

Dear Neighbors:

It’s finally here! Spring, warm weather, nature blooming, hugging, visiting family and friends—all YES! And here at ACE, we have something else to be excited about: the opening of a new wing of Arlington High School. There’s so much to jump for joy about this term, and we can hardly wait to swing open the front doors for you.

We’ve been fortunate to hold our evening adult classes at the beautiful Gibbs School this winter and we’ve received wonderful feedback from students and instructors. We’re pleased to continue at the Gibbs on Wednesday and Thursday evenings, and starting April 26, we will be holding our Tuesday evening classes in the new high school building!

We have even more one-night workshops and series classes than we’ve had before. Learn about Stephen Sondheim, explore Armenian culture, pick up the banjo, try your hand at pottery in the new AHS studio, make your own leather sandals, go on a bike tour on the North Shore, learn how to design a new kitchen or garden, join one of our 20 outdoor walks, or take an online cooking class with someone special on Mother’s Day.

And that’s just what we have for adults. If you’re looking for youth enrichment activities, we’ve got you covered for April vacation, after school, and for six weeks this summer at our popular SummerFun program. Check out the wide selection of new and returning favorites starting on page 33.

Join us online, in person, or outdoors—we can’t wait to share all that we have to offer.

Warmly,

Jen

About Us

Arlington Community Education (ACE) is a program of the Arlington Public Schools that is completely supported by tuition received from our courses. ACE provides affordable education and enrichment opportunities for children and adults from Arlington and surrounding communities.

Jen Rothenberg, Director

Andrea Loeb, Adult Program Manager

Monica von Huene, Youth Program Manager

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 online class description, no classes will be held Memorial Day weekend (Saturday, May 28–Monday, May 31).

We are using a variety of locations this spring 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 44.

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

Arlington Community Education

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

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Spring Cover Art Contest Winner

“Kitchen Suite” by Howie Green

Boston-based artist Howie Green’s upbeat, colorful artwork reflects the best sides of our nature and celebrates the positive aspects of the world around us. This series of Pop Art food images are made from hand-cut lino block prints. Done during the pandemic shutdown in 2020, the fun of carving and printing each image brought much needed activity and color into an otherwise troubling time period. Howie’s award-winning Pop Art pieces have been featured in over 40 solo and group shows. He has received over 45 awards and won Absolut Vodka’s 25th Anniversary art competition in Boston. See more of Howie’s work at [howiegreen.com/gallery](http://howiegreen.com/gallery).

Catalog Design

Carolyn V. Marsden Design

Highlights

An Evening with Pop Artist Howie Green

Howie Green

Join an internationally-recognized Pop Artist, designer, author—and ACE cover artist—for a colorful overview of his career and journey through several decades of creative pursuits that include TV, toys, collectible figures, publications, Hollywood, web and multimedia, album covers, urban sketching, public art...AND the kitchen sink! Howie Green has created over 100 murals and public art pieces including *Cow Parade Boston*, *Elephant Parade Bangkok, Thailand*, a holiday mural for Boston City Hall, giant golf balls for the PGA Tour in Rochester, NY, and three car designs for Volkswagen Polo Denmark. Find out what inspires Howie’s big, bold, bright artwork and hear about his recent projects including murals at the Webster School in Manchester, NH and the Punto Urban Art Museum Salem, MA and an illustrated edition of *The Invisible Man* by HG Wells.

Tuesday, May 24 | 7:00–8:00 pm | AHS | \$15

Climate Change 101: Science & Solutions

Benjamin Brown-Steiner

Get a deeper understanding of climate change and what you can do about it. Each week we will examine a different facet of this complicated issue. Walk through the history of the Earth’s climate, starting with an overview of natural climate processes from ice age cycles to volcanic eruptions. Discover what scientists know and how they learn about the Earth’s climate, and explore strategies to reduce greenhouse gas emissions from the small scale (drive less) to the very large scale (geoengineering).

3 Wednesdays | May 4–18 | 7:00–9:00 pm | Gibbs | \$45

The Solar Panel Panel

Moderator: Andy Winslow, Public Policy Associate, Northeast Energy Efficiency Partnerships (NEEP)

Panelists:

Tom Ehbrecht, Sustainable Arlington

Scott Samenfeld, HeatSmart, Sustainable Arlington

Ezekiel Wheeler, business and home solar user

Coralie Cooper, Arlington Clean Energy Future Committee,

Arlington Mothers Out Front

You can be part of the climate solution. Learn how to install a solar energy system at your house from an experienced panel who have already gone through the process. One way homeowners can help get us to zero carbon quickly, and save money, is if we start to provide our own energy. Learn some tips and tricks, bring your own questions, and get ideas for your own home. We will also cover alternatives for renters, solutions for roofs where solar panels won’t work, and solar hot water systems.

Co-sponsored by Arlington Mothers Out Front and Sustainable Arlington

Wednesday, May 25 | 7:00–8:30 pm | Online | \$15



Joith Wolff

Gibson House Museum: A Window into Queer Boston

Gibson House Museum Staff

Explore the Gibson House Museum in Boston’s historic Back Bay neighborhood and learn about the gay subculture of early-twentieth-century Boston through Charlie Gibson’s eyes. American writer and preservationist Charles Hammond Gibson, Jr., created the museum to preserve his family mansion as a time capsule of the wealth, leisure, and elaborate social decorum of domestic life from the mid-nineteenth to early-twentieth centuries. His story is one of legacy and family history, of the fading grandeur of Victorian-era Boston, and of Boston’s LGBTQ history.

Saturday, May 14 | 3:00–3:45 pm | Offsite | \$19

Chinatown Food Tour

Roberta Hing

Boston’s Chinatown is filled with so many little shops and restaurants—it’s easy to get lost amid its colorful window displays and enticing aromas. Join us on this culinary and cultural adventure led by an expert guide. Our journey begins in the heart of Chinatown, where we’ll learn about its history while stopping at a few shops and bakeries for samples. Next we’ll visit a Chinese herbal shop to examine traditional Chinese medicinal remedies before touring a Chinese market to explore exotic produce and other unique offerings. We’ll also try *dim sum* from a traditional and popular restaurant. (Tuition covers all restaurant fees and tips.)

Sunday, June 5 | 11:00 am–1:30 pm | Offsite | \$85

Extended Reality (XR) Technology

Hedrick Ellis

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

Tuesday, May 17 | 7:00–9:00 pm | AHS | \$29

What Makes Sondheim Great

Gail Leondar-Wright

The late composer and lyricist Stephen Sondheim is one of the most influential figures in musical theater. We'll compare his work to some of his contemporaries' in an attempt to elucidate what makes Sondheim so great. First we'll contrast songs from two musicals from the final years of Broadway's Golden Age: *Gypsy* (1959) and *Funny Girl* (1964). We'll listen to important musical numbers from each including "Don't Rain on My Parade" and "Everything's Coming Up Roses," look deeply at their lyrics, learn a little about the production history of the shows, and employ some tools to think about the role of the lyricist in creating a Broadway musical. Then we will look at two "concept musicals" from the 1970s: *Follies* (1971) and *A Chorus Line* (1975), learning about their shared relationship to the history of Broadway musicals and the ways that they helped to shape Broadway's future.

2 Tuesdays | June 7 and 14 | 6:15–8:00 pm | AHS | \$45

The Origins of Public Art in Boston

Mark Rennella

Boston became home to some of the most dynamic public spaces in the United States around the turn of the twentieth century. An artistic ferment resulted in a creative architectural response that evolved from the aftermath of the Civil War, when Boston's intellectual and artistic elite wondered what more could be done to promote freedom and equality. The rise of transoceanic steamship also inspired artists and their patrons to see and think in new ways about creativity and social improvements in America. Explore two of the most impressive examples of public art from this era. We will consider the Boston Public Library as a creative and architectural response to the deeply vexing problems of post-Civil War America. Then we will explore how Isabella Stewart Gardner used art to bring people together and create a public spirit through sharing a common experience.

2 Thursdays | May 12 and 19 | 7:00–8:30 pm | Gibbs | \$39

A Cultural Exploration of Armenia

Linda Khachadurian

Delve into Armenia's rich cultural history of music and architecture. Our musical tour will encompass folk and church music, including iconic composers such as soviet-era Aram Khachaturian (1903–1978) and priest/musicologist/singer Komitas (1869–1935), who is considered the father of the Armenian school of music. We'll look at the revered *duduk*, an ancient double reed instrument crafted from apricot wood. Because Armenia was the first country in the world to adopt Christianity as a state religion, many of the greatest feats of architecture involve the building of churches, from the fairly minimalistic basilicas built between the fourth and seventh centuries to the more ornately carved *khachkars* (memorial stone bearing a cross) that were developed during the ninth and eleventh centuries and remain symbolic to this day.

2 Thursdays | May 26 and June 2 | 6:30–8:00 pm | Gibbs | \$39

Liberty & Union: Arlington's Civil War Monument

Michael Ruderman

The Arlington *Soldiers' and Sailors' Monument* (1887), located at the intersection of Broadway and Massachusetts Avenue, tells a host of stories: the carnage of a far-away Civil War, the deaths of 33 Arlington men who fought in it, and the remembrance of their native town. June 17 will be the 135th anniversary of the dedication of this memorial to the town's dead in the Civil War. Can we "read" this monument even more deeply? Can it tell us what causes they fought and ultimately gave their lives for? Learn how Arlington remembered its dead, long after neighboring towns had done the same, while creating a new artistic language of war memorials.

Thursday, June 9 | 7:00–9:00 pm | Gibbs | \$29

Manage Fear So It Doesn't Manage You

Lauren Mackler

When faced with danger, our nervous system activates a physiological cascade that prepares us to run away or protect ourselves from the threat. But when this response is activated frequently, such as in response to this unprecedented time of change, it can wreak havoc on our emotions, create anxiety, and diminish the efficacy of our immune system. Gain insight into the often-hidden roots of fear and get practical tools to bring yourself into a greater state of calm.

Thursday, May 26 | 7:00–8:30 pm | Online | \$25

Disability Awareness & Accessibility

Samantha Fein

Many of us are uncomfortable and/or unsure about how to talk about disability. Accessibility and disability justice are often afterthoughts within organizations and larger social movements. This introductory workshop is designed to reimagine our understanding of dis/ability and accessibility. We will take a gentle and nonjudgmental approach to open up conversations around topics such as internalized ableism. We will also investigate the ways in which disability intersects with other forms of oppression and consider strategies for increasing accessibility.

Saturday, May 21 | 11:00 am–12:30 pm | Online | \$15

Career, Technology & Finance

Career

Bookkeeping 101 for Small Business Owners

Ava Vatsky

Bookkeeping for small businesses can be intimidating and it's hard to know where to start. Expenses get out of control, you don't know how profitable your business is, and you are way behind on getting your paperwork in order for tax time. Get introduced to basic bookkeeping concepts and learn how to use a simple, customizable template to track money flowing in and out of your business that will send you into tax time fully prepared. This class is ideal for solopreneurs who don't currently have a bookkeeping system in place.

Wednesday, May 11 | 7:00–8:30 pm | Gibbs | \$29

Standout Resumes

Gamze Saunders

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

Monday, June 6 | 7:00–8:30 pm | Online | \$29

Technology

Excel Essentials

Susanne Agerbak

Microsoft Excel is a powerful application for working with and understanding the numbers in your work or personal life. Learn the essentials: how to input data, do calculations using formulas and basic functions, make simple charts, and format your spreadsheets to make them easy to read. We will also talk about finding resources for help in case you get stuck. Computers will be provided.

4 Tuesdays | April 26–May 17 | 7:00–9:00 pm | AHS | \$119

Excel Conditional Formatting

Susanne Agerbak

If you are already familiar with the basics of Excel, learn how to use Conditional Formatting and Sparklines to do data visualization. This can be valuable for understanding large sets of data and finding interesting or problematic values and patterns in your data. Computers will be provided.

Tuesday, May 24 | 7:00–9:00 pm | AHS | \$35

Excel Pivot Tables

Susanne Agerbak

If you are already familiar with the basics of Excel, learn how to use Pivot Tables to understand and report on your data. Many Excel users are daunted by how different the Pivot Table functionality looks from the rest of Excel, so we will take time to understand the interface, see how your data needs to be prepared, and then create a number of pivot tables that we can use to explore and summarize data far more rapidly than we could using formulas. Computers will be provided.

Tuesday, June 7 | 7:00–9:00 pm | AHS | \$35

Everything Google

Howard Loewinger

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

Thursday, April 28 | 7:00–9:00 pm | Gibbs | \$35

Website Design: Engaging Your Customers

Andrea Spector

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

3 Wednesdays | April 27–May 11 | 7:00–8:30 pm | Online | \$89



We love our instructors!

View bios and photos on our website.



SEO Basics: Build Website Traffic

Gary E. Haffer

How can you make your website stand out among the hundreds of new sites that join the internet every minute? Implementing Search Engine Optimization (SEO) can increase the quality and quantity of traffic to your website. Get a solid understanding of what SEO is and how search engines work for you. We'll discuss why a target audience is important, how to choose the best keywords, and what to add or modify in order for a site to rank better in the search engines. Leave with a solid plan for how to monitor and manage projects that will help you reach your goals whether you are interested in SEO as a career or just as a strategy to noticeably increase traffic to your site.

4 Wednesdays | May 18–June 8 | 7:00–8:30 pm | Gibbs | \$99

Photography & Lightroom Classes

See p. 6



One-on-One Tutoring Options

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

One-on-One with QuickBooks

Leslie Capachietti

This training is ideal for new QuickBooks users, working on their 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.

One-on-One 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 virtually or in-person to help troubleshoot and answer questions about MS Office Suite (Excel, Word, PowerPoint), communications (email, Facebook), how to organize your desktop, and more.

One-on-One Marketing Help

Andrea Spector

Get personalized help with marketing planning and execution. This one-on-one marketing mentoring will help give you direction on the right marketing channels for your business, how to create an impactful website, what social/digital channels to use to reach your customers, and how to build your brand. We work together to prioritize which marketing efforts to work on first. Our marketing expert will meet you virtually for a two-hour session.

iPhone/iPad Settings: Where All The Secrets Hide

Marjorie Wein

There are many adjustments and tweaks you can make in Settings that will change how your iPhone/iPad behaves. You can adjust such things as font size, ringtones, privacy settings, passcodes, screen wallpaper, notifications, updates, and battery life. By understanding these settings fully you will be able to take complete control of your device and customize it to your needs. This course is for individuals who have basic familiarity with their iPhone and/or iPad and want to take the next step.

Tuesday, May 3 | 6:30–8:30 pm | AHS | \$35

Python Programming & Data Science

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, learning 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 | May 26–June 16 | 6:30–8:30 pm | Gibbs | \$199

Finance

Finding Yield in a Low-Rate World

Michael Stern

Are you wondering if there are any alternatives to the paltry returns offered at local banks or getting frustrated with low savings rates for CDs and Money Market accounts? Learn about the various instruments available to investors that can offer substantially higher returns. From U.S. government issued Series I bonds to corporate bonds and tax-free municipal debt to preferred stocks, this fast-paced class will teach investors multiple ways to buck the bank and get higher rates of return. We'll discuss direct investment in U.S. Treasuries, Ginnie Mae bonds, High Yield Corporates, Bond ETFs, as well as fixed-income investment strategies including laddering, “bullet” bond funds, and much more.

