



Dear Neighbor,

We are pleased to showcase Boston artist Jasmine Milton's artwork on our cover. For me, Jasmine's powerful, vibrant portraits pose questions about inclusion that need to be asked. We all want to feel included and to be part of something greater than ourselves: whether with friends, at work, or in our neighborhoods.

We hope our ACE community can be one of those places for you. Through our wide range of programs for students of all ages, identities, and backgrounds, we strive to be inclusive and to make sure that everyone feels supported to try new things. We thank our teachers—and you, our students—for helping us foster that atmosphere.

Let us know if there are programs you'd like us to offer, or organizations we can collaborate with to help us broaden our reach.

And we thank Jasmine for helping us, in her words, "build beauty in our communities and spread joy through art."

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 February 21-25 (with the exception of our *VacationFun* program, p. 30).

We are using a variety of locations this winter, 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 37.

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

Arlington Community Education

Arlington High School

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Tax Identification number: 046-001-070

ArlingtonCommunityEd.org

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Winter Cover Art Contest Winner

Portrait series: "Trinity," "Will," "Trey," and "Jasmine: A Self Portrait" by Jasmine Milton

Jasmine Milton is a visual artist based in Boston who specializes in paintings, public art murals, and mixed media works. She believes that art brings awareness to problems of social justice, inequity, and racism in America. These works are a series of abstract portraits, combining complementary and analogous colors of varying brightness levels that evoke different emotional responses in the viewer. Jasmine uses concepts from color theory to portray tone and stimulate healing within herself and her community. See more of Jasmine's work at justjasminecollection.com

Catalog Design

Carolyn V. Marsden Design

Highlights

Browse our selection of classes related to the things we've greatly missed—*theater, film, music and dance!*



Viva Opera! Opera's Greatest Hits

Andy Papas

Led by a professional opera singer, explore some of the most well-known and beloved pieces in the operatic repertoire including *The Marriage of Figaro*, *The Barber of Seville*, and *Carmen*. Each session will focus on a specific opera and composer, explore the famous arias and vocalists, and highlight the musical idiosyncrasies that define the piece. Discussions about plot points, characters, and themes will allow participants to “take the stage,” and gain a deeper understanding of what makes each opera a masterpiece.

8 Mondays | Jan. 24–Mar. 21 | 2:15–3:45 pm | Online | \$219



Discover opera
with professional
singer, Andy
Papas

Film Appreciation

Andrew Frassa

Movie lovers, come learn more about the beauty that makes film such a unique art form. Develop a deeper understanding of how to get the most out of your movie watching experience by looking at cinematic movements and genres from across both history and the world. We will watch clips to explore the characteristics of *Film Noir* and the *French New Wave* movement, compare the style of comedies from Charlie Chaplain and the Marx Brothers, and study a range of Western film scenes from the '30s to the '60s.

6 Tuesdays | Jan. 25–Mar. 8 | 7:00–9:00 pm | Gibbs | \$159

The Influence of the Beatles & Bob Dylan

Harold Lepidus

In many significant ways, the Beatles and Bob Dylan influenced an entire generation. But how did they influence each other? In the mid-1960s Dylan's lyrics inspired the expanded lyrical content in the songwriting of the Beatles, and the Fab's *Mersey Beat* was a catalyst in Dylan's decision to “Go Electric.” Yet by the end of the decade, they had switched places, with the Beatles lyrics becoming increasingly poetic, while Dylan (temporarily) simplified his. Using audio, literary, and video evidence, we will explore two of the most influential musical entities of the 1960s.

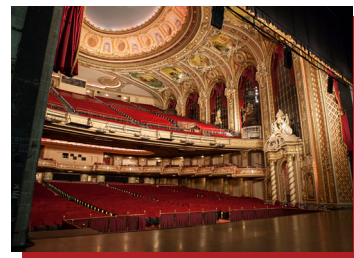
Tuesday, Feb. 8 | 6:30–8:30 pm | Online | \$35

Wang Theatre Backstage Tour

Scott Towers

Visit one of Boston's most prominent theatrical landmarks! Explore the beauty and wonder of the historic Wang Theatre through a behind-the-scenes tour. Learn about the theater's architectural highlights and unique history as you visit the dressing rooms and hallways walked by entertainment legends like Bruce Springsteen and Ella Fitzgerald. Also experience the center's newest initiative, the Folk Americana Roots Hall of Fame. Walk away with a newfound appreciation of this theater and why it was once referred to as “The Showplace of New England.”

Sunday, Jan. 30 | 10:30–11:30 am | Offsite | \$29



A Cultural Tour of Cuba

Laura Quincy Jones & Yasser Torriente-Rodriguez

The wholehearted positive energy that bursts from Cuban dance and arts is irresistible. Enjoy an armchair journey into the grand theaters, experimental arts salons, and underground galleries that are celebrating classical as well as new and alternative Cuban creatives. With ample video clips and stunning visuals to accompany our tour, we'll explore Cuba's famous lineage of dance styles and discuss key Cuban artists who have greatly influenced Cuban history with their visual and performing arts.

Thursday, Feb. 17 | 7:00–9:00 pm | Gibbs | \$29

Understanding 20th Century Dance

Kelley Donovan

Enhance your appreciation of dance as an exciting and ever-changing performance art. Develop an overall familiarity with dance as a contemporary art form through readings, video, and discussion. We will explore many 20th century choreographers and significant dance figures from Isadora Duncan to Alvin Ailey, Jose Limon, Pilobolus, Twyla Tharp, and Judson Church.

5 Mondays | Feb. 28–Mar. 28 | 7:00–8:30 pm | Online | \$99

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

Irena Stanic Rasin

Praised for feminism and condemned for misogyny, Giovanni Boccaccio's view of women has been interpreted in various shades of gray. Shape your own opinion based on several emblematic *novelle* from his capital work *Decameron* (c. 1353). The book contains 100 tales told by a group of young women and men sheltering in a secluded villa just outside Florence to escape the plague. After exploring its historical perspective, we will discuss plot and characters, focusing on the ambiguity of his use of the adjectives *good*, *wise*, and *lusty*.

5 Thursdays | Mar. 3–31 | 7:00–8:30 pm | Online | \$99

Career, Technology & Finance

Career

Write a Winning Grant Proposal

Maura Harrington

Do you love writing and have a passion for a cause? Learn how to write a winning grant proposal that will secure funding for your favorite nonprofit or research organization. Millions of dollars are available each year from foundations and private corporations and we'll discuss how to access these opportunities as you write your own proposal in class. Whether you're looking to start a new career as a grant writer or build upon existing skills, this class will help you capture the attention—and financial support—of donors.

6 Wednesdays | Feb. 2–Mar. 16 | 7:00–8:30 pm | Online | \$129

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: writing a business plan, obtaining pro bono assistance, navigating legal and human resource issues, and developing a sustainable fundraising plan. We'll also address more technical aspects: incorporating in Massachusetts, understanding IRS requirements (or working successfully with a fiscal agent), and staying "in compliance."

3 Thursdays | Mar. 3–17 | 7:00–9:00 pm | Gibbs | \$85

Land a Nontechnical Job in the Tech Industry

Gamze Saunders

Do you feel stuck in your current job or career unable to grow to the next level? While the tech landscape is hot in Boston, opportunities abound for nontechnical professionals too. Discover how you can transition your career and enjoy the high salary, benefits, and perks of a technology company. Learn about types of tech companies and identify how your current skills can be a great asset by using skills matrix methodology. Build a strong resume and get practice time with a hiring manager who will share tips on making connections.

Monday, Feb. 7 | 7:00–8:30 pm | Online | \$25

Technology

Python Programming & Data Science

Dr. Wolfgang Richter

Boost your career by learning the most popular programming language in the world, Python. Used by nearly every business out there, it is easy to learn and will help upgrade your career and open the door to new possibilities. We'll also cover the basics of data science, another vital career skill. Learn how to understand data and gain knowledge using scientific methods, processes, and algorithms. Each session will combine lecture and practice time, leaving you with the skills to program in Python and analyze a data set like a data scientist.

4 Thursdays | Jan. 27–Feb. 17 | 6:30–8:30 pm | Gibbs | \$199



Podcasting 101

Anne-Fleur Andrie

Considering starting a podcast? These spoken-word audio episodes are an enriching way to express yourself creatively, complement business goals, and create deeper connections with an audience. This class will help you choose the kind of podcast you want to create, benchmark what exists, and create a unique concept. Find out what equipment you may need to create and run a podcast, and learn to build and plan a podcast roadmap.

3 Wednesdays | Jan. 26–Feb. 9 | 7:30–9:00 pm | Gibbs | \$69

WordPress: An Introduction

Gary E. Haffer

WordPress is a user-friendly and customizable platform that lets you create a website, and 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. Learn how to customize your theme, create dropdown menus, links, and more for a professional appearance. Leave the course with a working site that you can manage yourself.

3 Tuesdays | Feb. 1–15 | 7:00–8:30 pm | Gibbs | \$69

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. Design a website that not only looks good but effectively captures what your unique business is all about.

3 Mondays | Jan. 24–Feb. 7 | 7:00–8:30 pm | Online | \$89

Cut the Cable: TV Options in the Digital Age

Howard Loewinger

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

Thursday, Feb. 3 | 7:00–9:00 pm | Gibbs | \$29

iPhone/iPad Features: Beyond the Basics

Marjorie Wein

Think you know everything about your mobile device? Come find out so much more—fun and useful text messaging features, a new keyboard, document scanner, new “Do not Disturb” functions, password sharing, many new features in Photos and Siri, a more useful Reminders App, and much more. For those who have basic working knowledge of their iPhone or iPad and who want to take advantage of even more of what their device has to offer.

2 Tuesdays | Mar. 15 and 22 | 6:30–8:30 pm | Gibbs | \$59

If the class you want is full, sign up for the waitlist!

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



One-on-One Tutoring Options

Please call or email the ACE office to learn more and register for a two-hour session | \$125

Technology Tutoring

Howard Loewinger

Get help with your smartphone, tablet, or computer, and whichever computer or software applications are trying your patience. Our instructor will meet with you to help troubleshoot and answer questions about MS Office Suite (Excel, Word, PowerPoint), communications (email, Facebook), how to organize your desktop, and more.

QuickBooks

Leslie Capachietti

This training is ideal for new QuickBooks users, working on the desktop or online versions, 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.

Website Design: Engaging Your Customers

Andrea Spector

Get personalized help with planning, executing and enhancing your website. This one-on-one website mentoring will help give you direction on how to create an impactful website that includes engaging content that speaks to your distinct customers and help build your brand. Together, we will prioritize which efforts to work on first.

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 of life's milestones. We'll explore the impact of debt on your personal finances and review strategies for paying it off; learn how to allocate money so you can balance priorities and save intentionally; and demystify the process of saving for retirement.

3 Tuesdays | Feb. 1–15 | 7:00–8:30 pm | Online
\$69/individual or \$115/pair

Navigating the Stock Market

Michael Stern

Get empowered to make educated and informed decisions about your investments. 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, using online resources, and managing an existing portfolio of stocks that may already contain strong winners or significant underperformers. We'll also cover financial ratios, reading a basic balance sheet, and recognizing an undervalued vs. overvalued stock.

3 Thursdays | Mar. 3–17 | 7:30–9:00 pm | Online | \$95

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. Leave with information about Medicare and other health care plan choices/costs available to Massachusetts residents.

Wednesday, Jan. 26 or Tuesday, Mar. 15 | 7:00–9:00 pm
Online | \$29

Public Health Assistance Programs

Elaine Miller

This seminar is designed for people who may qualify for public health programs and want to learn more about MassHealth, Prescription Advantage, Medicare Savings Programs, Low Income Subsidy, and Health Safety Net. Led by Elaine Miller, a certified MassHealth counselor and Medicare specialist, attendees will learn current income and asset guidelines, other eligibility requirements, and how to apply for a specific program designed to help low to moderate income people with their health related costs. Please note: Computer and/or internet access can be supplied in order to take this class.

Wednesday, Feb. 16 | 6:00–8:00 pm | Online
Free with registration

Estate Planning

David W. Adams, Esq./Benjamin Strobeck, Esq.

Advanced Concepts Dive deeper into end-of-life planning as we cover how to structure trusts for children and heirs to support them on their life journeys, while still encouraging their personal growth and achievement. We'll discuss additional tax planning techniques to minimize estate and capital gains taxes, potential new tax law changes, as well as charitable giving tools that can build family unity and shared purpose.

Prepare for Long Term Care 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? This class will focus on leveraging 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.

Advanced: Tuesday, Feb. 8 | 7:00–8:30 pm | Gibbs
\$35/individual or \$59/pair (Adams)

Long Term: Thursday, Mar. 3 | 7:00–8:30 pm | Online
\$35/individual or \$59/pair (Strobeck)

Planning for Financial Success After Divorce

Chris Chen

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. You will 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. Come out more confident about the future with a clear roadmap of what you need to do to get back on track.

Tuesday, Feb. 15 | 7:00–8:30 pm | Online | \$35



Get financial advice from
Chris Chen, CFP® CDFA

Fine Arts & Crafts

Many art classes require you to purchase materials before the start of class. Check the online class listings for details.



Digital Photography: An Introduction

Suzi Grossman


Move off the “auto” setting and learn what your digital camera can do. Explore your camera’s features and menus and then get an overview of the basic elements of photography, including shutter speed, aperture, metering, focus, and ISO speed. We’ll build on these basics, adding lighting and composition, and apply them to photographing common subjects such as portraits and landscapes.

