get a workout at the same time. We will start with a foundation of hoop moves that focus on core muscles and also off-body hoop tricks that will improve balance and boost your cardio. Whether you are a complete newbie or an aspiring circus performer, you will find yourself at home inside your hoop. All you have to bring is your enthusiasm—we'll provide hoops of varying sizes.

8 Thursdays | Sept. 30-Dec. 2 | 7:00-8:00 pm | Gibbs | \$115

#### **Fabulous Zumba**

Cheryl Keane

Imagine burning up to 1,000 calories per hour as you shake, shimmy, slide, and sweat your way through great music that gets your heart pumping and your body moving. Join this energizing and calorie-burning workout session moving to salsa, merengue, swing, and more. You'll get a total workout through cardio, muscle conditioning, balance, and flexibility and you won't even realize what a great workout you're getting because you'll be having so much FUN! Dances are easy to learn, fun to follow, and gentle on your joints. Open to all fitness levels, no experience necessary.

12 Tuesdays | Sept. 21-Dec. 7 | 7:00-8:00 pm | AHS | \$165

#### **BollyX Workout**

Randeep Kaur

Be exposed to a new musical genre while you get an amazing cardio workout with this dynamic dance-fitness program that draws inspiration from the high-energy song and dance sequences of India's Bollywood movies. Have lots of fun, unleash your inner swagger, and engage your entire body as you cycle between high and low levels of intensity choreographed to great tunes from around the world. Moves can be modified for any fitness level. No experience necessary.

4 Wednesdays | Oct. 6-27 | 6:00-6:50 pm | Online | \$55

#### **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. Just bring your two left feet, because in line dancing there are no mistakes!

**Beginner** If you've never line danced before or have only done a few classes, this is the place for you. We'll start from the very beginning, with simple dances that teach you the basic building blocks of line dancing. Lots of practice, and we'll teach each dance. You'll get low-impact exercise as we dance to (mostly) country western music.

Intermediate If you've been dancing for a while and are ready for a new challenge, this is the class for you. These dances are longer, faster, have more turns, or use challenging moves. Expect it to take more than one week to learn each dance, so we will learn fewer dances than the beginner class, but we'll still have a great time. Remember, challenging your brain fends off dementia!

11 Wednesdays | Sept. 22-Dec. 8 Hybrid (Gibbs & Online) | \$189

Beginner: 6:00-7:15 pm Intermediate: 7:30-8:45 pm

# Food & Drink

A shopping list will be emailed once the class has reached minimum enrollment.



#### Wines of Italy

Robert Lublin

Italy is a world of wine unto itself, boasting 20 individual growing regions that produce some of the best and most distinctive wines anywhere. Taste your way through Italy's best wine regions and learn about the grapes that flourish there. The wines we try will include deep brooding reds like Barolo and Chianti as well as some crisp whites such as Pinot Grigio and Vermontino that garner less attention but are equally brilliant. A wine tour of Italy can't be complete without some sparkling wine, including Prosecco and Moscato d'Asti. If you aren't already a devoted fan of Italian wine, prepare to be amazed.

Friday, Dec. 3 | 8:00-10:00 pm | Beercierge \$65 (includes beverage fee)

# New! Get Organized for the Holidays





#### Whiskies of the World

Robert Lublin

Passion for great whisky has become a global phenomenon, and countries all around the world have begun to produce stunning variations. Join us for a relaxing evening and sample the excellent whiskies that are coming out of Japan, France, Taiwan, India, and more. If you are already a fan of bourbon, rye, and single malt scotch, you will be amazed by the quality and distinctiveness of the whiskies being produced around the globe. Our tour of great whisky will introduce the best examples coming from everywhere outside of Scotland, Ireland, and the U.S. You may find that your new favorites aren't from Kentucky or the Highlands.

Tuesday, Nov. 30 | 8:00-9:30 pm | Online \$59 (includes beverage kit)

Saturday, Dec. 11 | 8:00–10:00 pm | Beercierge \$65 (includes beverage fee)

#### Oktoberfest Beers & More: A Trip to Germany

Allo Gilinsky, Craft Beer Cellar

Oktoberfest is one of the best celebrations of beer and community all year, so what better time to get back together in person and toast each other with a hearty "Prost!"? Learn what makes Oktoberfest so special as we sample many different variations from around the beer-soaked country of Germany. We'll try the autumnal favorite, oktoberfest, as well as other styles including rauchbier, hefeweizen, and others. The samples will be paired with snacks often seen at beer halls during Oktoberfest celebrations.

Wednesday, Oct. 6 | 7:00-8:30 pm | Beercierge \$55 (includes beverage & food fee)

### **New! Your Gut** Microbiome & **Your Brain**



with Susan Desmarais, p. 33

#### **Great Teas: Assams to Oolongs**

Paul Angiolillo

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

Wednesday, Nov. 10 | 7:00-8:30 pm Gibbs | \$29 (includes beverage fee)

#### Bake a Battenberg Cake 🎇



Kathy Lague

Spend your Saturday morning baking a traditional British treat that has been featured as a challenge on The Great British Bake Off. We'll start by making a delicious light sponge cake, then work on carefully cutting and stacking the pieces. Jam holds everything together so that when you cut into a



cross section, a distinctive two-by-two pink and yellow check pattern is revealed. The cakes will be finished with a thin rolled layer of marzipan. Enjoy making and eating this delightful cake that was reportedly first made in 1884 to celebrate Prince Louis of Battenberg's marriage to Princess Victoria, Queen Victoria's granddaughter and Prince Philip's grandmother.

Saturday, Nov. 13 | 9:15-11:45 am | Online | \$39

#### French Macarons at Home 🎇



Ploy Khunisorn

French macarons are delicate and colorful confections, crisp on the outside and chewy in the middle, that pair well with tea and are perfect for holiday gifts. Learn to bake light and airy meringue-based macaron shells using the French technique. While the shells set, prepare the fillings—classic Swiss buttercream and chocolate ganache—and gather other options that work well including jams and fruits. As we work on assembling we'll talk about how to store macarons so that your hard work can be enjoyed well after they are made.

Saturday, Oct. 2 | 11:00 am-1:30 pm | Online | \$39

#### **Cake Decorating**

Sandra Frezza

Decorate a cake like the pros in this hands-on workshop. We'll start by leveling, filling, and frosting our cakes using a delicious pre-made frosting supplied by the instructor. Then learn to embellish by making stars, rosettes, shells, drop flowers, and leaves. Get tips on how to hold the decorating bag to apply just the right amount of pressure while piping to get the effect you're looking for. Please note: Bring a single-layer cake, all other materials will be provided.

Wednesday, Nov. 17 | 6:00-9:00 pm Gibbs | \$55 (includes supplies)

#### **Armenian Cookies, Culture & Coffee**

Linda Khachadurian

Mix up your holiday cookie platter this winter with traditional desserts from Armenia. Learn about this vibrant and creative culture as we knead and sculpt perfectly symmetrical khurebehs, traditional Armenian sugar cookies, and mahmouls, which are filled with a buttery date and walnut mixture that's flavored with brown sugar and Madagascar bourbon vanilla. To serve alongside these treats, we'll prepare homemade rosewater infused marshmallow dip and Armenian coffee to sip with these delicious cookies.

Thursday, Dec. 2 | 6:30-8:30 pm | Online | \$35

#### **Hand-Piping Techniques: Winter-Themed Designs**

Sandra Frezza

Decorate your baked goods with professional-looking winterthemed designs with instruction from an award-winning cake artist. Learn several hand-piping techniques to add a variety of eye-catching decorations including snowflakes, textured mittens, and pillowy snowmen. Using cupcakes as our canvases, we'll work with assorted decorating tips to embellish your sweet treats with vibrant, colorful icing and top them with sugar sprinkles.

Thursday, Dec. 9 | 6:00-8:00 pm | Online | \$35





#### **Plant-Based Proteins: Delicious Meatless Recipes** Gaby Redner

Whether you are trying to eat less meat, more plants, or simply learn some new healthy recipes, this class will teach you how to make delicious items that pack a lot of flavor and still provide your family with enough protein. Plant-based protein gets more fiber in your diet to feed your healthy gut bacteria, which is involved in regulating immune function, blood sugar, and mental health. We'll use a variety of sources of lean protein to make a full meal, including dessert. Transform soy-based protein into crispy orange tofu, reminiscent of the popular Chinese dish. For a side dish, sprinkle heart-healthy pumpkin or sunflower seeds on a crunchy sesame slaw. Then bake beans (that you won't be able to taste!) into rich and chocolatey brownie bites.

Tuesday, Sept. 28 | 5:30-7:30 pm | Online | \$35

# **Southern Comfort: Easy Weeknight Dinner**

Katie Walter

Cook easy, delicious, and quick comfort foods that you will want to make over and over again to get through the fall and winter months. We'll start with a quintessential one pot recipejambalaya. This flavorful dish is customizable with proteins of your choice (chicken, sausage, and shrimp are typical), combined with red and green peppers, tomato, onion, seasonings, and rice. As the main dish simmers and cooks to perfection, we'll make a fragrant side of garlicky greens. No comfort meal is complete without dessert. Using frozen or canned peaches, we'll make a warm peaches and cream cobbler that you can enjoy any time of year.

Thursday, Oct. 7 | 5:30-7:00 pm | Online | \$29

#### **Fresh Fall Pasta**

Roberta Hing

Fall flavors abound in this hands-on fresh pasta making class. Start with earthy and sweet beet gnocchi topped with a subtle brown butter sage sauce. Next, learn how to make addictively good pumpkin ravioli. We will finish off with fresh fettuccine tossed with cilantro pistou, pesto's lesser known cousin. You don't need a pasta machine for this class, but it will be easier on your muscles if you have a hand crank machine. At the end of class, you'll have a feast fit for an Italian nonna!

Thursday, Oct. 14 | 5:30-7:30 pm | Online | \$35

#### **Fun & Fancy Appetizers**

Katie Walter

Get new and creative ideas from chef Katie for show-stopping (yet easy!) appetizers, perfect for any holiday or cocktail party. Discover delicious make-ahead options including garlicky white bean dip and bite-sized gougères (French cheese puffs). Learn to make Yotam Ottolenghi-inspired hot charred cherry tomatoes with yogurt, plus crostini featuring gorgeous and good-for-you pomegranate seeds, ricotta, honey, and mint. Warm up with a pear-ginger toddy, a perfect pairing for these delectable bites during the colder months.

Wednesday, Nov. 3 | 5:30-7:00 pm | Online | \$29

#### Instant Pot Quick Meals 🎇



Ploy Khunisorn

The Instant Pot (IP) is a kitchen lifesaver that can help home cooks make healthy and delicious meals in record time. Learn about the different functions of this electric pressure cooker. We'll talk about the (many!) pros and (few!) cons and cover which types of food do and do not cook well in an Instant Pot. Then we'll make flavorful chipotle bean soup, smooth and creamy bacon butternut squash risotto, and decadent mini peanut butter lava chocolate cake—all using just one Instant Pot. While the food is cooking, we'll talk about the easy process of making yogurt using the yogurt function.

Saturday, Dec. 4 | 11:00 am-12:30 pm | Online | \$39

#### Armenian Soup: Madzoon Ov Kufteh

Linda Khachadurian

Madzoon ov kufteh is an iconic Armenian soup that is served as a full meal, often during the holidays. Featuring hearty stuffed meatballs and a warm broth made creamy by the addition of whole milk yogurt, this dish is perfect for chilly fall days. As you cook, hear about the history of Armenian food that influenced this classic dish. Learn chef Khachadurian's family techniques for cooking and shaping the *kuftehs*, ground meat and cracked wheat meatballs filled with walnuts and bits of butter that melt to keep them tender and juicy. We'll finish the class with *soorj*, traditional Armenian coffee, that is like nothing you've ever tasted before.

Wednesday, Oct. 20 | 5:30-7:30 pm | Online | \$35

# Our fees are per person unless otherwise noted.



If you wish to take a class with someone else in your household, both people must register.

#### **Authentic African Cooking: A Bit of Heat**

Motherland Cultural Connections

Join seasoned cooks from Africa to learn how to make two dishes showcasing some incredibly delicious flavors from the continent. We'll start with a scrumptious Senegalese dish, yassa chicken. Featuring just a few simple ingredients, this comforting meal combines tender chicken, caramelized onions, and a sweet yet spicy lemon sauce. Our second dish is a showstopper in terms of flavor and appearance. We'll make a Cameroonian grilled whole fish (oven, grill or airfryer can be used), seasoned with a delicious green sauce of mint, garlic, and basil, plus habanero or chili flakes to make it as hot or mild as you like. As a side dish we'll make banana puff puff, a quintessential African fried dough snack. Expand your culinary repertoire and learn more about the diverse and authentic African cultures as you ask guestions and hear personal stories from the chefs.

Monday, Oct. 4 | 5:00-7:00 pm | Online | \$55

#### **Chinese Sichuan-Style Cooking**

Jade Li

Learn from a Sichuan province native how to cook classic dishes that are surprisingly easy and utilize seasonal ingredients. Start with one of the most famous dishes from this area in China, kou shui ji (steamed chicken in chili sauce), which translates to "mouthwatering chicken." We'll then make braised eggplant in a chilli sauce with the optional addition of pork. As a side dish, we'll use cabbage, a very popular and versatile vegetable in China in the winter months. We'll keep it slightly crunchy by quickly stir-frying then pairing it with the hot and sour flavors of red chiles and scallions.

Thursday, Sept. 30 | 5:30-7:30 pm | Online | \$35

#### **Chinese Sichuan-Style Noodle Soup**

Jade Li

Learn to make a warm and comforting Sichuan style soup broth that will serve as the base to a hot and sour soup, accompanied by rice noodles, seasonal vegetables, and your choice of poached chicken, beef, or pork. Making the broth will be the focus of the class and we will spend time creating a beautiful depth of flavor with rice wine, soy sauce, Sichuan pepper, and chopped chilies. Make the soup as spicy or mild as you like. While it simmers, we'll use a family recipe to prepare pumpkin cakes, traditionally served as a dessert, snack, or breakfast in China. This fried treat requires only three ingredients and is naturally vegan and gluten-free.

Thursday, Nov. 18 | 5:30-7:30 pm | Online | \$35

# **Chinatown Food Tour**

Sunday, Oct. 24, p. 29



#### **Asian Weeknights: Better Than Takeout**

Debbie Brosnan

Switch up your weeknight menu with delicious and easy-tomake Asian-inspired recipes. We'll start by making a twist on the classic Vietnamese bánh mì sandwich. Instead of the usual pork filling, prepare a version featuring ground chicken meatballs, packed with sweet, salty, and sour flavors. Pair them with a spicy mayonnaise, pickled vegetables, and fresh herbs and serve on crusty bread or over a salad. To have on the side, or as an appetizer, we'll make crispy Korean scallion pancakes.