2 Mondays | April 25 and May 2 | 7:30–9:00 pm | Online | \$75

The Shark Investor: Navigate the Stock Market

Michael Stern

The Shark Investor is a must-take class for investors seeking to turbo-drive their stock and ETF picks. The course applies principles gleaned from television's *Shark Tank* to public market investing. Learn how to think like a shark when considering stocks: size up a CEO, scrutinize a business model, and project business trends. The class moves on to learning how to pick “category killers” and covers the six equity ETFs that have trounced the S&P 500. We'll also discuss one of the least understood aspects of investing: When to sell?

3 Thursdays | May 5–19 | 7:30–9:00 pm | Online | \$95

Maximize Your Social Security Benefits

Richard Belofsky

Social Security is a significant piece of the retirement puzzle. Learn how to get the most from your benefits and coordinate this income with your overall retirement strategy. We will talk about the current state of Social Security, what to consider when planning your benefit start date, spousal benefits, options for divorcees, buy-back strategies, tax reduction strategies, and coordination with state and federal retirement plans. We will also review recent changes in benefits and special planning considerations for self-employed individuals.

Wednesday, April 27 | 7:00–8:30 pm | Gibbs  
\$35/individual or \$59/pair

Financial Strategies Toward a Secure Retirement

Richard Belofsky

Join us for this not-to-be missed opportunity to review your retirement finances and make sure your money lasts as long as you do. Look at the big picture for developing a hierarchy of spending and investing, including strategies that provide a better outcome, regardless of investment performance. Discover how to manage your 401(k), 403(b), and pension as you approach retirement and what you need to know about target funds. Find out why investment strategies must be different in retirement; when a Roth IRA makes sense; exploring the hype around annuities; forgotten financial pitfalls; and alternative ways to preserve your nest egg against long-term care costs. Many who attend this course are on the cusp of retirement. However, those who learn these strategies decades in advance not only improve their outcome at retirement, but also have better financial results along the way.

2 Wednesdays | May 4 and 11 | 7:00–8:30 pm | Gibbs  
\$65/individual or \$115/pair



Tour Beauport, the Sleeper-McCann Museum, p.25

Planning for Financial Success After Divorce

Chris Chen

Focus on the key issues that will allow you to settle into a financially successful post-divorce life. It is usually more effective to plan sooner, ideally before the agreement is final. Start to develop the architecture of the financial plan for the rest of your life including managing your spending plan, your debt, and your assets. You will come out more confident about the future with a clear roadmap of what you need to do to get back on track.

Tuesday, April 26 | 7:00–8:30 pm | Online | \$35

Estate Planning

David W. Adams/Benjamin Strobeck

With both humor and knowledge, a local attorney and estate planning specialist will address fundamentals of estate planning.

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

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.

**Essentials:** Tuesday, May 10 | 7:00–9:00 pm | Online  
\$45/individual or \$75/pair (Adams)

**Prepare for Long Term Care:** Monday, May 16 | 7:00–8:30 pm  
Online | \$35/individual or \$59/pair (Strobeck)



Benjamin Strobeck

Preserving & Passing On the Family Cottage (without destroying the family!)

David Adams

Vacation homes often represent some of a family's most cherished memories and legacies for children and grandchildren. However, planning for their transfer to the next generation can be messy and lead to significant family conflict. Plus adding your children as co-owners to your vacation home during your lifetime can have significant negative tax consequences, as well as expose your treasured home to your children's creditors. With ample time for questions, we will review issues such as: Who can be an owner? How are decisions to be made regarding repairs and upkeep? Who can use the home and when? How do we fund future costs? We will cover planning techniques that create a smooth transition of your family home while protecting this family asset for future generations.

Thursday, May 26 | 7:00–8:30 pm | Online  
\$35/individual or \$59/pair

Medicare 101

Elaine Miller

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

6:00–8:00 pm | Gibbs | \$29  
Wednesday, May 18 or Thursday, June 16

Fine Arts & Crafts

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



Nature Photography

Suzi Grossman

Nature is always an excellent subject for photography. Get ready to spend some time outside with your camera as you master practical techniques for working outdoors. From mountain landscapes to macro flower details in gardens, still lifes, and everything in between, we'll learn to capture the beauty of nature. We will cover lighting and composition, as well as look at historical and contemporary examples of photographers working in nature. This class will help you feel comfortable technically and teach you to think creatively. Some techniques discussed will work better if your camera has manual controls, but any kind of camera is fine for this class.

6 Thursdays | May 5–June 9 | 7:00–8:30 pm | Online | \$125

Adobe Lightroom Classic: Picture Perfect

Suzi Grossman

Import, organize, and correct your digital images more efficiently with the powerful and intuitive tool Adobe Lightroom Classic, which is the gold standard in professional photo workflow software. Discover how to save time by automating your editing process and streamlining your workflow with keywords and powerful search functionality. Learn how to edit files non-destructively, use Lightroom presets to transform ordinary photos into memorable images with just one click, and quickly fine-tune color and perspective. We will focus on the desktop program Adobe Lightroom Classic, which is different from the cloud-based, Lightroom CC app.

6 Wednesdays | May 4–June 8 | 7:00–8:30 pm | Online | \$145

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 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.

Thursday, June 2 | 6:00–8:00 pm | Gibbs | Free with registration

Ink Drawing: the Art of Detail

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 learn to create very dynamic and intense compositions that have a weight unachievable with other drawing techniques.

8 Wednesdays | April 27–June 15 | 11:45 am–1:15 pm  
Online | \$165

Drawing Foundations

Eli Portman

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. For inspiration, we'll look at examples of artists whose work demonstrates our new techniques. We will work on a variety of subjects, which may include landscapes, still lifes, people, and more. All levels are welcome, especially beginners.

8 Wednesdays | April 27–June 15 | 10:00–11:30 am | Online | \$165



Katharine McGough  
Animal Illustration

Animal Illustration

Katherine McGough

Learn to capture your pet or wildlife outside your door—on paper, that is! Render all types of fauna in pencil and then move into different media. We will work from photographs, artwork done by other artists, as well as anatomical guides to learn proper animal structure. Emphasis is on techniques for representing fur, feathers, scales, or skin, as well as on capturing the unique expression that reveals your animal's spirit. This course builds upon foundational drawing skills. Special exercises will be provided for returning students.

8 Tuesdays | April 26–June 14 | 7:00–8:30 pm | Online | \$165

Intermediate Drawing

Dani Schechner

Advance and expand your techniques for drawing, with accuracy and clarity, the observable world around you. Each week we will introduce new exercises as we integrate and build upon what we learned before. Learn how to use value to create texture, reflections, and surface. Explore aerial and atmospheric perspective as we take our drawing outside. Experiment with drawing materials beyond pencil as you integrate new techniques with your personal style.

8 Thursdays | April 28–June 16 | 6:00–7:15 pm | Gibbs | \$159

Nature Inspired Drawing

Anastasia Semash

Let the springtime inspire your creativity. We'll sketch and draw botanicals, birds, animals, trees, and other natural objects. We'll work from pictures and through observation of the many beautiful subjects all around us during the spring. Each class will feature a demonstration of specific techniques using a variety of drawing materials.

6 Thursdays | May 12–June 16 | 6:30–8:00 pm | Online | \$129

Watercolor: Beyond Beginner

Dani Schechner

Expand beyond your foundational understanding of watercolor techniques and materials. Work on longer subjects, still lifes, and full scenes—applying a wide scope of glazing, wet-on-wet, and wet-dry variations to explore visual challenges. Experiment with new techniques and additives, and learn to create textures for unique surfaces such as rock or bark as you nurture your unique painting voice.

8 Thursdays | April 28–June 16 | 7:30–8:45 pm | Gibbs | \$159

Watercolor Pencils

Charlotte Kaplan

Watercolor paintings, among the most beautiful and subtly colorful works of art, are both satisfying and challenging to create. Watercolor pencils provide a unique and versatile way to generate more vivid, saturated color alongside the medium's traditional luminosity. We'll work with these water-soluble pencils to create beautiful paintings and collages, combining the best features of water media with the texture of colored pencils. All levels are welcome.

8 Fridays | April 29–June 17 | 10:00 am–12:00 pm | Calvary | \$219



Painting with  
Anastasia Semash

Painting with Pastels

Anastasia Semash

Learn a wide range of painting techniques using soft pastels. Projects include abstract compositions, still lifes, landscapes, and botanicals. Work from observation and photo references, as well as inspiration from the works of great masters. Explore ways to mix and blend colors, create texture, and transform your art with light and shade. All levels are welcome.

7 Tuesdays | April 26–June 14 | 10:00 am–12:00 pm  
Calvary | \$195

Anyone Can Paint

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. All levels are welcome.

3 Tuesdays | April 26–May 17 | 6:30–9:00 pm | AHS  
\$135 (includes some materials)

Travel Painting

Laura Quincy Jones

Adventures away from home are reliable opportunities for fresh vision and artistic inspiration. We will discuss tips, tools and techniques for quick on-site sketching and painting; more developed work done while traveling; travel journaling/sketchbooking for inspiration; and painting with a purpose at any time from images collected out in the world. With plenty of time for painting in each session, you will have a chance to develop one or more pieces based on your travels. Feel free to bring past travel paintings or favorite travel art by other artists to share as inspiration.

3 Wednesdays | May 4–18 | 6:30–8:30 pm | Gibbs | \$79

Dot Mandala Stones

Allison Caplin

Learn the centering art of dot mandala with this step-by-step, mastery-oriented art experience. Start painting dot mandala first on paper and then progress to embellishing natural stones with the beautiful, intricate patterns. You will learn structured techniques that will enable you to take your knowledge home with you so that you can continue your dotting journey on your own. All tools and materials are yours to keep and include a lidded box (that can be painted, too).

2 Tuesdays | May 24 and 31 | 6:00–8:30 pm | AHS \$129 (includes \$60 materials kit)

Relief Printmaking

Natalia Slattery

Relief printing is well-known for its beauty and versatility as a medium, from elaborate woodblock prints to deceptively simple styrofoam prints. Printmaking beginners or more experienced artists looking to broaden their scope will explore relief printing techniques using linoleum or rubber blocks, as well as more unconventional materials. Through presentations, technique demonstrations, and ample time to work and share feedback we will build our skills, finishing off with a two-color reduction print.

8 Tuesdays | April 26–June 14 | 6:00–8:30 pm | AHS \$335 (includes \$75 materials 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 | May 24–June 14 | 7:00–9:00 pm | AHS \$145 (includes all materials)

Hand Embroidery: Beyond Beginner

Molly Atryzek

Embroidery, the art of embellishment with needle and thread, has ancient roots. Every culture has some form of it in their textile art history. Although it started as a practical way to mend clothing, embroidery can be incredibly creative and is used to express ideas by many contemporary artists. Get inspired by exploring the work of today’s embroidery artists and discover ways to create your own. Move on from basic embroidery stitches to more advanced techniques and learn how to transfer images onto fabric.

6 Tuesdays | April 26–May 31 | 6:00–8:00 pm | AHS \$169 (includes some materials)

► Fun Fact: Molly teaches a drawing class for kids, p. 36

Meditative Slow Stitching

Ann Bausman

For students familiar with basic embroidery who may have a project in mind or one that they’re working on, slow down and relax with this simple yet stunningly creative activity that draws inspiration from the Japanese *boro* and Indian *kantha* techniques. We will try new techniques and talk about ways to incorporate stitching in clothing, as part of a bag, pillow, or a display piece, as well as how to transfer images and display finished pieces. This is a great way to upcycle old clothing or linens as well as fabric. New and returning students welcome.

4 Wednesdays | April 27–May 18 | 7:00–9:00 pm | Gibbs \$115 (includes some materials)

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. New and returning students welcome.

3 Wednesdays | May 25–June 8 | 7:00–9:00 pm | Gibbs \$89 (includes some materials)

Hooked on 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. This class is for beginners and those with some experience who want to crochet in a relaxed, friendly setting. Beginners will learn basic techniques and stitches, including single and double crochet and leave with an understanding of how to read patterns, crochet different shapes, increase/decrease, and finish pieces. Those with some experience can get ideas and help starting a new project or just join us to enjoy crocheting with others.

4 Thursdays | April 28–May 19 | 6:30–8:30 pm | Gibbs \$119 (includes some materials)



Dot Mandala Stones

Knit One, Purl Two: Knitting for Beginners & Beyond

Kathy Paglierani, Karen Roth LoRusso & Hariet Vanderput

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

6 Mondays | April 25–June 6 | 10:00–11:30 am or 12:30–2:00 pm Calvary | \$125 (Paglierani) ☀

6 Thursdays | April 28–June 2 | 7:00–9:00 pm Gibbs | \$165 (LoRusso/Vanderput)

Quilting for Beginners

Nancy Linde

Learn the basic techniques of making a quilt: cutting fabric, piecing the blocks, and sewing the quilt top. The finishing steps of pinning the quilt layers, quilting the quilt, and binding the edges will be demonstrated at the last two classes. We will use a traditional design that you can modify in size from a small wall quilt to a full size bed quilt. A well-tuned sewing machine is required, and although this class is for beginner quilters, you must know the basics of how to use it. To keep up with the pace of the class, independent sewing will be necessary between classes.

6 Wednesdays | April 27–June 15 | 6:30–8:30 pm | Gibbs | \$165

Get to Know Your Sewing Machine

Jen Flores

Unleash your inner seamstress! Whether you have no experience or just need a refresher, in just three evenings you’ll learn what you need to get sewing. Review your machine’s parts and functions, learn to change a bobbin, thread the machine, decipher stitch selections, and use the buttonhole function. After some practice and to boost your confidence, undertake a small project such as a mini bag. **Please note:** Bring your sewing machine in good working order.

3 Thursdays | April 28–May 12 | 6:30–8:30 pm | Gibbs | \$89

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. Project possibilities include pajama bottoms, a skirt, top, or dress. Get a better understanding of the sewing process as you learn the basics that you will master over time. 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. **Please note:** Bring your sewing machine in good working order.

5 Thursdays | May 19–June 16 | 6:30–9:00 pm | Gibbs | \$185



Felted Vessels

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 for a variety of functional applications, such as a key dish, pencil holder, or curio container.

2 Thursdays | May 12 and 19 | 6:30–9:00 pm | Gibbs \$95 (includes all materials)

► Fun Fact: Betsey is teaching a family felting class, p. 31

Pottery Studio

Melody Wolfe Thomas

Pottery is one of the oldest expressions of human inventiveness and creativity, dating from before the Neolithic period and discovered in various locations around the globe. Explore the potentials of clay by creating both functional vessels and sculptural forms in this class for beginners. Learn basic handbuilding, wheel throwing, and surface decorating techniques. All work will be glazed and fired, resulting in vibrant, durable, waterproof and food-safe pieces of art.

8 Tuesdays | April 26–June 14 | 6:00–8:00 pm | AHS \$265 (includes all materials)

Woodworking Open Shop

Nathan Muehleisen

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

8 Tuesdays | April 26–June 14 | 6:30–8:30 pm | AHS \$265 (includes some materials)

Leather Working: Sandal Design

Chrissy Durden

Learn about working with leather while designing and constructing your own pair of leather sandals. We will work with vegetable tanned leather, knives, and your own creativity to craft custom footwear worth flaunting. All tools and materials are included as well as a sample sandal pattern, but you are encouraged to come with ideas for a design you would like to try.