6 Thursdays | Feb. 3–Mar. 17 | 7:00–8:30 pm | Online | \$115

Drawing Foundations

Eli Portman/Dani Schechner

Learning to draw is about learning to see. 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. We will work on a variety of subjects, including landscapes, still lives, people, and more. All levels are welcome, especially beginners.

10 Wednesdays | Jan. 19–Mar. 30 | 10:00–11:30 am | Online
\$189 (Portman) 

10 Thursdays | Jan. 20–Mar. 31 | 6:00–7:15 pm | Gibbs
\$189 (Schechner)

Ink Drawing

Eli Portman

Create captivating illustrations, complex drawings, and thoughtful images with lines and ink. Using just simple tools we’ll practice shading, depth, contrast, and line control to create drawings of deep detail. Utilizing different amounts of ink, and learning to control pressure on the paper, we can create very dynamic and intense compositions that have a weight other drawing techniques do not.

8 Thursdays | Feb. 3–Mar. 31 | 10:00–11:30 am | Online | \$149

Landscape Drawing

Anastasia Semash

Learn how to draw colorful landscapes from life and photo references. Study proportion, basics of composition, tonal shading, perspective, and more. We will create a series of drawings including forests, coastal and rural scenes, as well as city sketching. You can work with your preferred materials, which may be colored pencils, pastels, and other drawing and sketching tools.

7 Thursdays | Feb. 3–Mar. 24 | 6:30–8:00 pm | Online | \$145

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.

10 Thursdays | Jan. 20–Mar. 31 | 7:30–8:45 pm | Gibbs | \$189

Acrylic Painting: An Exploration

Samantha Fein

Learn the basic methods, techniques, and tools of acrylic painting in this easy-to-follow class. Each week we will discuss fundamental elements of art, such as shape, line, and color. Learn how to apply these formal components to your own artwork so you can bring your ideas to life on canvas. Explore your unique artistic voice using the big, bright colors of acrylic paint and create your own masterpiece. All levels are welcome.

8 Wednesdays | Jan. 26–Mar. 23 | 6:30–9:00 pm | Gibbs | \$249

Acrylics Magic 🌞

Anne Black

Delve into the wonderful world of acrylics and explore a myriad of ways to use acrylic gels, mediums, and paints to create luscious, colorful surfaces. Gain new understanding of color through a series of fun warm up projects before creating richly textured paintings on canvas and wood panels. Classes include guided exercises and demos as well as ample time for experimentation. Spark your creativity with exciting ideas for taking your work in new directions. For artists of any level.

3 Fridays | Jan. 28–Feb. 11 | 10:00 am–12:00 pm | Online
\$109 (includes material kit)

Printmaking Without a Press 🌞

Anne Black

Enjoy the spontaneous and addictive process of creating prints without a press using gel plates and plastic monoprint plates. Explore color and texture using acrylic paints, recycled objects, homemade tools, stencils, and more, while creating a stash of richly layered prints. Each class will include one or two targeted projects and include demos and time for experimentation. For artists of any level.

3 Fridays | Feb. 18–Mar. 4 | 10:00 am–12:00 pm | Online
\$109 (includes material kit)

Mixed Media Collage

Suzanne O'Neil

Come explore, play, and practice with a variety of mixed media, including papers, paints, inks, stencils, found objects, and more. We will create layers, add texture, design patterns, make personalized markings, and experiment with putting it all together. Gelli plates and stencils will be highlighted. New and returning students are welcome. There is no experience necessary, just a willingness to explore and play.

4 Tuesdays | Mar. 8–29 | 7:00–9:00 pm | Gibbs
\$125 (includes some materials)

Get to Know Your Sewing Machine

Jen Flores

Whether you have a brand new machine 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.

3 Thursdays | Jan. 20–Feb. 3 | 6:30–8:30 pm | Gibbs | \$79



Try one of our sewing classes.

Sew Simple

Jen Flores

Familiar with your sewing machine's basic functions but nervous about tackling a project on your own? Get step-by-step assistance making a simple piece of clothing. Discover what can be added to a simple project to transform it into a stand-out piece. We will cover button holes, zippers, pockets, fitting, and types of hemming and finishes, plus see how a serger can add to your sewing experience.

6 Thursdays | Feb. 17–Mar. 31 | 6:30–9:00 pm | Gibbs | \$195

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. In the first class we'll go over basic techniques and work with samples to explore various textures. Then we'll introduce patterned fabric and work on creating a fabric collage. 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.

3 Wednesdays | Jan. 19–Feb. 2 | 7:00–9:00 pm | Gibbs
\$89 (includes some materials)



**New! Embroidery
on Paper with Ann
Bausman**

Embroidery on Paper

Ann Bausman

Embellish old black and white and colored photographs, postcards, and prints with embroidery to create one-of-a-kind cards, collages, and keepsakes. We'll look at the work of artists who use this technique, review basic embroidery stitches, and discuss working with patterns and transferring images. Paper and card stock, an assortment of embroidery thread, sample images, and a needle will be provided. Beginners are welcome.

3 Thursdays | Feb. 10–Mar. 3 | 7:00–9:00 pm | Gibbs
\$89 (includes some materials)

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 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 | Jan. 27–Mar. 10 | 7:00–8:30 pm | Gibbs
\$135 (includes materials)

Project: 3 Thursdays | Mar. 17–31 | 7:00–8:30 pm | Gibbs | \$65

Take both classes & save | \$183



Knit One, Purl Two: Knitting for Beginners & Beyond

Kathy Paglierani/Karen Roth LoRusso & Harriet 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.

8 Mondays | Jan. 31–Mar. 28 | 10:00–11:30 am | Calvary
\$165 (Paglierani) ☀️

6 Thursdays | Jan. 20–Mar. 3 | 7:00–9:00 pm | Gibbs
\$165 (LoRusso/Vanderput)

Knit a Sweater

Libby Hohmann

It's sweater weather! Are you a lapsed knitter wanting to pick it up again? Someone who has knit a scarf but never got past that? Would like to knit something that can be worn, but don't really understand how to read patterns or charts? Learn all of the steps to make a yoked pullover sweater for yourself or someone special. We'll cover yarn weight and pattern choice, circular knitting, colorwork, tension and floats, short row shaping, circular and double point needles, finishing and blocking. If you can knit straight rows, this class will help you get on the path to making your first worsted weight yoked sweater.

6 Tuesdays | Jan. 18–Mar. 1 | 7:00–8:30 pm | Gibbs | \$125

Felted Vessel Workshop

Betsey Cogswell

Felting, the oldest known way to make fabric, combines layers of wool fibers into one flat piece without knitting or weaving. This workshop will cover two methods of making a three-dimensional object by wet-felting wool fleece or roving, using soap, water, and friction. Your completed felted bowl will make a unique decor accent or can be used as a functional piece.

2 Wednesdays | Feb. 9 and 16 | 7:00–9:00 pm | Gibbs
\$75 (includes materials)



**Create a colorful
felted vessel**

Make an Adirondack Chair ☀️

Derek Skapars

Learn the basic skills of a woodworker as you design and construct a handcrafted Adirondack chair in just five weeks. These comfortable, no cushion-necessary iconic outdoor seats are durable, balanced, and made with weather-resistant lumber. The wide armrests are perfect to support a drink or plate of food and the slanted wooden slat seat and high back is designed to allow you to relax and unwind. All tools and materials will be provided to construct this simple yet effectively designed chair. This class will be held at Lincoln-Sudbury High School.

5 Saturdays | Jan. 8–Feb. 12 | 9:00 am–12:00 pm | Offsite
\$245 (includes materials)

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.

Thursday, Jan. 27 or Wednesday, Mar. 9 | 6:00–9:00 pm | Gibbs

\$55 (includes materials)

Mosaic Jewelry Workshop

Michel L'Huillier

Using a wide selection of pre-cut colored glass pieces, beads, iridized and dichroic glass, we'll create four stunning pieces featuring mini mosaics set inside deep pendants. Once the glass pieces are glued to the metal, we'll grout our pendants with one of the many colors available and string them on leather cords.

Tuesday, Mar. 8 | 6:30–8:30 pm | Gibbs

\$35 (plus \$75 materials fee)

Fitness & Dance

Be Bold in the Cold: Winter Running ☀️

Gaggi DeStefanis

Want to fight the winter blues by running in the fresh air, but not sure how to keep safe and warm? Come discover and practice how to safely and comfortably run through the elements (other than blizzards or thunderstorms!). Learn tricks to keeping warm and staying motivated all winter long. This class meets once a week but you'll have a training program to follow throughout the week that will keep you strong and on track. Meeting location will be included in your receipt. All ages and fitness levels are welcome.

8 Wednesdays | Feb. 2–Mar. 30 | 8:45–10:00 am | Outdoors | \$119

Parkour for Balance & Agility

Parkour Generations

You may know parkour for its high-flying flips and big jumps, but its basic principles can also be used to help active older adults become physically stronger and more mentally confident. In this transformative course for ages 50+, improve your balance and agility with low-impact moves under the guidance of trained and supportive coaches. Learn how to avoid falls, or how best to fall if it happens; how to turn obstacles into opportunities; and how to incorporate functional fitness into your everyday movements.

8 Saturdays | Jan. 29–Mar. 26 | 12:30–1:30 pm

Outdoors at Ottoson | \$155

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. 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.

10 Tuesdays | Jan. 18–Mar. 29 | 9:00–10:00 am | Online | \$135

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 those 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 the physically active.

Gentle Stretching: 10 Fridays | Jan. 21–Apr. 1 | 11:30 am–12:30 pm

Online | \$165 (Gates/Najarian) ☀️

Stretch & Tone: 10 Wednesdays | Jan. 19–Mar. 30 | 10:00–11:00 am

Online | \$155 (Najarian) ☀️

Full-Body: 10 Thursdays | Jan. 20–Mar. 31 | 7:15–8:15 pm

Gibbs | \$155 (Lewis/Stevenson)

Joyful Morning Yoga ☀️

Linda Del Monte

Morning yoga classes ease you into your day with poses that connect the mind, body, and spirit. Particular attention is given to helping each student understand and work with their body to achieve proper alignment. Regular practice of yoga brings calm, focus, increased flexibility and strength to your life.

10 Wednesdays | Jan. 19–Mar. 30 | 9:00–10:15 am | Online | \$169

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. Postures are taught in a way that accommodates each person's individual needs.

10 Wednesdays | Jan. 19–Mar. 30 | 5:15–6:15 pm | Online | \$135

For Meditation classes,
see Wellness & Life section, p. 21



Yoga for Every Body

Ruth Lieberherr

This is a gentle, mixed level yoga class that welcomes 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 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 but it is NOT a chair class. The instructor individualizes postures to suit all students.

10 Thursdays | Jan. 20–Mar. 31 | 6:30–7:45 pm | Online | \$169
10 Fridays | Jan. 21–Apr. 1 | 9:30–10:45 am | Calvary | \$169 ☀️

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.

9 Mondays | Jan. 24–Mar. 28 | 7:15–8:30 pm | Online | \$155

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 | Jan. 26–Feb. 16 or Mar. 9–30 | 6:30–7:45 pm
Online | \$69

Tai Chi: Yang-Style ☀️

Zhantao Lin

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. 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.

10 Tuesdays | Jan. 18–Mar. 29 | Calvary | \$129

All Levels: 9:00–9:50 am

Level 2: 10:00–10:50 am

Level 3: 11:00–11:50 am

Tai Chi: Meditation in Motion

Judith King

This *Intermediate* course is 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.

10 Wednesdays | Jan. 19–Mar. 30 | 6:30–7:30 pm | Gibbs | \$149

QiGong ☀️

Judith King

With roots in traditional Chinese medicine, qigong's goal is to cultivate and balance our life energy, or "qi." Qigong practice typically involves meditative, slow-flowing movement coordinated with deep rhythmic breathing to produce a calm state of mind. 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 | Jan. 20–Mar. 31 | 9:30–10:30 am | Calvary | \$149

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.

10 Thursdays | Jan. 20–Mar. 31 | 7:00–8:00 pm | Gibbs | \$155

Fabulous Zumba

Cheryl Keane

Shake, shimmy, slide, and sweat your way through great music that gets your heart pumping and your body moving. Join this energizing workout session moving to salsa, merengue, swing, and more. Dances are easy to learn, fun to follow, and gentle on your joints. Open to all fitness levels, no experience necessary.

10 Tuesdays | Jan. 18–Mar. 29 | 7:15–8:15 pm | Gibbs | \$149



Go hiking this winter,
see options on p. 19-20

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 Get started with simple dances that teach you the basic building blocks of line dancing. You'll get low-impact exercise as we dance to (mostly) country western music.

Intermediate These dances are longer, faster, have more turns, or use challenging moves.

10 Wednesdays | Jan. 19–Mar. 30 | Hybrid (Gibbs & Online) | \$175

Beginner: 6:00–6:50 pm

Intermediate: 8:00–8:50 pm

Country Two-Step

Julie Kaufmann & Art Sullivan

From tiny honky-tonks to festivals and arena concerts, country fans love to Two-Step. This class will teach newcomers the basics, such as underarm turn, side by side, and promenade, while offering more experienced dancers new moves and techniques to expand their repertoire. We'll also include some couple dances such as El Paso and Shadow. You will have to sign up with a dance partner; because of COVID, we will not be changing partners during the class.