Wednesday, Oct. 6 | 6:00-7:30 pm | Online | \$29



#### **Dim Sum Delights**

Roberta Hing

The Chinese tradition of dim sum dates back to the days of the Silk Road. Learn to make a few classic dishes from the dim sum menu. We will begin with one of the most popular items: *shumai*—the mouthwatering steamed pork and shrimp dumpling. Next we will make another favorite—curry chicken puffs. The flaky layers with mouthwatering filling will make you swoon. Lastly, we will make scallion flower rolls. These fluffy buns are works of art and so fun to make. At the end of class, you will have a dim sum feast to share!

Thursday, Oct. 28 | 5:30-7:30 pm | Online | \$35

#### **One Pot Indian Cooking**

Ashwini Ramanisankar

Mix up your weeknight meals with this quick and easy Indian menu. Using just one pot we'll prepare a delicious rice dish, briyani, featuring either chicken or vegetables. This fragrant dish is filled with warming spices and carmelized onions and will make busy nights more enjoyable. As the main dish cooks in your oven, stovetop, or Instant Pot, we'll make a flavorful raita sauce with yogurt, fresh vegetables, and spices to accompany the briyani. Throughout the class your instructor will supply advice about other quick and easy Indian dishes that can be whipped together in no time.

Monday, Oct. 25 | 6:00-8:00 pm | Online | \$35

#### **Red Hot Indian**

Shruti Mehta

Are you one of those who craves hot and spicy food? Does getting all misty-eyed over a spicy plate of curry bring the ultimate pleasure? Do you find red hot food attractive and eye pleasing? If so, then this class is for you. Although Indian food, while spice-infused, does not have to be hot, there are communities and regions where the food can be extremely hot and spicy. This class will explore the hottest dishes from the North and South of India. Possible dishes include jalapeno fritters, pav bhaji (curried mixed vegetable medley, served with spiced bread, a popular street food), and red pulao (spicy rice, colored red with chilies). Come prepared to sweat!

Monday, Oct. 12 | 6:00-8:00 pm | Online | \$35

#### **Indian Fusion Food: East Meets West**

Shruti Mehta

Just as Indian food has caught people's fancy in the last decade, Indians are equally fascinated by western cuisine. However, Indians love their spices too much to give up in favor of a relatively bland food of the western world. And so, we have combined everyday spaghetti with garlic, ginger, chili paste and a pinch of garam masala, substituted Indian vegetables in Mexican quesadillas, and scrambled eggs with cumin and green chilies. This class attempts to explore this emerging fusion of eastern spices with western ingredients. Possible recipes may include aloo quesadillas (with potatoes and cilantro chutney), masala vegetable spaghetti (pasta with vegetables and a bunch of Indian spices), and akuri (scrambled eggs with onions, green peppers, cumin, and hot chilies).

Tuesday, Nov. 9 | 6:00-8:00 pm | Online | \$35



# Home & Garden

#### **Home Inspection Essentials**

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. Get a clear understanding of the home inspection process and how it integrates into the homebuying process in Massachusetts. Topics include 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, the inspection report, as well as what to do after the inspection. We'll also discuss home inspection in the current overheated and intense real estate market

Wednesday, Oct. 27 | 7:00–8:30 pm Gibbs | \$25/individual or \$39/pair

#### Selling Your Home: Maximize Equity in an Unusual Market

Bill Butler

The real estate industry has had to shift during these uncertain times. We'll discuss the latest protocols in home selling, as well as proven ways to maximize your home's sale price in this unusual market. We'll address 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, 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.

Tuesday, Nov. 2 | 7:00-8:30 pm | AHS | \$29/individual or \$45/pair

#### **Home Buying Fundamentals**

Ellen Sullivan & Bob Cahill

Get all of your home buying questions answered. A realtor and lender will lead these interactive discussions.

**First-Time Buyers** Get a solid overview of the home-buying process at this information-packed workshop that will educate and prepare first-time home buyers for their entry into the real estate market. Discuss how to buy smart: how much you can afford, understanding the mortgage process and home-buying timeline, what to expect from a real estate agent, strategies for getting your offer accepted, typical first-time home buyer pitfalls to avoid, and much more.

**Buy a Condo** Buying a condominium means not only purchasing a personal home, but also buying partial ownership in a communal property. Learn about the different types of condominiums and the various questions and due diligence that you should perform when purchasing a condo.

First-Time Buyers: 2 Wednesdays | Nov. 3 and 10 7:00–9:00 pm | Gibbs | \$49/individual or \$79/pair Buy a Condo: Wednesday, Nov. 17 | 7:00–9:00 pm

Gibbs | \$29/individual or \$45/pair

Take both home buying courses & save \$69/individual or \$109/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, and more.

Tuesday, Oct. 12 | 7:00-8:30 pm Online | \$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.

2 Wednesdays | Nov. 10 and 17 | 7:00-9:00 pm | Gibbs | \$45

#### **Home Color Confidence**

Linda Varone

Few things refresh and enliven a room more than a fresh coat of paint. But choosing from the over 16,000 colors available can be completely overwhelming and leave you settling for boring beige. See how to make a change in your home by picking colors that will enhance the furniture and artwork you already own. Learn how to recognize which shade of a color makes for a successful room and find out why you should never pick your paint color in the hardware store. This class will give you a little bit of color theory and a lot of practical ideas you can use to bring new life to your home.

2 Thursdays | Sept. 30 and Oct. 7 | 7:00-8:30 pm | Gibbs | \$35

#### Clear Your Clutter the Feng Shui Way

Linda Varone

Decluttering, organizing, cleaning for the holidays—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 cleaning and decluttering easier. Learn practical strategies and helpful tips to organize your home for more space, time, and energy.

Thursday, Oct. 28 | 7:00-9:00 pm | Gibbs | \$29

#### **Get Organized for the Holidays**

Melissa Belliard

Take the stress out of holiday planning so you have plenty of time to enjoy your family and friends. Get tips and tricks from a professional organizer on how to get it all done. We'll discuss efficient methods of decluttering your home for entertaining and hosting, effective approaches to meal planning and preparation, as well as practical and on-budget gifting strategies. Self-care is also vital during the hectic holiday season, so we will also be sure to include strategies to help you make time to relax and soak in the fun that this exciting time of year offers. Whether you're planning to host houseguests, throw a party, or serve a traditional meal, you'll leave with checklists and an action plan to make it all come together.

Monday, Nov. 1 | 7:00-9:00 pm | Online | \$29

#### **Auto Repair for Everyone**

Bruce Gerry

Get a general overview of 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.

3 Thursdays | Oct. 7-28 | 6:00-8:00 pm | Online | \$65

#### **Organic Care for Lush Lawns**

Bruce Wenning

The horticulturist at one of the country's premier golf courses definitely knows 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 as he shows 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.

Wednesday, Sept. 22 | 7:00-9:00 pm | Gibbs | \$29



#### **Control Invasive Woody Plants**

Bruce Wenning

Invasive plants—non-natives that spread vigorously outside their natural range—are causing environmental and economic problems globally and can wreak havoc on your landscape. Learn about identification, biology, and control of troublesome woody, exotic invasive plants plaguing the area. We will cover the invasive traits of these plants and why they are so successful at displacing our native species in local woodlands. We will also review tools for control and helpful websites. Because Bruce is so committed to spreading the word about invasive plants, he is offering this workshop free to ACE students.

Thursday, Oct. 14 | 7:00-9:00 pm | Gibbs | Free with registration



#### **Grow Your Own Organic Produce**

Ben Barkan, HomeHarvest

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. Discuss soil health, site preparation, sustainable landuse 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.

Thursday, Nov. 4 | 7:00-9:00 pm | Gibbs | \$29

#### **Win with Composting**

Jeremy Marin

Composting is one of those rare win/win/win things: good for the environment, good for plants, and good for you. Essentially decomposed organic material such as leaves, grass clippings, and kitchen waste, compost is rich in nutrients essential to plant growth. It is an ideal, low- or no-cost food for plants that also saves water by helping the soil hold onto moisture, recycling organic resources, and conserving landfill space. This workshop will demystify the process and answer all your compost questions, from basic to advanced. Learn how to turn household waste into a valuable, nutritious additive for your garden beds, household plants, and lawn. *Co-sponsored by the Department of Public Works*.

Wednesday, Oct. 6 | 7:00-8:30 pm | Gibbs | \$25

#### **Organic Indoor Vermicomposting**

Ray Pourali

Imagine a healthy indoor compost bin working year-round, one that is virtually odorless and very easy to maintain. You will be able to compost coffee, tea, some junk mail, egg containers, fruit and vegetable peels, and more. Learn all the steps to start a healthy, organic, functioning compost bin; how to harvest compost; and how to make a rich compost tea used to feed plants all year long. Your plants will love you, the trees will love you, and our planet will thank you for taking such a green initiative.

Monday, Oct. 18 | 6:30-8:30 pm | Online | \$29

#### **Fearless Flower Arranging**

Derby Farm Flowers & Gardens Staff

Join the experts at Derby Farm Flowers as they share their passion for flowers.

**Beginner** If you love flowers and want to learn how to easily create gorgeous arrangements for your home, this is a fabulous introduction to floral design. With an abundant selection of flowers to choose from, learn techniques and basic design principles from experts. Leave with the confidence to create gorgeous flower arrangements.

Advanced Take the next step in floral design and expand your skills to make a lush and lavish centerpiece. Discuss the elements of good design, including color palettes and scale. Learn techniques for integrating large-headed flowers and how to create bigger, expressive, seasonal arrangements. Working with an abundant assortment of premium flowers such as unique varieties of roses, seasonal dahlias, and unusual foliage, everyone will create a centerpiece that would be an appropriate size for a credenza or hallway.

Beginner: Tuesday, Sept. 21 | 7:00–8:15 pm Derby Farm | \$65 (includes all materials) Advanced: Tuesday, Oct. 26 | 7:00–8:30 pm Derby Farm | \$119 (includes all materials)

#### **Fabulous Fall Centerpieces**

Derby Farm Flowers & Gardens Staff

Just before Thanksgiving, create a lush and naturalistic centerpiece to decorate your holiday table. We will demonstrate easy techniques and design basics so you can tap into your creativity. Your inspired fall centerpiece will include botanical elements, interesting foliage, unique rose varieties, and many other flowers in a rich autumnal palette.

Monday, Nov. 22 | 7:00-8:15 pm | Derby Farm \$75 (includes all materials)

#### **Handcrafted Evergreen Wreath**

Derby Farm Flowers & Gardens Staff

Decorate your door with a gorgeous wreath that you will create using bright and fragrant evergreen boughs. The experts at Derby Farm Flowers will demonstrate a simple technique for making the wreath before giving you the opportunity to dive in and create your own, decorating it with a variety of natural materials.

Tuesday, Nov. 30 | 7:00-8:15 pm | Derby Farm \$65 (includes materials)



# Languages

#### American Sign Language (ASL)

Carol Zurek

Signing is a useful skill that can open up a new world of relationships and understanding.

**Level 1** Learn the ASL manual alphabet, numbers, greetings, feelings, expressions, family, time, clothes, body parts, and other basic conversational tools. For those who have no experience with ASL or who need a refresher on the basics.

Level 2 Further explore the beauty of this visual language and learn about Deaf Culture. For those who have completed ASL: Level 1, or who have comparable experience, learn signs relating to verbs and basic conversational style. We will also focus on the basic formation of grammatically correct sentence structure for ASL.

9 Tuesdays | Sept. 28-Nov. 23 | Online | \$165

Level 1: 6:00-7:15 pm Level 2: 7:30-8:45 pm

#### **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. These classes are taught by a native speaker.

**Level 1** This beginning level class introduces the 28 Arabic letters and focuses on basic reading and writing skills through an interactive and practical instructional method.

**Level 2** For those who have some basic knowledge of Arabic (are able to read and write simple words, as well as being familiar with some vocabulary). Use your Arabic skills to read short paragraphs while learning some grammatical structures. Conversational themes will include nationalities, family members, clothing and colors, weather, and more.

Level 3 Expand your Arabic proficiency. This course will put your conjugation and other grammar skills to use as we learn to write more elaborate paragraphs. We will continue to expand our vocabulary and skills.

8 Tuesdays | Oct. 5-Nov. 23 | Online | \$139

Level 1: 7:30-9:00 pm Level 2: 6:00-7:30 pm

8 Wednesdays | Oct. 6-Dec. 1 | Online | \$139

Level 3: 7:30-9:00 pm

#### **Levantine Spoken Arabic: Beginner**

Rania Nasser

Considered one of the major varieties of Arabic, "Levantine" refers to the spoken variety of Arabic among the Eastern Mediterranean Coast, which includes Lebanon, Syria, Jordan, and Palestine. More informal than Modern Standard Arabic, this dialect is used in the home, among friends, and has become the chosen language for many television series. Thus it is the version of spoken Arabic that is understood by almost all Arabs. This beginner class will teach basic conversation skills including how to introduce yourself. For those who know the Arabic alphabet.

8 Wednesdays | Oct. 6 - Dec. 1 | 6:00 - 7:30 | Online | \$139

#### French

Michelle Abadía

Lay the foundation to become a confident French speaker. Learn pronunciation, vocabulary, grammar, and verbs with a focus on describing the world around you.

**Level 1** Beginners or anyone wishing to review the fundamentals should take Level 1, where we will learn basic vocabulary, present tense verbs, and useful everyday words and phrases. Part of each class will be spent practicing with oral dialogues, to gain comfort in speaking.

Level 2 Focus on improving conversational precision by developing vocabulary and learning present and immediate future tenses. We will also practice oral dialogue and learn common and irregular verbs, possessive and demonstrative adjectives, comparatives and superlatives, and imperatives.

8 Tuesdays | Sept. 21-Nov. 9 | Online | \$139

Level 1: 6:00-7:20 pm Level 2: 7:30-8:50 pm

## Write a 10-Minute Play

with the Colleges of the Fenway Theater Director, p. 34



#### French Review for Travelers

Steph Chiha

Are you getting ready to travel to a Francophone country? Do you want to freshen your skills before your trip? This three-week course will focus on key vocabulary needed for traveling by plane, train, or automobile. It will teach you how to ask for and understand directions and enable you to understand a French menu so that you can actually order what you want to eat and drink. We will also focus on showing you how to communicate politely and effectively with simple phrases and proper etiquette. Some basic knowledge of French is required.

3 Tuesdays | Sept. 28-Oct. 12 | 6:00-8:00 pm | Online | \$65

#### French Café: Conversation & Culture

Barry Bridgelal

Bonjour! Join this welcoming and lively French conversation class led by an enthusiastic native speaker. This is your chance to learn, practice, and improve your conversational French in a relaxed, fun yet structured setting. You will also have the chance to increase your knowledge of French history and culture and discuss topics that will surely raise passions. Isn't this what French is all about? This class is for those who have taken French: Levels 1 - 3, and or have strong skills in speaking and listening. We will review advanced grammar topics including object pronouns, compound tenses, and subjunctive, with assignments to practice your skills throughout the week. Au plaisir de vous y retrouver!

8 Wednesdays | Sept. 22-Nov. 10 | 7:30-9:00 pm | Online | \$139

#### French Book Club 🎇



Barry Bridgelal

Deepen your understanding and appreciation of the French language in this fun and interactive book club, where we will discuss our thoughts and questions about Kim Lefèvre's autobiographical story, Retour à la saison des pluies. Follow the first-person narration and discover the moving story of a woman born in colonial Vietnam to a Vietnamese mother and an unknown French father. Forced to move to France in 1960 for better opportunities and to escape the xenophobia, this story examines her experience upon returning to her homeland 30 years later.