3 Wednesdays | May 4–18 | 6:00–9:00 pm | Gibbs  
\$175 (includes \$50 materials kit)

Cane a Chair

Kevin Smith

Fix a family heirloom, create a keepsake, or rescue a chair from the trash. Bring a chair you want to re-cane to the first class. It should be light enough to carry and have a series of holes in the wood rail around the seat opening. We'll prepare the chair, determine the cane size you need to purchase, and discuss how to order materials (about \$30). Leave the final class with a restored chair and a new hands-on hobby.

6 Tuesdays | April 26–May 31 | 6:30–8:30 pm | AHS | \$159

Kumihimo Jewelry: Beaded Dragonfly Earrings

Naomi Ellenberg-Dukas

Make a beautiful pair of earrings using a kumihimo related 7-strand European braiding technique. Kumihimo means “gathered threads” and the technique was originally used to braid lacing for a samurais’ armor. Today it is an easy, fun, fast, and addictive way to make jewelry. Create at least one dragonfly earring to reproduce at home for a pair, or complete both during class if you have a bit more experience with disk braiding.

Tuesday, May 17 | 6:00–9:00 pm | AHS  
\$65 (includes \$25 materials kit)

Fitness & Dance

Learn to Run

Gaggi DeStefanis

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

**Fit to 5K:** Get strong and stay injury free in this slow-moving, safely-progressing, and endurance-building eight-week running program, which builds up to a 5K (3.1 miles).

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

4K: 6 Tuesdays | April 26–May 31 | 8:30–10:00 am  
Outdoors | \$99

5K: 8 Wednesdays | April 27–June 15 | 8:30–10:00 am  
Outdoors | \$119

Glass Sculpture: Light & Color

Michel L’Huillier

Turn a unique design of your creation into a gorgeous decorative panel featuring the luminosity and transparency of textured glass. First create a mold by sculpting details into layers of cut or torn heat-resistant ceramic fibers. Then accent your design with thin pieces of colored glass. Your piece will be topped with clear glass and kiln-fired to form a solid tile capturing all of the details of your mold, exactly as you handcrafted it. It will be finished with a custom-built wooden frame so that you can display your artwork in front of a window or hang it on the wall.

Thursday, May 26 | 6:30–8:30 pm | Gibbs  
\$169 (includes \$135 materials kit)

Fused Glass Workshop: Sushi Serving Set

Michel L’Huillier

Learn the basics of glass fusing while having fun playing with glass shapes, colors, and textures. First learn how to use glass powders, frits, glass beads, and stringers. Then design and create your own sushi set featuring two small plates and one large serving dish, perfect to serve sushi, cheese and crackers, or desserts. Additional pieces can be made for an extra fee.

Tuesday, May 3 | 6:30–9:00 pm | AHS  
\$169 (includes \$125 materials kit)

► **Fun Fact:** Michel also teaches Glass Art for families, p. 31

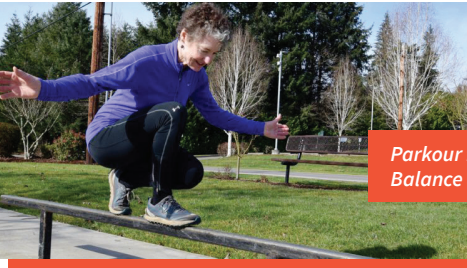


Parkour for Balance & Agility

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.

6 Saturdays | April 30–June 11 | 12:30–1:30 pm  
Outdoors at Ottoson | \$119



Parkour for Balance & Agility

On The Road Again



Spring Road Biking

Tom Allen

Ride local roads (and the occasional dirt path or trail) both east and west of Arlington as spring comes to New England. We will also stop to visit some places of historical significance. Our starting locations will vary and include Arlington, Weston, Carlisle, and occasionally beyond. We will ride 20-25 miles, maintain an average pace of 12 mph and climb some hills—because New England is definitely not flat!

6 Tuesdays | April 26–June 7 | 9:45 am–12:15 pm | \$119

JOYful Biking

Joy Spadafora

Tired of the Minuteman Bikeway and looking for a change of cycling scenery? We'll explore interesting routes within a 30 minute drive of Arlington, including Winchester, Lexington, Bedford, Concord, and beyond. Riders should be able to maintain a 10–12 mph average pace and ride 15-20 miles. This is moderate, but not leisurely, riding. Rides will be on roads, paved rail trails, and on packed trails through the woods.

6 Thursdays | April 28–June 2 | 9:30 am–12:00 pm | \$119

6 Friday | April 29–June 3 | 9:30 am–12:00 pm | \$119

Cycling 101: Biking for Life

Lauren Hefferon

Take your beginner cyclist skills to the level. Ride along the Minuteman bike path at a leisurely pace with several stops to learn basic bicycling skills, including how to adjust your helmet for a safe, comfortable fit; make sure your bike is appropriately sized; adjust the seat; perform a simple mechanical inspection to ensure you are road-ready; start and stop with confidence; shift gears; scan and signal; and navigate around common road hazards. By the last class, you will be comfortable riding the length of the bike path and back (20 miles).

2 Wednesdays | June 15 and 22 | 9:30 am–12:30 pm  
Offsite | \$55

Essentrics

Diane Najarian/Cindy Lewis & Farhana Stevenson

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

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

**Stretch & Tone:** moves at a moderate tempo. Cues will be given to help you adjust your workout based on your personal fitness level and goals.

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

Spinning Through History

Lauren Hefferon & Gordon Harris

Explore special places right in your own “backyard” on these scenically-beautiful and historically-fascinating day trips designed to delight cyclists of all abilities. These small group tours are led by both a historian-cyclist and an expert bike tour guide.

**Ipswich Land and Sea:** If you love history, architecture, and cycling along scenic rural roads with outstanding coastal vistas, Ipswich is the perfect day trip destination. Ride past The Crane Estate, stroll along Crane Beach, and wind through coastal dunes on scenic trails at one of the most popular outdoor recreation destinations on the East Coast.

**The Wonders of Newburyport:** We'll take in the beautiful Federal-era mansions, ride to the outlying Maudslay State Park, circle back to the Great Salt Marsh then head to Plum Island along the Merrimack River. We will stop at the Parker River National Wildlife Refuge before ending in town amongst the Colonial-era neighborhoods where we'll stroll along the waterfront boardwalk.

**Please note:** Participants should be experienced enough to be comfortable cycling 25 to 35 miles over a 4-5 hour period.

Saturdays | 10:00 am–3:00 pm | Offsite | \$45

Ipswich: April 23

Newburyport: May 14

Bike Repair & Maintenance

Quad Cycles

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

Wednesday, May 4 | 5:00-7:00 pm | Offsite | \$29

Tuesday, May 17 | 5:00-7:00 pm | Offsite | \$29

► **Fun Fact:** Youth bike repair, p. 32+40

Stretch & Tone: 9 Wednesdays | April 27–June 22

10:00–11:00 am | Online | \$145 (Najarian)

Gentle Stretching: 9 Fridays | April 29–June 24

11:30 am–12:30 pm | Online | \$145 (Najarian)

Full-Body: 8 Thursdays | April 28–June 16

6:30–7:30 pm | Gibbs | \$129 (Lewis/Stevenson)

For Meditation classes,  
see Wellness & Life section, p. 26



Yoga for Every Body

Ruth Lieberherr

This course is perfect for those just beginning or coming back to yoga, but experienced yogis will also enjoy the attention given to proper alignment and will benefit from the poses. People of every age, fitness level, physical challenge, or shape will find their mind, body, and spirit invigorated in this welcoming class. In addition to standing poses and mat exercises, each class includes modified yoga poses using a chair. The instructor individualizes postures to suit all students.

Thursdays | 6:30–7:45 pm | Online  
7 sessions: April 7–May 19 | \$119  
4 sessions: April 28–May 19 | \$69  
Fridays | 9:30–10:45 am | Online ☀️  
7 sessions: April 8–May 20 | \$119  
4 sessions: April 29–May 20 | Online | \$69

Hatha Yoga

Susan Desmarais

Consistent practice of hatha yoga brings calm, focus, increased flexibility, and strength to your life. This therapeutic, moderately-paced class includes active and challenging poses, in addition to supported, more passive holds, that will encourage you to move with meditative awareness and attention to alignment and breath. Focus is on activation of the parasympathetic nervous system, in order for the body to enter a state of relaxation, revitalization, and recovery. Suitable for beginners as well as more experienced yogis.

8 Mondays | April 25–June 13 | 7:15–8:30 pm | Online | \$135

Chair Yoga ☀️

Debra Rosenblum

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

8 Tuesdays | April 26–June 21 | 9:00–10:00 am | Online | \$109

Flow Yoga

Debra Rosenblum

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

8 Wednesdays | April 27–June 22 | 5:15–6:15 pm | Online | \$109



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.

8 Wednesdays | April 27–June 15 | 9:00–10:15 am | Online | \$139

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 | April 27–May 18 | 6:30–7:45 pm | Online | \$69

Tai Chi: Meditation in Motion

Judith King

The ultimate in no-impact aerobics, Tai Chi naturally relaxes the body, promoting calm and peace of mind while improving posture, balance, and flexibility. The practice increases blood flow throughout the entire body, keeps joints flexible, and restores elasticity to muscles. It is a form of exercise that actually becomes better for you as you age. Each class focuses on a portion of the Hwa Yu short form. You will learn fundamental skills such as stance, step patterns, basic blocking, and whole-body movement. No prior experience is needed for the *Beginner* class, which teaches a short sampler form that embodies the basic principles of Tai Chi and can be practiced in a limited space environment.

7 Wednesdays | April 27–June 15 | Gibbs | \$109  
Intermediate: 6:30–7:30 pm  
Beginner: 7:30–8:30 pm

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. All classes will focus on accuracy, consistency, and fluency to further strengthen your body’s balance. Appropriate for all fitness levels.

**All Levels:** This introduction covers the first 16 postures of the 88 postures in the traditional Yang Style Tai Chi Long Form. Learn steps, hand movements, balance, and form. The instructor provides individual attention and a strong sense of the history and context in Chinese culture for these movements.

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

8 Tuesdays | May 3–June 21 | Calvary | \$125  
All Levels: 9:00–9:50 am  
Level 2: 10:00–10:50 am

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. Part of traditional Chinese medicine, the practice is similar to Tai Chi, but simpler, and benefits can include improved immunity, better balance, and lower blood pressure. We will work with the Seven Precious Gestures and the Eight Brocades, as well as some basic walking and breathing practices. Flex and stretch gently and learn simple routines you can practice at home.

7 Thursdays | April 28–June 16 | 9:30–10:30 am | Calvary | \$109

Strength & Conditioning ☀️

Debra Rosenblum

Learn strength-building and conditioning techniques for adults over 50. Improve, enhance, and maintain physical strength, core strength, cardio capacity, balance, and agility all while minimizing stress on aging joints. Incorporate these practical exercises into your everyday routine to help you to continue living a fit, active, and independent life.

8 Thursdays | April 28–June 23 | 9:00–10:00 am | Online | \$109

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. You’ll get a total body workout through cardio, muscle conditioning, balance, and flexibility. You won’t even realize what a great workout you get because you’ll have so much FUN! Dances are easy to learn, fun to follow, and gentle on your joints. Open to all fitness levels, no experience necessary.

8 Tuesdays | April 26–June 14 | 7:00–8:00 pm | AHS | \$125

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.

8 Wednesdays | April 27–June 15 | Hybrid (Gibbs & Online) | \$139  
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.

8 Wednesdays | April 27–June 15 | 7:00–7:50 pm  
Gibbs | \$225/pair

Ballroom for Beginners

Monica Schauweker

Join us for an intro to some of ballroom’s most popular social dances. Two left feet? No rhythm? No problem! We will break down the basics of footwork, musicality, and partnering in Swing, Salsa, Rumba and more. Once you learn the basic steps, you’ll be able to spice up any dance floor you step on. Open to couples and singles and no experience required.

8 Thursdays | April 28–June 16 | 7:30–8:30 pm | Gibbs | \$125

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, Apple Jacks, Tacky Annie, and more. Remember, “Tain’t what you do, it’s the WAY that you do it.” No experience required. Wear comfy shoes!

7 Mondays | April 25–June 13 | 6:00–7:00 pm | Online | \$105

Donate to Learning!

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



Santé! Salud! Prost! Cheers!



Perfect Pairings: Wine & Artisanal Caramels

Robert Lublin & Julie Ayotte

Wine and fine caramels are both delicious, but when properly paired, they become something truly extraordinary. Join us for a relaxing evening of sweet indulgence as we sip wines specially chosen to accompany the flavors of artisanal caramels from Boston’s McCrea’s Candies. Appreciate why Pinot Noir complements a deep chocolate caramel canape with sour cherry jam and gorgonzola dolce while a sweeter Moscato pairs ideally with ginger fusion caramel atop a pear with mascarpone cheese dusted with cardamom and cinnamon, and more. The class will be co-led by a professional wine reviewer and a caramel confectioner.

Saturday, April 30 | 8:00–10:00 pm | Offsite  
\$65 (includes wines/caramels)

Wines of France

Robert Lublin

French wines are amazing, but they can sometimes be confusing and even a bit intimidating. Join us for a relaxing evening as we sample, compare, and discuss the wines that earn France its lofty reputation. Learn the difference between Burgundy and Bordeaux and then go deeper to learn how Bordeaux produced on the left bank of the Gironde Estuary has a completely different character than the right bank. Taste the differences between Pouilly-Fuissé and Pouilly Fumé and learn the grapes and styles that make them so different and so good! Together, we’ll take a delicious tour of France and make sense of the country’s wines and wine regions to learn which are our favorites.

Saturday, May 21 | 8:00–10:00 pm | Offsite  
\$65 (includes \$25 beverage fee)

Brilliant Brandy: Cognac, Armagnac, Grappa, & More

Robert Lublin

Made by distilling wine, brandy is sophisticated, distinctive, and delicious. Varieties come from all over the world, and together, we will sample some of the best. We’ll start in France with the king of brandies, Cognac, then sample its French cousin Armagnac and see if we don’t prefer its rustic assertiveness. Our class will then venture to Italy for Grappa and to South America to try Pisco, the national beverage of both Chile and Peru. We’ll venture as far as Croatia to try the plum brandy Slivovitz before returning to France to finish the class with Calvados, the refined apple brandy produced in Normandy. If you are new to brandy, take a deep dive into the world of this remarkable liquor, and if you are already a fan, enjoy the opportunity to compare excellent examples of each major style.

Tuesday, May 24 | 8:00–9:30 pm | Online  
\$59 (includes \$25 beverage kit)

Saturday, June 11 | 8:00–10:00 pm | Offsite  
\$65 (includes \$25 beverage fee)

Around the World in 80 Beers

Allo Gilinsky, Craft Beer Cellar

Well, okay, maybe not 80 beers...but come on an adventure around the globe as we highlight beers, breweries, and beer regions from Belgium, to England, and beyond. We’ll sample 5-6 beers, talk about styles and history, and get a sense of what the world of beer around us looks like right now.

Thursday, May 12 | 7:00–8:30 pm | Beercierge  
\$55 (includes \$25 beverage fee)

A shopping list will be emailed once the class has reached minimum enrollment. For online classes you are welcome to cook along or just watch and learn.