10 Wednesdays | Jan. 19–Mar. 30 | 7:00–7:50 pm | Gibbs

\$279/pair

Solo Vernacular Jazz Dance

Katie Piselli

Travel back in time and learn some dance steps with roots in African-American communities starting as early as the 1800s. Solo vernacular jazz dance is all about rhythm, individuality, and self-expression. Come dance to jazz and swing music while focusing on syncopated steps and learning to call and respond to the music. Develop a fresh bounce in your step as we learn classic steps like the Charleston, the Shorty George, Fall-off-the-log, and more. Remember, "Tain't what you do, it's the WAY that you do it." No experience required.

8 Mondays | Jan. 24–Mar. 21 | 6:00–7:00 pm | Online | \$119



Create dynamic drawings with Eli Portman, p. 4

Food & Drink

A shopping list will be included in your Registration Confirmation email.



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.

Thursday, Feb. 10 | 7:00–8:30 pm | Gibbs

\$35 (includes beverage fee)

Our fees are per person unless otherwise noted.

Taking a class with someone else in your household? Both people must register.



Dark Beers for Winter Warm-Up

Allo Gilinsky, Craft Beer Cellar

The winter months can be perfect for cozying up by the fire and enjoying conversation with family and friends, and there are an array of beers fit for the winter months that are perfect fireside sippers. In this course we'll explore darker beers such as stouts, scotch ales, and other dark beer styles that will help you feel cozy and warm while hiding out from a storm.

Thursday, Feb. 17 | 7:00–8:30 pm | Online

\$55/screen (includes beverage kit)

New England Brews: Hidden Gems

Allo Gilinsky, Craft Beer Cellar

Did you know that most people in Massachusetts live within 10 miles of a brewery? That's because our great Bay State has become home to a burgeoning craft beer scene over the past 5-6 years. We will explore breweries from the North Shore to Western Mass that might become either your next local favorite, or a road-trip-worthy destination. A wide range of styles from seasonal stouts and porters to New England IPAs will be covered while sipping through a variety of what Massachusetts has to offer the craft beer scene.

Thursday, Mar. 10 | 7:00–8:30 pm | Online

\$55/screen (includes beverage kit)

Valentine's Cookie Decorating

Sandra Frezza

Learn how to create professional looking cookies at this online Valentine-themed class. First, make your own batch of versatile royal icing, which dries to a hard finish. Then see demonstrations of several decorating techniques including flooding, and wet-on-wet designs. Learn how to use these techniques and simple tools to create puffed hearts, geometric patterns, and flowers to make your Valentine cookies memorable.

Wednesday, Feb. 9 | 6:30–9:00 pm | Online | \$39



Cupcake Design: Blooming Succulents

Sandra Frezza

Adorn your cupcakes with realistic-looking succulent plants made out of buttercream. Learn to make a variety of cactus plants and desert roses to turn cupcakes into colorful edible terrariums. Icing and decorating tools are included, which you will use in class for decorating your cupcakes and take home to recreate your designs.

Tuesday, Mar. 22 | 6:30–8:30 pm | Gibbs
\$59 (includes some supplies)

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. Just in time for Valentine's Day, learn to bake light and airy meringue-based macaron shells using the French technique. While the shells set, prepare the fillings—classic American buttercream and chocolate ganache—and explore 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, Feb. 12 | 11:00 am–1:30 pm | Online | \$39

Decadent Armenian Desserts

Linda Khachadurian

Expand your repertoire with two traditional treats from Armenia. *Varti chur anoush hatz* is an Armenian crowd-pleasing confection that is often served at dinner parties. This moist sweet bread pudding is drizzled with fresh caramel sauce and topped with rose water infused whipped cream and pistachios. *Gatnabour* is a classic staple—an exotic rendering of western rice pudding—that has hints of orange and rose waters and ground mastica, and is garnished with dried apricots, which is the fruit of Armenia.

Tuesday, Mar. 15 | 6:30–8:30 pm | Online | \$35

Boeregs: Armenian Turnovers

Linda Khachadurian

Learn how to handle and fold phyllo dough to craft the perfect triangle-shaped *boereg* turnover. This popular Armenian pastry is usually served as a savory appetizer. We'll use original family recipes to make not only a traditional Armenian cheese *boereg*, but also a hearty kielbasa sausage and cabbage-filled one that can be served as a main course, and a sweet chocolate and pumpkin dessert variation.

Tuesday, Jan. 25 | 5:30–7:30 pm | Online | \$35

French Bistro Menu & Wine Pairings

Roberta Hing

You will feel as if you've traveled to Paris after making this delicious, yet simple meal. Begin with a classic French bistro dish, *salade verte* with warm goat cheese croquettes. Next make a caramelized onion and goat cheese galette, a mouthwatering savory rustic tart. Our *plat principal* will be a simple but elegant salmon with mustard tarragon sauce. We finish the meal with *crêpes caramel*—the sauce will make you swoon! Receive wine suggestions to pair with your meal and enjoy a fun evening of cooking and eating at home with a friend or loved one.

Saturday, Jan. 29 | 4:30–7:00 pm | Online
\$39/individual or \$62/screen

Super Bowl Party Food

Katie Walter

Get ready for some football! Learn to make winning game-day eats that are better than a touchdown. No Super Bowl celebration is complete without chicken wings, and we'll cover ours with a tasty, sticky glaze. Cheesy, cauliflower nachos are delicious as well as low-carb and gluten-free. Finally, we will "tackle" turkey and white bean chili, a hearty, filling dish that economically feeds a crowd.

Wednesday, Feb. 2 | 5:30–7:30 pm | Online | \$35

Comforting Winter Soups

Debbie Brosnan

It's soup season! Learn how to make two classic comfort soups to warm your belly this winter. The first is Italian wedding soup, a hearty meal in a bowl filled with mini meatballs, beans, greens, and pasta. The second soup we will make is a delicious potato leek soup with grilled cheese croutons—for spoonfuls of buttery, crunchy, cheesy awesomeness.

Wednesday, Feb. 16 | 6:00–7:30 pm | Online | \$29

Fabulous Fondue

Katie Walter

Fondue is one of those foods that feels like a party whenever it hits the table. We'll start with a basic cheese fondue—cooking up a pot of gooey, bubbling, melted cheese for dipping pieces of cubed bread, fruits, or veggies. For our main dish we'll make an easy batter for dipping vegetables and shrimp, to be turned into tempura by quickly frying in a pot of hot oil. Finish the meal with a torrent of decadent melted chocolate for dipping fresh fruit, cake, cookies, marshmallows or graham crackers.

Wednesday, Mar. 9 | 5:30–7:00 pm | Online | \$29

It Takes Guts!

Gaby Redner

Gut health is becoming a hot topic because of the discovery of the strong connection between gut health, mental health, and the immune system. We will go over the basics of gut health, including how to keep your gut in good shape and some signs it might need some healing. We will learn to make sauerkraut and *kimchi* (fermented foods rich in probiotics) and bone broth, which contains an amino acid known to help heal the gut lining. (Learn a healthy recipe for using your sauerkraut in Gaby's *Plant-Based Proteins*, see below.)

Tuesday, Mar. 1 | 5:30–7:00 pm | Online | \$29

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. We'll marinate tempeh and prepare a delicious Russian dressing to combine with sauerkraut for a comforting and finger-licking reuben sandwich. Learn to prepare a flavorful sauce to top a whole grain side dish, and for dessert we'll use tofu to make a decadent chocolate, or pumpkin mousse.

Tuesday, Mar. 8 | 5:30–7:00 pm | Online | \$29

Dumplings from Scratch

Jade Li

Learn how to make, fill, and wrap homemade dumplings. Called *jiaozi* in Mandarin, they are a traditional must-eat during Chinese New Year, symbolizing wealth and longevity. First we will knead and roll dough to make the dumpling wrappers from scratch. Then make a variety of delicious fillings and form the dumplings into various shapes. Concoct a dipping sauce with simple ingredients, then cook your dumplings three different ways: steam, boil, or pan fry.

Saturday, Feb. 5 | 4:00–6:00 pm | Online | \$35

A Taste of Thai Cooking

Roberta Hing

Join us as we explore delicious Thai dishes that are popular at restaurants but also simple to replicate at home. We'll begin with chicken massaman curry, a mild coconut curry dish that can be made in one pot. Next we'll make one of the most popular Thai street foods, a flavorful, tangy ground meat (*larb*) salad with fresh herbs served with toasted sticky rice. We will finish with crunchy, addictive crispy spring rolls.

Sunday, Feb. 27 | 4:30–6:30 pm | Online | \$35

Korean BBQ

Jackie Church

Korean BBQ is a popular food to make indoors during the winter in Korea. We'll focus on two key Korean BBQ favorites: *samgyeopsal-gui* (sweet and hot marinated pork belly) and savory and sweet *bulgogi* (marinated beef) as well as a dipping sauce, *ssamjang*, a umami bomb that will instantly become your favorite condiment. We'll create our *ssam* using lettuce cups, *bap* (rice), and herbs. We'll also cover *banchan* (side dishes), soup, and rice—essential parts of any Korean meal.

Friday, Jan. 28 | 5:00–7:00 pm | Online | \$35

Instant Pot Vietnamese Cooking ☀️

Ploy Khunisorn

The Instant Pot is a life-saving kitchen appliance that can help home cooks make a wide variety of healthy and delicious meals in record time. Learn about the different functions of this electric pressure cooker. We'll talk about pros and cons and which types of food should or should not be cooked in the Instant Pot. Then we'll make *Pho Ga*, Vietnamese noodle soup with chicken, and *Ga Kho*, caramel ginger chicken stew.

Saturday, Mar. 5 | 11:00 am–12:30 pm | Online | \$39

Classic Indian Cooking: Tried & True

Shruti Mehta

Make traditional never-fail Indian recipes that are passed down from generations and deceptively simple to prepare. We will learn to make *rava sheera* (sweetened semolina dessert with milk, cardamom, and nuts), a frequent offering to the very popular god Krishna; potato and tomato curry, which is affordable for the poor but so tasty that the rich have it at their table frequently; and *pongol* (a south Indian rice), laced with ghee and spices offered to Gods preceding a fresh harvest.

Thursday, Mar. 17 | 6:00–8:00 pm | Online | \$35

African Cooking: Authentic Comfort Food

Motherland Cultural Connections

Join seasoned cooks from Africa and warm up with some incredibly delicious flavors from the continent. Our winter menu includes goat pepper soup with semi-ripe plantain, popular in West Africa, especially in Nigeria and Cameroon. You can substitute fish, chicken, or beef if you choose, or make this intensely-flavored dish without meat. We'll also make potato hot pot—one of the most beloved recipes in Cameroon—made with potatoes and lots of vegetables and with or without meat. Expand your culinary repertoire and learn more about the diverse and authentic African cultures as you ask questions and hear personal stories from the chefs.

Friday, Mar. 25 | 5:00–7:00 pm | Online | \$55

Donate to Learning!

Please give to our scholarship fund to help make classes accessible to all.



Home & Garden

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: Tuesday, Feb. 8 | 6:30–9:00 pm | Gibbs
\$35/individual or \$55/pair

Buy a Condo: Wednesday, Feb. 16 | 7:00–9:00 pm | Gibbs
\$29/individual or \$45/pair

Take both *Home Buying* courses & save
\$55/individual or \$89/pair



Home Inspection Essentials

Morgan Cohen

Are you considering waiving a home inspection in order to get an offer accepted? Think again! There is much more that goes into a home inspection than what you may think. This one-night class will explain the ins and outs of a home inspection—why you should get one, and what might happen if you don't. Our real estate market is extremely heated, which means it is even more critical to have a clear understanding of what is involved in this critical stage of the home buying process. Join an experienced Certified Home Inspector and bring your questions for a clear look at home inspections.

Tuesday, Mar. 8 | 7:00–8:30 pm | Online
\$29/individual or \$45/pair

Selling Your Home: Maximize Equity in an Unusual Market

Bill Butler

The real estate industry has had to shift during these uncertain times, balancing how to effectively sell a home while keeping the owner safe during the pandemic. We'll discuss the latest protocols in home selling, specific home improvements that will yield the highest return on sale price, how to position your home for maximum value, and how to negotiate the highest price and best terms in crafting your dream deal. We'll also discuss strategies for moving without having to rent in between selling your home and buying a new one.

Wednesday, Mar. 9 | 7:00–8:30 pm | Gibbs
\$29/individual or \$45/pair

Home Renovations

Katharine MacPhail

Join an experienced architect for one or both workshops and discover that with a little knowledge and prep work, renovating your home does not have to be overwhelming.

All the Basics Learn how to determine what you can build “by-right” (projects that comply with established zoning standards and so do not require a sometimes lengthy discretionary review process); how to choose a contractor; what happens during a special permit process; how to determine whether you need a design professional; common mistakes to avoid while renovating; and what to expect every step of the way.

Sustainable Renovations Are you concerned about climate change and interested in renovating your home with the environment in mind? We will explore how to take an older house and bring it into the 21st century and beyond. Learn about tax incentives available for energy efficiency and for demolition vs. deconstruction; water conservation measures; choosing materials and products based on their carbon footprint; and how to achieve a high level of energy efficiency in your home.

Tuesdays | 7:00–8:30 pm | Online | \$29/individual or \$45/pair

Basics: Mar. 1

Sustainable: Mar. 8

Take both *Home Renovations* classes & save
\$49/individual or \$79/pair



Simplify Your Home & Life

Erin Candeloro

Get instruction and advice from a professional organizer on how to simplify and organize your home and life. Start by identifying and decluttering what you no longer need, see how to organize in order to streamline your life, and discover how to simplify by only having what you truly want and need in your home. Whether you're a busy parent, always on the go with your career, or looking for guidance to get your empty-nester house in order, learn new ways to control the chaos in every room of your home—and keep it that way.