11 Tuesdays | Sept. 21-Nov. 30 | 1:00-2:30 pm | Online | \$189

#### 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.

**Level 1** Get introduced to basic grammar topics including pronunciation, personal pronouns, indefinite and definite articles, singular and plural forms of nouns and adjectives, gender, and number agreement. Learn to describe everyday activities using the present tense of regular and irregular verbs.

**Level 2** Work on improving spoken Italian, mastering reflexive verbs, past tense of regular and irregular verbs, and possessive adjectives.

**Level 3** 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 4 Focus on building complex reading selections, on providing opportunities for vocabulary development, and creative use of the language. Develop more grammar skills using indefinite adjectives and pronouns, imperative form, conditional tenses, and relative pronouns.

8 Thursdays | Sept. 30-Dec. 2 | Online | \$135

Level 1: 6:00-7:15 pm Level 2: 7:30-8:45 pm

8 Tuesdays | Sept. 28-Nov. 16 | Online | \$135

Level 3: 6:00-7:15 pm Level 4: 7:30-8:45 pm

# Not finding what you're looking for?



ACE partners with MindEdge and Ed2Go to offer hundreds of self-paced as well as instructor-led online courses that might meet your needs.

arlington.mindedgeonline.com/partner/courses www.ed2go.com/arlington



#### Mandarin

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 get introduced to some practical Chinese etiquette.

8 Wednesdays | Sept. 29-Nov. 17 | 6:00-7:30 pm | Gibbs | \$139

#### Hebrew 🎾



Natasha Shabat

Whether your goal is to speak to Israelis, read the Hebrew Bible in its original language, or follow along at Shabbat services, get a solid foundation in this unique language. Expect lively class discussions and optional weekly homework assignments.

Level 1 Start at the beginning with the Alef Bet and Hebrew vowels and progress to reading and translating short texts.

Level 2 After a quick review of the Alef Bet, learn nouns, verbs, and simple sentences, drawn from modern life, the Bible, and textbook exercises.

8 Mondays | Sept. 27-Nov. 22 | Online | \$155

Level 1: 12:30-1:45 pm Level 2: 2:30-3:45 pm

#### Spanish

Elbis Domínguez Covarrubias/Michelle Abadía

**Level 1** Through fun activities you will learn and practice the alphabet, numbers, greetings, gender agreement, simple present tense of regular verbs, basic vocabulary, and more. The course is geared towards those who've had very little to no experience with the Spanish language.

**Level 2** Continue with more conversation and new grammar concepts to help you gain confidence in the language. Learn ordinal numbers, simple present tense of irregular verbs, how to express likes and dislikes and more. Improve pronunciation and increase your vocabulary as we explore topics such as traveling, ordering food, and giving directions.

**Level 3** Practice advanced grammar and verb conjugations. We will study the present tense of reflexive verbs, how to express time, date and weather, and introduce the past preterite tense. Students taking this level should already be familiarized with the present tense of regular and irregular verbs, as well as with the basic differences between *ser y estar*.

**Level 4** Cover grammar topics including the imperfect and the preterite, pronouns, familiar commands, adverbs, as well as the use of *se, por, and para*. We will expand on the use of both preterite and imperfect past tenses, as well as develop conversational skills. If time permits, we will also cover the formation of the imperative. For this level, students should have a clear idea of present and past tense and be able to describe their surroundings in simple terms.

8 Tuesdays | Sept. 28-Nov. 16 | Calvary | \$139 Level 1: 10:30-11:50 am (Abadía)

Level 3: 9:00–10:20 am (Abadía)

8 Thursdays | Sept. 30-Dec. 2 | Online | \$139

Level 1: 6:00-7:20 pm (Covarrubias) Level 2: 7:30-8:50 pm (Covarrubias) Level 3: 6:00-7:20 pm (Abadía) Level 4: 7:30-8:50 pm (Abadía)

#### **Spanish Cafe: Conversation & Culture**

Cinthya Soto / Michelle Abadía

Spanish is the most widely-spoken Romance language in the world, with more than 480 million native speakers. This convivial class is taught by a native speaker and offers conversation and culture for those who want to refresh their Spanish, take it to the next level, or just miss speaking the language. We will improve your spoken Spanish and vocabulary by encouraging discussions on a variety of topics involving the culture of Spanish-speaking countries: art, literature, music, cuisine, travel, and current events.

**Intermediate** Students should have knowledge of the preterite, the past imperfect, and the future tense to join this class. We will review these, as well as other grammatical structures such as the conditional, the imperative, and the present subjunctive.

**Advanced** For students comfortable with an immersion (Spanishonly) experience. We will work with advanced topics that stimulate deeper conversations and debate, and challenge us to further increase our vocabulary.

8 Wednesdays | Sept. 29-Nov. 17 | 7:00-8:30 pm | Online | \$139 Intermediate: (Abadía)

Advanced: (Soto)

# Learn Spanish as a family, p. 45



#### Russian

Aleka Molokova

Practice Russian in a lively online group atmosphere. We will work on vocabulary, grammar, and conversational skills, all while exploring traditional and modern Russian culture.

**Level 1** Become familiar with basic grammar such as grammatical gender, singular/plural noun endings, and introductory verb conjugation. You'll be able to make simple sentences on basic everyday topics by the end of the class. No prior experience necessary.

**Level 2** Expand basic grammar such as singular/plural noun endings, introductory verb conjugation, and adjective forms. We'll practice useful tasks such as saying where you live and work, discussing travel experiences and preferences, and describing objects. Vocabulary topics will include household and food. Being familiar with basic tenses and grammatical gender is required for this class.

8 Thursdays | Oct. 7-Dec. 9 | Online | \$135

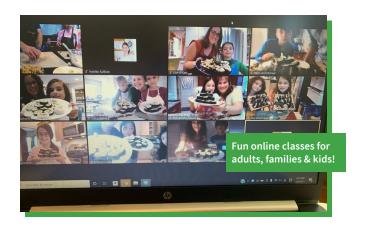
Level 1: 6:00-7:15 pm Level 2: 7:30-8:45 pm

#### **Russian Cafe: Conversation & Culture**

Aleka Molokova

Join a Russian native along with other Russian language enthusiasts in this lively conversation class where everyone will get a chance to practice speaking the language. In a casual format we will focus on using the language tools you have and work on having enjoyable conversations about Russian culture. With plenty of practice talking, improve your skills and further increase your vocabulary while also enjoying a necessary part of any kind of Russian conversation: tea and treats. For those who have taken *Russian*: *Levels 1–3*, and or have strong skills in speaking and listening.

7 Tuesdays | Oct. 26-Dec. 7 | 7:00-8:30 pm | AHS | \$119



# Music & Theater

#### **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. We will cover the basics of acting and theater. Practice improv and monologue work in addition to exploring the physical aspects of acting through exercises inspired by the renowned acting teacher and theorist Uta Hagen. All levels are welcome, especially beginners.

7 Thursdays | Sept. 30-Nov. 18 | 6:30-8:30 pm | Gibbs | \$155

#### **Mastering Silence: The Art of Miming**

Christopher Ellinger

"Do not the most moving moments of our lives find us all without words?" – Marcel Marceau, a.k.a. "the master of silence"

This fun and lively class will teach you how to gain confidence as a performer and explore ways to portray mood, an idea, a story, or character using just your body, no words. In a friendly and supportive environment, learn all of the basics of the unique and timeless art of miming. We'll start with building physicality (movement, facial expressions, and gestures) and then dive deeper into creating unique characters and expressing moods. No previous acting or performance experience is necessary to enjoy this class. Amp up your acting skills or simply have fun. Anyone who wishes can develop a short solo or duo piece to perform at the final class.

3 Thursdays | Oct. 14-28 | 7:00-9:00 pm | Gibbs | \$65

#### **Music Appreciation**

Anne Ku

Gain a deeper understanding of all types of music as you learn how to tune into the many levels of listening. Enhance your ability to pick out certain aspects of the music as you sharpen your skills and knowledge of music elements including melody, rhythm, harmony, and form. As we survey music from different eras in Western Civilization, you'll learn to identify and distinguish the characteristics of styles from various time periods including Medieval, Renaissance, Baroque, Classical, Romantic, and Modernist. No musical background is required to take this course.

8 Mondays | Oct. 18-Dec. 6 | 7:45-8:45 pm | Online | \$89

Drumming and ukulele classes for kids, p. 47





#### **Voice Over Animation**

Lau Lapides

Calling all characters! At this fast-paced and fun workshop, work on the skills required to create distinct, fun, and sometimes evil characters with just your voice. Launch your VO animation voice and vision through exercises in creative storytelling. We'll go over specialized breathing techniques for fast-based reads, work with professional animation scripts, and focus on creating our own distinct character while learning how to maintain consistency throughout the performance. From commercials to cartoons, video games to original scripts, the sky's the limit with proper training and practice. There will be practice time, including instructor and peer feedback, as well as a Q&A.

Tuesday, Oct. 19 | 7:00-9:00 pm | AHS | \$29

#### **Drumming: Beginner**

Malcolm Jacobs

Gain the foundational skills you need to play your favorite music on the drums. Using practice pads, we'll cover all of the necessary skills to master this fun instrument. We'll start with stick control and learn how to properly grip and balance drumsticks. Rhythm is another vital skill to master and plenty of exercises will help us practice keeping the beat. We will learn how to sight read and work through rhythmic exercises before playing them to nail down beats. We'll start by using both hands and as the sessions progress we'll also cover four-way coordination and independence of the hands and feet. Enjoy learning how to play a great musical instrument and have fun doing it! **Please note:** Bring a drum practice pad and set of sticks to each class. Practice pads and sticks are available to borrow during class for those who do not have them.

8 Wednesdays | Sept. 29-Nov. 17 | 7:30-8:30 pm | Gibbs | \$109

#### **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. All levels are welcome, and no experience is necessary. **Please note:** A limited number of drums are available to borrow.

9 Thursdays | Sept. 30-Dec. 9 | 7:00-8:00 pm | Gibbs | \$125

# New! African Music & Culture: An Interactive Performance



Join Motherland Cultural Connections on Saturday, Nov. 6, p. 1

#### Banjo

Larry Unger

Learn to play the banjo in the old time clawhammer style.

**Beginning** This course is for beginners and those with a bit of experience. We'll start 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.

**Continuing** For clawhammer banjo players who can already play at least a handful of tunes and who are looking to learn more in G, G modal, and in double C tuning. We will focus on the right hand technique as well so that you can get the best sound that you can. Take out your banjo and polish up your playing!

9 Wednesdays | Oct. 6-Dec. 8 | Gibbs | \$155

**Beginning:** 6:00-7:15 pm **Continuing:** 7:30-8:45 pm

#### Guitar

Larry Unger

**Beginning** Our talented and passionate instructor will help you learn the elements of guitar and the basics of music in a fun, group-oriented format. Acquire the tools you need to play songs with the group or to continue learning on your own. No experience required; all you need is a guitar and one or two hours a week to practice.

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

8 Thursdays | Oct. 7-Dec. 9 | Gibbs | \$139

**Beginning:** 6:00–7:15 pm **Continuing:** 7:30–8:45 pm

#### Ukulele

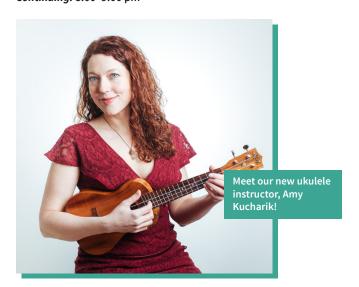
Amy Kucharik

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! The approachable uke is the instrument of choice for great-sounding, portable music.

**Beginning** Learn the basics quickly and start playing songs you love right away. Simple chords will have you sounding great after just one class. You'll soon have a repertoire of popular songs from many genres. Learn how to find ukulele chord charts, strum and sing at the same time, and strum rhythmically with confidence.

**Continuing** You've learned several basic chords and can strum three-chord songs; what's next? Elevate your skills to move to the next level. Learn how to play barre chords fluidly, strum interesting rhythms in a variety of genres, and enhance your strumming with cool percussive techniques. Learn to play and sing a wide variety of songs and know which strum patterns to use. We'll explore fingerstyle uke with tablature for plucking cool rhythmic patterns and even some recognizable riffs and melodies.

8 Tuesdays | Oct. 5-Nov. 23 | AHS | \$109 Beginning: 6:45-7:45 pm Continuing: 8:00-9:00 pm



#### **Piano: Beginner**

Anne Ku

Learn how to play the piano in no time with this introductory class. With the one-to-one relationship of keys to notes and the intuitive layout of the music with bass and treble clefs corresponding to each hand, piano is one of the easier instruments to learn how to play. We'll focus on learning how to read the music, then work on playing with correct fingers. Piano is one of the few instruments that calls for both hands to play equally. Leave this class knowing how to play basic scales in both hands, creating a deep rich sound.

8 Mondays | Oct. 18-Dec. 6 | 6:30-7:30 pm | Online | \$109

# Recreation & Travel

#### **Learn Bridge**

Elizabeth Gompels

Sociable and enchanting, a hand of bridge takes only a deck of 52 cards, four people and about 10 minutes to play. Easy to learn, the game can take a lifetime to master and is fun to play at all levels of expertise. Over eight weeks, you will learn how to play Bridge, including the basics of bidding, play, scoring, and bridge conventions. Classes include hands-on learning, guided demonstrations, group discussions, and lots of bridge hands to practice techniques. All very fun and highly interactive! Registered participants will receive a comprehensive set of handouts for each lesson.

8 Wednesdays | Sept. 29-Nov. 17 | 7:00-9:00 pm | Gibbs | \$175



Elizabeth Gompels

Come join us to practice and play bridge while increasing your confidence and deepening your understanding of the game. Get your questions answered and receive help in real-time. The atmosphere will be fun, friendly, and relaxed.

**Bidding Refresher** This mini-course moves beyond the basics of the game. Topics include Opening and Responding, Overcalls and Takeout Doubles, Stayman and Jacoby Transfers, and Strong 2C and Blackwood. Each session begins with a brief lesson, then you will bid and play a series of prepared deals with your classmates to practice the techniques presented. This is a wonderful opportunity for Bridge players who are returning to the game and would like a refresher or for beginners who want to improve and hone their bidding skills.

**Defense** The focus of this mini-course is on techniques to improve your results when defending. Topics include Carding/ Signals, Opening Leads, Discards, and Partnership Cooperation. This series is highly interactive with guided demonstrations and discussions. You will bid and play a series of prepared deals with your classmates to practice the techniques presented. This is a great opportunity for beginner course graduates and advanced beginners to develop their defensive skills and fierce defender mindset.