All About Chocolate: Tarts & Art

Linda Khachadurian

Learn all about chocolate, from its cacao bean origins, to tempering methods, to basic casting, sculpting, and coloring techniques, while baking up a decorative and whimsical chocolate halvah tart. This unique recipe is a variation of the triple lemon compassion crunch tart that your chocolate and sugar artist instructor made on episode 2 of the Food Network series *Candy Land*. You’ll learn how to make all the components of the tart, including the crust, chocolate halvah custard, meringue, and bubble sugar art.

Thursday, June 9 | 6:00–8:30 pm | Online | \$49

Cake Decorating

Sandra Frezza

Learn to decorate a cake like a pro in this hands-on workshop. Start by leveling, filling, and frosting your cake using a delicious pre-made frosting supplied by the instructor. Then practice applying just the right amount of pressure to the decorating bag to pipe stars, rosettes, shells, drop flowers, leaves, and other embellishments. Leave with your decorated cake and the skills to make a unique custom confection for your next celebration.

Thursday, May 19 | 6:30–9:00 pm | Gibbs  
\$65 (includes some supplies)

Floral Buttercream Cupcakes

Sandra Frezza

Decorate your cupcakes with realistic-looking flower designs made out of buttercream. Learn to make a variety of petals and roses to turn cupcakes into colorful edible works of art. Icing and decorating tools are included, which you will use in class for decorating your cupcakes and take home to recreate your designs.

Wednesday, June 1 | 6:30–8:30 pm | Gibbs  
\$55 (includes some supplies)

Fondant Cake Decorating

Sandra Frezza

Practice several techniques to give your cakes a professionally polished look using fondant, a type of icing used to sculpt and decorate cakes, cupcakes, and pastries. Learn to stretch and roll out pre-made fondant, smoothly cover a cake with it, then experiment with bows, roses and several border techniques. Instructional handouts will be provided.

Wednesday, June 8 | 6:30–9:00 pm | Gibbs  
\$65 (includes some supplies)

Sweet & Savory Strudel for Mother’s Day

Veronika Stabinger

A strudel is a layered pastry of thin sheets of dough encasing a filling, made famous by the Viennese. “Strudel” means “whirlpool” or “eddy” in German, reflecting its spiral shape. You may be familiar with the apple variety, which is one of Austria’s national dishes, but there are also savory strudels. Learn about a variety of strudels from an Austrian-born chef and then make both a savory and a sweet version to enjoy warm right after class or pack up to be the star of a Mother’s Day picnic.

Sunday, May 8 | 3:00–4:30 pm | Online | \$35

Citrus Raspberry Tea Cakes

Kathy Laque

Tea Cakes are light, sweet, airy cakes featuring fruit. Sitting down with a cup of tea or coffee and a delicate tea cake is just what one needs to take a mental break in the middle of a busy day. Learn to make these delicious citrus raspberry tea cakes from scratch at this live, online cooking class.

Saturday, May 7 | 9:15–11:15 am | Online | \$35

Our fees are per person unless otherwise noted.

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



Battenberg Cake: A Royal Treat

Kathy Laque

Spend your Saturday morning baking a traditional British treat that has been featured as a challenge on *The Great British Bake Off*. We’ll start by making a delicious light sponge cake, then work on carefully cutting and stacking the pieces. Jam holds everything together so that when you cut into a cross section, a distinctive two-by-two pink and yellow check pattern is revealed. The cakes will be finished with a thin rolled layer of marzipan. Enjoy making and eating this delightful cake that was reportedly first made in 1884 to celebrate Prince Louis of Battenberg’s marriage to Princess Victoria.

Sunday, May 15 | 2:00–4:30 pm | Online | \$49

Indian Feast

Shruti Mehta

Fry, sauté, roll, and stir a variety of ingredients into a scrumptious Indian dinner, which always includes bread, rice, beans, and a green vegetable. Possible dishes we will make include deep-fried *pakor*as (creamed corn and vegetable fritters) served with date chutney, *aloo-gobhi* (cauliflower and potato curry), *masoor dal* (lemony red lentils stew), and *jira rice* (laced with ghee and cumin seeds), to be served with a quick garlic naan made with store bought bread.

Tuesday, May 10 | 5:30–8:00 pm | Online | \$49

One Pot Indian Cooking

Ashwini Ramanisankar

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

Sunday, May 22 | 4:00–6:00 pm | Online | \$45

Maqluba: A Palestinian One-Pot Wonder

Katie Walter

*Maqluba* means “upside down” in Arabic and this traditional Palestinian dish is quite a showstopper. Chicken, potatoes, cauliflower, carrots, and rice are seasoned with heady Middle Eastern spices, then carefully layered together and cooked low and slow on the stove. At serving time, it is flipped over onto a platter, like a cake, to display its vibrant layers. This one-pot wonder is not only hearty comfort food but also a beautiful and flavorful dish to serve to guests.

Tuesday, May 17 | 5:30–7:00 pm | Online | \$35



Learn the art of strudel making with Veronika Stabinger



Korean Cooking at Home

### From Spain to Your Kitchen

Roberta Hing

Originating in the city of Valencia, *paella* is made in every region of Spain. This national dish has endless versions with varying ingredients. Ours will be filled with shrimp, mussels, chicken, and chorizo (Spanish sausage). We'll know that we've perfected our dish if we've created the *socarrat* (crispy rice on the bottom of the paella pan). While our paella is cooking, we'll create a simple yet delicious tapa to snack on, *pan con tomate*, then finish off our culinary visit to Spain with sweet, crispy *churros*.

Wednesday, May 11 | 5:30–7:30 pm | Online | \$45

### Japanese Street Fare

Ploy Khunisorn

When it comes to exploring street food, Tokyo tops the bucket list of many travelers. Bring the delicious tastes and aromas of Japanese street food into your home. Together we will make skewers of bite-sized grilled chicken and/or vegetables called *yakitori*; infinitely adaptable savory Japanese pancakes known as *okonomiyaki* (okonomi means “how you want it”); and the classic stir fried noodle dish with chicken or tofu *yakisoba*.

Saturday, May 7 | 11:00 am–1:00 pm | Online | \$45

### Korean Cooking at Home

Ploy Khunisorn

Make popular Korean dishes in the comfort of your own home. We'll start with the signature favorite *japchae*, starring translucent, slightly chewy glass noodles made with sweet potato starch, stir-fried with a variety of fresh vegetables. Next we'll make the classic rice bowl dish *bibimbap*, served with marinated beef or chicken *bulgogi*. We'll finish off our meal with *baesuk*, a fragrant and healing honey poached apple tea. All recipes can be made vegetarian.

Saturday, May 14 | 4:00–6:00 pm | Online | \$45

### Delectable Dumplings

Jade Li

Learn how to make, fill, and wrap homemade dumplings that are better than takeout. Called *jiaozi* in Mandarin, they are a much-loved delicacy and a symbol of unity. We'll make a variety of delicious fillings, prep pre-made dumpling wrappers, and practice forming the dumplings into various shapes. Concoct a delicious dipping sauce with simple ingredients, then learn to cook your dumplings in three different ways: steam, boil, or pan fry. Share your delicious dumplings with a family member or friend, or get guidance on how to store the leftovers.

Sunday, May 15 | 4:00–6:00 pm | Online | \$45

► **Fun Fact:** Jade also teaches this class for families, p. 31

### Chinese Steamed Bao: Sweet & Savory

Jackie Church

*Bao*—Chinese steamed buns—are a complete meal conveniently packed away in a smooth, warm, soft bun. Originating in Northern China, they are made in a variety of shapes and sizes. Savory or sweet fillings are encased in slightly sweet, yeasted dough then steamed until fluffy. We'll make a few different fillings and learn techniques for preparing delicious sweet and savory steamed buns using dough you'll make in advance. While our first set of *bao* steam, we'll work on assembling the second. Recipes include *lobster gua bao* with sriracha butter, *char siu chicken bao*, *lop cheong bao* (sausage bun), and pan-fried pork and scallion *baozi* (mini buns).

Wednesday, May 18 | 5:00–7:00 pm | Online | \$45

### Chinese Sichuan-Style Cooking

Jade Li

Learn from a Sichuan province native how to cook classic dishes that are surprisingly easy and utilize seasonal ingredients. We'll make a full meal, featuring highly addictive salty, sweet, and spicy stir-fried *kung pao* chicken with peanuts, vegetables, and chili peppers. Pearl meatballs are a fun finger food starter, made with seasoned ground pork wrapped in sticky rice then steamed. We'll round out our meal with crunchy hot & sour cabbage that has just the right amount of spice and tang.

Wednesday, May 25 | 5:30–7:30 pm | Online | \$45



Join Roberta Hing on a Chinatown Food Tour, p. 1

## Home & Garden

### Auto Repair For Everyone

Bruce Gerry

Build confidence in your ability to diagnose car problems and communicate with auto repair professionals. 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. We will cover basic maintenance, discuss common problems, and troubleshoot ignition, charging, cooling, fluids, electrical, brakes, and exhaust systems.

3 Wednesdays | May 25–June 8 | 6:30–8:30 pm | Gibbs | \$75

### 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 might imagine. This one-night class will explain the ins and outs of a home inspection—why you should get one and what could happen if you don't. The real estate market is extremely heated right now, 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. Get all of your questions answered by an experienced certified home inspector.

Tuesday, May 3 | 7:00–8:30 pm | Online  
\$29/individual or \$45/pair

### Declutter to Downsize

Betsy Kelly

Put this professional organizer's passion for perfectly packed boxes to work for you. If you are thinking about moving to a smaller space but are so overwhelmed by years of accumulated stuff that you don't know where to begin, get introduced to a series of steps designed to streamline the process. Learn how to declutter your home and pack it up efficiently to make the transition into your new home much less of a headache.

Wednesday, May 4 | 6:30–8:30 pm | Gibbs | \$35

### Optimize Your Home Workspace for Productivity

Linda Varone

“If my home is my castle, why does my office feel like a dungeon?” you might be wondering. Your working-at-home challenges may have less to do with willpower than with the setup of your workspace. Learn practical solutions for desk placement to support personal workflow, ergonomics made easy, and innovative ways to find a workspace when you don't have a spare room. See how lighting and color can energize or focus you through photo slides and real life examples. Take away at least three powerful changes you can put into action right away, using what you already own. These tips can easily be applied to a corporate office as well.

Thursday, May 19 | 7:00–8:30 pm | Gibbs | \$29



Declutter with Betsy Kelly

### Home Color Confidence

Linda Varone

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

2 Wednesdays | May 18 and 25 | 7:00–8:30 pm | Gibbs | \$55

### Kitchen Design with a Pro

Katharine MacPhail

Kitchens are the most popular renovation project in American homes today. This course will help you think through your kitchen design project and avoid costly mistakes. We'll discuss current trends in kitchens, including floor plans, cabinets, counters, flooring, and appliances and cover the basics of kitchen design to help you start planning your project. You will also learn how to properly budget for your project, hire contractors, and select cabinetry and appliances.

Tuesday, May 3 | 7:00–9:00 pm | AHS | \$35

### Home Downsizing 101

David Lenoir

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

Tuesday, May 24 | 7:00–9:00 pm | AHS  
\$35/individual or \$55/pair

Gardening for Beginners

Jessica Zander

Do you ever look at your own garden and know that it could be nicer but you don’t know how or where to begin? Or are you a new homeowner and unsure what kinds of plants you have or how to maintain them? It can be overwhelming. Join a passionate garden coach for practical skills and tips on where to start. A few simple things can make a big and immediate difference. Spring is here and all you need is your enthusiasm, energy, and some basic tools.

Thursday, May 5 or May 19 | 6:30–8:30 pm | Gibbs | \$35

Clematis & Roses: The Perfect Pairing

Susan Desmarais

Growing clematis and roses together is a beautiful way to combine vibrant colors and bridge the seasons in your garden. There will always be one or the other blooming! Tour the instructor’s garden, which features a wide variety of both. Learn about the soil type that this pair prefers, how to plant them together, and how roses are a natural trellis for clematis. Discuss the different pruning needs of the three blooming types of clematis. These ornate vines have a rhythm of their own that every grower should learn.

Saturday, June 11 | 4:00–5:30 pm | Offsite | \$29

Organic Care for Lush Lawns

Bruce Wenning

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

Wednesday, May 4 | 7:00–9:00 pm | Gibbs | \$35



Rejuvenate Garden Beds

Bruce Wenning

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

2 Wednesdays, May 18 and 25 | 7:00–9:00 pm | Gibbs | \$65

Spring Annual Planter

Derby Farm Flowers & Gardens Staff

Expand your creativity and create a unique and beautiful decorative garden planter that will brighten up your porch or patio with a dazzling splash of color. This class will highlight new varieties of annuals. Learn how to select pretty plant combinations that will thrive in your light situation and care for them to keep them happy and gorgeous throughout the summer. Bring your planting and horticultural questions.

Tuesday, April 26 | 6:00–7:15 pm or 7:30–8:45 pm | Derby Farm \$99 (includes \$70 materials)

Lush Local Speciality Arrangements

Derby Farm Flowers & Gardens Staff

Bring the beauty of the outdoors into your home with a bold and beautiful flower arrangement of your own design. You’ll work with stunning peonies, French tulips, and other garden fresh spring flowers to create an eye-catching arrangement in a tall and lavish vase.

Tuesday, May 17 or Wednesday, May 18 | 6:00–7:30 pm Derby Farm | \$159 (includes \$125 materials)

Naturalistic Flower Design

Derby Farm Flowers & Gardens Staff

Design a centerpiece floral arrangement focusing on aspects of color and shape. Work with an abundant assortment of premium floral materials that will include flowers and greenery found in the garden in early June such as allium, rhodys, peonies, dogwood, lady’s mantle, and hosta.

Tuesday, June 7 | 6:00–7:15 pm or 7:30–8:45 pm | Derby Farm \$95 (includes \$65 materials)

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, May 23 | 6:30–8:30 pm | Online | \$35

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. 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.

8 Tuesdays | April 26–June 14 | Online | \$179

Level 1: 6:00–7:15 pm

Level 2: 7:30–8:45 pm

8 Wednesdays | April 27–June 15 | Online | \$179

Level 3: 6:00–7:15 pm



Win with Composting

Jeremy Marin

Learn how to turn household waste into a valuable, nutritious additive for your garden beds, household plants, and lawn. Composting is an ideal, low- or no-cost food for plants that also saves water by helping the soil hold onto moisture, recycling organic resources, and conserving landfill space. Demystify the process and get answers to all your compost questions, from basic to advanced. Receive a coupon for \$10 off the price of a compost bin available for purchase through Arlington’s Department of Public Works. Co-sponsored by the Department of Public Works.

Tuesday, May 10 | 7:00–8:30 pm | AHS | \$29

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. This version of Arabic is the formal language of news, media, and books. 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. Some basic everyday vocabulary and conversations such as greetings and courtesy expressions are also part of the course.

**Level 2:** For those who are able to read and write simple words (a knowledge of the alphabet suffices). Use your Arabic skills to learn basic conversations that include nationalities, family members, describing neighborhoods and residences, food and drink, clothing and colors, weather, and more.

8 Thursdays | April 28–June 16 | Online | \$159

Level 1: 6:00–7:30 pm

8 Tuesdays | April 26–June 14 | Online | \$159

Level 2: 6:00–7:30 pm

Level 3: 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.