4 Tuesdays | Feb. 1–Mar. 1 | 7:00–8:30 pm | Online | \$75

Hygge Home Design: Enjoy Winter More

Linda Varone

How do people in Scandinavia, with their long, dark winters, get ranked first in a global happiness survey, while the U.S. ranks 19th? *Hygge* (pronounced “hYoo guh”) is a Danish and Norwegian concept of “coziness,” and “enjoying the simple things of life.” Learn the basic principles of hygge and interior design psychology from a “Best of Boston” design consultant. See how to create homes that bring people together and support personal relaxation by using the warm, practical approach of hygge. Beat the winter doldrums with simple changes in your home, using what you already own.

Wednesday, Feb. 2 | 7:00–9:00 pm | Gibbs | \$35

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.

3 Tuesdays | Mar. 1-22 | 6:00-8:00 pm | Online | \$75

Plant-Pollinator Gardening

Mystic Charles Pollinator Pathways: Jean Devine, Brucie Moulton, Sarah Wang, and Kim DeAndrade; and Elaine Crowder of Arlington MA Invasives

Ever wonder why certain native or invasive plants take over your garden? Want a few tips on how to change the dynamic to keep your property biodiverse?

Introduction Learn about pollination systems, garden maintenance, and the features and benefits of a group of native plants (what we call the "superpower" group) that support at-risk bees, butterflies and birds. Members of the Mystic Charles Pollinator Pathway group also will introduce you to our region's most prevalent invasive plants and discuss strategies for curtailing them, as well as good native alternatives.

Design Learn how to choose plants and places to please those pollinators, birds, and visitors. Session 1 will introduce keystone plant species by season; show templates and examples of different gardens; and end with a primer on how to do a basic site analysis of your yard plus look at a few completed examples. The next week, students will present what they learned from doing their own site analysis, discuss their garden ideas, and get input from the instructor and panel. Bring questions about your yard or certain plants. *Co-sponsored by Sustainable Arlington.*

Introduction: Wednesday, Feb. 9 | 7:00-9:00 pm | Online | \$35

Design: 2 Thursdays, Mar. 3 and 10 | 7:00-9:00 pm | Online | \$55

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, Mar. 14 | 6:30-8:30 pm | Online | \$35

We love our instructors!

View bios and photos on our website.



Get organized with
Erin Candeloro, p. 12

Fearless Flower Arranging

Derby Farm Flowers & Gardens Staff

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.

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, Jan. 25 | 7:00-8:15 pm | Derby Farm
\$79 (includes materials)

Advanced: Wednesday, Feb. 2 | 7:00-8:30 pm | Derby Farm
\$119 (includes materials)

Indoor Container Gardens & Houseplants Care

Derby Farm Flowers & Gardens Staff

Develop a green thumb by learning the basics of houseplant care. Create an indoor planter to add to your collection as you get answers to your houseplant care questions. We'll cover when to re-pot, why leaves turn yellow, which fertilizers to use, etc. We will also review orchid care. Finally alleviate any guilt you feel when your houseplants die by learning tips and tricks to preserve their life.

Tuesday, Mar. 8 | 7:00-8:15 pm | Derby Farm
\$95 (includes materials)

Floral Design Studio

Derby Farm Flowers & Gardens Staff

Bring your creativity and a vase or container to this open design workshop. With access to a wealth of flowers and greenery, come explore and experiment as you create your own arrangement. In addition to the abundance of materials, the experts at Derby Farm will provide advice and examples throughout.

Wednesday, Mar. 30 | 7:00-8:30 pm | Derby Farm
\$75 (includes some materials)

Beekeeping for Beginners

Tony Pulsone

Welcome to the fascinating hobby of beekeeping! This class will cover the benefits and importance of keeping bees. Get started or get a refresher as we cover everything from honey bee biology and behavior to how to acquire your first bees and where to place your hive. We'll discuss equipment and how to conduct inspections as well as seasonal management of your colonies and being a good neighbor.

8 Wednesdays | Feb. 2–Mar. 30 | 7:00–9:00 pm | Gibbs | \$199

Raising Chickens for Eggs:

An Intro to Backyard Chickens

Vicki Krupp

Join us for this everything-you-need-to-know primer on raising your own backyard chickens. Learn which coops work best and how to choose the right breeds, care and feed young and mature birds, recognize and treat illnesses, protect from predators, and much more. You will have the opportunity to ask questions of an experienced chicken owner and decide if you're ready for the challenge—and the delicious fresh eggs!

Tuesday, Mar. 2 | 7:00–8:30 pm | Gibbs | \$29

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.

Level 3 This course is designed to continue the development of American Sign Language expressive and receptive skills, grammar, vocabulary, cultural awareness, and related terminology.

9 Tuesdays | Jan. 25–Mar. 29 | Online | \$199

Level 1: 6:00–7:15 pm

Level 2: 7:30–8:45 pm

Level 3: 9 Wednesdays | Jan. 26–Mar. 30 | 6:00–7:15 pm
Online | \$199

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 as well as some basic everyday vocabulary and conversations.

Level 2 For those who have some basic knowledge of Arabic. Use your skills to read short paragraphs while learning some grammatical structures. Conversational themes will include nationalities, family members, neighborhoods and residences, food and drink, clothing and colors, weather and more.

8 Tuesdays | Feb. 1–Mar. 29 | Online | \$145

Level 1: 6:00–7:30 pm

Level 2: 7:30–9:00 pm

Levantine Spoken Arabic

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. The *Level 2* class will include more verb conjugation and conversational skills.

8 Wednesdays | Feb. 2–Mar. 30 | Online | \$145

Level 1: 7:30–9:00 pm

Level 2: 6:00–7:30 pm

French

Michelle Abadia/Steph Chiha

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 For beginners or anyone wishing to review the fundamentals. 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 as well as common and irregular verbs, possessive and demonstrative adjectives, comparatives and superlatives, and imperatives.

Level 3 For those who feel comfortable operating in a mostly immersion (French-only) context. This intermediate level class will work on past and present tense, while also reinforcing the use of object pronouns. Most of the class time will be spent on dialogues designed to improve oral skills and comprehension.

8 Tuesdays | Jan. 18–Mar. 15 | Online | \$145 (Abadia)

Level 1: 6:00–7:20 pm

Level 2: 7:30–8:50 pm

Level 3: 8 Mondays | Jan. 31–Mar. 28 | 6:00–7:30 pm
Online | \$145 (Chiha)

French Café: Conversation & Culture

Barry Bridgelal

Bonjour! Join this welcoming and lively French conversation class led by an enthusiastic native speaker. Learn, practice, and improve your conversational French in a relaxed, fun yet structured setting. Increase your knowledge of French history and culture and discuss topics that will surely raise passions. Isn't this what French is all about?

Intermediate For those who have taken *French: Levels 1–3*, and or have strong skills in speaking and listening. We will review advanced grammar topics, with assignments to practice your skills throughout the week.

Advanced An immersion (French-only) environment where the focus will be on conversation about advanced topics including French history. *Au plaisir de vous y retrouver!*

Intermediate: 8 Wednesdays | Feb. 2–Mar. 30 | 7:30–9:00 pm
Online | \$145

Advanced: 8 Tuesdays | Feb. 1–Mar. 29 | 1:00–2:30 pm
Online | \$145 ☀️

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 | Jan. 31–Mar. 28 | Online | \$155

Level 1: 12:30–1:45 pm

Level 2: 2:30–3:45 pm

Italian

Mirela Stefa

Buongiorno! Through conversation about everyday life, we will learn vocabulary, pronunciation, and grammar as we explore Italian culture and *la dolce vita!*

Level 1 Get introduced to basic grammar topics. 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.

8 Tuesdays | Jan. 18–Mar. 15 | Online | \$145

Level 1: 6:00–7:15 pm

Level 2: 7:30–8:45 pm

Level 3: 8 Thursdays | Jan. 20–Mar. 17 | 6:00–7:15 pm
Online | \$145



Start your own podcast
with producer Anne-Fleur
Andrle, p. 2

Mandarin

Sunling Liew

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 Tuesdays | Feb. 1–Mar. 29 | 7:00–8:30 pm | Online | \$145

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. Being familiar with basic tenses and grammatical gender is required for this class.

Level 3 Continue learning written and spoken Russian in *Level 3*, where the focus will be on improving conversational skills and learning more advanced grammar concepts.

Level 1: 6 Tuesdays | Jan. 18–Feb. 22 | 6:00–7:15 pm | Online | \$109

6 Thursdays | Jan. 20–Feb. 24 | Online | \$109

Level 2: 6:00–7:15 pm

Level 3: 7:30–8:45 pm

Spanish

Michelle Abadía/Barry Bridgelal/Diana Bula

Spanish is the most widely-spoken Romance language in the world, with more than 480 million native speakers.

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 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 Covers grammar topics including the imperfect and the preterite, pronouns, familiar commands, and adverbs. We will expand on the use of both preterite and imperfect past tenses, as well as develop conversational skills. 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 | Jan. 25–Mar. 22 | Online | \$145

Level 2: 11:00 am–12:30 pm (Bridgelal) ☀️

8 Thursdays | Jan. 27–Mar. 24 | Online | \$145

Level 1: 6:00–7:20 pm (Bula)

Level 2: 7:30–8:50 pm (Bula)

Level 3: 6:00–7:20 pm (Abadía)

Level 4: 7:30–8:50 pm (Abadía)

Spanish Cafe: Conversation & Culture

Cinthya Soto / Michelle Abadía

These convivial classes are taught by native speakers and offer conversation and culture for those who want to refresh their Spanish, take it to the next level, or just miss speaking the language.

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.

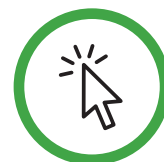
Advanced For students comfortable with an immersion (Spanish-only) experience. We will work with advanced topics that stimulate deeper conversations and debate and challenge us to further increase our vocabulary.

8 Wednesdays | Jan. 19–Mar. 16 | 7:00–8:30 pm | Online | \$145

Intermediate: (Abadía)

Advanced: (Soto)

Teach for us! Or tell us what to offer.



We're always on the lookout for enthusiastic instructors to share their expertise with our students. Fill out the **Course Suggestion Form** on our website with your great idea.

Music & Theater

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!

8 Wednesdays | Jan. 19–Mar. 30 | Gibbs | \$189

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 *Beginning 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 | Jan. 20–Mar. 31 | Gibbs | \$189

Beginning: 6:00–7:15 pm

Continuing: 7:30–8:45 pm

Ukulele

Amy Kucharik

Beginning Starting with tuning and holding your ukulele, 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 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.

7 Tuesdays | Jan. 18–Mar. 8 | Gibbs | \$115

Beginning: 6:50–7:50 pm

Continuing: 8:00–9:00 pm

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.

10 Tuesdays | Jan. 18–Mar. 29 | 7:00–8:00 pm | Gibbs | \$159

Drumming: Beginner

Malcolm Jacobs

Gain the foundational skills you need to play your favorite music on the drums. Using practice pads, cover all of the necessary skills to master this fun instrument. Start with stick control and learn how to properly grip and balance drumsticks using both hands. By the end of the session, you'll be starting to add in and coordinate your feet. We will talk about rhythm and start learning how to sight read. Come learn 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 if you have them. These will be available to borrow for those who do not.

10 Wednesdays | Jan. 19–Mar. 30 | 7:30–8:30 pm | Gibbs | \$159

Piano: Beginner

Anne Ku

The piano is one of the easier instruments to learn how to play because of 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. We'll cover the basic scales with both hands, warm up with exercises to build speed and dexterity, and learn several simple songs.

8 Thursdays | Jan. 27–Mar. 24 | 6:00–7:00 pm | Online | \$129



Adult, Infant & Child CPR
with AED, p. 21

Intro to Music Theory

Anne Ku

Reading music is a fundamental skill for any musician. Grow your confidence as a musician as you discover all aspects of music literacy from reading notes, rests, and beats to understanding scales and chords. Make more sense of music with the ability to finally understand why certain combinations of notes sound better than others. You will be able to more formally analyze work from some of your favorite artists and maybe even get your own creative juices flowing whether you compose, arrange, transpose, or transcribe music.

8 Mondays | Jan. 24–Mar. 21 | 7:30–8:30 pm | Online | \$105

Scene Study: Intermediate Acting

Elyse Montoya

Discover your hidden acting talent—or reawaken it—in a safe, fun, nonjudgmental, and creative space. Work with and learn from peers as we create believable, honest characters onstage. This is a scene study class, so expect to spend time in and out of class exploring character development and listening and responding to your scene partner with honesty. Some prior acting experience will be helpful but is not required as we will spend a lot of time working together in class to practice our craft.

7 Thursdays | Jan. 20–Mar. 10 | 6:30–8:30 pm | Gibbs | \$185

Explore classes about
film, opera, the Beatles,
and more

See Highlights, p.1.



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. 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.

7 Tuesdays | Jan. 18–Mar. 8 | 10:00 am–12:00 pm


St. Camillus | \$175

Play Bridge

Elizabeth Gompels

Come join us to practice and play bridge while increasing your confidence and deepening your understanding of the game. This class moves beyond the basics with an emphasis on declarer play and improving your bridge-thinking skills. Each session will be hands-on with ample opportunities to practice new techniques and play bridge. The online class will use a Bridge App that is compatible with all devices and browsers. Appropriate for players who completed *Learn Bridge* or another introductory Bridge course.