4 Tuesdays | 10:00 am-12:00 pm | St. Camillus | \$89 Bidding Refresher: Sept. 28-Oct. 19

Defense: Oct. 26-Nov. 16

Learn Mandarin with Xiaohui Cao, p. 23





#### Weichi: The Chinese Game of Go

John Kerpan

From ancient emperors and samurai to Google programmers, people have long been fascinated by the game of Go. With rules that can be explained in minutes, and strategic depth still evolving after millennia, the game is a great way to spend time, sharpen your critical thinking, and have fun. We'll learn the rules and fundamentals of the game, face our fellow learners across the board, and explore the rich history of the oldest continuously played board game in the world.

4 Thursdays | Oct. 7-28 | 7:15-8:45 pm | Gibbs | \$69

#### Chess

Chess Wizards Staff

Chess engages our minds and memory and challenges us to tap into our creative thinking, problem solving, and reasoning skills. Learn from an experienced and patient instructor, whether you have been playing chess for your entire life and want to improve, or are brand new to the game. We'll participate in interactive lessons, practice fundamentals, and examine opening principles and simple endgames. We'll play in tournaments and team matches, learn trivia, and more.

6 Wednesdays | Oct. 6-Nov. 10 | 6:30-7:30 pm | Gibbs | \$119

#### **Learn 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. We will cover the fundamentals of the game, progressing through familiarity with the tiles, building the wall, understanding the Charleston series of tile exchanges, and learning the hands. Students need a National Mah Jongg League official card, available for purchase for \$10 from the instructor at the first class.

8 Thursdays | Oct. 7-Dec. 9 | 7:00-8:30 pm | Gibbs | \$225

#### **Incredible Card Tricks**

John Bach

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

4 Wednesdays | Oct. 27-Nov. 17 | 7:00-8:15 pm | Gibbs | \$59

#### **Brain Games to Keep You Sharp**

Nancy Linde

An active brain is a fit brain. Neuroscience has shown that people aged 50+ who solve word games and brainteasers have significant cognitive advantage over those who do not. Brains must be exercised, just like the rest of the body. When you think in novel ways you stimulate the growth of new brain cells. Join the author of three best-selling books of brain games, and play a lively mix of word games, trivia challenges, and brainteasers—all vetted by a neuroscientist—and discuss the cognitive skills they help to sharpen. The games are designed to exercise the six key cognitive functions vulnerable in normal aging: long-term memory, working memory, executive functioning, attention to detail, multitasking, and processing speed. Come have fun and give your brain a workout!

Wednesday, Dec. 8 | 7:30-9:00 pm | Gibbs | \$25

# Traveling to a Frenchspeaking country?





#### **Smart Planning for European Vacations**

Wim Nijenberg

With travel opening back up to Europe, it is more important than ever to make a smart plan that includes choosing the best cancellation and refund policies and how to keep up to date on restrictions. Working with an expert with decades of experience, learn to book the best possible products and services—air, hotel, ground transportation, and sightseeing. Whether traveling individually or with a tour or cruise, gain an understanding of the importance of reading the fine print, knowing what payment is required when, and becoming aware of the many discounts in Europe to avoid missed opportunities. Even if you've already made your plans, you can still benefit from this informationpacked evening.

Wednesday, Nov. 3 | 7:00-9:00 pm | Gibbs | \$29

#### **Explore the Real Cuba**

Laura Quincy Jones & Yasser Torriente-Rodriguez

Take an armchair trip to Havana and experience Cuba's fascinating mix of authentic creativity and tropical warmth. The Caribbean's largest island, rich with history and layers of culture, Cuba has long been a popular destination for international travelers. Plan your dream trip by getting inside information from a U.S./Cuban couple who live in Havana and lead small cultural immersion tours throughout this culturally rich country. They will explain how to travel there legally given evolving requirements; offer tips on how to have a low-stress, authentic and inspiring experience in Cuba; and share highlights from the island's trove of arts and culture via video and images. Cuba's experience during the Covid-19 crisis and new steps to address visitors' health and needs will also be discussed.

Thursday, Oct. 7 | 7:00-8:30 pm | Gibbs | \$25



#### **Virtual Safaris**

Kathy & Jeff Klofft

Getting ready to plan the adventure trip of a lifetime? Unable to travel and want to feel as though you were there? Go on an amazing virtual adventure to three different areas of the world. Hear exciting stories of the places, people, and amazing wildlife these avid travelers have encountered through video and photos. Get invaluable travel tips about each itinerary, including where to stay, what to pack, best times of year to visit, and how to make the most of your budget. We'll also cover traveling with young children.

Costa Rica We'll start in Costa Rica, where the couple met "Tracie the Bug Lady" on a nighttime tour, an active troop of Spider monkeys, and a twelve-legged sea star.

**Galapagos Island** Our next safari will take us to the island of Galapagos, where the unique species found there inspired Charles Darwin's theory of evolution.

**South Africa** Our final destination is Southern Africa, which boasts an ecologically rich and diverse selection of animals from leopards to giraffes and elephants.

Wednesdays | 7:00-8:15 pm | Online | \$19/screen

Costa Rica: Sept. 29 Galapagos Islands: Oct. 6 Southern Africa: Oct. 13

Join all three safaris & save | \$49/screen



#### **Beginner Backyard Birdwatching**

Michele Grzenda

Get to know your feathered neighbors in this online introduction to birdwatching. Backyard birding has become a popular hobby and it's easy to see why. It's a fun and convenient activity you can do right in your own backyard. Learn more about the amazing creatures that live all around us and appreciate how they enrich the natural world. Learn beginner bird watching tips and tricks, get birding resources, and find out what you can do to help your feathered friends in your backyard and beyond.

Tuesday, Oct. 19 | 7:30-8:30 pm | Online | \$19



Photo: Dick Dramstad

# Walking Tours

All class details, including the meeting location and safety guidelines will be either included in the Registration Confirmation email or sent out one week prior. All walks meet rain or shine.



#### It's About Time: The Triumph of the Eternal Over the Temporal at Mount Auburn Cemetery 🎇

Dee Morris

Let's go back 163 years to visit this spectacular garden cemetery. We'll use a popular guide book from 1858, A Handbook for Passengers Over the Cambridge Railroad, to inform the direction of our walk. Each participant will receive a handout with illustrations from this early pamphlet to refer back to as we explore what was recommended to sightseers back then, along with commentary about "everything worthy of observation" in this sacred landscape. We will visit the most popular monuments of that period, such as the first life-sized bronze statue cast in America. We'll discuss how very different the cemetery would have looked to these earlier visitors and yet how the same positive spirit and emphasis on eternity would have been the same.

Saturday, Oct. 2 | 2:00-4:00 pm | Offsite | \$29 Sunday, Oct. 17 | 2:00-4:00 pm | Offsite | \$29



#### 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 each week, rain or shine. Enjoy the camaraderie of fellow walkers as we learn and have fun.

4 Wednesdays | Oct. 6-Oct. 27 | 10:00 am-12:00 pm Offsite | \$89

#### Urban Foraging 🎇



David Craft

Tasty wild plants grow abundantly in the area, many of which we walk right by without ever knowing they are there. Upgrade your knowledge of the wild greens readily available for foraging by joining a plant expert on a ramble through an urban wild. You'll learn how to identify dozens of edible wild plants and how they can add significantly to your culinary and nutritional repertoire. We'll also discuss cooking options, seasons of availability, and guidelines for safe and environmentally-responsible foraging. You'll be amazed at the amount of greens, nuts, roots, and mushrooms that you can find now and over the next couple of months. Sampling in the field will be encouraged.

Saturday, Oct. 9 | 10:30 am-12:00 pm | Offsite | \$39

#### 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.

Sunday, Oct. 24 | 11:00 am-1:30 pm | Offsite | \$85 (all inclusive)

#### Explore the Art of Boston's Greenway 🎇



Winding through the heart of Boston and accessible by several T stations, the 1.5-mile Greenway beckons with many attractions: soothing greenery, seven different fountains, the Armenian Heritage Park with its reflecting pool and giant sculpture, a hand-carved carousel of Boston Harbor animals, sitting areas for people-watching, and engaging works of contemporary art. Stroll the Greenway led by a local sculptor and enjoy its many gems, including a half-dozen changing exhibits of sculpture and other media, such as the monumental Greenway Wall that each year becomes a bold new mural.

Saturday, Oct. 23 | 1:00-2:30 pm | Offsite | \$25

#### The Dark Side of Boston

Boston by Foot

This original guided walk through misery, misfortune, malevolence, and murder is based on true historical events that have occurred in Boston. Fact is often stranger than fiction! As you begin to uncover Boston's dark side, you will hear many dark and disturbing stories not often shared with tourists. Topics include but are certainly not limited to: the scourges of smallpox and the Great Influenza, the dangers of Richmond Street, the vandalization of the Royal Governor's House, the Molasses Flood, body snatchers, and the infamous Brink's Robbery, all against the backdrop of Boston's oldest neighborhood. Winding among the labyrinth of the North End's small streets and alleys is a great way to get off the beaten path and explore a delightful neighborhood. It's even better when treated to stories of death and misery from Boston's checkered past. Crime, disease, death, and disaster what better way to enjoy a pleasant evening in Boston!

Saturday, Oct. 30 | 6:00-7:30 pm | Offsite | \$25

#### South End Chocolate Walking Tour 🎇



Cocoa Beantown

The South End, one of the more under-explored neighborhoods of Boston, is listed on the National Register of Historic Places for having the highest concentration of late-Victorian brick bowfront row houses. Luckily for us, it also has a lot of chocolate! Come along on this afternoon chocolate tour of Boston and sample delectable chocolate cuisine while touring an eclectic mix of local cafes, shops, restaurants, and boutiques in this truly charming and beautiful historical neighborhood.

Sunday, Nov. 14 | 1:30-3:00 pm | Offsite | \$55 (includes tastings)

#### Hidden Spaces of the Nichols House Museum 🎇



Nichols House Museum Staff

The Nichols House Museum preserves and interprets the 1804 Federal townhouse that was home to landscape gardener, suffragist, and pacifist Rose Standish Nichols and her family. Their home and its original art and furnishings provide a glimpse into life on historic Beacon Hill from the mid-19th to mid-20th century. Explore the museum from behind-the-scenes. What did it take to make the house run in the Victorian era? How do staff manage it's preservation today? Peek into rooms and spaces not usually on view, take the back stairs, and explore over 200 years of this old house's secrets.

Sunday, Nov. 7 | 10:30-11:30 am | Offsite | \$19

#### Tree Identification 🎇



**Boot Boutwell** 

"I think that I shall never see / A poem lovely as a tree." The trees of New England are both beautiful and an essential part of our landscape. This course will introduce you to approximately a dozen common trees of New England, emphasizing tree identification as well as natural history. Children ages 10+ are welcome to register if accompanied by a registered adult.

Tuesday, Sept. 21 | 9:30 am-12:00 pm | Offsite | \$35 Saturday, Sept. 18 | 9:30 am-12:00 pm | Offsite | \$35

#### An Autumn Walk 🎇



**Boot Boutwell** 

Mid-autumn is a beautiful time of year as nature begins to prepare for winter. On these walks we'll focus on plant ID as we search for what is still flowering as well as plants that are in fruit. We'll also look for winter weeds, those hardy herbaceous (non-woody) plants whose skeletons decorate the autumn and winter landscape. Join naturalist Boot Boutwell for a more leisurely walk at Arlington's Great Meadows (11/6) or a two and a half mile hike from Wright-Locke Farm to the summit of Whipple Hill (10/16), the highest point in Lexington. Children ages 10+ are welcome to register if accompanied by a registered adult.

Saturday | Oct. 16 or Nov. 6 | 9:30 am-12:00 pm | Offsite | \$35

#### **Bare Trees and Naked Shrubs:** Woody Plant ID in Winter 🎇

Boot Boutwell

No leaves? No problem! We'll learn to identify woody plants in winter through a combination of branching patterns, bark, buds, persistent fruits, and galls. We'll also learn to identify some particularly hardy non-woody weeds which remain standing through winter. We'll use Arlington's beautiful Great Meadows as our study site. Our walk will focus on plant identification as well as interesting natural history about the plants we see. Children ages 10+ are welcome to register if accompanied by a registered adult.

Saturday, Nov. 20 | 9:30 am-12:00 pm | Offsite | \$35



#### The Winter Solstice Approaches 🎇

**Boot Boutwell** 

Join naturalist Boot Boutwell in celebrating the season of the Winter Solstice, the time of year when the midday sun is at its lowest point in the sky. The Winter Solstice marks the shortest day (and the longest night) of the year. Celebrating the season of the Winter Solstice with a walk in Arlington's Great Meadows to enjoy the beauty of nature as winter approaches. As usual, our focus will be on plant ID and natural history. The program will also include solstice history and lore, poetry, and a solstice story. Children ages 10+ are welcome to register if accompanied by a registered adult.

Saturday, Dec. 18 | 9:30 am-12:00 pm | Offsite | \$35



#### Off the Beaten Path:

#### Hike at Great Brook Farm State Park 🎇

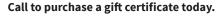


Gregory Leschshin

Enjoy the beautiful fall foliage during this moderate (about 3 mile) hike at Great Brook Farm in Carlisle. This 1,000-acre state park features more than 20 miles of trails, notable Native American sacred sites, and 17th-century cellar holes leftover from English settlers. After we wind through the glacial bogs and hear about the longstanding history of agriculture, you can visit the farmlands that are still utilized today. Check out the dairy barn on site featuring 140 cows and the first robotic milking system installed in Massachusetts.

Sunday, Oct. 24 | 11:30 am-2:00 pm | Offsite | \$35

# Our classes make great gifts!





# Wellness

#### Adult, Infant & Child CPR with AED

Kierstin Pane

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.

Tuesday, Sept. 28 | 6:00-9:00 pm | AHS | \$95 Wednesday, Oct. 13 | 6:00-9:00 pm | Gibbs | \$95

#### First Aid & CPR for Active Seniors & Caregivers 🎇 Juanita Kingsley



In addition to the traditional First Aid and CPR topics, this class will also focus on techniques for addressing conditions common to senior citizens, such as skin tears, fractures, dehydration, and more. Practical, clear, and easy-to-understand advice will prepare you and your household with older members for routine first aid care or a medical emergency. Receive American Safety and Health Institute certification in First Aid and CPR upon completion of this course.

Monday, Oct. 18 | 9:00 am-12:00 pm | Calvary | \$95

# Upgrade your Makeup Routine for a Special Occasion

Alexandra Dale

In time for the holiday season, this workshop will focus on how to use different methods to create a special holiday celebration look that maintains both your personal aesthetic and makeup comfort level. Learn what techniques elevate everyday makeup application to special event makeup. We'll discover products that create a festive appearance without much effort or mess. Class members can volunteer as demonstration models. Bring your makeup bag for review and editing by the class instructor. Wednesday, October 20 | 7:00-9:00 pm | Gibbs | \$35

### **Makeup & Skincare Routine: Winter Refresh**

Alexandra Dale

The change of seasons is a great time to refresh your skincare practice and update your makeup methods. This class will focus on creating a customized skincare routine that addresses specific skin concerns and prevents future damage. The instructor will review skincare ingredients, the appropriate order of product application, regimen suggestions, and supplemental treatments that can enhance your normal routine. Current makeup trends and the techniques to achieve these looks will also be reviewed. Elevate your everyday makeup application to something fresh, fun, and new with trends including colored eyeliner, ombre eyeshadow, glossy face and lip highlighting, and incorporating deeper hues for the holiday season.