**Level 1:** Covers basic conversations related to greetings, nationalities, colors, food, and more.

**Level 2 & Level 3:** Classes include more verb conjugation and conversational skills.

8 Wednesdays | April 27–June 15 | Online | \$159

Level 2: 7:30–9:00 pm

Level 3: 6:00–7:30 pm

8 Thursdays | April 28–June 16 | Online | \$159

Level 1: 7:30–9:00 pm

English as a Second Language (ESL)

MLS English Language Program

Connect with other English learners and practice using everyday vocabulary in a comfortable and supportive environment at these classes for English Language Learners who want to develop their speaking, listening, and writing skills. **Please note:** All classes are available in-person in Somerville, or online. Please see online class listings for full class descriptions.

Grammar:

Low Beginner: 4 Mondays & Wednesdays | May 2–May 25 or June 6–June 29 | 8:45–10:00 pm | \$150

High Beginner: 4 Tuesdays & Thursdays | May 3–May 26 or June 7–June 30 | 8:15–9:30 pm | \$150

Vocabulary (Intermediate/Advanced):

4 Wednesdays | May 4-25 or June 1-22 | 10:00 am-12:00 pm | \$120

4 Saturdays | May 7-28 or June 4-25 | 12:00-2:00 pm | \$120

Reading & Writing (High Intermediate/Advanced):

4 Thursdays | May 5-26 or June 2-23 | 10:00 am-12:00 pm or 6:00-8:00 pm | \$120

French

Michelle Abadía/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:** 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. Practice oral dialogue and learn 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. 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 | April 26–June 14 | AHS | \$125

Level 1: 6:00–7:15 pm (Abadía)

Level 2: 7:30–8:45 pm (Abadía)

7 Mondays | April 25–June 13 | Online | \$139

Level 3: 6:00–7:30 pm (Chiha)

Advanced Beginning French

Barry Bridgelal

Build skills and continue to improve your conversational precision by developing vocabulary as well as learning to use the present and immediate future tenses. Grammatical topics include possessive and demonstrative adjectives, idiomatic verb expressions, comparatives, imperatives, and expressions of time and season.

8 Wednesdays | April 27–June 15 | 11:00 am–12:30 pm | Online | \$159

French Café: Conversation & Culture

Barry Bridgelal

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

8 Wednesdays | April 27–June 15 | 7:30–9:00 pm | Online | \$159

Conversational French for Fluent Speakers

Barry Bridgelal

Join fellow French language lovers, conversing in a warm and inviting setting. This program is designed for students who are proficient in present, *imparfait*, and *passé composé*, and who are able to use object pronouns. The instructor will offer exercises designed to increase fluency.

8 Tuesdays | April 26–June 14 | Online | \$115

Daytime: 1:00–2:00 pm

Evening: 7:30–8:30 pm

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 | April 25–June 27 | Online | \$155

Level 1: 12:30–1:45 pm

Level 2: 2:30–3:45 pm



Italian

Mirela Stefa

*Buongiorno!* Are you ready to learn Italian in a fun and interesting way? Through conversation about everyday life, we will learn vocabulary, pronunciation, and grammar as we explore Italian culture and *la dolce vita*. Gain a solid knowledge of the language of music and love.

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

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

**Level 3:** Further hone oral comprehension and expression of topics including travel, health, and time. We will also focus on imperfect tense, distinctive pronouns, simple future tense, and double object pronouns.

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

8 Tuesdays | April 26–June 14 | Online | \$145

Level 1: 6:00–7:15 pm

Level 2: 7:30–8:45 pm

8 Thursdays | April 28–June 16 | Online | \$145

Level 3: 6:00–7:15 pm

Level 4: 7:30–8:45 pm

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 using *Bopomofo* and have simple conversations. We will also explore how Chinese characters originated and get introduced to some practical Chinese etiquette.

8 Tuesdays | April 26–June 14 | 7:00–8:30 pm | Online | \$139

Spanish

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

**Level 3:** Practice advanced grammar and verb conjugations. We will study the present tense of reflexive verbs, how to express time, date and weather, and introduce the past preterite tense. In addition, we will study vocabulary relating to the house, the city, countryside and nature and places in the world as we work to further hone pronunciation. 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* and *estar*.

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

8 Thursdays | April 28–June 16 | \$125

Level 1: 6:00–7:15 pm | Online | (Bula)

Level 2: 7:30–8:45 pm | Online | (Bula)

Level 3: 6:00–7:15 pm | Gibbs | (Abadía)

Level 4: 7:30–8:45 pm | Gibbs | (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. We will improve your spoken Spanish and vocabulary by encouraging discussions on a variety of topics involving the culture of Spanish-speaking countries: art, literature, music, cuisine, travel and current events.

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

**Advanced:** For students comfortable with an immersion (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 | April 27–June 15 | 7:00–8:30 pm | \$125

Intermediate: Gibbs | (Abadía)

Advanced: Online | (Soto)

Travel Painting

Use art to document your adventures, p. 7



# Music, Theater & Film

## Showcase Your Skills: A Night of Performances

Elyse Montoya

Calling all actors! Join us for a fun opportunity to showcase your skills by performing monologues or scenes together. Come prepared with a piece or be ready to be cast in one at the first class. We will spend the first three classes building and rehearsing a show that your friends and family will be invited to come and enjoy on the last night of class. Whether you have never performed before, or have loads of practice, this will be a fun, collaborative experience to get up onstage and play.

4 Thursdays | May 26–June 16 | 6:30–8:30 pm | Gibbs | \$129

## Hollywood Genre Film Appreciation

Andrew Frassa

Join other fans of classic Hollywood movies to explore different film genres: expressionism, film noir, western, and musical. Each week, watch the assigned film on your own (supplemental optional films will also be recommended) then talk about it with your classmates. Discussions will be centered around the film but also lead us into a deep dive of each genre, helping you better understand the unique qualities of each.

4 Tuesdays | May 3–24 | 7:00–9:00 pm | AHS | \$115

## And the Tony Award Goes to...

Andy Papas

From the age of classic movie musicals and Rodgers & Hammerstein to the contemporary theatrical landscape, Tony Award-winning shows will be the focus of this class. We will examine a different production every week, highlighting significant scenes, key music, and the performance history. The instructor, a professional actor, will regale the class with backstage anecdotes that provide an inside perspective on the performing arts. Special guests will visit to explain the artistic and technical elements of the creative process and give you a glimpse into the inner workings of the industry.

6 Wednesdays | May 4–June 8 | 6:30–8:15 pm | Online | \$169

## Why Was That a Hit? Pop Music: 1950s–1980s

Gregory Leschishin

Through discussion and some breaks to listen to great music, discover how pop music of the 1950s through the 1980s became the hits that we know and love. Uncover how the record charts were determined by the very few people who had control over what was played over the air, and how certain songs became hits while others flopped. With hundreds of songs getting released by many independent record labels, all seeking the opportunity to snag a hit, some songs were natural fits, while others succeeded by accident, luck, or a combination. Relive and rediscover your 45 record collection with this fun class!

6 Wednesdays | April 27–June 1 | 7:00–8:30 pm | Online | \$119

## What Makes Sondheim Great, p. 2



## 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.

8 Tuesdays | April 26–June 14 | 7:00–8:00 pm | AHS | \$135

## 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!

6 Wednesdays | May 4–June 8 | 7:30–8:30 pm | Gibbs | \$99

► *Fun Fact!* Malcolm teaches this class for kids too! p. 37

## 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 is to learn a handful of melodies that people actually play in open G and, hopefully, in double C and G modal tuning. Learn by ear 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!

6 Wednesdays | April 27–June 1 | Gibbs | \$145

**Beginning:** 6:00–7:15 pm

**Continuing:** 7:30–8:45 pm

## Guitar

Larry Unger

Learn the elements of guitar and the basics of music in a fun, supportive group environment with a talented and passionate instructor.

**Beginning:** No experience required; all you need is a guitar and one or two hours a week to practice. Acquire the tools you need to play songs with the group or to continue learning on your own.

**Continuing:** For anyone who has completed *Beginning Guitar* or who has been playing guitar for a while, continue learning and playing. We will focus on developing stronger musical skills through playing individually and with the group.

6 Thursdays | April 28–June 2 | Gibbs | \$145

**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.

8 Tuesdays | April 26–June 14 | AHS | \$139

**Beginning:** 6:50–7:50 pm

**Continuing:** 8:00–9:00 pm

# Recreation

## 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, playing, scoring, and bridge conventions. Classes include hands-on learning, guided demonstrations, group discussions, and lots of bridge hands to practice techniques.

7 Wednesdays | April 27–June 8 | 7:00–9:00 pm | Gibbs | \$155

## Play Bridge ☀

Elizabeth Gompels

Come join us to practice and play bridge while increasing your confidence and deepening your understanding of the game. Get your questions answered and receive help in real-time. The atmosphere will be fun, friendly, and relaxed. Appropriate for players who completed *Learn Bridge* or any introductory course. The six-week in-person class will have an emphasis on declarer play and improving your bridge-thinking skills.

6 Tuesdays | April 26–May 31 | 10:00 am–12:00 pm

St. Camillus | \$135



## Piano for Beginners

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 Wednesdays | April 27–June 15 | 6:00–7:00 pm | Online | \$135

## 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.

8 Wednesdays | April 27–June 15 | 7:30–8:30 pm | Online | \$135

## Learn American Mah Jongg

Laura Zoll

Learn to play this fun and fascinating game that combines a Chinese set of tiles with American rules and strategy. We will cover the fundamentals of the game, progressing through familiarity with the tiles, building the wall, understanding the Charleston series of tile exchanges, and learning the hands.

8 Thursdays | April 28–June 16 | 6:00–7:30 pm | Gibbs | \$225

## Mah Jongg: Explore the 2022 NJML Card

Laura Zoll

Join us as the 2022 NMJL card is unveiled! For players who already know the rules of Mah Jongg, learn the new hands and figure out backups and options, defensive strategies and other insights to jumpstart a new year of play. We will also review and refine the rules of the game, continue to develop your skills, and increase your confidence. This class is suitable for beginners and beyond.

4 Thursdays | May 5–26 | 7:30–9:00 pm | Gibbs | \$115

## Brain Games to Keep You Sharp

Nancy Linde

Brains must be exercised, just like the rest of the body. When you think in novel ways you stimulate the growth of new brain cells. Neuroscience has shown that people aged 50+ who solve word games and brainteasers have significant cognitive advantage over those who do not. Join the author of three best-selling books of brain games, and play a lively mix of word games, trivia challenges, and brainteasers—all vetted by a neuroscientist—and discuss the cognitive skills they help to sharpen.

Wednesday, June 8 | 7:30–9:00 pm | Gibbs | \$29

# Walking Tours

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



## Spring Mystery Walks ☀️

Mary Hurley

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

5 Wednesdays | May 4–May 25 | 10:00 am–12:00 pm | Offsite | \$109

5 Thursdays | May 5–May 26 | 10:00 am–12:00 pm | Offsite | \$109

## Urban Foraging

David Craft

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

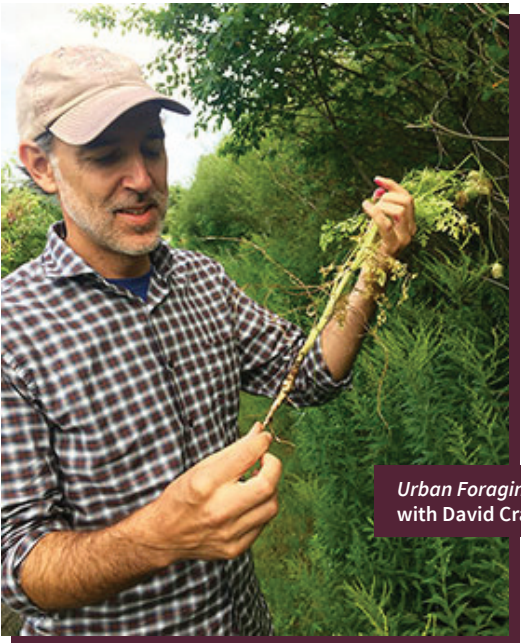
Saturday, May 21 | 10:30 am–12:00 pm | Offsite | \$39

## Signs of Spring at Arlington's Great Meadows

Boot Boutwell

Spring is a time of rebirth and renewal. 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 head out into Arlington's Great Meadows in search of early spring wildflowers, emerging leaves and other signs that spring is returning. We'll begin with a little poetry and observations about increasing day length, but the focus will be on plant identification as well as some fun and interesting natural history.

Saturday, April 9 | 9:30 am–12:00 pm | Offsite | \$35



## Spring Wildflowers of Arlington's Great Meadows

Boot Boutwell

In late May the wildflowers are out in abundance. Enjoy a stroll in search of mid to late-spring wildflowers at Arlington's Great Meadows. The walk will focus on wildflower identification as well as some fun and interesting natural history about the plants we see. We'll also take a look at some cool plants that aren't in flower.

Saturday, May 14 | 9:30 am–12:00 pm | Offsite | \$35

## Tree Identification

Boot Boutwell

"I think that I shall never see/ A poem lovely as a tree." The trees of New England are both beautiful and an essential part of our landscape. This course will introduce you to about 12 common trees of New England, emphasizing tree ID as well as natural history. Join us at Wright-Locke Farm.

9:30 am–12:00 pm | Offsite | \$35 (each)

Saturday, June 4 or Thursday, June 9

## Celebrate The Summer Solstice

Boot Boutwell

Summer arrives with the solstice, which marks the longest day of the year and the time when the midday sun reaches its highest point in the sky. This year it occurs on Tuesday, June 21. Come celebrate the Saturday before at Arlington's Great Meadows or the day of at Wright-Locke Farm. Both walks will focus on plant identification as well as fun and interesting natural history about past and present human uses as well as tales and legends about the plants we see. We'll also celebrate the season with a little poetry and solstice lore.

Great Meadows: Saturday, June 18 | 9:30 am–12:00 pm  
Offsite | \$35

Wright-Locke: Tuesday, June 21 | 6:00–8:30 pm | Offsite | \$35

## Off-the-Beaten-Path Hikes

Gregory Leschishin

Spend some time outdoors this spring 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.

Sundays | 11:30 am–2:00 pm | Offsite | \$35 each

Mount Misery, Lincoln: May 15

Burlington Landlocked Forest: June 5

## Explore the Art of Boston's Greenway

Paul Angiolillo

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

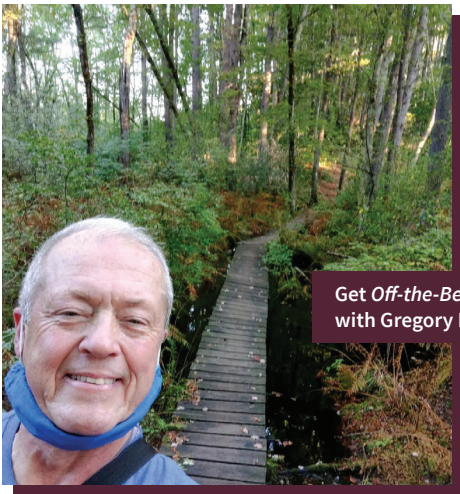
Saturday, May 7 | 1:00–2:30 pm | Offsite | \$29

## Beauport, the Sleeper-McCann House

Historic New England Staff

Step inside Beauport, the summer home of Henry Davis Sleeper, one of America's first professional interior designers. Sleeper began building Beauport in 1907, eventually enlarging the house to more than forty rooms filled with a lifetime collection of period furniture, colored glass, ceramics, and architectural salvage. Decorated like stage sets, each room embodies Sleeper's unique and whimsical decorative style. Get to know Sleeper, a gay man living in the early twentieth century; his housekeeper, Mary Wonson; his fascinating neighbors; Beauport's second owners, the McCanns; and the house's many colorful guests. Then stroll through the gardens and enjoy stunning views of Gloucester Harbor.