6 Wednesdays | Jan. 26–Mar. 9 | \$149

Daytime: 1:00–3:00 pm | Online 

Evening: 7:00–9:00 pm | Gibbs

Advanced Beginners Mah Jongg

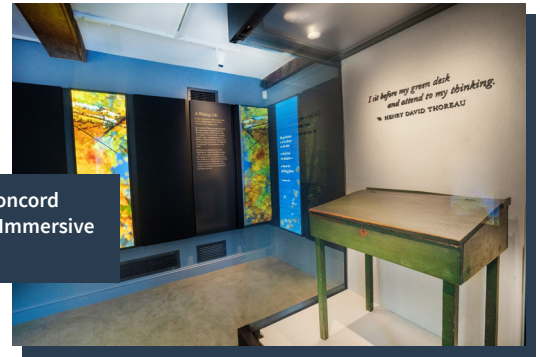
Laura Zoll

For players who have taken *Learn American Mah Jongg* or who know the basics of how to play and want to develop skills and confidence, as well as players who need a refresher. We will focus on choosing a hand, keeping your options open, finding backups, and refining aspects of the rules. Gain speed and mastery as you improve your knowledge of the game.

5 Thursdays | Jan. 20–Feb. 17 | 7:00–8:30 pm | Gibbs | \$139



Patient Advocacy:
Informed Healthcare
Decisions with Nancy
Feeney, p. 23



Tour the Concord
Museum's Immersive
Gallery

Courtesy Concord Museum

Weiqi: 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. Ages 15 +

4 Tuesdays | Feb. 8–Mar. 8 | 7:00–8:30 pm | Gibbs | \$75

Monuments & Memories:

Arlington's Public Memorials

Michael Ruderman

When we set famous names "in stone," what story do we tell about ourselves and what is important to us? Take a tour through time and neighborhoods, examining the history, social context, and local events that gave rise to Arlington's named and memorialized places. At this one-night lecture, learn who Gibbs, Thompson, Parmenter, Buzzell, and McClennan were, and discuss why we define our town, and ourselves, by their legacies. Discover eye-opening stories that also address the questions: How many memorials are dedicated to people of color? Is there really only ONE monument to a prominent female Arlingtonian?

Wednesday, Feb. 9 | 7:00–8:30 pm | Gibbs | \$25

Astronomy & Our Universe

Paul Green

Come ponder the universe's vast wonderland. Begin by putting everything into perspective with a grand tour of the universe from Earth to the Big Bang, then examine the lives of stars and the key role they play in the creation of the elements that comprise our world. We will also discuss the simplest yet scariest objects of all, black holes. Then we'll look at the variable sky, especially new "movies" of the sky being made and the crazy celestial menagerie they reveal. In the final session, meet at the Harvard-Smithsonian Center for Astrophysics near Harvard Square, home of the Chandra Science Center. View the historic Great Refractor telescope dating to the 1840s, and learn about the much more recent discoveries Chandra has made during its two decades in orbit.

5 Mondays | Jan. 31–Mar. 7 | 7:00–8:30 pm | Online & Offsite | \$99

Fun & Safe Solo Travel

Laura Quincy Jones

Share inspiration for all the ways independent travel can lead to meaningful discovery of the world and self, unexpectedly delightful adventures, and new friendships. Collect useful resources and logistical tips for a whole range of travel styles, from luxurious to wilderness, cultural immersion, or themed adventures. Learn how to navigate new terrain, plan logistics, manage the unexpected, and discover enlivening opportunities that might have gone undiscovered. Participants will have time to brainstorm their own travel visions and workshop questions with other participants and the instructor.

Tuesday, Mar. 8 | 7:00–9:00 pm | Gibbs | \$29

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. 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 information-packed evening.

Thursday, Mar. 17 | 7:00–9:00 pm | Gibbs | \$29

Walking Tours

All class details, including the meeting location, will be included in the Registration Confirmation email. All walks meet rain or shine.



Concord Museum Tour

Concord Museum Staff

Join one of the museum's talented educators for this exclusive tour of the Concord Museum's entirely renovated and interactive galleries, including the award winning April 19, 1775 gallery. Founded in 1886, the Museum serves as a gateway to the town of Concord with a collection that focuses on the history and continuing influence on American political, literary and cultural life. The tour will include highlights of the Museum's nationally significant collection, from the Paul Revere lantern and Henry David Thoreau's desk, to lesser-known gems, like a 12,000-year-old spearpoint.

Sunday, Feb. 6 | 10:00–11:00 am | Offsite | \$29

Gropius House Tour

Gropius House Staff

This tour offers private access to the home of Walter Gropius, one of the most influential architects of the 20th century and founder of the German design school known as the *Bauhaus*. Modest in scale, the 1938 Gropius home was revolutionary in impact. It combined the traditional elements of New England architecture—wood, brick, and fieldstone—with innovative materials rarely used in domestic settings at that time: glass block, acoustical plaster, and chrome banisters—along with the latest technology in fixtures. In keeping with *Bauhaus* philosophy, every aspect of the house and its surrounding landscape was planned for maximum efficiency and simplicity of design. The house contains an important collection of furniture designed by Marcel Breuer and made in the *Bauhaus* workshops. With all the family possessions still in place, experience an immediacy rarely found in house museums.

Saturday, Mar. 5 | 10:00–11:00 am | Offsite | \$29

Winter Mystery Walks

Mary Hurley

The weather outside might be frightful, but learning to co-exist with mother nature and embracing the beauty of what she has to offer in the winter can make life delightful. Come play outside with like-minded walkers as we explore hidden gems in our local area and find new places to add to your experiences. Remember the Scandinavian proverb, "There's no such thing as bad weather, only bad clothes!" Put on some warm gear and join us for some fun winter hiking with snowshoes or YakTrax.

4 Tuesdays | Mar. 1–Mar. 22 | 10:00 am–12:00 pm | Offsite | \$89

Play chess as a family this winter

with Chess Wizards, p. 25



Round About Park Circle

Dee Morris

Join us for a friendly stroll around and about Park Circle led by a local historian. In the early 19th century the Pierce family successfully farmed over 250 acres on this high elevation. In 1872 the Arlington Land Company bought the property. This astute syndicate believed that new house lots and streets would attract eager Boston buyers and by 1912, nearby Park Avenue was home to a diverse mix. After the elegant Arlington Reservoir (1921-24) replaced a nondescript standpipe (1894) that had supplied water to the surrounding area, the neighborhood enjoyed even more rave reviews.

Saturday, Mar. 19 | 2:00–3:30 pm | Offsite | \$25

A Winter Walk

Boot Boutwell

We're well into winter! Join Boot Boutwell for a slow-paced hike at Arlington's Great Meadows with several stops as we breathe in the winter air, take a look at the plants in their winter form, keep our eyes open for animal tracks, and just enjoy the beauty of nature in winter. Ages 10+ with adult.

Saturday, Feb. 12 | 1:00–3:00 pm | Offsite | \$29

A Full Moon Hike

Boot Boutwell

February 16 is the day of the Full Snow Moon, called so due to the month's typically heavy snowfalls. We'll be hoping for clear skies so that we can watch the moon rise from the hilltop behind the new all seasons barn at Wright-Locke Farm. Begin with a little poetry and a discussion of what causes the phases of the moon. Then walk through the fields, around the farm pond, and into the woods to enjoy nature in winter as the sun sets in the west and the sky darkens. We'll return to the barnyard to watch the moon rise in the east while we enjoy a nice bonfire and some hot apple cider. Ages 10+ with adult.

Wednesday, Feb. 16 | 4:30–6:30 pm | Offsite | \$29

Deepen your connection with nature

**in *Shinrin-Yoku* (Forest Bathing):
Not Just Any Walk in the Woods, p. 21**



Maple Sugaring

Boot Boutwell

Late winter in New England often features cold nights and warmer days, providing ideal conditions for the "running of the sap" in our sugar maples. Join us for a morning at Wright-Locke Farm where we'll take a close look at some majestic maple trees, identify the various species, and taste sap right from the bucket. We'll talk about the history of maple sugaring and discuss just how sap is turned into syrup. We'll conclude by boiling down a small amount of sap so we can watch it turn into syrup. In a blind taste test, we'll see who can tell the difference between real 100% maple syrup and a typical "pancake and waffle syrup" made mostly of corn syrup. Ages 10+ with adult.

Offsite | \$29

9:30–11:30 am: Monday, Feb. 21 or Wednesday, Mar. 2

1:00–3:00 pm: Saturday, Feb. 26 or Sunday, Mar. 6



Off-the-Beaten-Path Hikes

Gregory Leschishin

Spend some time outdoors this winter and join one or both of these guided hikes to locations you might not have visited before. As we explore these extraordinary sites we'll take time to gaze at the natural formations we encounter and hear stories of historical significance along the way. All of the hikes are easy to moderate.

Jericho Town Forest, Weston A former farmland with vintage old roads crisscrossing through 200 acres of flat forest, various trees can be found in this quiet, peaceful setting. The walk begins and ends at a former college that is now the Campion Conference & Renewal Center, a retreat center and Jesuit retirement community and infirmary.

Camp Acton, East Acton One of the largest recreational areas in the region, Camp Acton offers the opportunity to see native wildlife. Formerly owned by the Boston Minuteman Boy Scout Council, you can still camp out in grounds surrounded by heavy forests and swamps.

Sundays | 11:30 am–2:00 pm | \$35 (per hike)

Jericho Town Forest: Feb. 20

Camp Acton: Mar. 13

Spring Equinox Walk

Boot Boutwell

March 20 is the vernal equinox, marking the beginning of spring. In New England, the weather begins to moderate, the first flowers are already poking their heads above ground, and of course the days are getting longer. We'll celebrate this time of rebirth and renewal by heading out into Wright-Locke Farm and the surrounding conservation area in search of signs of spring. We will begin with a little poetry and solstice lore, but the focus will be on plant identification and fun and interesting natural history. We will end back in the barnyard for a nice warm bonfire. Ages 10+ with adult.

Sunday, Mar. 20 | 1:00–3:30 pm | Offsite | \$35

Wellness & Life

Adult, Infant & Child CPR with AED

Christopher Tota/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.

6:00–9:00 pm | Gibbs | \$95

Wednesday, Feb. 9 (Tota) or Thursday, Mar. 31 (Pane)

Elevate Your Makeup Routine

Alexandra Dale

Discover new techniques, tips, and tricks to elevate your regular makeup routine. Join a professional makeup artist to learn how to apply cosmetics to achieve different effects for a customized look that maintains both your personal aesthetic and makeup comfort level. This class will focus on how to manipulate products to enhance your face shape, define your eyes, and create a sophisticated makeup look that isn't overdone. The instructor will also touch upon proper skin care suggestions, makeup products that are easy to apply, and tools needed to complete these makeup looks.

Tuesday, Feb. 1 | 7:00–9:00 pm | Gibbs | \$35

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

Nadine Mazzola

Experience a deep nature connection on this guided forest bathing retreat with a Certified Forest Therapy Guide. 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 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 a well-maintained but at times uneven trail.

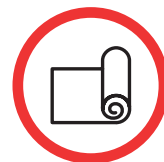
Thursday, Mar. 17 | 9:30–11:30 am | Offsite | \$35



**New! The Power
of Your Habits with
Katrina Piehler, p. 22**

For Yoga, Tai Chi, & QiGong

see Fitness & Dance section, p. 7



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.

10 Tuesdays | Jan. 18–Mar. 29 | 5:30–6:30 pm | Online | \$149

Acupressure & Self Massage

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 household items like tennis balls to treat ourselves to effective massages. 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, and plenty of opportunities to ask questions, you'll start to notice the benefits in no time.

Monday, Feb. 7 | 7:00–8:30 pm | Online | \$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. Get an introduction to this technique and experience how it can be applied to your everyday activities to help you feel, move, and look better.

2 Wednesdays | Mar. 2 and 9 | 7:30–8:30 pm | Online | \$45

Visual & Creative Journaling

Debra Rosenblum

Explore ways to begin a visual journaling practice, a way to creatively express yourself through art rather than words. Together we will relax, release, and spontaneously create images with curiosity from guided prompts provided by the instructor. The images are personal and creative, offering us a way to release tension, gain insights, and make changes in our lives. These images can help us document our inner journey and give voice to our hidden dialogue. No artistic skill is necessary to enjoy this course.

4 Tuesdays | Feb. 8–Mar. 8 | 10:30 am–12:00 pm | Online | \$85

Enhance Sleep & Reduce Stress Through Nutrition

Stephanie Sudjian

In today's world most of us live in a state of increased stress and lack of sleep. All of this is interconnected in our bodies, and creates a vicious cycle leading to a decreased quality of life. Join a functional dietitian and discuss nutrients in food that help you better manage stress, sleep and overall well-being in conjunction with lifestyle changes. Let's get you on your way to living a long, healthy and happy life...because you only live once! There will be time for questions at the end.

Tuesday, Jan. 25 | 7:00–8:00pm | Online | \$35

The Power of Your Habits

Katrina Piehler

Are your habits supporting or sabotaging you? Join a wellness strategy coach for this interactive workshop focusing on how the game changing practice of cultivating just the right daily wellness habits in your busy life can help you stress less, have more energy, and enjoy your life more fully. First experience an illuminating check-in about your own current habits. Then learn to recognize the potent difference between habit-power and will-power. Discover your own personal keystone habit and how to leverage it, and get tips for how to neutralize your kryptonite habits. Walk away with a strategy for having more good days.