Wednesday, Dec. 8 | 7:00-9:00 pm | Gibbs | \$35

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

Nadine Mazzola

Experience deep nature connection on this two-hour guided forest bathing retreat with Certified Forest Therapy Guide, and award-winning author, Nadine Mazzola. Peel the layers of stress away and support healing and wellbeing by experiencing the medicine of the forest. We'll do a series of relaxing and engaging activities to engage our senses, deepen nature connection, hone intuition and connect with the natural world around us. This walk covers a total distance of about 1.5 miles on wellmaintained but at times uneven trail.

Friday, Oct. 15 | 9:30-11:30 am | Offsite | \$35 Monday, Oct. 25 | 9:30-11:30 am | Offsite | \$35

#### Meditation & Visualization: Build Your Practice

Debra Rosenblum

Meditation is about learning to focus your thoughts, heighten your self-awareness, reduce stress, and enhance your creativity. Each session will provide different ways to enter into a meditative state and offer you a pathway to unlock your imagination through mindfulness, guided imagery, and breathing exercises. As the practice of meditation and visualization becomes routine, it will quiet your mind, enhance your sleep, and enrich your life in both expected and unexpected ways. Designed for both beginners and those who already have a meditation practice.

8 Tuesdays | Sept. 28-Nov. 16 | 5:30-6:30 pm | Online | \$115

#### **Meditation: Ancient Teachings for Modern Problems** Margrit Romang

Learn and practice meditation based on ancient teachings designed to cultivate the four heart qualities of kindness, compassion, joy, and equanimity. Studies with meditators who train in these qualities demonstrate an increase in overall well-being, authentic happiness, and peace; high resilience and optimism; and reduced racial/social bias. Through guided meditation, reduce emotional reactivity and become more present for yourself and others. This class is designed for people with some meditation experience, but beginners are welcome.

9 Wednesdays | Oct. 6-Dec. 8 | 6:30-7:45 pm | Gibbs | \$159

#### **Reiki Level 1 Certification**

Gary Horwitz

For those who want to learn Reiki for self-healing, use the practice to support friends, family and pets in their healing process, and/or become Reiki professionals. You will receive the attunements believed to allow Reiki healing energy to flow through your hands. Each participant will get a complete Reiki treatment and then practice giving one to another student. We will cover health benefits, how to best utilize this gentle healing modality for the benefit of yourself and others, and how to open a Reiki practice.

4 Tuesdays | Oct. 19-Nov. 4 | 7:00-9:00 pm | AHS | \$175

#### **Self Massage & Body Care**

Debra Rosenblum

Learn how to ease tension, increase circulation, and relieve pain with simple massage techniques you can do on yourself. We'll use our own hands, fingers, elbows and other household items like tennis balls to treat ourselves to effective messages. Discover how to activate energy meridians, stimulate the lymphatic system, and use acupressure points to reduce pain, decrease stress, and bring greater harmony to your body. Through demonstration, practice time, and plenty of opportunities to ask questions, you'll start to notice the benefits of this practice in no time.

3 Mondays | Oct. 18-Nov. 1 | 6:30-7:30 pm | Online | \$39

# For Yoga, Tai Chi & QiGong classes,



see our Fitness & Dance section, p. 13

#### Office Ergonomics 101

Nicole Stewart

Poor workstation setup can result in less productivity as well as discomfort in your neck, back, and wrists. Increase your awareness of ergonomic principles and the risks associated with sitting at your desk for hours without the proper setup. Whether you are working in an office or settling into a work-from-home lifestyle, these valuable tips will help you and your joints stay more comfortable and avoid fatigue. We'll look at strategies to correct awkward postures to achieve neutral positions for seated computer work, and for proper positioning of your monitor, keyboard, and mouse. Demonstrations will be provided for home and office workstation setups, in addition to recommendations for cost effective and creative office ergonomic solutions.

Wednesday, Oct. 27 | 7:00-8:30 pm | Gibbs | \$25

#### **Alexander Technique: Improve Posture & Relieve Pain**

Jill Geiger

Interested in improving your posture, moving with ease, and reducing stiffness, pain, and tension? The Alexander Technique provides the means to restore innate good posture, balance, and poise by teaching how to recognize and unlearn habitual patterns of tension. Since 1900 this practical, educational method has been used worldwide by individuals of all ages to reduce tension and stress, improve the performance of all of life's activities, and offer lasting relief from chronic pain. Its effectiveness in enabling long-term relief of back pain is supported by research. Get an introduction to the principles of this technique and experience how it can be applied to your everyday activities to help you feel, move, and look better.

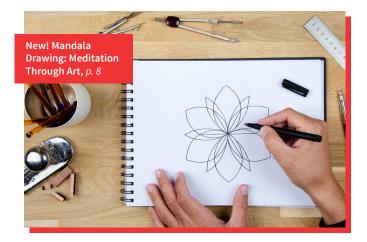
2 Wednesdays | Nov. 3 and 10 | 7:30-8:30 pm | Online | \$39

#### The Power of Essential Oils

Katrina Piehler

Join us for this informative and interactive workshop on how to use essential oils to support healthy living. You'll learn what essential oils are, why they are a powerful natural wellness tool, and how to use them safely in your daily life. With a certified wellness coach and essential oils educator, learn about specific ways oils can support your wellbeing, such as helping you sleep better, manage stress, ease digestion, soothe muscle tension, uplift your mood, increase productivity, and even be used as a great nontoxic option for cleaning your home. With a variety of oils to explore and experience in person, you'll have the opportunity to make your own oil blend in a roller bottle to take home.

Thursday, Oct. 14 | 7:00-8:30 pm Gibbs | \$35 (includes all materials)



#### **Heart-Centered Living**

Janet Kessenich

Heart-centeredness is a state of being aware of and aligned with your life values and your heart's desires. Opening yourself up to this process can lead to many transformations in your life. Become more authentic, courageous, balanced, and filled with gratitude as you learn to prioritize your own values in every decision you make. Learn easy-to-implement practices that will transcend what might get in your way, and bring your heart—the home base for transformation—into the vital, empowered life you want to live.

Thursday, Oct. 28 | 7:00-8:30 pm | Gibbs | \$25

#### Manage & Reduce Financial Stress

Tim Grimes

Money can be one of the more stressful subjects in our life—if not the most stressful. Whether we have a lot of it or a little, many of us have a very negative belief system when it comes to finances. That negativity (even subconsciously) rules over all of the big decisions we make. Learn how to change your mindset at this stress management workshop. With three disarmingly simple and effective habits, bestselling stress management author Tim Grimes will help you become more comfortable with whatever situation you are in. Implementing these tricks will help neutralize many common fears about losing or not having enough money.

Wednesday, Nov. 10 | 7:00-8:30 pm Gibbs | \$25/individual or \$40/pair

#### **Patient Advocacy: Informed Healthcare Decisions**

Nancy Feeney

Navigating the healthcare system can be overwhelming. This introduction to healthcare advocacy will teach you how to take charge of your own healthcare or that of a loved one. Learn how to make more informed decisions, whether facing a recent diagnosis and or hoping to gain a better understanding of the information available through patient portals. Leave with a better understanding of the oftentimes complicated language and clarify many of the acronyms. We'll discuss referrals and prior authorizations, what all of that means, and provide a comfortable environment for you to ask questions that might be confusing or frustrating. With over 25 years of experience in the healthcare industry and living with a chronic condition herself, your instructor will pass on firsthand knowledge and help empower you to take control of your health.

Thursday, Oct. 14 | 7:00-9:00 pm Gibbs | \$29/individual or \$45/pair

#### **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.

Thursday, Oct. 21 | 6:30-8:30 pm Online | \$29/individual or \$45/pair

#### **Your Gut Microbiome & Your Brain**

Susan Desmarais

Have you ever had a "gut" feeling about something and couldn't quite intellectualize why? Or perhaps you have been under great stress and your gut function is feeling compromised as a result. The brain (our main organ of perception) and the gut are intimately related on an electrical, as well as a biochemical, basis. The brain speaks to the gut and the gut speaks to the brain. Learn how lifestyle, mindset, heart rate variability, and movement affects the integrity of your gut microbiome, and how that in turn affects your brain. By employing some basic practices, you can learn how you can bring both into balance.

2 Wednesdays | Nov. 3 and 10 | 7:00-8:30pm | Online | \$65

# Teach for us! Or tell us what to offer.



Go to our website and *Request* or *Propose a Class*.

# Writing & Literature

#### Memoir Writing Workshop 🎇

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.

8 Wednesdays | Sept. 22-Nov. 10 | 10:00 am-12:00 pm Online | \$185

## **Telling Your Story: Autobiographical Writing**

Susan Dworkin

This course will help you unlock memories and add historical context and larger dimensions to what may seem like a small, even unimportant life journey. We will pay special attention to evocation of the times in which characters live. Without consulting the music, the styles, the politics, the social conventions, the influence of money (or the lack of it) that formed the characters and made them who they are, the author runs the risk of leaving them orphaned in history. For inspiration and guidance, the class will look at the work of writers who are masters at mixing personal stories with the great world outside. This small class will incorporate time for sharing and critiquing in a supportive environment. The goal is to leave the class with a story that can be left to your children and your children's children, an invaluable history for future generations. Writers with limited experience are welcome. Expect to turn in between 1,000-1,500 words (about 4-6 pages) every week.

6 Thursdays | Sept. 30-Nov. 4 | 7:00-9:00 pm | Online | \$139

# 700 years after Dante's passing

it's time to finally read Inferno, p. 1



#### **Making Time To Write**

Valerie J. Lute

Life can get in the way of your writing practice, so it is important to find a way to sustain your passion for writing. In this class, you will learn how to ensure that writing no longer feels like an add-on to your life, but rather an embedded practice. Learn how to remove barriers to writing, such as your inner critic, while rediscovering why you love to write. Through writing prompts both reflective and creative, you will get back into the practice of writing, and you will be armed with strategies to fight against blank page anxiety and excuses. Stop procrastinating; let's write!

6 Tuesdays | Oct. 5-Nov. 9 | 7:00-9:00 pm | AHS | \$139

#### **How To Write a 10-Minute Play**

Thomas Davison

Did you ever want to try your hand at writing a play but were not sure where to start? Then the 10-minute play is just for you! These short format plays are not "sketches"—they are fully formed, one-act plays with a beginning, middle, and end that drop their characters right into the heart of the action. We'll cover how to build structure, develop characters, and drive plot. Everyone will have an opportunity to write and revise drafts, culminating with a reading.

4 Wednesdays | Oct. 6-27 | 7:00-9:00 pm | Gibbs | \$95

#### **Haiku: Short Form Poetry**

**Brad Bennett** 

Celebrate the extraordinary in the ordinary with the most popular poetry form in the world. Haiku connect us more deeply to the natural world and can provide solace in difficult times.

**Beginner** Learn about the key elements of haiku, including concision, a seasonal setting, and the juxtaposition of concrete experiences. Using writing prompts, we will try our hand at writing some haiku poems. Everyone is welcome to this fun and supportive workshop.

**Intermediate** Wade further into the haiku pond and study other related Japanese forms of poetry. Using writing prompts, we will write haiku and other forms and workshop them together, if people so desire. Designed for folks who have taken haiku classes or have written haiku previously.

**Beginner:** 3 Thursdays | Oct. 7-21 | 6:30-8:00 pm | Gibbs | \$49 **Intermediate:** 6 Tuesdays | Oct. 5-Nov. 9 | 6:30-8:00 pm Online | \$99

# Haiku in Nature 🎇

**Brad Bennett** 

Join this exploration of Gowing's Swamp in Concord, a site that Henry David Thoreau found great inspiration in, noting it 37 times in his *Journal, Walden,* and his essay "Walking." Learn a bit about haiku, take a short walk through this tranquil and beautiful nature preserve for inspiration, and spend some time writing. Everyone is welcome.

Saturday, Oct. 2 | 1:00-3:00 pm | Offsite | \$25

#### **A Gratitude Practice**

**Brad Bennett** 

Haiku can help generate awe and wonder and writing haiku can become a practice of gratitude. Get introduced to haiku writing as a gratitude practice, discuss the major elements of the form, and try your hand at writing a few using a prompt. Everyone is welcome.

Thursday, Nov. 18 | 6:30-8:00 pm | Gibbs | \$25

#### **Weird Fiction**

Kayleigh Shoen

"Weird Fiction," the creepy, unsettling genre that intersects with literary, horror, fantasy, and magical realism, is perfect reading for dark fall evenings. Each week we'll read different examples of the genre and discuss what qualifies as "weird" when we talk about fiction. We'll see whether the weird world looks different through a female lens as we review a selection of stories by Angela Carter, Karen Russell, Aoko Matsuda, Kelly Link, and others. This spooky (not gory) class is perfect for lovers of spectral children, haunted houses, and general weirdness. Texts to be provided by the instructor.

9 Tuesdays | Sept. 28-Nov. 30 | 7:00-8:30 pm | Online | \$155

# **The Stories of Hemingway**

Kayleigh Shoen

Ernest Hemingway has been called the most influential writer of the 20th century. He's also been called a lot of other things, many of them not so flattering. Love him or hate him, there's no doubt Hemingway's given us plenty to talk about. In this discussion-based class we'll focus on the three-part Ken Burns documentary and the author's original short stories. Along with Hemingway's own words, we'll look at stories from contemporary and later writers to decide for ourselves how much of that big reputation is earned.

7 Wednesdays | Oct. 6-Nov. 17 | 7:00-9:00 pm | Gibbs | \$159



# 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.

6 Mondays | October 18-Nov. 22 | 11:30 am-1:00 pm Calvary | \$105

# Family Classes

Fees are for one adult and one child unless otherwise noted. Please register under adult's name.



### **Family Circus**

Vegetable Circus

Want more tricks up your sleeve? You don't need to be born into the circus to join this class! Sign up with any family member and learn a variety of skills together. We will cover hula hooping, spinning plates, balancing objects and juggling basics. By the end of the class series we will be ready to perform a show together, which will take place on the night of the final class. You can invite close ones to watch in person. That's right, YOU get to be a performer! Ages 5+

4 Thursdays | Sept. 30-Oct. 21 | 6:00-7:00 pm | Gibbs | \$75/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+

Thursday, Nov. 18 | 6:30-8:30 pm | Gibbs | \$35/pair

#### **Juntos: Family Spanish**

RoLa

Make learning Spanish an activity for everyone in your household with Juntos: Family Spanish. Have fun together and exercise your brain learning a new language through games, songs, stories, and other activities. This course is designed for complete beginners. Ages 5+

8 Wednesdays | Sept. 29-Nov. 17 | 6:00-7:00 pm Gibbs | \$165/family

# The Lyman Estate Tour 🎇



Michael H. Maler, Historic New England Regional Site Administrator, Metro-Boston

Explore a historic home that is over 200 years old through the lens of generations of the Lyman family on this interactive tour. Built just ten years after the end of the Revolutionary War, explore the incredible architecture and hear stories about what it was like to live in a house like this in the 1800s and 1900s. Initially used as a 24-room summer home, learn about the many expansions and remodels the house has gone through, including the construction of one of the oldest greenhouses in the U.S. See how the architectural elements were chosen to reflect the most stylish designs of the time, including a graceful oval parlor and elegant ballroom that were featured in the 2019 film adaptation of Little Women. History buffs, art lovers, and young explorers alike will enjoy wandering through the mansion and (weatherpermitting) the surrounding grounds. Ages 8+

Sunday, Oct. 17 | 9:30-11:00 am | Offsite | \$49/pair



# **Cook Around the World: A Mini Series**

Gaby Redner

Does your family love to travel for the fun of trying new food? Prepare menus from around the world in your own kitchen this fall. We'll visit Brazil and make pao de queijo (pronounced "powdeh-kay-zho"), a sought after Brazilian breakfast or snack. This naturally gluten-free cheesy bread is a crowd favorite and will pair perfectly with *mugueca*, a delicious fish stew with tomatoes and a coconut milk base. Travel to Italy next as we learn to make fresh pasta with just our hands and a rolling pin. We'll pair this classic Italian dish with a flavorful sausage and broccoli rabe topping. Our final trip will take us to Mexico. Using fresh tomatillos, we'll make a delicious and versatile salsa verde, to showcase in chicken or chickpea tacos. This menu will become a staple weeknight meal in your household. Ages 11+.