Saturday, June 11 | 9:30–10:30 am | Offsite | \$25



# Taking Flight 🐦

## Birdwatching 101: What to Know Before You Go

Benjamin Brown-Steiner

Maximize your enjoyment and appreciation of birds in their local environment with this online class that will introduce basic strategies and methods for aspiring birdwatchers. Topics introduced include necessary and recommended tools; picking a place and time ideal for birdwatching; and strategies for identifying birds using their appearance, flight patterns, songs and calls, and the habitats where they live and migrate through. Put your knowledge into practice by attending the *Field Trip* classes.

Thursday, April 28 | 7:00–8:30 pm | Online | \$29

## Birdwatching 101: Field Trips

Benjamin Brown-Steiner & Toni Sacco

Observe local birds on these two-hour birdwatching field trips. We will focus on different strategies for locating and identifying birds based on their appearance, songs and calls, behavior, and habitat. Binoculars are highly recommended. Birdwatchers will be split into groups based on experience, however, beginners are highly encouraged to attend *What to Know Before You Go*.

Arlington Reservoir: Saturdays | April 30 and/or May 7  
9:00–11:00 am | \$29 (per walk)

Horn Pond, Woburn: Saturday, May 21  
9:00 am–12:00 pm | \$39

## Birdsong Identification

Michele Grzenda

How can you tell if that "tweet" is from a cardinal or a chickadee? Time spent in your own backyard will become more enjoyable with an understanding and appreciation of birdsong, the language spoken by our feathered friends.

### Level 1: In Your Backyard

Learn the types of sounds birds make and why they make them and explore common bird songs heard here in Massachusetts. We will focus on approximately 10-15 different birds in each class—listening to each bird song and practicing mnemonics and other techniques you can use to remember them—then put together several different bird songs for comparison.

### Level 2: Beyond Your Backyard

Find out which owl hoots, "Who's awake? Me too!" as we learn about birds found a little further afield and their songs. Get familiar with 15 species common to Massachusetts forests, including warblers, vireos, and other species, and learn to differentiate between three types of thrushes. Next, discover about 15 species common in our wetlands and field habitats, including sparrows and blackbirds. Taking the *Level 1* class first would be helpful, but is not required.

Backyard: 2 Tuesdays | May 17 and 24 | 7:00–9:00 pm  
Online | \$59

Beyond: 2 Thursdays | June 2 and 9 | 7:00–9:00 pm  
Online | \$59

Wang Theatre Backstage Tour

Scott Towers, Boch Center Staff

Visit one of Boston’s most prominent theatrical landmarks. The Boch Center will bring the beauty and wonder of the historic Wang Theatre to you, through a behind-the-scenes tour. Learn about the theater’s architectural highlights and unique history—from its hotel roots and glamorous days as a movie “cathedral,” to today’s role as an impressive venue for performances and events. Visit the dressing rooms and hallways walked by entertainers such as Bruce Springsteen, Ella Fitzgerald, Mikhail Baryshnikov, Elton John, Lady Gaga, and many more. You may even get to grace the stage where these legends performed. 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.”

Monday, May 23 | 6:00–7:00 pm | Offsite | \$29

► Fun Fact: Tour the Wang with your family over April break, p. 31

Broad Stripes & Bright Stars:  
The Complications of Patriotism

Dee Morris, Local Historian

Love of country has been part of the American psyche since the American Revolution and this quality found renewed commitment during the Civil War. Many 19th century Mount Auburn residents responded in different ways. Charles T. Torrey, controversial Abolitionist, died in a Maryland prison (1846) after freeing slaves by using the Underground Railroad. During the Civil War (1861-1865), Dorothea Dix, already an advocate for the mentally ill, recruited several thousand women to serve as Union Army nurses. Social reformer Julia Ward Howe authored the “Battle Hymn of the Republic” after a visit with Union troops. Samuel Storow, just 21 and recently graduated from Harvard, was fatally wounded in battle just days before hostilities ceased. This walk offers a timely look at our civic ancestors as they defined patriotism.

Saturday, May 21 | 2:00–4:00 pm | Offsite | \$35

The Peaceable Kingdom:  
Sculpted Animals at Mount Auburn Cemetery

Dee Morris, Local Historian

Join us for a peaceful stroll highlighting the amazing bond between people and their canines. In 1844, Thomas H. Perkins, a major supporter of the Perkins School for the Blind, commissioned local sculptor, Horatio Greenough, to carve a charming Newfoundland dog for his cemetery monument. The Richardson family chose a smooth-coated marble retriever to honor their 18 year old son, Willie. The parents of little Mary P. Saunders (1843-49) selected a playful stone puppy to keep watch over her gravesite. The monument of George T. Angell (1823-1909), founder of the Massachusetts Society for the Prevention of Cruelty to Animals, bears the inscription: “Blessed are the merciful.”

Saturday, June 18 | 2:00–4:00 pm | Offsite | \$35



Wellness & Life

For Yoga, Tai Chi & Qigong classes, see our Fitness & Dance section, p. 10



Adult, Infant & Child CPR with AED

Kierstin Pane

This intensive three-hour course covers adult/child CPR and AED, adult/child/infant choking, and infant CPR. Following the course, you will be comfortable assessing a victim, checking for breathing, performing rescue breaths and chest compressions, and activating the emergency response system. You will also learn how to help someone who is choking, respond in other emergency situations, and use an AED.

Tuesday, April 26 | 6:00–9:00 pm | AHS | \$95

Wednesday, May 18 | 6:00–9:00 pm | Gibbs | \$95

The Power of Essential Oils

Katrina Piehler

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

Thursday, May 5 | 7:00–8:30 pm | Gibbs

\$39 (includes all materials)

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 other 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 time, and plenty of opportunities to ask questions, you’ll start to notice the benefits of this practice in no time.

Monday, May 16 | 7:00–8:30 pm | Online | \$25

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

Nadine Mazzola

Experience a deep nature connection on this guided forest bathing retreat. 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.

Monday, April 25 or May 16 | 9:30–11:30 am | Offsite | \$39

Sunrise Walking Meditation

Kimber Green

The word “meditation” is likely to conjure up an image of a cross-legged person sitting still in a quiet room. While this is a great way to find stillness for some, others find incorporating movement, such as walking, to be helpful. Walking mindfully in nature supports a deep presence and awareness of the environment and ourselves as our minds get a break from the constant chatter and the urge to “go-go-go.” We also start to build a greater connection to the natural world and strengthen skills that cultivate wonder and awe. Learn about and practice mindfulness while walking in Arlington’s Great Meadow. We will walk slowly and silently, immersing ourselves in the beauty of what surrounds us, pausing to listen to a poem or relevant reading, and ending with a simple breathing exercise.

4 Wednesdays | May 4–25 | 7:30–8:30 am | Offsite | \$75



Spring bike trips, p. 11



Reiki Level 1 Certification

Gary Horwitz

For those who want to learn Reiki for self-healing, use the practice to support friends, family and pets in their healing process, and/or become Reiki professionals. You will receive the attunements believed to allow Reiki healing energy to flow through your hands. Each participant will get a complete Reiki treatment and then practice giving one to another student. We will cover health benefits, how to best utilize this gentle healing modality for the benefit of yourself and others, and how to open a Reiki practice. Upon completion you will receive a Reiki Level 1 certificate.

4 Wednesdays | May 18–June 8 | 7:00–9:00 pm | Gibbs | \$175

Alexander Technique:  
Improve Posture & Relieve Pain

Jill Geiger

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

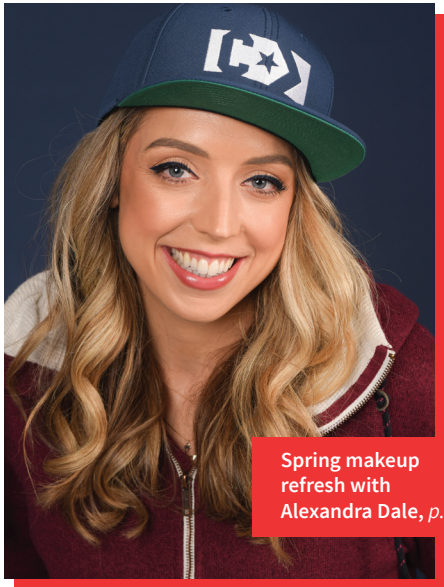
2 Thursdays | May 12 and 19 | 7:30–8:30 pm | Online | \$39

Rest, Restore, Renew:  
Practices to Center & Realign

Janet Kessenich

Unplugging, pausing, experiencing silence...these “non-activities” are seldom part of our action-filled, breathless lives. While dialing back the pace is easier said than done, we sense how important it is to take time to reflect and regroup, to rest and restore. Explore the power and rejuvenating effects of resting and embracing silence. Learn new strategies and practices for bringing calm to your life.

Wednesday, May 11 | 7:00–8:30 pm | Gibbs | \$25



### Makeup & Skincare Routine: Spring Refresh

Alexandra Dale

The change of seasons is a great time to refresh your skincare practice and update your makeup methods. This class will focus on creating a customized skincare routine that addresses specific skin concerns and prevents future damage. The instructor will review skincare ingredients, the appropriate order of product application, regimen suggestions, and supplemental treatments that can enhance your normal routine. Current makeup trends and the techniques to achieve these looks will also be reviewed.

Wednesday, May 18 | 7:00–9:00 pm | Gibbs | \$39

### Bladder Health 101

Brooke Reilly

Bladder issues affect so many, yet most of us have little knowledge of the subject. Learn about bladder function and dysfunction. We will review pelvic floor and pelvic organ anatomy, bladder habits and norms, common bladder conditions, how our nervous system affects us, and methods for supporting optimal bladder health.

Monday, May 2 | 6:30–8:30 pm | Online | \$35

### Tarot Reading: Intuitive Journeys

Kelley Donovan

Tarot can give you profound insights about yourself and your life’s direction. This course is a great way for beginners to learn and practice the basics and for intermediate readers to improve their abilities and intuition. We will primarily use the Crowley-Thoth Tarot deck, which can be purchased in advance of the course, however students can use whatever deck they already possess. Find out how to give and receive readings, with ample time to practice, and learn some basic layouts. We’ll also discuss how to tap into intuition and gain an understanding of the meaning of the cards and the significance of numerology as it relates to the tarot.

3 Tuesdays | May 10–24 | 7:00–8:30 pm | AHS | \$69

### White People Challenging Racism: Moving From Talk to Action

Melanie Roche-Laputka & Michelle Chalmers

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. Write about your own racial awareness journey. Enhance your understanding and capacity for action through discussion of short readings, videos, and other materials. 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 | April 27–May 25 | 7:00–9:00 pm | Online | \$149

### Active Bystander Training

Christopher Ellinger

We all witness situations where we want to intervene, but may hesitate. Will our response make things better or worse? Could we get hurt? Become a more effective active bystander, someone who not only witnesses a situation, but also speaks up or takes steps to defuse a situation or keep it from escalating. Learn to evaluate a situation to determine a safe and effective response, and explore a variety of tactics for handling public attacks and microaggressions. Practice practical strategies for handling specific situations and discover what tactics may work best for you. Leave this class feeling more empowered and better informed.

2 Tuesdays | May 24 and 31 | 7:00–9:00 pm | AHS | \$59



## Writing & Literature

### Memoir Writing Workshop ☀️

Lissa Franz

Memoir writing seeks the truth of life as only you can tell it. Our focus will be on sharing work in a constructive and supportive environment. Each class will include a discussion of published memoir excerpts and the craft of writing, an in-class writing prompt/exercise to deepen and encourage your writing practice, and the sharing of work on a rotating schedule. Ideal for those seeking feedback and encouragement at any point in the memoir writing process.

8 Wednesdays | April 27–June 15 | 10:00 am–12:00 pm  
Online | \$225

### Flash Fiction: Bold. Brief. Beautiful.

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 | April 27–June 15 | 7:00–9:00 pm | Gibbs | \$225

### The Writer’s Workshop

Alissa Butterworth

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

8 Thursdays | April 28–June 16 | 7:00–9:00 pm | Online | \$225

### Writing Dialogue & Character Voice

Valerie J. Lute

Our words reflect who we are. That’s why it’s so important to make sure your characters speak authentically. But whether you are writing fiction, nonfiction, or a screenplay, creating natural dialogue can be challenging. We’ll find our character’s voice by studying great scenes of dialogue, completing in-class and at-home exercises, reading our work out loud, and receiving feedback from classmates. We’ll discuss keeping dialogue realistic while moving the plot forward, the right way to incorporate slang, and crafting scenes readers will remember for years to come.

3 Tuesdays | May 10–24 | 6:30–8:30 pm | AHS | \$85

### Reflecting Through Writing

Judy McClure

This welcoming and inclusive class encourages you to use writing as a form of reflection. Explore a variety of topics, including work, relationships, identity, 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. Former participants and writers of all levels are welcome.

3 Thursdays | May 19–June 2 | 7:00–9:00 pm | Gibbs | \$85

## The Language of Time: A Linguistic Perspective

with Irena Stanic Rasin, p. 30



### 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. This supportive writing workshop is designed for folks who have taken haiku classes or have written haiku previously. We will wade further into the haiku pond and also study other related Japanese forms of poetry. Using writing prompts, both in-class exercises and ones that are designed as opportunities to enjoy being outside between classes, we will write haiku and other forms and workshop them together, if people so desire.

6 Tuesdays | April 26–May 31 | 6:30–8:00 pm | Online | \$105

### Haiku in Nature Walks

Brad Bennett

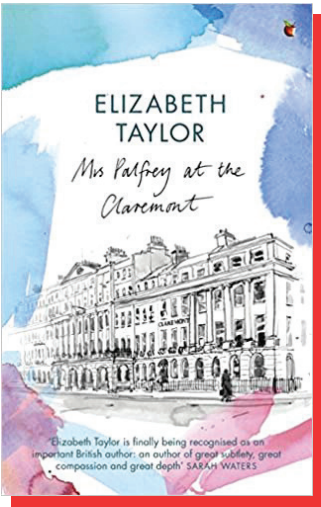
Haiku, the most popular form of poetry in the world, can help us connect more deeply to the natural world. What a great reason to get outside! Join us for three haiku walks in inspiring green spaces, one in Arlington, one in Lexington, and one in Concord. At each spot, we’ll first learn how one of three Japanese aesthetic concepts, *wabi sabi* (appreciating beauty that is imperfect and impermanent), *yugen* (quiet grace and mystery), and *ma* (an emptiness full of possibilities) influence the writing of haiku. Afterwards we’ll walk around, gather observations and insights, and try our hand at writing some haiku. All are welcome.

Saturdays | 1:00–2:30 pm | Offsite | \$29/walk

April 30: *Wabi Sabi* and Haiku at the Arlington Reservoir

May 14: *Yugen* and Haiku at Willard’s Woods, Lexington

June 4: *Ma* and Haiku at October Farm Riverfront, Concord



How to Read a Short Story

Kayleigh Shoen

Short stories are a great way to broaden your reading list and find new authors you enjoy. We'll read and discuss contemporary short stories and put them in context with some classic short stories they're in conversation with. This is a discussion-led class, with lessons along the way to give you the framework and vocabulary for a deeper understanding of short stories as a genre, whether you haven't read a short story since high school or you're an avid fan looking for a lively weekly discussion.