Thursday, Jan. 27 | 7:00–8:30 pm | Online | \$25

Live with Intention & Transform Your Life

Janet Kessenich

Start the year with new purpose and learn to listen to the call of your heart. Bring whatever your resolutions are for this year—for your relationships, health, professional work, overall well-being, or whatever you wish—to this thoughtful, inspirational workshop with healer Janet Kessenich. We'll clarify your intentions for what you want in your life and explore what is getting in the way of manifesting them. Learn techniques to clear your blocks, put intention behind your actions, and live a more purposeful, peaceful, and empowered life.

Thursday, Feb. 3 | 7:00–8:30 pm | Gibbs | \$25



Make Korean BBQ
with chef Jacqueline
Church, p. 11

Solemate: Master the Art of Aloneness

Lauren Mackler

Many people spend years seeking a “soul mate” to complete them. Others settle for unfulfilling relationships out of fear of being alone. Based upon the *Solemate* book, bestselling author, therapist, and coach, Lauren Mackler presents her groundbreaking roadmap to shedding old, self-defeating patterns, achieving mastery of your own life, and experiencing a greater sense of wholeness and joy on your own or in a relationship. This class is designed for people who are single, divorced, or who seek greater independence in their relationship.

Thursday, Feb. 10 | 7:00–8:30 pm | Online | \$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.

Thursday, Feb. 17 | 7:00–8:30 pm | Online
\$25/individual or \$40/pair

Natural Deathcare: Caring for the Body, Caring for the Earth

Natural Deathcare Collaborative: Ruth Faas, (Mourning Dove Studio), Jasmine Tanguay (A Sustainable Legacy), Heather Massey (In Loving Hands)

Explore natural and sustainable approaches to post-death care, funerals, and body disposition. Get an overview of the issues and alternatives of after-death care as well as options that can benefit our families, communities, and environment. Learn about your legal rights to family-directed and home-based natural death care, green and conservation burial cemeteries, and additional options. These choices can offer simpler, more humane, and even joyful ways to draw closer within our communities while honoring those who have died. Come away with a deeper understanding of the range of possibilities available and a clearer vision for how to create a funeral that aligns with your values and priorities. Co-sponsored by Sustainable Arlington.

Tuesday, Feb. 15 | 7:00–8:30 pm | Online | \$25

How to Have Constructive Conversations Across Political Differences

Christopher Ellinger

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.

Wednesday, Feb. 16 | 7:00–9:00 pm | Online | \$29

Raising Antiracist Kids: A Parent Workshop

Meredith Moore

This workshop series is for parents and other caregivers who want their children to be informed about race and committed to racial justice, but have limited experience talking about race with young people. We will unpack current thinking and research behind race-conscious parenting and explore examples and ideas for engaging children in learning about race and racism. Our small-group learning community offers support and accountability to help participants take the next step in antiracist parenting. While participants of all racial backgrounds are welcome, the target audience is families whose racial identity affords them some privilege.

4 Mondays | Feb. 7–Mar. 7 | 7:00–8:30 pm | Online | \$85

White People Challenging Racism: Moving From Talk to Action

Melanie Roche-Laputka & Cory Allen

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. You will 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 | Mar. 2–30 | 6:30–8:30 pm | Online | \$150

Patient Advocacy: Informed Healthcare Decisions

Nancy Feeney

Navigating the healthcare system can be overwhelming. Learn how to take charge of your own healthcare or that of a loved one and make more informed decisions, whether facing a recent diagnosis 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, 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, Mar. 10 | 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 plan ahead. 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.

Wednesday, Mar. 23 | 6:30–8:30 pm | Online
\$29/individual or \$45/pair



Try something new
this winter! *Fine Arts
& Crafts, p. 4 - 7*

**Racial justice classes
for kids, p. 33**



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 start with a discussion of published memoir excerpts, an in-class writing prompt/exercise, and the sharing of work on a rotating schedule. This is a workshop based course, ideal for those seeking feedback and encouragement at any point in the memoir writing process. For this winter term, there will be one class devoted to one-on-one meetings with the instructor to discuss individual goals and concerns.

9 Wednesdays | Jan. 19–Mar. 23 | 10:00 am–12:00 pm
Online | \$235

Writing Workshop: Flash Fiction

Kayleigh Shoen

Flash fiction isn't just the short story's kid sibling. From 6-word stories to drabbles to 1000-word genre questioners, these mini-masterpieces are a diverse family of sub-genres to read and write. Whether you're a seasoned flash writer or a newbie looking to stretch your creative muscles, this class is a great opportunity to read, write, and learn about this blossoming genre. This class will include friendly group discussion of student work.

8 Wednesdays | Jan. 19–Mar. 16 | 7:00–9:00 pm | Gibbs | \$199

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, 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, such as your inner critic, while rediscovering why you love to write. Through prompts both reflective and creative, get back into the practice of writing, and be armed with strategies to fight against blank page anxiety and excuses. Stop procrastinating—let's write!

6 Tuesdays | Feb. 1–Mar. 15 | 7:00–9:00 pm | Gibbs | \$149

Reflecting Through Writing

Judy McClure

Join us for this welcoming and inclusive class that offers participants the opportunity to use writing as a form of reflection. Students will use their words to explore a variety of topics, including work, relationships, their identities, and other personal subjects worthy of reflection. We will generate a great deal of new writing, share our work (for those who feel comfortable doing so), and revise to further clarify, perhaps working towards publication. Each session will involve prompts to awaken your writing mind, readings of essays to inspire, and a longer generative session based around a prompt, a specific writing structure, or a creative nonfiction form. Writers at all levels of practice are welcome.

3 Tuesdays | Mar. 1–15 | 7:00–9:00 pm | Gibbs | \$75

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 history and nature of haiku at this three-session workshop. Everyone is welcome to this fun and supportive workshop, both beginners and folks who have taken haiku classes before.

Intermediate This supportive writing workshop is designed for folks who have taken haiku classes or have written haiku previously. In this six-part online class, we will wade further into the haiku pond and also study other related Japanese forms of poetry. Using writing prompts, both in-class and outside between classes, we will write haiku and other forms and workshop them together.

Beginner: 2 Tuesdays | Jan. 18 and 25 | 6:30–8:00 pm
Gibbs | \$39

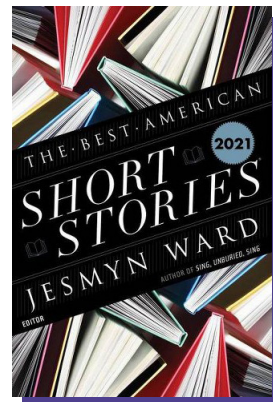
Intermediate: 6 Tuesdays | Feb. 1–Mar. 15 | 6:30–8:00 pm
Online | \$105

Read & Discuss: *Best American Short Stories 2021*

Kayleigh Shoen

The *Best American Short Stories* series has aimed to provide a window into the current moment in fiction published in North America every year since 1915. It is the longest-running and best-selling series of short fiction in the country, featuring the 20 best short stories published in print and online magazines in the past year. We'll read a selection from the 2021 anthology, and consider what these works have to say about 2021. Each week we'll gather online and discuss the stories along with supplemental readings provided by the instructor to give more background and information about the authors and stories included in this curated list.

8 Thursdays | Jan. 20–Mar. 17 | 7:00–8:30 pm | Online | \$149



Family Classes

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



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 divide into groups according to experience, and end the program with a mini chess tournament. All levels welcome. Ages 6+

10 Wednesdays | Jan. 19–Mar. 30 | 6:30–7:30 pm
Gibbs | \$229/pair

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. That's right, YOU get to be a performer! Ages 5+

6 Thursdays | Feb. 17–Mar. 31 | 6:00–7:00 pm | Gibbs | \$119/pair

Incredible Card Tricks

John Bach

Learn how to perform spectacular card tricks that will amaze your friends and family. Card magic is one of the most accessible forms of magic. Join a professional magician for this fun evening where you will get step-by-step instructions for beginner-level card tricks that you can master by practicing some essential sleight-of-hand techniques. All you'll need is a deck of cards to become a hit at any party and stun even the most cynical of sceptics! No experience necessary, just the ability to hold a deck of cards. Ages 10+

Thursday, Feb. 3 | 6:30–8:30 pm | Gibbs | \$39/pair

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+

Tuesday, Feb. 1 and/or 15 | 6:00–8:30 pm | Gibbs
\$79/pair (includes all materials)

PYO (Paint Your Own) Cookies

Sandra Frezza

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

Tuesday, Mar. 8 | 6:30–8:30 pm | Gibbs

\$69/pair (includes materials)

Delectable Dumplings

Jade Li

Learn how to make, fill, and wrap homemade dumplings. Called *jiaozi* in Mandarin, they are a traditional must-eat during Chinese New Year, symbolizing wealth and longevity. First we will prep our ingredients, including pre-made dumpling wrappers. Then make a delicious filling, either using ground pork and chives, or mushrooms for a vegetarian option. We'll fill and shape the dumplings, then pan fry them on the stove. Concoct a delicious dipping sauce with simple ingredients to serve alongside. Ages 8+

Saturday, Jan. 22 | 4:00–5:30 pm | Online | \$35/pair

Low-Key Gnocchi

Adrienne Dunne

Learn how to make pillowy authentic Italian gnocchi at home during this live and interactive virtual cooking class. We will use a ricotta base to make restaurant-quality gnocchi, including those hallmark ridges to catch the sauce. We will also prepare a simple, traditional red sauce and an alternative white cream sauce for serving. Ages 8+

Sunday, Feb. 6 | 4:00–6:00 pm | Online | \$39/pair

Valentine's Cookies

Adrienne Dunne

Learn how to create professional-looking cookies with tips and tricks from a certified baker and Level III Wilton certified decorator. Make royal icing and learn several decorating techniques including flooding and wet-on-wet designs. Using sugar cookies baked ahead of time, or store bought, we'll create puffed hearts, geometric patterns, and flowers using simple tools. Share these wonderful creations with your loved ones with Valentine's Day around the corner. Ages 8+

Thursday, Feb. 10 | 6:30–7:45 pm | Gibbs

\$49/pair (includes materials)

Brunch & Munch ☀

Adrienne Dunne

If breakfast and lunch are your favorite meals of the day, then come prepare foods to share with friends and family for brunch! Recipes include cinnamon French toast roll-ups, blueberry muffins, and a ham frittata. At the end of the class, you'll have a small feast to share, new skills, and a recipe booklet. Ages 8+

Saturday, Mar. 12 | 10:00 am–12:30 pm | Online | \$49/pair

Mosaic Jewelry Workshop

Michel L'Huillier

Using a wide selection of pre-cut colored glass pieces, beads, iridized and dichroic glass, each pair will create four stunning pieces featuring mini mosaics set inside deep pendants. Once the glass pieces are glued to the metal, we'll grout our pendants with one of the many colors available and string them on black leather cords. Ages 8+

Tuesday, Feb. 2 | 6:30–8:30 pm | Gibbs

\$39/pair (plus \$75 materials fee)

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. Ages 8+

Tuesday, Mar. 22 | 6:30–8:30 pm | Gibbs

\$45/pair (plus \$95 materials fee)

High School & College Prep

You Can Afford College If...

Don Anderson

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

Monday, Jan. 31 | 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 colleges look at your resume, particularly when it comes to special interests. Many colleges are moving away from a formula of the "right mix" of activities that purportedly lead to college acceptance. Instead, they 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.

Tuesday, Mar. 1 | 7:00–8:15 pm | Online | \$25/family

Demystifying College Admissions

Sue Wachter

Join a former college admissions officer for an insider's perspective on the complex and challenging college admissions process. We will discuss the basic elements of the college application; how to conduct research on colleges through in person and virtual visits; the ever-changing college entrance exam landscape; the value of a college interview, even if it is conducted via Skype or Zoom; and the different college application platforms. We'll talk about choosing teachers for recommendation letters and discuss the difference between Early Decision, Early Action, and Regular Decision applications. With this information you will be able to develop a reasonable timeline and learn key organizational strategies to keep your college application process on track. Parents and students are welcome to attend.

Wednesday, Mar. 9 | 7:00–9:00 pm | \$29/family

In Control: Crash Prevention Training

In Control Crash Prevention is a nonprofit 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 driveincontrol.org/ArCommEd for a special ACE discount, class details, and insurance discounts for graduates.