3 Tuesdays | Oct. 5-19 | 5:30-7:00 pm | Online | \$79/pair

# **Fondant Animal Cupcakes**

Sandra Frezza

Come join in the fun to decorate cupcakes, each with a different, whimsical animal made from fondant, the edible "modeling clay" of baking. We'll roll out, cut, and work with pre-made fondant to design four cute critters per person: a bear, a cow, a dog and an elephant. This fun class is perfect for any level of decorator from beginner to advanced. You will need to provide eight unfrosted cupcakes for the four different designs. Ages 7+

Wednesday, Oct. 13 | 6:00-8:00 pm Gibbs | \$59/pair (includes supplies)

Thursday, Oct. 28 | 6:00-8:00 pm | Online | \$39/pair

# Knife Skills: Chop Your Own Poké Bowl

Jacqueline Church

Your family will gain more confidence, safety, speed, and skill in the kitchen with this class focusing on knife skills. We'll prepare colorful and delicious poké bowls as we practice different cutting methods for all of the items that will be included in your meal. Learn how to thinly slice shallots and lotus root, make an avocado swirl, cucumber ribbons, carrot flowers, and prepare other recommended ingredients for this dish including tuna, salmon, avocado, baby greens, and radishes. These items will top a base of your choosing (rice, grains, or soba noodles are common). With these skills you'll have the essential steps to building the best poké bowls and a template you can vary as you wish. Ages 8+.

Tuesday, Nov. 9 | 5:00-7:00 pm | Online | \$39/pair

#### **Homemade Meatballs & Marinara**

Debbie Brosnan

Make the ultimate comfort food with your family this fall. Learn to make what will become a staple meal in your household: homemade meatballs, marinara sauce, and a delicious cannoli dip for dessert. We'll start with the tomato sauce, a flavorful base so easy to make you might never use store bought again. Everyone will gain essential cooking skills as we chop, dice, and mix ingredients with ground beef or turkey to make tender and juicy meatballs. While the main course simmers away, we'll whip up cannoli dip, a crowd pleasing no-bake dessert to be served with your family's favorite dipping vehicle. Whether you often cook together at home or are just starting, this meal will be one you can turn to time and again. Ages 8+

Wednesday, Sept. 29 | 5:00-6:15 pm | Online | \$35/pair

# **Gingerbread House Workshop**

Lisa Treadwell

Kick off your holidays by creating a beautiful gingerbread house. You and your child will assemble and decorate your own pre-baked gingerbread house. We'll provide the gingerbread, icing, and candies for personalizing. Return home with a unique creation you can display for the entire season. Ages 6+.

Thursday, Dec. 2 | 6:00-8:00 pm Gibbs | \$65/pair (includes all materials) Tuesday, Dec. 7 | 6:00-8:00 pm AHS | \$65/pair (includes all materials)

# **African Cooking**

**Motherland Cultural Connections** 

This unique virtual cooking class, led by a seasoned cook from Africa, will open up your family's taste buds to delicious African cuisine. Learn more about the country through storytelling, a live music demonstration, and plenty of time for questions. The menu includes a unique and delicious dish from Cameroon, *Poulet DG*. This one-pot wonder features a colorful and flavorful combination of seasoned chicken and fried plantains with vegetables, bathed in a tomato sauce. As a side dish we'll make banana puff puff, a quintessential African fried dough snack. These stories and menus are shared with love as it is the mission of this organization to provide a platform for immigrants with ties to Africa to showcase their talent, through food, music, art, and storytelling in an effort to bridge the cultural gap between African immigrants, their families, and their communities of residence. Ages 3+.

Monday, Nov. 15 | 5:00-7:00 pm | Online | \$75/family

# **Family Nutrition**

Kristen Herlihy

Reduce Dinnertime Drama Discover ways to teach your children and teens about balanced eating while reducing dinnertime drama. This workshop will provide you with the food science facts and numbers that you need to know to set your children up with healthy eating habits for a lifetime. We'll explore an evidence-based method that empowers you to share nutrition choices with your children while showing them how to read a nutrition facts label, working with that picky eater, building a brainy breakfast, and more. Give yourself the tools that every parent needs for getting their kids to eat healthy.

Hands-on in the Kitchen Do you find that you struggle to go beyond, "because I said so," when your child makes a not-so-stellar food choice? Join this interactive parent and child workshop to find fun and inclusive ways to share balanced nutrition with your child(ren). From the comfort and practicality of your own kitchen, we'll use games and easy lessons to help your family make good food choices whether at home, a restaurant, or in the supermarket. We'll have a scavenger hunt to explore where food is kept in your house, learn how to read numbers on nutrition labels, and use these skills to prepare a delicious and healthy snack. Ages 4+

Reduce Dinnertime Drama: Wednesday, Nov. 3 | 7:30-9:00 pm Online | \$29/screen (Adults only)

Hands-on in the Kitchen: Saturday, Nov. 6 | 10:00-11:00 am Online | \$25/screen (Ages 4+)

Take both Family Nutrition classes & save \$39/screen



# **Critters in Clay**

Dani Schechner

Transform lumps of clay into creative animal and critter sculptures. We'll explore various strategies and approaches for working with clay including using coils and slabs to form and connect shapes. Experiment with different methods for creating textures and details as you work on practice creatures to master your techniques. Then follow your interests to create real or imagined critters and creatures of your own design. Make it more interesting by designing features such as parts of the creature's habitat. Parents/guardians and children will collaborate together to develop final works of art. Ages 7+

Wednesday, Nov. 17 | 6:00-8:30 pm Gibbs | \$69/pair (includes all materials)

#### **Glass Art**

Michel L'Huillier

Learn the basics of glass fusing while having fun playing with glass shapes, colors and textures. Through a series of exercises we'll learn to use glass powders, frits and stringers. Then design and create a low relief "tack fused" tile and one small dish or a fused glass night light. The Instructor will fire pieces in his kiln to be picked up at the ACE office within a week. Ages 8+.

Wednesday, Dec. 1 | 6:30-8:30 pm Gibbs | \$135/pair (includes all materials)

### Pop-Up Cards

Susanne Agerbak

Learn how to create fun and engaging cards with pop-up designs. No artistic ability required, only a willingness to muck about with paper, scissors, and glue. We'll master a couple of simple designs and then spend the rest of class producing more cards independently or learning additional techniques. Holiday-themed ideas will be demonstrated for those hoping to make holiday cards. Ages 8+.

Wednesday, Dec. 8 | 6:00-7:30 pm Gibbs | \$39/pair (includes all materials)

#### **Shibori: Creative Textile Design**

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 dipping 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. Each pair will make their own beautiful *shibori* apron. Leave with detailed instructions to practice your new skills on your own. Ages 7+

Thursday, Dec. 9 | 6:00-8:30 pm Gibbs | \$75/pair (includes all materials)

Don't wait to register, classes fill fast!



# High School / College Prep

#### **SAT Review**

Kayleigh Shoen/Clayton Jones

These courses familiarize students with the verbal and math sections of the SAT, and include a pre-test, with analysis of where improvement is needed for each student, and a post-test to measure progress. Become familiar with the types of questions and effective methods to handle them. Students will also practice test-taking under time constraints and simulated conditions.

**Verbal:** 6 Thursdays | Sept. 23–Oct. 28 | 7:00–9:00 pm Gibbs | \$195 (Shoen)

*Math:* 6 Tuesdays | Sept. 28-Nov. 2 | 3:30-5:30 pm AHS | \$195 (Jones)

# **Inside Scoop on College Admissions for Seniors**

Sue Wachter, Acton College Consulting, LLC

Join a former college admissions officer for an insider's perspective on the complex college admissions process. We'll go over application platforms, important deadlines, whether "optional" essays are really optional, interview preparation, and if/when it is appropriate to submit college entrance exam scores. Leave with a strategy to prepare strong applications, and with a plan on what to do after you've submitted. Open to seniors and their parents.

Monday, Sept. 27 | 7:00-9:00 pm | Online | \$29/family

# **Jumpstart: A College Admissions Primer**

Sue Wachter, Acton College Consulting, LLC

What does a high school junior need to do to prepare to apply to college? How will the COVID pandemic change the college admissions process? How do you tour a college during a time with restricted visits? Get your questions answered during these uncertain times. This seminar will help you organize your college search and application process. Receive a timeline, talk about college entrance exam strategies, the college interview, and more to keep you focused and organized.

Thursday, Nov. 4 | 7:00-9:00 pm | Online | \$29/family

### The Perils of Student Loan Debt

Jarod Bloom

Student loan debt is unlike any other—it's extraordinarily difficult to discharge in bankruptcy, standard consumer protections have been legislatively removed from it, the U.S. government can garnish your Social Security benefits if you default on it, you generally can't refinance it, and 18-22 year olds can borrow tens of thousands of dollars in minutes without any credit history or collateral. Yet there's an (unwarranted) assumption that students "need" to take out student loan debt for their college plans. This class will educate you about student loan debt and why you don't necessarily have to take it on.

Tuesday, Oct. 19 | 6:30-8:00 pm | Online | \$25/family

# 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.

Monday, Oct. 4 | 6:30-8:30 pm | Online | \$29/family

# **Extracurriculars for College Admissions Success**

Aaron Ladd

Amp up your resume when applying for college through diversifying and increasing your extracurriculars. Join a college counselor to learn how many colleges are moving away from a formula of the "right mix" of activities and are starting to prioritize a search for applicants that show a likelihood in getting involved in their campus community. Leave with a better understanding of what admissions committees are looking for and how you can design your resume to catch their attention.

Wednesday, Oct. 6 | 7:00-8:15 pm | Online | \$19/family

# **Acing your College Interview**

Leah Abraham

Interviewing with alumni or administration staff at a college can be a vital part of the application process as it can demonstrate your interest and increase your acceptance chances. Get tips on common interview formats, likely questions, and good subjects to share with your interviewer from someone with almost 25 years of experience. Discuss appearance, mannerisms, and ways to ensure your responses are engaging.

Thursday, Oct. 14 | 7:00-8:30 pm | Online | \$19

# **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. Students and their families can learn safety skills that can only be taught at In Control's unique closed course environment. Visit <code>driveincontrol.org/ArlCommEd</code> for a special ACE discount, class details, and insurance discounts for graduates.

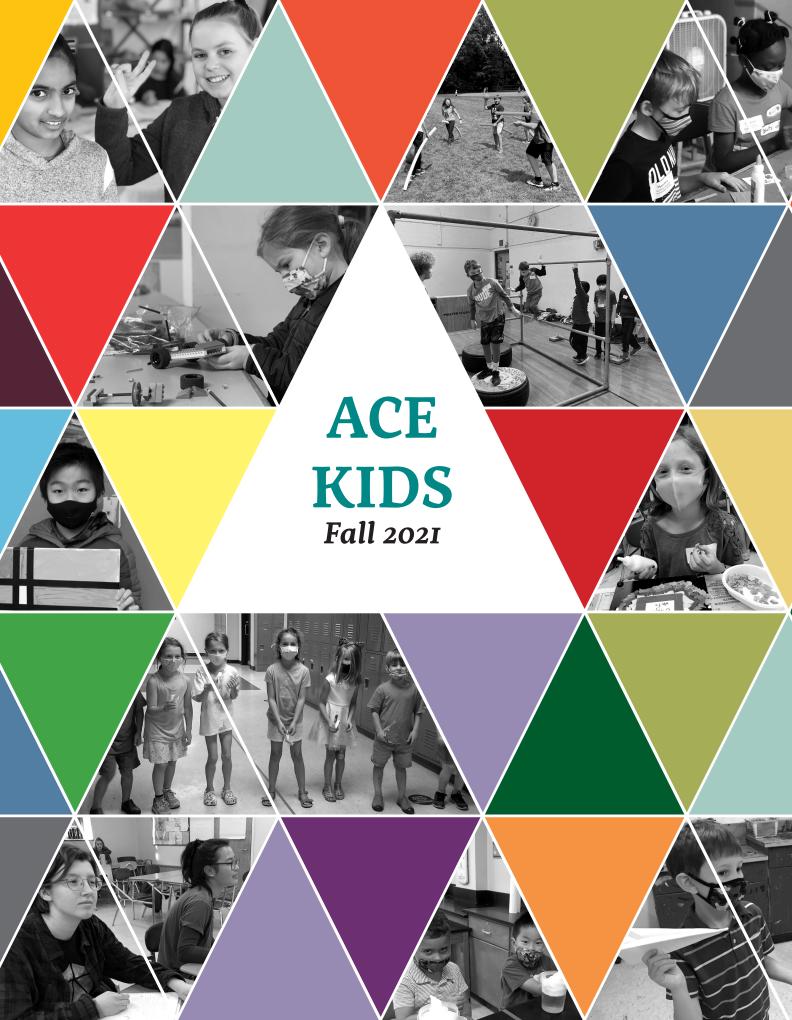
#### **Driver's Education**

CS Driving School

CS Driving School has contracted with ACE to offer Driver's Education to students wishing to obtain their Certificate of Driver Education. Classroom instruction is for students who have reached the minimum age of 15 years, nine months (15.9) by the first day of class.

All Driver's Ed registrations must be done online through CS Driving School. To Register, please visit *csdriving.com*. Select *Locations* then click *Enroll* under Arlington Community Ed.