8 Tuesdays | April 26–June 14 | 7:00–8:30 pm | AHS | \$165

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+

8 Wednesdays | April 27–June 15 | 6:30–7:30 pm  
Gibbs | \$215/pair

VacationFun!

April 19–22 @ Ottoson, p. 43



Reading Novels for Greater Pleasure

Jennie Rathbun

The “other” Elizabeth Taylor is at last being acknowledged as belonging to the first rank of British novelists. Many consider the book *Mrs. Palfrey at the Claremont* to be her masterpiece, a work of tremendous subtlety, wit, and tenderness about the elderly inhabitants of a London residential hotel. Book club members and other readers who want to get under the hood and see how great fiction works, join us to examine this late bloom in Taylor's oeuvre as you deepen your appreciation and understanding of the novelist's art. We'll look closely at character, narrative voice and structure, detail, gesture, and dialogue.

6 Wednesdays | April 27–June 1 | 12:00 pm–1:30 pm  
Calvary | \$129

The Language of Time: A Linguistic Perspective

Irena Stanic Rasin

All animals—except humans—live in a continuous present. Time is a human concept, and that concept is framed differently depending on the language we speak. English speakers tend to think of time in terms of distance—what a long day, we say. Spanish speakers, on the other hand, tend to think of time in terms of volume—what a full day, they say. Recounting the past, communicating in the present, and discussing the future are at the core of our daily activities. Yet these boundaries are often blurred. In this fascinating evening, we will explore alternatives to time's arrow from a linguistic point of view, through examples of languages whose tenses defy chronology with their reverse, or even circular, concept of time.

Tuesday, May 10 | 7:00–8:30 pm | AHS | \$29

Spectacular Card Tricks

John Bach

Learn how to perform incredible 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 with only a modest amount of practice. All you'll need is a deck of cards to become a hit at any party and stun even the most cynical of skeptics! No experience necessary, just the ability to hold a deck of cards. Ages 10+

Tuesday, May 10 | 6:30–8:30 pm | AHS | \$39/pair

Pop-Up Card Design

Susanne Agerbak

Learn how to create fun and engaging cards with pop-up designs. No artistic ability required, only a willingness to muck about with paper, scissors, and glue. Learn several simple techniques for making cards pop-up and how to customize them to make your own designs. A special kind of creative magic awaits you in this workshop. You'll never send a store-bought card again, and delight in how your creations become treasured gifts. Ages 8+

Tuesday, April 26 | 6:00–8:00 pm | AHS  
\$45/pair (includes all materials)

Spring Cookie Decorating

Adrienne Dunne

Learn how to create professional-looking cookies with tips and tricks from a certified baker and Level III Wilton certified decorator. Explore several decorating techniques including flooding and creating wet-on-wet designs. Using simple tools you will each decorate 8-12 sugar cookies (either baked ahead of time or store-bought) with spring designs, geometric patterns, and flowers. Ages 8+

Thursday, May 19 | 6:30–7:45 pm | Gibbs  
\$55/pair (includes some materials)

Whoopie Pies!

Adrienne Dunne

Whoopie pies, black moons, gobs, BFOs (stands for Big Fat Oreo), devil dogs, or maybe even something else—these classic dessert sandwiches made of cake and stuffed with fluffy whipped icing go by many names, depending on where you are and who you ask. We'll make the traditional chocolate cake and white fluffy icing variety, which is the official treat of Maine. Then we'll explore additional fun flavored fillings to create the ultimate hand-held, celebratory-time treat that will make you shout, “Whoopie!” Ages 7+

Sunday, May 15 | 4:00–6:00 pm | Online | \$45/pair

Maki Roll Sushi

Yoshiko Sullivan

Does your family enjoy eating sushi? Make rolling sushi a fun family affair in the comfort of your own home. With step-by-step instructions, learn techniques to make two kinds of maki rolls. We'll start by preparing fillings: seasoning sushi rice, thinly chopping vegetables, preparing imitation crab (this class does not involve raw fish), and making *tamagoyaki* by rolling together thin layers of seasoned egg. Perfect your rolling techniques as we make *hosomaki*, a simple maki sushi typically containing one filling, surrounded by rice and wrapped tightly with *nori* (seaweed). We'll then move on to making larger rolls, *futomaki*, filled with colorful and flavorful items. Ages 8+

Monday, May 9 | 5:00–6:30 pm | Online | \$35/pair

Delectable Dumplings

Jade Li

Learn how to make, fill, and wrap homemade dumplings. Called *jiaozi* in Mandarin, they are a much-loved delicacy and a symbol of 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, May 21 | 4:00–5:30 pm | Online | \$35/pair

Wang Theatre Backstage Tour

Scott Towers, Boch Center Staff

Visit one of Boston's most prominent theatrical landmarks and experience it like never before. The Boch Center will bring the beauty and wonder of the historic Wang Theatre to you, through a behind-the-scenes tour. Learn about the theater's architectural highlights and unique history—from its hotel roots and glamorous days as a movie “cathedral,” to today's role as an impressive venue for performances and events. Visit the dressing rooms used for performances like *The Wizard of Oz*, *Annie*, and *Paw Patrol*, and hallways walked by icons like Elton John, Bruce Springsteen, and Lady Gaga. You may even get to grace the stage where these legends performed. Learn about the Folk Americana Roots Hall of Fame and experience a new initiative highlighting the science of sound. Walk away with a newfound appreciation of this theater and why it was once referred to as “The Showplace of New England.” Ages 10+

Thursday, April 21 | 11:00 am–12:00 pm | Offsite | \$45/pair

Felted Vessel

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 the resist method of making a 3-dimensional object by wet-felting wool fleece or roving, using soap, water and friction. The resist method involves covering a thick, flexible piece of plastic, a “resist,” with fleece and, by felting, transforming a flat surface into a 3-dimensional object. The workshop will begin with a brief tutorial on felting basics. Your completed felted bowl will make a unique decor accent or can be used for a variety of functional applications, such as a key dish, pencil holder, or curio container. Ages 8+

Thursday, June 2 | 6:30–9:00 pm | Gibbs  
\$69/pair (includes all materials)

Glass Art

Michel L'Huillier

Learn the basics of glass fusing while having fun, playing with glass shapes, colors and textures. Through a series of exercises we'll learn to use glass powders, frits, and stringers. Then design and create a low relief “tack fused” tile and one small dish or a fused glass night light. Ages 8+

Wednesday, June 8 | 6:30–8:30 pm | Gibbs  
\$139/pair (includes all materials)



## High School & College Planning

### Sand Casting with Molten Metal

Jon Koppel

If you've ever wondered how some small objects can contain so many fine details, it's often because they have been cast in a mold. In this class, using Delft Clay and Kinetic Sand as our casting mediums, you will create a series of unique molds, and then fill them with molten bronze or pewter. To make your molds, you will learn how to take impressions of existing objects, and also how to carve into the medium and add details. Some of the things we might cast include detailed pendants, coins, medallions, as well as anything you have created from your imagination.

Grades 7–12

5 Tuesdays | April 26–May 24 | 3:30–5:30 pm | AHS  
\$165 (includes all materials)

### Bike Repair & Maintenance

Quad Cycles

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

Grades 9–12

Monday, May 9 | 5:00–7:00 pm | Quad Cycles | \$35

► **Fun Fact:** This class is also offered for adults, p. 11 and for grades 6–8, p. 39

### 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.

Tuesday, April 26 | 6:30–8:30 pm | Online | \$35/family

### College Essay: What *Parents* Should Know & How They Can Help

Jane Hirschhorn

The college essay personal statement is arguably one of the most important pieces of writing a student will complete in high school. It is also a type of writing not commonly taught in the classroom—the personal narrative. Parents of high school juniors are invited to attend this one-session class to learn more about what admission officers seek in the personal statement. We will also cover approaches to answering common supplemental essay prompts and provide tips parents can use to support their student throughout the writing process.

Thursday, June 9 | 7:00–8:30 pm | Online | \$29/family

### College Application Bootcamp

AHS English Faculty & School Counselors

This four-day course is designed for rising seniors looking to get a jump start on their college application process, or who want help managing the many requirements of the application process. Work with AHS school counselors, along with English faculty to explore topics including: college application time management and scheduling, resume-building, college essay and supplement writing, college interview preparation, and financial aid awareness.

Monday–Thursday | August 8–11 or August 15–18

9:00 am–12:00 pm | AHS | \$225

### 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. This class is for students who have reached the minimum age of 15 years, nine months by the first day of class. Fee covers online classroom hours and in person behind-the-wheel instruction. **All Driver's Ed registrations must be done online through CS Driving School at [csdriving.com](https://csdriving.com). \$749**

*Two-Week Session:* Monday–Friday | 5:00–8:00 pm

May 9–20 or June 6–17

*Vacation Session:* Monday–Friday | 10:00 am–4:30 pm

April 18–22

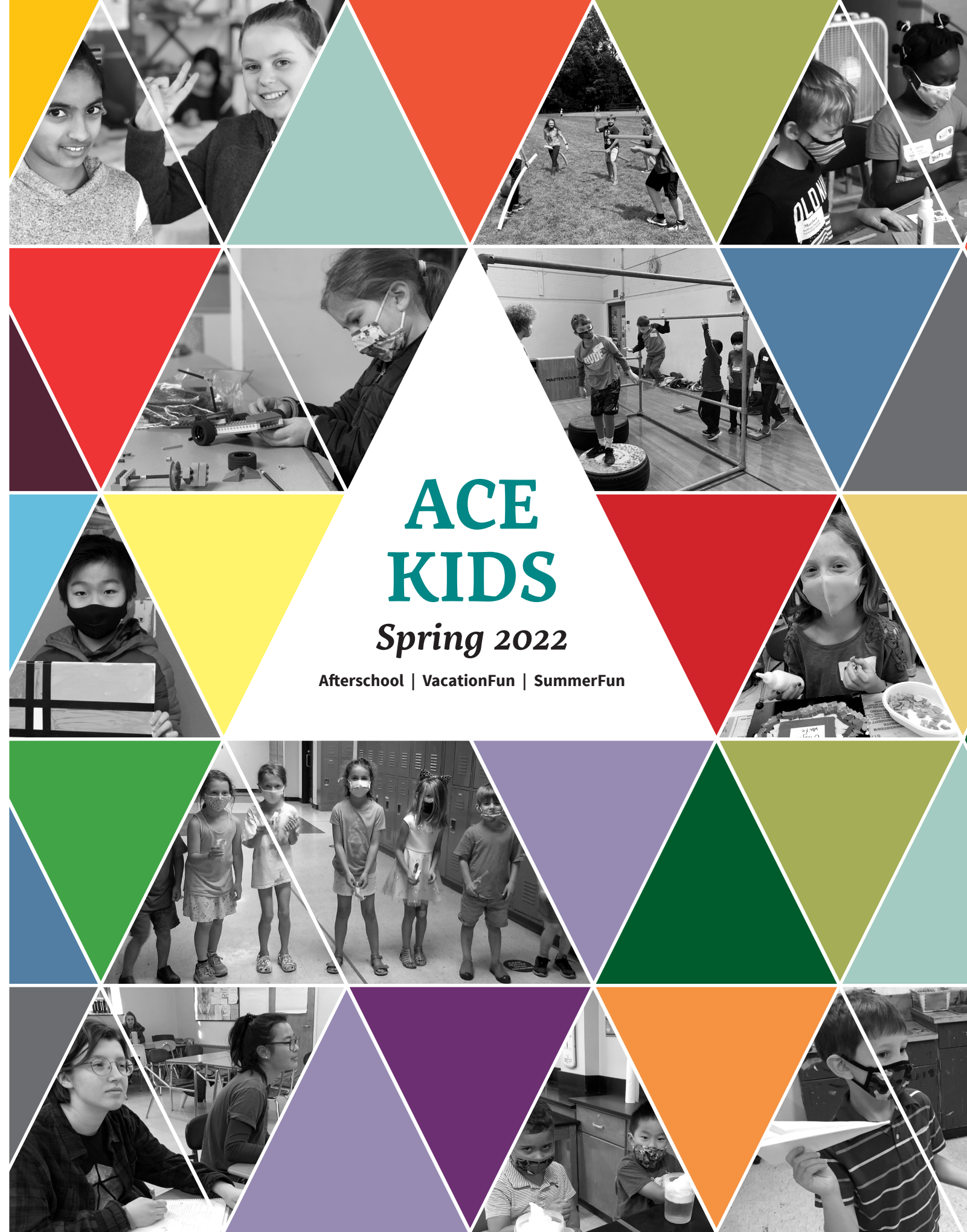
*Please check our website for summer 2022 dates. Location of classes (online vs. in person) may be subject to change based on requirements of the Registry of Motor Vehicles.*

### In Control: Crash Prevention Training

In Control Crash Prevention is a nonprofit training program committed to helping reduce automobile crashes through hands-on training. Motor vehicle crashes are the number one killer of teens nationwide and the main causes are speed and inexperience. Students and their families can learn safety skills that can only be taught at In Control's unique closed course environment. Learn how to handle skidding, panic stops, tailgating, and emergency lane changes. Visit this link for a special Arlington Community Ed discount, class details, as well as insurance discounts for graduates of the class: [driveincontrol.org/ArlCommEd](https://driveincontrol.org/ArlCommEd).

### SummerFun! Teen Counselor Program

Interested in working with kids? Each year ACE hires a group of motivated student counselors to be part of SummerFun! This is open to AHS students only, rising 10th graders through graduating seniors. Paid and volunteer positions available. Application due April 1 online at [ArlingtonCommunityEd.org](https://ArlingtonCommunityEd.org). No parent inquiries please.



# ACE Kids Spring 2022: At-a-Glance

Class	Day	Grades
BISHOP		
Spanish	Mon	K-3
Circuit Makers 101	Tues	K-2
Actors Toolbox	Tues	1-3
Scratch	Wed	2-3
Fit Girls	W/F	4-5
Chess Wizards	Thurs	1-5
BRACKETT		
Think, Design, Build	Mon	3-5
Fit Girls	M/W	4-5
Chess Wizards	Tues	1-5
Parkour	Tues	3-5
LEGO STEM	Wed	K-2
French/Spanish	Wed	K-3
Computer Art	Fri	2-3
DALLIN		
French	Mon	K-3
Creative Cartooning	Mon	3-5
Fun with Physics	Tues	K-2
Kids' Test Kitchen	Tues	3-5
Fit Girls	T/Th	4-5
Join the Circus!	Wed	K-2
Spanish	Thurs	K-3
Code Kingdoms	Thurs	3-5
Chess Wizards	Fri	1-5
HARDY		
Chess Wizards	Mon	1-5
Fit Girls	M/W	4-5
FunDrumz	Tues	K-2
Justice Squad	Tues	3-5
Parkour	Tues	3-5
Spanish	Wed	K-3
Exploring Watercolor	Wed	3-5
French	Thur	K-3
Potion Makers	Fri	K-2
PEIRCE		
App Inventors	Mon	3-5
Fit Girls	M/W	4-5
LEGO STEM	Tues	K-2
Join the Circus	Tues	K-2
P.E. Morning Power	Wed	1-5
Drawing Club	Wed	K-2
Chess Wizards	Wed	1-5
Spanish	Thurs	K-3

Class	Day	Grades
STRATTON		
Creative Dance	Mon	K-3
Video Game Design	Mon	3-5
Fit Girls	M/Th	4-5
Spanish	Tues	K-3
Writing Wizards	Tues	3-5
Potion Makers	Wed	K-2
Creative Cartooning	Wed	3-5
Art Explorers	Thurs	K-2
Nathan's Ninjas	Fri	K-5
THOMPSON		
Spanish	Mon	K-3
Fit Girls	M/W	4-5
P.E. Morning Power	Tues	1-2
Nathan's Ninjas	Tues	K-5
Coding Fun	Wed	1-2
Business Sharks	Wed	3-5
P.E. Morning Power	Thurs	3-5
Crafting is Cool	Thurs	1-3
Chess Wizards	Fri	1-5
GIBBS		
3D Printing	Mon	6
Gibbs Running Club	M/Th	6
LARP Foundations	Tues	6
Jewelry Making	Tues	6
Business Sharks	Thurs	6
Babysitting Basics	Thurs	6
Chess Wizards	Thurs	6
Dungeons & Dragons	Fri	6
OTTOSON		
Ottoson Running Club	M/Th	7-8
LARP Foundations	Mon	7-8
Babysitting Basics	Tues	7-8
Outdoor Parkour	Tues	Ages 11-16
Dungeons & Dragons	Thurs	7-8
LARP Games	Fri	7-8
AROUND TOWN		
Bike Safety @ AHS	Tues/Sat	K-8
Sand Casting w/Molten Metal @ AHS	Tues	7-12
Outdoor Parkour @ OMS	Tues/Sat	Varies
Bike Repair @ Quad Cycles	W	6-8
Drumming for Beginners @ Gibbs	W	5+

# ACE Kids (K-8)

## Important Information

### Registration

Students may take classes at any school. All youth registrations must be made online. It is important that you update your child's grade, school, dismissal information, as well as list any health/behavior concerns 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.