Driver's Education

CS Driving School

CS Driving School has contracted with Arlington Community Education to offer Driver's Education to students wishing to obtain their Certificate of Driver Education. 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 at csdriving.com.**

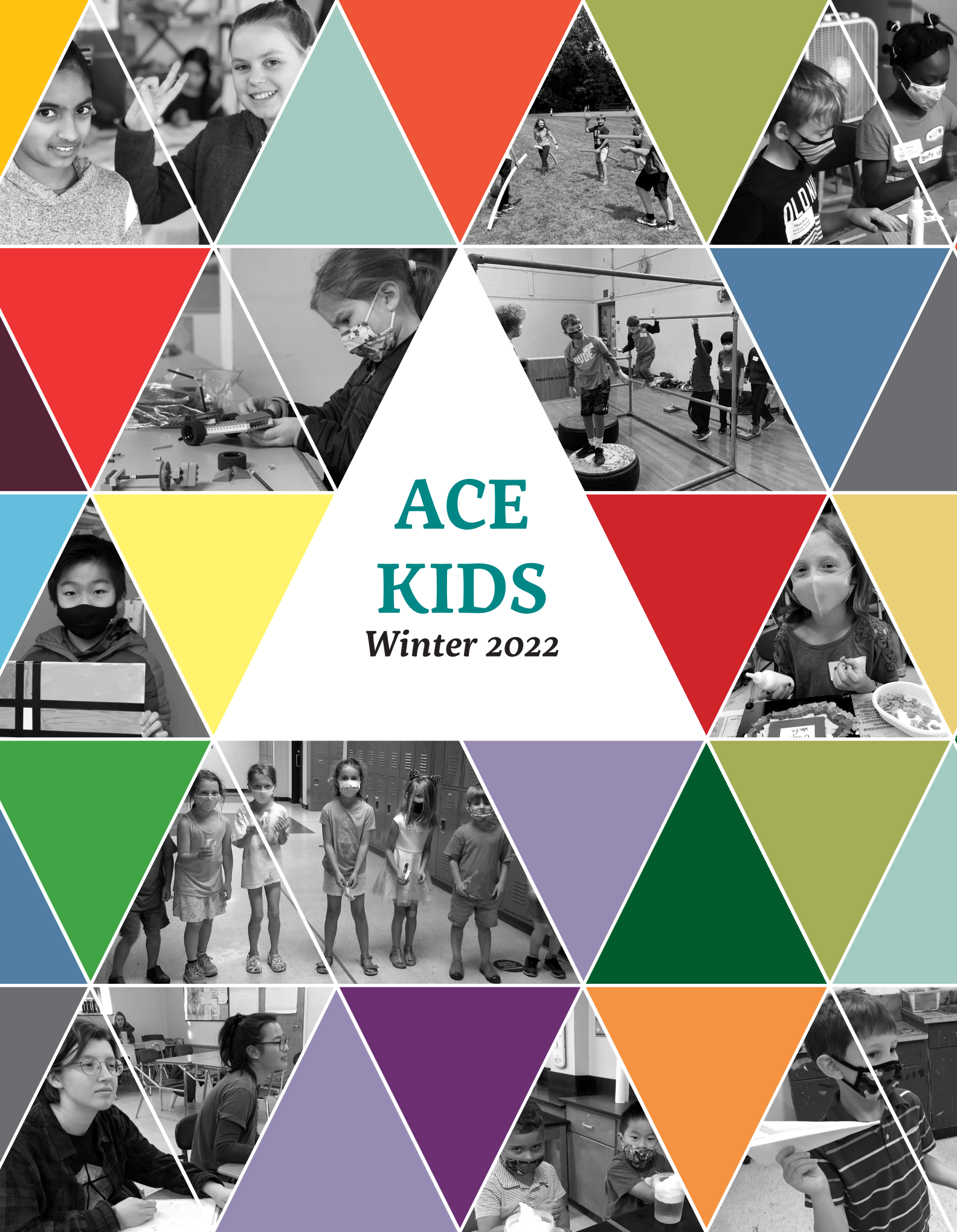
Online | \$749

Two-Week Sessions | Monday–Friday | 3:30–6:30 pm
Jan. 10–24 or Mar. 7–18

Vacation Sessions | Monday–Friday | 10:00 am–4:30 pm
Feb. 22–26 or Apr. 19–23

Reminder: Students 18+ may register for any adult class.





**ACE
KIDS**
Winter 2022

ACE Kids Winter 2022: At-a-Glance

Class	Day	Grades	Class	Day	Grades
BISHOP			STRATTON		
Spanish/French	Mon	K-5	FunDrumz	Mon	K-2
LEGO Junior Engineers	Tues	1-3	Spanish	Tues	K-5
Parkour	Tues	3-5	Engineering Workshop	Wed	K-2
Creative Cartooning	Wed	3-5	Exploring Watercolor	Wed	3-5
Chess Wizards	Thurs	1-5	Kids' Test Kitchen	Thurs	3-5
App Inventors	Fri	3-5	Nathan's Ninjas	Fri	K-5
Young Inventors	Fri	K-2	LEGO Adventures	Fri	3-5
BRACKETT			THOMPSON		
Kids Newsroom	Mon	3-5	Spanish/Mandarin	Mon	K-5
Habitat Nature Detectives	Mon	K-2	P.E. Morning Power	Tues	1-2
Chess Wizards	Tues	1-5	3D Printing	Tues	4-5
Spanish/French	Wed	K-5	Nathan's Ninjas	Tues	K-5
Art Explorers	Thurs	K-2	Coding Fun	Wed	1-2
Video Game Design	Thurs	3-5	P.E. Morning Power	Thurs	3-5
STEM with LEGO	Fri	K-2	Crafting is Cool	Thurs	1-3
DALLIN			Jewelry Making	Thurs	4-5
Circuit Makers 101	Mon	K-2	Mini Masterpieces	Thurs	4-5
Actor's Toolbox	Tues	K-2	Chess Wizards	Fri	1-5
Imaginative Illustration	Tues	3-5	GIBBS		
Minecraft Architecture	Wed	3-5	Young Activists	Mon	6
Spanish/French	Thurs	K-5	Jewelry Making	Tues	6
Chess Wizards	Fri	1-5	LARP Foundations	Tues	6
HARDY			Chess Wizards	Thurs	6
Chess Wizards	Mon	1-5	Public Speaking & Debate	Thurs	6
Creative Cartooning	Mon	3-5	Minecraft Modding	Fri	6
FunDrumz	Tues	K-2	OTTOSON		
Justice Squad	Tues	3-5	Clay Creations	Mon	7-8
Spanish/Mandarin	Wed	K-5	LARP Foundations	Mon	7-8
Radiant Child Yoga	Thurs	3-5	Winter Outdoor Running	M/W/Th	7-8
Engineering Workshop	Fri	K-2	Babysitting Basics	Thurs	7-8
PEIRCE			Dungeons & Dragons	Thurs	7-8
P.E. Morning Power	Mon	1-2	Minecraft Modding	Thurs	7-8
Video Game Design	Mon	3-5	LARP Games	Fri	7-8
Young Inventors	Mon	K-2	AROUND TOWN		
Business Sharks	Tues	3-5	Parkour Indoor @ AHS/Gibbs	Tues	Varies
P.E. Morning Power	Wed	3-5	Parkour Outdoor @ OMS	Sat	Varies
Chess Wizards	Wed	1-5	Ukulele @ Gibbs	Tues Eve	Ages 9-13
Fiber Arts Studio	Wed	3-5	Drumming @ Gibbs	Wed Eve	5+
Spanish	Thurs	K-5	OWL @ Gibbs	Thurs Eve	8-9
STEM with LEGO	Thurs	K-2	Home Alone Safety (Online)	Sun	3-6
Radiant Child Yoga	Fri	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 37.

Arts & Crafts

Art Explorers

Pam Shanley-Daube, Arlington Center for the Arts

Have a blast as we explore a variety of 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

10 Thursdays | Jan. 20–Mar. 31 | 2:40–4:10 pm | \$285

Clay Creations

Kayla McKenna

Come experiment with clay to create a variety of imaginative and useful objects. We will discuss form and function and practice different hand-building techniques (pinching, coiling, and slab building) as well as surface decoration as we build sculptural, functional, and fantastical pieces of art.

Ottoson | Grades 7-8

5 Mondays | Feb. 28–Mar. 28 | 3:10–4:10 pm | \$89

Crafting is Cool

Hui Ru Liang & Lisa Treadwell

Explore a seemingly endless supply of fun materials in this “craft-tacular” class. We'll use cool stuff like popsicle sticks, beads, buttons, and felt to make fluffy pompoms, puppets, pillows, and more. Expand your crafting skills, learn to sew, or improve your sewing skills as we experiment with different stitches. Crafting really is cool!

Thompson | Grades 1-3

10 Thursdays | Jan. 20–Mar. 31 | 2:40–3:55 pm | \$205

Creative Cartooning

Sue Rice, Arlington Center for the Arts

Have you ever wanted to create characters like ones in 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 with a variety of materials including ink, colored pencil, and more.

Grades 3-5 | 2:40–4:10 pm

Hardy | 9 Mondays | Jan. 24–Mar. 28 | \$255

Bishop | 10 Wednesdays | Jan. 19–Mar. 30 | \$285

Exploring Watercolor

Julie Powers, Arlington Center for the Arts

Let's dive deep into the world of watercolor. Take this common medium to new heights as we explore color theory, composition, and contrast. Discover new watercolor techniques and experiment alongside friends and classmates.

Stratton | Grades 3–5

10 Wednesdays | Jan. 19–Mar. 30 | 2:40–3:40 pm | \$195

Fiber Arts Studio

Molly Atryzek

Join us for a fiber arts exploration! In each session we will practice different crafts including weaving, embroidery, and working with yarn. Turn pom poms into animals or other creations, stitch or draw with thread, and create wall hangings. New and returning students are welcome.

Peirce | Grades 3–5

10 Wednesdays | Jan. 19–Mar. 30 | 2:40–4:10 pm | \$265

Imaginative Illustration

Sandra Gonzalez, Arlington Center for the Arts

Learn the basic elements of drawing (line, texture, scale, shape) with an emphasis on both observational and imaginative drawing. Create unique works of art based on still-life arrangements enhanced with your imaginative flourishes. We will experiment with values, color, and paint to vary the illustrations week by week to create meaningful art. Themes may include fantasy, sci-fi, nature, and architecture.

Dallin | Grades 3–5

8 Tuesdays | Feb. 1–Mar. 29 | 1:10–2:40 pm | \$229



Jewelry Making

Julie Powers, Arlington Center for the Arts

Using polymer clay and other materials, we'll make our own colorful beads. Design and hand-craft your own bracelets, earrings, necklaces and more. No matter your interests or skill level, you will walk away with newly treasured items.

Gibbs | Grade 6

10 Tuesdays | Jan. 18–Mar. 29 | 3:10–4:10 pm | \$195

Thompson | Grades 4–5

4 Thursdays | Mar. 3–24 | 2:40–3:40 pm | \$79

Mini Masterpieces

Sarah Moriarty, Arlington Center for the Arts

Come channel your inner Van Gogh or Monet! Looking back at some of the biggest names in art history, we will flex our visual and critical skills by looking deeply at works of art to find meaning and inspiration for producing our own masterpieces. We will delve into movements like *Impressionism*, *Abstract*, and *Surrealism* to spark learning and creative expression.

Thompson | Grades 4–5

5 Thursdays | Jan. 20–Feb. 17 | 2:40–3:40 pm | \$95



IN-PERSON AT OTTOSON MIDDLE SCHOOL

**FEBRUARY
22–25**

**TUESDAY–FRIDAY
9:00AM – 3:30PM**

GRADES K–8

ACE is pleased to offer families a creative, educational, and fun option for February break. Select morning or afternoon classes or combine for a full day of enrichment.

Registration for April break opens in March.

CLASSES INCLUDE

- ♦ Electronics
- ♦ Robotics
- ♦ Hands-On Science
- ♦ LEGO Challenge
- ♦ Expert Architects
- ♦ Arts & Crafts
- ♦ Nathan's Ninjas
- ♦ Parkour
- ♦ LARP
- ♦ Vegetable Circus



REGISTER AT ARLINGTONCOMMUNITYED.ORG

Fitness

FunDrumz

Romy Wilhelm

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 drum sticks to rock out and jam to our favorite tunes with movement routines that combine cardio, rhythm drumming, and lots of fun!

Hardy | Grades K-2

8 Tuesdays | Feb. 1–Mar. 29 | 1:10–2:10 pm | \$165

Stratton | Grades K-2

9 Mondays | Jan. 24–Mar. 28 | 2:40–3:40 pm | \$185

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 | Jan. 21–Apr. 1 | \$179

Session 1: 2:40–3:40 pm

Session 2: 3:45–4:45 pm

Thompson | 8 Tuesdays | Feb. 1–Mar. 29 | 1:10–2:10 pm | \$145

Parkour for Balance & Agility

Ages 50+, p. 7



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. All classes are taught by ADAPT-certified coaches.

Indoors | 8 Tuesdays | Feb. 1–Mar. 29

Bishop | Grades 3-5 | 1:10–2:10 pm | \$155

AHS | Ages 11-15 | 3:30–5:00 pm | \$195

Gibbs | Ages 7-11 | 6:10–7:10 pm | \$155

Outdoors at Ottoson | 8 Saturdays | Jan. 29–Mar. 26 | \$155

Ages 6-9 | 10:00–11:00 am

Ages 8-13 | 11:15 am–12:15 pm

P.E. Morning Power

Stephen Murphy/Ryan Wholey

P.E. Morning Power is designed to get you physically active before school while having fun with friends. Research has shown that exercise improves executive function and concentration. Get your blood pumping and start your day primed to learn.

Peirce | 7:30–8:10 am (Murphy)

Grades 1-2 | 9 Mondays | Jan. 24–Mar. 28 | \$85

Grades 3-5 | 10 Wednesdays | Jan. 19–Mar. 30 | \$95

Thompson | 7:30–8:10 am | \$95 (Wholey)

Grades 1-2 | 10 Tuesdays | Jan. 18–Mar. 29

Grades 3-5 | 10 Thursdays | Jan. 20–Mar. 31

Radiant Child® Yoga & Intuitive Art

Carla Leone

This gentle, fun and engaging class weaves stories, songs, and relaxation into the yoga practice. We'll focus on using our breath to unite our minds, bodies, and hearts, which can reduce anxiety and increase calm centeredness. Intuitive Art involves letting go of preconceptions and what art should be, and allowing intuition to guide your art-making process.