See website for details | \$699



# ACE Kids Fall 2021: At-a-Glance

Class	Day	Grade
BISHOP		
Spanish/French Parkour Earth, Space, Sea Graphic Novels Chess Wizards STEAM Studio	Mon Tues Wed Wed Thurs Fri	K-5 3-5 3-4 4-5 1-5 K-2
BRACKETT		
Justice Squad Chess Wizards Spanish/French Art Explorers Nature Detectives Circuit Makers 101 Public Speaking	Mon Tues Wed Thurs Thurs Fri Fri	3-5 1-5 K-5 K-2 1-3 K-2 3-5
DALLIN		
Video Game Design STEM with LEGO Business Sharks Kawaii Crafting Spanish/French Chess Wizards	Mon Tues Wed Wed Thurs Fri	3-5 K-2 3-5 3-5 K-5 1-5
HARDY		
Chess Wizards Actor's Toolbox Spanish/French Animal Art Creative Cartooning Styx Animation	Mon Tues Wed Thurs Thurs Fri	1–5 1–3 K–5 K–1 3–5 3–5
PEIRCE		
STEM with LEGO FunDrumz Circuit Makers 101 3D Printing Fiber Art Exploration Spanish/French Chess Wizards	Mon Mon Tues Wed Thurs Thurs Fri	K-2 3-5 K-2 4-5 3-5 K-5 1-5

Our online registration
system is easy!

Sort by school, grade, and day.



Class	Day	Grade
STRATTON		
Creative Dance Circuit Makers 101 Spanish/French/Mandarin Chess Wizards Kids' Test Kitchen Boys in Motion Minecraft Architecture Cartooning Nathan's Ninjas	Mon Mon Tues Wed Wed Thurs Thurs Fri Fri	K-3 K-2 K-5 1-5 3-5 4-5 3-5 3-5 K-5
THOMPSON		
Spanish/French/Mandarin Boys in Motion Nathan's Ninjas Coding Fun Radiant Child Yoga Felt Fun Let's Dance Minecraft Architecture	Mon Mon/Wed Tues Wed Wed Thurs Thurs	K-5 4-5 K-5 1-2 3-5 2-4 1-3 3-5
GIBBS		
Chess Wizards LARP Gibbs Running Club Printmaking Activists for Racial Justice Java Graphics	Mon Tues Tues/Thurs Thurs Fri Fri	6 6 6 6
OTTOSON		
LARP Foundations Babysitting Basics Styx Animation Dungeons & Dragons LARP Games	Mon Tues Tues Thurs Fri	7-8 Ages 12+ 7-8 7-8 7-8
AROUND TOWN		
Ukulele @ AHS Parkour @ AHS/OMS Bike Safety @ Gibbs Bike Repair @ Quad Chess Wizards @ Gibbs Drumming @ Gibbs Game of Go @ Gibbs	Tues Tues/Sat Tues/Sat Wed Eve Wed Eve Wed Eve Thurs Eve	Ages 10–15 Varies K–8 6–12 1–5 5+ 5–8
ONLINE		
Kids Cook Tonight Bollywood Dance Party Draw Nature Te-maki Sushi Kids' Test Kitchen	Tues Wed Wed Wed Fri	6+ 3-6 3-6 5-9 3-5

# ACE Kids (K-8)

# **Important Information**

# Registration

Students may take classes at any school, however ACE does not provide transportation. All youth registrations must be made online. It is important that you update your child's grade, school, dismissal information, as well as list any health/behavior concerns in our system that will help the teacher. We want every student to have a positive learning experience so please make sure your child shows an interest in a class before enrolling.

# **Logistics**

For elementary, an ACE staff member will gather children after school and escort them to class. Students are dismissed by the instructor according to the dismissal plan you select when registering (walk/pickup/afterschool). If you are picking up your child, please be prompt. Late fees will apply. Students at Gibbs and Ottoson will receive a classroom assignment a few days before class and may dismiss themselves.

# **Tuition Assistance**

Partial tuition assistance is available for many youth classes for APS students who receive free or reduced lunch. Please email us with a copy of your free-lunch form *before* registering.

# **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 in your child's online profile. 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 at least two weeks prior to start. 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.

# **Additional Policies**

See page 49.

# **Arts & Crafts**

#### **Animal Art**

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.

Hardy | Grades K-1

8 Thursdays | Sept. 30-Dec. 2 | 2:40-3:40 pm | \$129

#### **Art Explorers**

Pam Shanley-Daube, Arlington Center for the Arts

Have a blast as we explore a variety of art media to learn basic art concepts like texture, line, color, and shape, while creating 2D and 3D projects. We will use all sorts of materials—from paints and pencils to found objects and paper mache. In the process we will reflect on our projects and increase our art vocabulary.

Brackett | Grades K-2

8 Thursdays | Sept. 30-Dec. 2 | 2:40-4:10 pm | \$195

#### **Creative Cartooning**

Sue Rice, Arlington Center for the Arts

Have you ever wanted to create characters like ones 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 or colored pencil.

Hardy | Grades 3-5

8 Thursdays | Sept. 30-Dec. 2 | 2:40-4:10 pm | \$195

#### **Draw the Wonders of Nature**

Anastasia Semash

Appreciate the beauty of nature while practicing fundamental art skills and developing a realistic approach to art. Draw landscapes, rocks, trees, flowers, and of course, animals, in simple steps. We will use photographs, videos, and works of other artists as references. While we'll work mostly with basic drawing materials (graphite and colored pencils) you can use any other supplies you prefer, including markers, pastels, and even digital tools. Class consists of two parts; sign up for one or both.

Online | Grades 3-6 | 5 Wednesdays | 3:30-4:30 pm | \$75 Scenes of Nature: Landscapes & More: Sept. 29-Oct. 27

Amazing Animals: Nov. 3-Dec. 8

#### Felt Fun

Hui Ru Liang & Lisa Treadwell

Using felt is a great way to promote creativity. Use your hands and imagination to bring your thoughts and ideas to life. We will use felt to make bookmarks, masks, flowers, animals, food, and emojis—the possibilities are endless. No sewing is required, just your excitement and willingness to have some fun.

Thompson | Grades 2-4

7 Thursdays | Sept. 30-Nov. 18 | 2:40-3:55 pm | \$139

# **Fiber Art Exploration**

Molly Atryzek

Let's experiment with fiber arts! In each session we will practice different crafts including weaving, embroidery, and working with yarn. Turn pom poms into animals, weave a decorative wall hanging, or draw with thread on a favorite piece of clothing.

Peirce | Grades 3-5

7 Thursdays | Sept. 30-Nov. 18 | 2:40-4:10 pm | \$169

# **Graphic Novels**

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. Skillbuilding includes page design, inking, and using color to tell a story.

Bishop | Grades 4-5

8 Wednesdays | Sept. 29-Nov. 17 | 2:40-4:10 pm | \$195



# **Kawaii Crafting Club**

Kelly Hughes

The Japanese concept of kawaii—best translated as "cuteness" has grown from a national trend to a global phenomenon. In this weekly club, aspiring crafters and artists will learn how to draw people, animals and objects kawaii-style. In addition to drawing, we will create adorable *kawaii* plushies and more as we exercise our individuality and playfulness. It's kawaii cuteness overload!

Dallin | Grades 3-5

8 Wednesdays | Sept. 29-Nov. 17 | 2:40-3:55 pm | \$149

# **Printmaking**

Alecia Serafini

Learn about various printmaking techniques in this creative, hands-on class. We will explore monoprinting, linocut, and stencil techniques and experiment incorporating printmaking into mixed media work.

Gibbs | Grade 6

8 Thursdays | Sept. 30-Dec. 9 | 3:15-4:45 pm | \$185



For online cooking classes, a shopping list will be emailed once the class has reached minimum enrollment.



# **Kids Cook Tonight: Nutritious & Delicious Meals**

Gaby Redner

Gain confidence in the kitchen as you learn important cooking techniques and how to make nutritious choices. Join chef Gaby, a registered dietitian, for this five-week journey where you will make meals for your whole family that are packed with flavor and nourishing ingredients. As you learn to cook crispy chicken (or tofu), homemade pesto for paninis, frittatas, and pizza, we will discuss how to maintain a balanced diet, and clear up any confusion about how and why not all carbs, proteins, and fats are the same. With our last class the Tuesday before Thanksgiving, we'll get a head start and prepare a few side dishes that can be stored and enjoyed on the holiday.

Online | Grades 6+

5 Tuesdays | Oct. 26-Nov. 23 | 5:00-6:30 pm | \$129

#### Kids' Test Kitchen

KTK Chef Instructor

Use fresh ingredients in a batch of new recipes that you and your family will look forward to eating time and time again. Working as a team, we'll slice, dice, peel, measure, and cook our dishes, including stone fruit & herb flatbread, comforting cauliflower grits, tomato tortellini soup, pumpkin hummus, and crepes. Lessons are planned to celebrate seasonal produce. Leave with a sample of ingredients and the recipe. We will work around allergies, making sure that everyone is having fun and staying safe.

Grades 3-5

Stratton | 8 Wednesdays | Sept. 29-Nov. 17 | 2:40-3:40 pm | \$175 Online | 8 Fridays | Oct. 1-Nov. 19 | 4:30-5:30 pm | \$135

# Te-maki: Hand-rolled Sushi

Jacaueline Church

Sushi is very popular but some people think only expert sushi masters can make it. We'll prove them wrong as we learn the art of te-maki and make sushi shaped like an ice cream cone without any special equipment. ("Te" means hand and "maki" means rolled.) Fillings will vary, including one from your instructor's childhood that you may find surprising.

Online | Grades 5-9 | Wednesday, Oct. 20 | 4:00-6:00 pm | \$35

# Fitness & Dance

# **Bollywood Dance Party**

Randeep Kaur

Shake off the school day during this energetic and super fun Bollywood dance class. Break a sweat while dancing to easy-to-follow choreography and music from India's film industry. All levels are welcome to this Bollywood dance party. Randeep strives to help participants unleash their inner rockstar and celebrate body positivity.

Online | Grades 3-6 4 Wednesdays | Oct. 6-27 | 4:00-4:45 pm | \$49

# **Boys in Motion**

Stratton Coaches: Amber Bus, Steward Deck

Thompson Coaches: Christine Fanciullo, Dan Allen, Ryan Wholey 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 an optional 5K road race that we can run together on Saturday, November 20 (further details upon registration). No experience necessary.

Grades 4-5 | 2:40-3:40 pm Stratton | 7 Thursdays | Sept. 30-Nov. 18 | \$65 Thompson | 7 Mondays and 8 Wednesdays Sept. 27-Nov. 17 | \$135

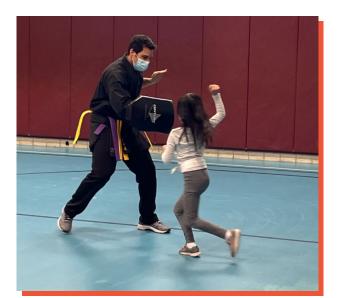
#### **Creative Dance**

Thomas Krusinski

During our time together we will explore movement, body awareness, flexibility, and strength. You and your classmates will choose the music, and the moves it inspires in all of us will be shaped into original dances.

Stratton | Grades K-3 | 8 Mondays | Sept. 27-Nov. 22 | \$159

**Session 1:** 2:40–3:40 pm **Session 2:** 3:45–4:45 pm



#### **FunDrumz**

Romy Wilhelm, Arlington Center for the Arts

FunDrumz is a full body and brain workout designed to give you a physical, mental, and social experience through basic drumming and movement. We will use exercise balls, buckets, and drumsticks to rock out and jam to our favorite tunes with movement routines that combine cardio, rhythm drumming, age appropriate learning activities, and lots of fun!

Pierce | Grades 3-5 8 Mondays | Sept. 27-Nov. 22 | 2:40-3:40 pm | \$149

# **Gibbs Running Club**

Tom Bushell & Wendy Brown

Learn to run a 5K in a fun and non-competitive atmosphere. Over the course of eight weeks, we'll build confidence as well as physical and mental endurance with a combination of core exercise, power drills, circuit training and strength-building workouts. Meet weekly for fun and energizing sessions to prepare us for an optional 5K road race that we can run together on November 20 (further details upon registration). No experience necessary and open to all.

Gibbs | Grade 6 8 Tuesdays and 7 Thursdays | Sept. 28-Nov. 18 3:00-4:30 pm | \$195

#### Let's Dance!

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.

Thompson | Grades 1–3 | 8 Thursdays | Sept. 30–Dec. 2 | \$125 Session 1: 2:40–3:40 pm
Session 2: 3:45–4:45 pm

### Nathan's Ninjas

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.

Grades K-5

Stratton | 10 Fridays | Oct. 1-Dec. 10 | \$169 Session 1: 2:40-3:40 pm

Session 2: 3:45-4:45 pm

Thompson | 11 Tuesdays | Sep. 28-Dec. 7 | 1:10-2:10 pm | \$185

#### **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. **Please note:** Saturday classes are entirely outdoors.

Bishop | Grades 3-5

9 Tuesdays | Sept. 28-Nov. 23 | 1:10-2:10 pm | \$165

AHS | 9 Tuesdays | Sept. 28-Nov. 23 Ages 12-18: 3:30-5:00 pm | \$215 Ages 8-13: 5:30-6:30 pm | \$165

Ottoson: 8 Saturdays | Oct. 2-Nov. 20 | \$145

Ages 6-9: 10:00-11:00 am Ages 7-13: 11:15 am-12:15 pm

# Parkour for Ages 50+

See p. 12



# Radiant Child Yoga® & Intuitive Art

Carla Leone

Radiant Child Yoga is gentle, fun and engaging, weaving stories, songs, and relaxation into the yoga practice. The focus is on using the breath to unite the mind, body, heart, and energy, which can reduce anxiety and increase calm centeredness. Intuitive Art involves letting go of preconceptions of "what is art," and letting intuition guide the art-making process.

Thompson | Grades 3-5

8 Wednesdays | Sept. 29-Nov. 17 | 2:40-3:40 pm | \$129

# Languages

# Language Clubs: Spanish, French, Mandarin

RoLa Languages

ACE 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, for 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 Clubs

Grades K-5 | 2:40-3:40 pm | \$160

Bishop | 8 Mondays | Sept. 27-Nov. 22

Brackett | 8 Wednesdays | Sept. 29-Nov. 17

Dallin | 8 Thursdays | Sept. 30-Dec. 2

Hardy | 8 Wednesdays | Sept. 29-Nov. 17

Peirce | 8 Thursdays | Sept. 30-Dec. 2

Stratton | 8 Tuesdays | Sept. 28-Nov. 16 | 1:10-2:10 pm

Thompson | 8 Mondays | Sept. 27-Nov. 22

#### **Mandarin Club**

Grades K-5 | \$160

Thompson | 8 Mondays | Sept. 27-Nov. 22 | 2:40-3:40 pm Stratton | 8 Tuesdays | Sept. 28-Nov. 16 | 1:10-2:10 pm

**Raising Anti Racist Kids** 

A four-week parenting workshop, p. 2



# Games & Fantasy



#### **Chess Wizards**

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.

Grades 1-5 | 2:40-3:40 pm | \$175

Bishop | 8 Thursdays | Sept. 30-Dec. 2

Brackett | 8 Tuesdays | Sept. 28-Nov. 16 | 1:10-2:10 pm

Dallin | 8 Fridays | Oct. 1-Nov. 19

Hardy | 8 Mondays | Sept. 27-Nov. 22

Peirce | 8 Fridays | Oct. 1-Nov. 19

Stratton | Wednesdays | Sept. 29-Nov. 17

Gibbs | Grade 6 | 8 Mondays | Sept. 27-Nov. 22 | 3:10-4:10 pm

Gibbs Evening | Grades 1-5

6 Wednesdays | Oct. 6-Nov. 10 | 6:30-7:30 pm | \$129

#### The Game of Go!

John Kerpan

On the Go board, you wield the power to keep your groups safe, capture your opponent's stones, and make sure you end up with more territory than your opponent. Originating in China, this game has been played for over 2,500 years, and has inspired emperors, samurai,



artists, philosophers, and even anime writers and computer programmers ever since. Master the rules, learn the tactics and strategy, and face your rivals!

Gibbs Evening | Grades 5-8

4 Thursdays | Oct. 7-28 | 6:00-7:00 pm | \$59

# New! Evening Chess at Gibbs

For Kids and Adults



### **LARP Heroes Academy**

LARP Adventure Program

Live Action Role Play (LARP) allows you to participate in an interactive narrative, similar to the "choose your own adventure" books using a combination of theater, martial arts, and costume/prop/stage design. We combine these arts with critical thinking, creative problem solving, and community leadership skills. Join us for hands-on creative activities as we explore everything from game systems and character development, to prop and costume building. Physically portray your characters and enact a plot within a fictional setting while interacting with each other.

#### **Foundations in LARP**

Gibbs | Grade 6

11 Tuesdays | Sept. 28-Dec. 7 | 3:10-4:10 pm | \$219

Ottoson | Grades 7-8

10 Mondays | Sept. 27-Dec. 6 | 3:10-5:10 pm | \$395

#### LARP Games\*

Ottoson | Grades 7-8

7 Fridays | Oct. 1-Dec. 3 | 3:10-5:10 pm | \$275

\*Prerequisite: Simultaneous enrollment in Foundations in LARP

# **Dungeons & Dragons Heroes Quests**

LARP Adventure Program

Role playing games give players experience with a variety of skills including improvisation, critical thinking, math and public speaking. We will use *Dungeons & Dragons 5th Edition* rules to guide us through the process of creating characters and then testing their might through an interactive story. Everyone will be taught—at a comfortable skill level—how to make characters and serve as dungeon masters.

Ottoson | Grades 7-8

9 Thursdays | Sept. 30-Dec. 9 | 3:10-5:10 pm | \$359

# Life Skills

#### **Activists for Racial Justice**

Meredith Moore, Kids for Racial Justice

Are you ready to fight for racial justice? Choose an issue that you care about, such as police brutality, the school-to-prison pipeline, or representation in the media, then working with a team, research the issue, plan, and carry out action. This could include making protest art, writing letters or petitions, raising awareness in the community, and much more.

Gibbs | Grade 6 8 Fridays | Oct. 1-Nov. 19 | 3:10-4:40 pm | \$189

#### **Justice Squad**

Meredith Moore, Kids for Racial Justice

Justice Squad empowers you to become an activist for racial justice through engaging, age-appropriate explorations of race, racism, and activism. Discover the origins of racism, learn about anit-racist activists, and investigate ways that racism shows up in the world around us. Plan and undertake action projects to address racism, such as making protest art, writing letters and petitions, and raising awareness in the community.

Brackett | Grades 3-5 8 Mondays | Sept. 27-Nov. 22 | 2:40-3:40 pm | \$169

# **Your Voice: Public Speaking**

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.

Brackett | Grades 3-5 8 Fridays | Oct. 1-Nov. 19 | 3:10-4:25 pm | \$189



#### **Business Sharks**

Right Brain 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!

Dallin | Grades 3-5 8 Wednesdays | Sept. 29-Nov. 17 | 2:40-3:40 pm | \$189

# **Babysitting Basics**

Va Shon Wallace-Hiltpold, 4-H Youth and Family Development
The excellent 4-H Babysitters' Program gives you the skills and confidence to handle situations you may encounter when caring for young children. At the end of the course you will receive a Babysitter's ID card and a certificate of completion.

Ottoson | Ages 12+ 4 Tuesdays | Oct. 26-Nov. 16 | 3:10-4:45 pm | \$125

### **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. **Please note:** Bring your bike to class.

Quad Cycles | Grades 6-12 Wednesday, Oct. 6 or Tuesday, Oct. 19 | 5:00-7:00 pm | \$35

# **Bike Safety**

Officer Bryan White, School Resource Officer, APD
Join Officer Bryan White and other members of the Arlington
Police Department for a fun and informative course on bike
safety. Learn proper hand signals, how to travel on bike lanes
and the bike path, and general tips on how to ride safely to
school and around town. **Please note:** While this program is free,
pre-registration is required for each child attending. Space is

limited. Bring your bike and helmet.

Grades K-8

Session 1: Tuesday, August 24 | 4:30-6:30 pm

Gibbs | Free with registration

Session 2: Saturday, September 25 | 9:00-11:00 am

AHS | Free with registration

# Music & Theater

### **Actor's Toolbox**

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.

Hardy | Grades 1-3

8 Tuesdays | Oct. 5-Nov. 23 | 1:10-2:10 pm | \$165

# **Drumming for Beginners**

Malcolm Jacobs

Learn how to rock out on the drums with this class focusing on foundational skills. Using practice pads, learn how to grip and balance drumsticks and proper technique for playing the snare drum with articulation and overall accuracy. Rhythm and sight reading are other vital skills to master, and we'll have plenty of exercises to practice keeping the beat each week. Enjoy learning how to play a great musical instrument, and have fun doing it!

Gibbs Evening | Grades 5+

8 Wednesdays | Sept. 29-Nov. 17 | 6:30-7:30 pm | \$129

### Ukulele

Amy Kucharik

Ukulele is one of the easiest instruments to learn and can give you a lifetime of musical enjoyment. In the beginning class, practice how to hold and tune your ukulele as well as play basic chords and strum patterns in popular songs. We'll also cover some basic music theory and reading tablature so you can begin to pluck melodies and recognizable riffs. In the intermediate class explore more music theory and fingerstyle uke with tablature for plucking cool rhythmic patterns and recognizable riffs and melodies.

AHS | Ages 10-15 | 8 Tuesdays | Oct. 5-Nov. 23 | \$129

**Continuing:** 3:30–4:30 pm **Beginning:** 4:45–5:45 pm





#### **3D Printing with BlocksCAD**

Einstein's Workshop

Learn how to design awesome 3D objects using *BlocksCAD*, a software program that combines 3D modeling with block-based coding for an easy to use and educational experience. We will print two of your designs on one of Einstein's Workshop's 3D printers.

Peirce | Grades 4-5

8 Wednesdays | Sept. 29-Nov. 17 | 2:40-3:55 pm | \$269

#### Adventures in STEM with LEGO®

Play-Well TEKnologies

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects such as chugging steamboats, enchanted moon bridges, and bustling airports. Design and build as never before, and explore your craziest ideas in a supportive environment.

Grades K-2 | \$195

Dallin | 8 Tuesdays | Sept. 28-Nov. 16 | 1:10-2:40 pm Pierce | 8 Mondays | Sept. 27-Nov. 22 | 2:40-4:10 pm

#### **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. Most class days will include a project you can take home.

Grades K-2 | \$195

Brackett | 8 Fridays | Oct. 1-Nov. 19 | 2:40-4:10 pm Peirce | 8 Tuesdays | Sept. 28-Nov. 16 | 1:10-2:40 pm Stratton | 8 Mondays | Sept. 27-Nov. 22 | 2:40-4:10 pm

#### **Coding Fun**

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.

Thompson | Grades 1–2

8 Wednesdays | Sept. 29-Nov. 17 | 2:40-3:40 pm | \$129

# Earth, Space & Sea

Wicked Cool for Kids

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

Bishop | Grades 3-4 6 Wednesdays | Oct. 6-Nov. 10 | 2:40-3:40 pm | \$175

#### **Learn to Code: Java Graphics**

Einstein's Workshop

Learn the fundamentals of programming in a fun, visual, and interactive way. Make pictures, animations, and games that will wow your family and friends. We'll use a Java-based programming language called *Processing*. This is a development environment originally designed to help teach computer programming fundamentals, but has since evolved into an easy way for artists, designers, and researchers to easily produce visual software.

Gibbs | Grade 6 8 Fridays | Oct. 1-Nov. 19 | 3:10-4:25 pm | \$269

### **Minecraft Architecture**

Einstein's Workshop

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

Grades 3-5 | 2:40-3:55 pm | \$269 Stratton | 8 Thursdays | Sept. 30-Dec. 2 Thompson | 8 Fridays | Oct. 1-Nov. 19

#### **Nature Detectives**

Mass Audubon Habitat Staff

It's a new school year and students are not the only animals getting back to work. Squirrels are scurrying to store seeds for winter. Plants have been pollinated and are now producing fruit. Foxes and coyotes are starting to grow thick, fur coats. Are you wondering how other wildlife readies themselves for the coming cold? You'll be nature detectives who observe live animals, read stories, examine specimens, and explore the schoolyard to find out!

Brackett | Grades 1-3 7 Thursdays | Sept. 30-Nov. 18 | 2:40-3:40 pm | \$209



### **STEAM Studio**

Wicked Cool for Kids

Join the STEM to STEAM movement—where science and art meet! Engineer and design awesome projects while learning science and math concepts. Get messy with colors, chemicals, and creations to create cool rainbow slime, density tubes, and shimmering salt crystals. Make repeating geometric patterns and cool nature boxes to take home.

Bishop | Grades K-2 5 Fridays | Nov. 5-Dec. 10 | 2:40-3:40 pm | \$145

# **Stykz Animation**

**Empow Studios** 

Who doesn't love movies? Now you can make your own in this introductory class that explores digital animation. Create your own stories in the form of a storyboard complete with characters and scenes. Then learn to use digital animation to turn your vision into a movie using various techniques. This class combines imaginative story-telling and digital creativity tools. Your finished movie projects are available to take home to share with family and friends.

Ottoson | Grades 7-8 8 Tuesdays | Sept. 28-Nov. 16 | 3:10-4:40 pm | \$329 Hardy | Grades 3-5 8 Fridays | Oct. 1-Nov. 19 | 2:40-4:10 pm | \$329

#### **Video Game Design Using Flowlab**

**Empow Studios** 

Channel your love of video games into building your own. Together with like-minded students, you will design simple video games step-by-step, experimenting with specific tasks and movements, and sharing gameplay with your peers, while learning important STEM concepts of design, problem solving, and trial/error. Learn to use the accessible game design program Flowlab—no coding required—a platform used by many professional game designers to prototype new builds. Games will be stored online, so you can gain access after class.

Dallin | Grades 3-5 8 Mondays | Sept. 27-Nov. 22 | 2:40-4:10 pm | \$329

# Important Information

# Who Can Enroll

Anyone can enroll in our classes at the same low tuition. We welcome residents of Arlington and non-residents. Adult classes are open to ages 18+. Our goal is to provide safe, accessible, and comfortable classes for students of all races, ages, genders, sexual orientations, gender identities, religions, abilities, statuses, and every other category protected by federal or state law.

# How to Register

Registrations must be completed online. Go to Arlington. CE.Eleyo.com and follow the directions to register. If you have any questions, please call 781.316.3568 or email CommunityEd@arlington.k12.ma.us.

Registrations for in-person and online classes are per person unless otherwise noted.

You are officially enrolled as soon as your payment is processed. An email address is required for course confirmation and updates.

Please register early! Many classes fill fast and low enrolled classes are cancelled.

# **Redeeming Credits**

If you have an existing course credit with ACE, please register and pay in full for your classes, then email us within 24 hours with the subject line *ACE credit*. We will refund you for the amount of the ACE credit. Note that your credit balance will not appear in your online dashboard. If you have any questions about your credit, please contact us.

# **Class Details**

For all in-person classes, please check our website for our regularly updated COVID safety precautions.

We are using a variety of locations this fall, while continuing to offer many online options. Locations are listed under each class description along with dates, times, and prices.

Class times and locations will be included in an automated *Course Reminder* email that is sent 24 hours before your class. If you can't find it, search your email for a message from *Arlington@CE.Eleyo.com*. You can also find this information in your online ACE account. Go to your *Dashboard* to view your current classes, which you will find under *Explore All Programs*.

Online classes will be held on Zoom. In person classes will take place at the following Arlington locations:

Arlington High School | 869 Massachusetts Ave
Gibbs School | 41 Foster St, Arlington
Arlington Center for the Arts | 20 Academy St
Calvary United Methodist Church | 300 Massachusetts Ave
St. Camillus Church | 1185 Concord Turnpike
The Society of Master Beercierge | 85 Leonard St, Belmont
Derby Farm Flowers & Gardens | 218 Massachusetts Ave
Quad Cycles | 1043 Massachusetts Ave
Offsite | Meeting location will be emailed

# **Waitlists**

If the class you want is full, sign up for the waitlist. There is no charge and we often get last-minute changes or add sections when possible. We will contact you if a spot becomes available.

# Withdrawals

Email withdrawal requests during our business hours (M–F, 9 am–4 pm) to CommunityEd@arlington.k12.ma.us; requests that come outside of those hours will be considered on the following day. There are no credits or refunds once a class has started, for student absences and/or late arrivals. Credits may be used within two years by anyone in your family.

- Before 10 business days: refund less 10%
- Before 5 business days: credit less 10%
- Fewer than 5 business days: no refunds or credits

# **Cancellations**

ACE reserves the right to cancel classes due to low enrollment or other considerations. If we cancel your class, you will receive a full refund to your original form of payment.

If the Arlington Public Schools are closed during the day due to holiday, school vacations, or inclement weather, ACE classes will not be held. If school is in session and weather becomes inclement during the day, cancellations will be posted on our website, emailed, and texted (to those who opt in).

If your class is cancelled due to weather, we will make every effort to reschedule a make-up date. We cannot offer refunds or credits for weather-related changes. Online classes will typically run in inclement weather.

# **Tuition Assistance**

Partial tuition assistance is available for many youth classes for APS students who receive free or reduced lunch. Please email us with a copy of your free-lunch form *before* registering.

### **Etcetera**

ACE reserves the right to change instructors if necessary and correct prices, times, or dates due to typographical errors in our catalog or website.

The opinions, views, or recommendations expressed by instructors are their own, and do not necessarily reflect those of Arlington Community Education. ACE does not endorse any service or product recommended or offered by instructors.

# **Gift Certificates**

Perfect for any occasion. Join together with friends and family for a night of fun! Please email us at CommunityEd@arlington.k12.ma.us.







At Arlington High School 869 Massachusetts Avenue Arlington, MA 02476 Non-Profit Org. U.S. Postage PAID Boston, MA Permit No. 59927

**Residential Customer** 

New! Introduction to Adobe Photoshop

see p. 8



700 years after Dante's passing

it's time to finally read *Inferno*, p. 1



Design shibori, pop-up cards or fused glass as a family!

Family classes, p. 35



For Yoga, Tai Chi & QiGong classes,

see our Fitness & Dance section, p. 13



Bike Safety & Repair for Kids

see p. 46



**Chinatown Food Tour** 

Sunday, Oct. 24, p. 29



New! Evening Chess at Gibbs

**For Kids and Adults** 



Write a 10-Minute Play

with the Colleges of the Fenway Theater Director, p. 34