Grades 3-5 | 2:40–3:40 pm | \$169

Hardy | 10 Thursdays | Jan. 20–Mar. 31

Peirce | 10 Fridays | Jan. 21–Apr. 1

Winter Outdoor Running

Gaggi DeStefanis & Jessica Nguy

Calling all intermediate to advanced running enthusiasts! Embrace the fresh winter air and build fitness in this fun and challenging running program. We will move throughout the entire class with a combination of running and proper dynamic and stagnant stretches, as well as plyometrics and strength circuits to stay strong. Independent running will be encouraged throughout the week to stay fit and on track to meet our goal of running a 5K at the end of the program.

Ottoson | Grades 7-8

M/W/Th for 15 practices | Jan. 31–Mar. 10 | 3:10–4:40 pm | \$195



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

9 weeks | 2:40–3:40 pm | \$209

Bishop | Thursdays | Jan. 27–Mar. 31

Brackett | 8 Tuesdays | Feb. 1–Mar. 29 | 1:10–2:10 pm | \$185

Dallin | Fridays | Jan. 28–Apr. 1

Hardy | Mondays | Jan. 24–Mar. 28

Peirce | Wednesdays | Jan. 26–Mar. 30

Thompson | Fridays | Jan. 28–Apr. 1

Gibbs | Grade 6

9 Thursdays | Jan. 27–Mar. 31 | 3:10–4:10 pm | \$209

Family Chess

Ages 6+, p. 25



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. In *LARP Foundations*, beginners learn the basics of LARPing and returning students continue to hone their skills and knowledge. In *LARP Games* students in the *Foundations* class get to practice what they learned earlier in the week. Visit LARPAventureProgram.com for more info.

LARP Foundations

Ottoson | Grades 7–8

9 Mondays | Jan. 24–Mar. 28 | 3:10–5:10 pm | \$405

Gibbs | Grade 6

10 Tuesdays | Jan. 18–Mar. 29 | 3:10–4:10 pm | \$225

LARP Games*

Ottoson | Grades 7–8

9 Fridays | Jan. 28–Apr. 1 | 3:10–5:10 pm | \$405

*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

10 Thursdays | Jan. 20–Mar. 31 | 3:10–5:10 pm | \$449

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, resulting in a fun and challenging learning experience. Instruction is adapted for a variety of levels, making this an excellent introduction for beginners and an opportunity for returning students to expand their proficiency. **Please note:** These clubs are not designed for advanced speakers.

Grades K–5

9 weeks | 2:40–3:40 pm | \$195

Spanish Club

Bishop | Mondays | Jan. 24–Mar. 28

Brackett | Wednesdays | Jan. 26–Mar. 30

Dallin | Thursdays | Jan. 27–Mar. 31

Hardy | Wednesdays | Jan. 26–Mar. 30

Peirce | Thursdays | Jan. 27–Mar. 31

Stratton | 8 Tuesdays | Feb. 1–Mar. 29 | 1:10–2:10 pm | \$175

Thompson | Mondays | Jan. 24–Mar. 28

French Club

Bishop | Mondays | Jan. 24–Mar. 28

Brackett | Wednesdays | Jan. 26–Mar. 30

Dallin | Thursdays | Jan. 27–Mar. 31

Mandarin Club

Thompson | Mondays | Jan. 24–Mar. 28

Hardy | Wednesdays | Jan. 26–Mar. 30

Life Skills

Babysitting Basics

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

The excellent 4-H 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 ID card and a certificate of completion.

Ottoson | Ages 12+

4 Thursdays | Feb. 3–Mar. 3 | 3:10–4:45 pm | \$125

Home Alone Safety

Frank Oliveri

Knowing when your child is ready to stay home alone is a difficult decision, and preparation can make the transition much easier for you and your child! *Home Alone Safety* is a readiness program that helps prepare your child while building self-confidence, a sense of responsibility, and proper decision making abilities. This program is a stepping stone for younger grades as they explore and become comfortable with the idea of being home, and for older grades to better understand and gain confidence with being home alone. This course will teach basic safety guidelines through a variety of fun, interactive activities, discussions, and situational role-playing. Guardians are welcome to join.

Online | Grades 3–6

Sunday, Mar. 20 | 4:00–6:00 pm | \$55/family screen

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!

Peirce | Grades 3–5

8 Tuesdays | Feb. 1–Mar. 29 | 2:40–4:10 pm | \$225

Kids Newsroom

Right Brain Curriculum

Learn the craft of journalism including investigative writing and research. Each week our classroom transforms into a working newsroom, complete with editorial staff, reporters, columnists, and headline writers. Each of you will play multiple roles and work together to publish your own newspaper with stories about your school and community. We will edit each other’s work, take photographs, and publish our final work.

Brackett | Grades 3–5

8 Mondays | Jan. 31–Mar. 28 | 2:40–4:10 pm | \$225

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.

Gibbs | Grade 6

8 Thursdays | Jan. 27–Mar. 24 | 3:10–4:40 pm | \$225

Justice Squad

Meredith Moore, Kids for Racial Justice

Do you want to make the world more fair and just? Learn how you can make a difference in your community and beyond. We’ll use children’s literature, play, and the arts to explore important topics related to race, racism, and activism. We’ll then plan and undertake our own action project to address racism, such as making protest art, writing letters and petitions, or raising awareness in the community.

Hardy | Grades 3–5

8 Tuesdays | Feb. 1–Mar. 29 | 1:10–2:10 pm | \$175

Young Activists

Meredith Moore, Kids for Racial Justice

Learn how to harness your superpowers to make a difference for people of all races. Working with a team, you will explore a racial justice issue that matters to you, and then plan and carry out action. Actions could include making protest art, writing letters to lawmakers, raising awareness in the community, and much more.

Gibbs | Grade 6

8 Mondays | Jan. 24–Mar. 21 | 3:10–4:40 pm | \$195



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 artichokes, winter comfort stew, scratch pasta, nourishing nachos, stuffed peppers, and polenta with fruit salsa. Lessons are planned to celebrate seasonal produce. Leave with the main ingredient or sample of the finished dish and the recipe. We will work around allergies, making sure that everyone is having fun and staying safe.

Stratton | Grades 3–5

10 Thursdays | Jan. 20–Mar. 31 | 2:40–3:40 pm | \$229

Raising Anti Racist Kids

Four-week parenting workshop, p. 23



Our Whole Lives

Wendy Conroy

Our Whole Lives (OWL) is a comprehensive sexuality education class that equips teens with accurate, age-appropriate information and skills to help them lead sexually healthy, positive and responsible lives. Grounded in a holistic view of sexuality, OWL addresses a wide range of topics including body image, relationships, social media/Internet, sexual orientation, gender identity, sexually transmitted infections, birth control and cultural influences on sexuality. Through engaging activities and discussions, OWL helps teens to clarify their own values and to build their interpersonal skills. *Our Whole Lives* is used nationwide in a variety of community settings including schools, youth-serving agencies and faith-based communities. OWL is completely secular and contains no religious doctrine.

Gibbs | Grades 8–9

16 Thursdays | Jan. 13–May 12 | 6:30–8:30 pm | \$385

Mandatory Parent Class | Thursday, Jan. 6 | 6:30–8:00 pm

Music & Theater

Actor's Toolbox

Roisin Dowling, Arlington Children's Theatre

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.

Dallin | Grades 1–3

7 Tuesdays | Feb. 1–Mar. 29 | 1:10–2:10 pm | \$159

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!

Please note: Bring a drum practice pad and set of sticks to each class, if you have them. These will be available to borrow for those who do not.

Gibbs | Grades 5+

10 Wednesdays | Jan. 19–Mar. 30 | 6:30–7:30 pm | \$179

Ukulele for Continuing Players

Amy Kucharik

Ukulele is one of the easiest instruments to learn and can give you a lifetime of musical enjoyment. In this class, we'll review the fundamentals such as tuning and simple chords before applying them to strumming several classic and popular songs. We'll also cover some basic music theory and tablature so you can pluck familiar melodies and recognizable riffs. Minimum prerequisites: Students should be comfortable tuning their own ukuleles and playing chords C, G7, Am, F, and G.

Gibbs | Ages 9–13

7 Tuesdays | Jan. 18–Mar. 8 | 5:45–6:45 pm | \$129



STEM

Audubon Habitat's Nature Detectives: Wild Winter

Mass Audubon Habitat Naturalist Educators

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

Brackett | Grades K-2

9 Mondays | Jan. 24-Mar. 28 | 2:40-3:40 pm | \$159

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.

Thompson | Grades 4-5

8 Tuesdays | Feb. 1-Mar. 29 | 1:10-2:25 pm | \$279

App Inventors

Circuit Lab

Want to know how the apps work on your phone or iPad? Or do you already have the next great app idea, and just need to know how to make it? In this no-experience-required course, we use MIT App Inventor software to make fun, creative apps for Android phones and tablets. We will also explore wireless communication by building custom bluetooth hardware controllers and readouts for our apps.

Bishop | Grades 3-5

10 Fridays | Jan. 21-Apr. 1 | 2:40-4:10 pm | \$249



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.

Dallin | Grades K-2

9 Mondays | Jan. 24-Mar. 28 | 2:40-4:10 pm | \$225

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

10 Wednesdays | Jan. 19-Mar. 30 | 2:40-3:40 pm | \$165

Engineering Workshop

Wicked Cool for Kids

As junior engineers, we will be put to the task of building things that go. Explore the engineering and design process to build balloon powered cars, hovercrafts, and magnet powered *JunkBots*. We'll add in some tall towers, catapults, and bridges and a house for a superhero.

Grades K-2 | 2:40-3:40 pm | \$189

Hardy | 6 Fridays | Feb. 18-Apr. 1

Stratton | 6 Wednesdays | Jan. 26-Mar. 9

Learn to Code: Minecraft Modding

Einstein's Workshop

Come learn to craft diamonds from dirt, smelt up some bedrock, or add your own custom blocks. Modifications—or “Mods”—are one of the coolest things about the Minecraft community. In this class we'll get you started using Java Coding to write your own mods using the Forge API. No programming experience is required.

3:10-4:25 pm | \$349

Gibbs | Grade 6 | 10 Fridays | Jan. 21-Apr. 1

Ottoson | Grades 7-8 | 10 Thursdays | Jan. 20-Mar. 31

Adventures in STEM with LEGO®

Play-Well TEKologies

Let your imagination run wild with tens of thousands of LEGO® parts! Build engineer-designed projects such as snowmobiles, catapults and lighthouses. Design and build as never before, and explore your craziest ideas in a supportive environment.

Grades K-2 | 2:40-4:10 pm | \$259

Brackett | 10 Fridays | Jan. 21-Apr. 1

Pierce | 10 Thursdays | Jan. 20-Mar. 31

LEGO® Adventures

Right Brain Curriculum

Face a new building challenge each week, from skyscrapers to farms, bridges to airports, and space stations to main streets. First, we will review the history of what we are about to build: how the invention of the elevator revolutionized city skylines, how farms in the 1930s survived hordes of grasshoppers and the Dust Bowl, how aeroelasticity explains why the Tacoma bridge nicknamed “Galloping Gertie” collapsed, etc. Next, create a model of each type of structure out of an enormous assortment of Legos. Learning and Legos—it’s a perfect match!

Stratton | Grades 3-5

8 Fridays | Jan. 28-Mar. 25 | 2:40-4:10 pm | \$225

LEGO® Junior Engineers

Einstein’s Workshop

Take Lego robotics to the next level with *WeDo 2.0*. Students will learn how to build simple machines with motorized parts such as winches, pulleys, drive trains and more. Add sensors and program your creations to respond to their environment. Then work together to design a machine to meet the challenge of the day.

Bishop | Grades 1-3

8 Tuesdays | Feb. 1-Mar. 29 | 1:10-2:25 | \$279

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 we will learn how to engage in constructive play as we design and build our structures. 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.

Dallin | Grades 3-5

10 Wednesdays | Jan. 19-Mar. 30 | 2:40-3:55 pm | \$349



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 access from home.

Grades 3-5 | 2:40-4:10 pm

Brackett | 10 Thursdays | Jan. 20-Mar. 31 | \$419

Peirce | 9 Mondays | Jan. 24-Mar. 28 | \$379

Young Inventors Squad

Einstein’s Workshop

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

Grades K-2 | 2:40-3:55 pm

Bishop | 10 Fridays | Jan. 21-Apr. 1 | \$349

Peirce | 9 Mondays | Jan. 24-Mar. 28 | \$315

Donate to Learning!

Please give to our scholarship fund to help make classes accessible to all.



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.

Covid Policies

ACE requires vaccinations for all in-person instructors and all adult students attending in-person classes. Masks are still required for indoor classes. Please check our website for updates.

How to Register

Registrations must be completed online at ArlingtonCommunityEd.org. 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

We are using a variety of locations this winter, 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:

Gibbs School | 41 Foster St

Calvary United Methodist Church | 300 Massachusetts Ave

St. Camillus Church | 1185 Concord Turnpike

Derby Farm Flowers & Gardens | 218 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 20%
- 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.





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- 100+ programs for children of all interests
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Highlights include:

- Summer Stock Musical Theater
- Creative, hands-on arts and crafts classes
- High-energy sports and games including Parkour and ultimate frisbee
- STEM programs in programming, electronics, robotics, engineering and hands-on science
- Cooking classes using fresh ingredients and from scratch recipes
- Six weeks of LARP

**REGISTRATION
OPENS
FEBRUARY 15**

FUN & CREATIVE SUMMER ADVENTURES FOR KIDS

Ottoson Middle School • 6 weeks, July 5–August 12 • Grades 1–9