### Drop-off & Dismissal

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 selected when registering (walk/pickup/afterschool). If you are picking up your child, please be prompt, late fees apply. Students at Gibbs and Ottoson will receive a classroom assignment a few days before class and may dismiss themselves.

### Special Considerations

Our programs are equal access. We do not discriminate against children with disabilities. We encourage parents to disclose any medical or disability-related needs 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.

### Tuition Assistance

Partial tuition assistance is available for most classes for APS students who receive free or reduced lunch. Please call our office before registering.

### Withdrawals & Refunds

See policies on p. 44.

## Arts & Crafts

### Art Explorers

*Pam Shanley-Daube, Arlington Center for the Arts*

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

**Stratton | Grades K-2**

**7 Thursdays | April 28-June 9 | 2:40-4:10 pm | \$209**

### Computer Art & Making Things

*Einstein's Workshop*

Test your art making talent as you learn to use detailed computer art programs. You'll learn how to make awesome images, and then we'll show you how to modify them so that they can be turned from 2D art into 3D sculptures. Using laser and vinyl cutters, you'll make cool and useful objects to take home.

**Brackett | Grades 2-3**

**7 Fridays | April 29-June 10 | 2:40-3:55 pm | \$245**

### 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 in a variety of materials including ink, colored pencil, and more.

**Grades 3-5 | 2:40-4:10 pm | \$209**

**Dallin | 7 Mondays | April 25-June 13**

**Stratton | 7 Wednesdays | April 27-June 8**

### Crafting is Cool

*Hui Ru Liang & Lisa Treadwell*

Explore a seemingly endless supply of fun materials in this "craft-tacular" class. We'll use yarn, popsicle sticks, beads, and more to make a variety of projects including 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**

**7 Thursdays | April 28-June 9 | 2:40-3:40 pm | \$155**



Drawing Club

Molly Atryzek

Join us for a fun adventure along with other artists your age who share a love for drawing. Together, we will practice drawing your ideas, plus learn some new techniques to broaden our skills. Use art to express who you are.

Peirce | Grades K-2  
7 Wednesdays | April 27-June 8 | 2:40-3:40 pm | \$155

Exploring Watercolor

Julie Powers, Arlington Center for the Arts

We will experiment with dozens of techniques along with various surfaces and styles as we dive deep into the watery world of watercolor. Use your brushes, palettes, and paints to learn about color theory, composition, and contrast.

Hardy | Grades 3-5  
7 Wednesdays | April 27-June 8 | 2:40-3:40 pm | \$139

Jewelry Making

Julie Powers, Arlington Center for the Arts

Marble polymer clay, make your own beads, assemble bracelets, earrings, necklaces, and more. No matter what your interest or skill level, everyone will walk away with newly treasured items.

Gibbs | Grade 6  
7 Tuesdays | April 26-June 7 | 3:10-4:10 pm | \$139



Sand Casting with Molten Metal

Jon Koppel

If you've ever wondered how some small objects can contain so many fine details, it's often because they have been cast in a mold. In this class, using Delft Clay and Kinetic Sand as our casting mediums, you will create a series of unique molds, and then fill them with molten bronze or pewter. To make your molds, you will learn how to take impressions of existing objects, and also how to carve into the medium and add details. Some of the things we might cast include detailed pendants, coins, medallions, as well as anything you have created from your imagination.

AHS | Grades 7-12  
5 Tuesdays | April 26-May 24 | 3:30-5:30 pm  
\$165 (includes all materials)

Dance, Music & Theater

Actor’s Toolbox

Arlington Children’s Theatre

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.

Bishop | Grades 1-3  
7 Tuesdays | April 26-June 7 | 1:10-2:40 pm | \$199

Creative Dance

Thomas Krusinski

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

Stratton | Grades K-3  
7 Mondays | April 25-June 13 | \$145

Session 1: 2:40-3:40 pm

Session 2: 3:45-4:45 pm



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!

Grades 5+ | Gibbs  
May 4-June 8 | 6:30-7:30 pm | \$109

Fantasy & Games

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.

Grades 1-5  
7 weeks | 2:40-3:40 pm | \$169  
Bishop | Thursdays | April 28-June 9  
Brackett | Tuesdays | 1:10-2:10 pm | April 26-June 7  
Dallin | Fridays | April 29-June 10  
Hardy | Mondays | April 25-June 13  
Peirce | Wednesdays | April 27-June 8  
Thompson | Fridays | April 29-June 10  
Gibbs | Grade 6  
7 Thursdays | 3:10-4:10 pm | April 28-June 9 | \$169



Join the Circus!

Vegetable Circus

Learn amazing tricks that will wow your friends and family. Real circus performers will teach you skills including hula hooping, spinning plates, balancing objects, twirling flags, and juggling. Our last class will feature a final performance for one another under the Big Top.

Dallin | Grades K-2 | \$145  
7 Wednesdays | April 27-June 8 | 2:40-3:40 pm

Peirce | Grades K-2  
7 Tuesdays | April 26-June 7 | 1:10-2:10 pm

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.

Foundations in LARP  
Gibbs | Grade 6  
7 Tuesdays | April 26-June 7 | 3:10-4:10 pm | \$159  
Ottoson | Grades 7-8  
7 Mondays | April 25-June 13 | 3:10-5:10 pm | \$319  
LARP Games\*  
Ottoson | Grades 7-8  
6 Fridays | April 29-June 10 | 3:10-5:10 pm | \$269

\*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.

Gibbs | Grade 6  
6 Fridays | April 29-June 10 | 3:10-5:10 pm | \$269  
Ottoson | Grades 7-8  
7 Thursdays | April 28-June 9 | 3:10-5:10 pm | \$319

# Get Moving

## 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 brain power and concentration. Get your blood pumping and start your day primed to learn.

7 weeks | 7:30–8:10 am | \$69

Peirce | Grades 1–5 | Wednesdays | April 27–June 8 (Murphy)

Thompson | Grades 1–2 | Tuesdays | April 26–June 7 (Wholey)

Thompson | Grades 3–5 | Thursdays | April 28–June 9 (Wholey)

## Fit Girls

*Fit Girls* is a non-competitive fitness initiative that inspires active lifestyles, friendships, personal growth, and the confidence that comes from working toward and achieving goals. We meet twice a week for fun and energizing sessions that build physical and mental endurance and prepare us for an optional 5K road race that we will run as a team on Sunday, May 15. This program is inclusive of individuals identifying as transgender, non-binary, and gender nonconforming.

Grades 4–5 | 2:40–3:40 pm (1:10–2:10 pm on Tuesdays)

Bishop | 7 Wednesdays & 6 Fridays | April 1–May 25 | \$129

Brackett | 7 Mondays & 6 Wednesdays | March 28–May 16 | \$129

Dallin | 7 Tuesdays & Thursdays | March 29–May 19 | \$139

Hardy | 6 Mondays & 5 Wednesdays | April 4–May 16 | \$109

Peirce | 7 Mondays & Wednesdays | March 28–May 18 | \$139

Stratton | 7 Mondays & Thursdays | March 28–May 19 | \$139

Thompson | 7 Mondays & Wednesdays | March 28–May 18 | \$139



## Middle School Running Club

Laia Roig & Don Mei/Jessica Nguy & Kristen Burrell

Learn to run a 5K! Join our expert coaches who have years of running experience and learn to run in a fun, non-competitive atmosphere. Build confidence as well as physical and mental endurance with a combination of running, core and strength exercises, and stretching. Meet weekly for fun and energizing sessions to prepare us for an optional 5K road race that we can run together on May 15.

7 Mondays & Thursdays | March 28–May 19 | 3:10–4:40 pm | \$209

Gibbs | Grade 6 (Roig & Mei)

Ottoson | Grades 7–8 (Nguy & Burrell)

## 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 | \$145

Stratton | 7 Fridays | April 29–June 10

Session 1: 2:40–3:40 pm

Session 2: 3:45–4:45 pm

Thompson | 7 Tuesdays | April 26–June 7 | 1:10–2:10 pm

## Parkour

Parkour Generations Boston

Challenge yourself to get from point A to point B in the most creative, entertaining, fastest and most efficient way possible, without assisting equipment. Parkour is like urban gymnastics, and lets you turn the entire world into your personal playground. In a non-competitive atmosphere, you’ll conquer natural and man-made obstacles by running, vaulting, jumping, climbing and rolling. Improve balance, coordination, strength, spatial awareness, and flexibility through games, exercises, and drills.

Brackett & Hardy | Grades 3–5

7 Tuesdays | April 26–June 7 | 1:10–2:10 pm | \$139

Outdoors at Ottoson

7 Tuesdays | April 26–June 7

Ages 11–16: 3:30–5:00 pm | \$209

Ages 8–12 :5:30–6:30 pm | \$139

6 Saturdays | April 30–June 11

Ages 6–9: 10:00–11:00 am | \$119

Ages 8–13: 11:15 am–12:15 pm | \$119

# Languages

## Language Clubs: Spanish & French

RoLa Languages

*ACE Language Clubs* introduce you 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.

Grades K–3

7 weeks | 2:40–3:40 pm | \$155

## Spanish Club

Bishop | Mondays | April 25–June 13

Brackett | Wednesdays | April 27–June 8

Dallin | Thursdays | April 28–June 9

Hardy | Wednesdays | April 27–June 8

Peirce | Thursdays | April 28–June 9

Stratton | Tuesdays | April 26–June 7 | 1:10–2:10 pm

Thompson | Mondays | April 25–June 13

## French Club

Brackett | Wednesdays | April 27–June 8

Dallin | Mondays | April 25–June 13

Hardy | Thursdays | April 28–June 9



# Life Skills

## Kids’ Test Kitchen

KTK Chef Instructor

Let’s get cooking, tasting, and thinking about healthy ingredients. Working as a team, we’ll slice, dice, peel, measure, and cook until we’ve prepared a finished dish. We will celebrate seasonal produce and offer ideas for quick and healthy family meals. Take home the key ingredient or a sample of the finished dish, and the recipe each day to show off what you’ve learned. Recipes will include edamame salad, Asian inspired broccoli, super spear & orange stir-fry, skillet pizza with veggies, and green smoothies. Food allergies are taken into consideration, making sure that everyone is having fun and staying safe.

Dallin | Grades 3–5

7 Tuesdays | April 26–June 7 | 1:10–2:10 pm | \$159

## Family Classes

Art, Cooking, Games, p. 30



## Bike Safety

Officer Bryan White, School Resource Officer, APD

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

Grades K–8 | AHS | Free with registration

Session 1: Tuesday, May 17 | 4:30-5:30 pm

Session 2: Saturday, June 18 | 10:00–11:00 am

## Bike Repair & Maintenance

Quad Cycles

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

Quad Cycles | Grades 6–8

Wednesday, April 27 | 5:00–7:00 pm | \$35

**Babysitting Basics**

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

This program is designed to better prepare you to become a capable, caring, and responsible babysitter. Understand the responsibilities and skills—including basic first aid and what to do in an emergency—and develop confidence in handling situations you may encounter when caring for young children. Upon completion, your services will be in high demand in the neighborhood!

**Ages 12+ | 3:10–5:00 pm | \$125**  
**Ottoson: 3 Tuesdays | April 26–May 17**  
**Gibbs: 3 Thursdays | April 28–May 19**

**Business Sharks: The Art of the Deal**

*Right Brain Curriculum*

Take your great idea for a business or product and walk it through the entire entrepreneurial process, including pitching it to investors. 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 prime locations, and designing storefronts. As young executives, you will conclude the program by showcasing your business savvy “Shark-Tank” style.

**Thompson | Grades 3–5**  
**6 Wednesdays | April 27–June 1 | 2:40–4:10 pm | \$165**  
**Gibbs | Grade 6**  
**6 Thursdays | April 28–June 2 | 3:10–4:40 pm | \$165**



**STEM**

**Being Newton: Fun with Physics**

*Einstein’s Workshop*

Join in entertaining and educational science experiments to gain an understanding of physics including Newton’s first, second, and third laws of motion, Newton’s law of gravity, and more. We’ll make boats and rockets, make and play with marble runs and catapults, and experiment with many other fun physics projects.

**Dallin | Grades K–2**  
**7 Tuesdays | April 26–June 7 | 1:10–2:25pm | \$245**

**Potion Makers**

*Wicked Cool for Kids*

Engaging hands-on chemistry projects will encourage you to be junior scientists. Unlock the secrets of the laboratory to create customized soaps, lotions, and potions. Explore how chemists create formulas and make your own cool products to take home. Learn about chemical properties and reactions while making fizzing potions and secret solutions.

**Hardy | Grades K–2 | 2:40–3...40 | \$185**  
**6 Fridays | April 29–June 3**  
**Stratton | Grades K–2**  
**6 Wednesdays | April 27–June 1**

**Adventures in STEM with LEGO**

*Play-Well TEKnologies*

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

**Brackett | Grades K–2**  
**7 Wednesdays | April 27–June 8 | 2:40–4:10 pm | \$195**  
**Pierce | Grades K–2**  
**7 Tuesdays | April 26–June 7 | 1:10–2:40 pm | \$195**



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

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



**Writing Wizards**

*Right Brain Curriculum*

Foster a love of writing and imagine magical worlds. Using literature like *Harry Potter* and *The Chronicles of Narnia* as inspiration, you’ll use artwork, brainstorming, and assignments to write a story. You’ll create plot twists and dynamic characters, and practice developing sensory-rich vocabulary that describes what you see in your imagination. We’ll help you as you work on major and minor characters, fantastic settings, an extended backstory, and how to combine it all into a finished work.

**Stratton | Grades 3–5**  
**6 Tuesdays | April 26–May 31 | 1:10–2:40pm | \$165**

**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. 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**  
**7 Tuesdays | April 26–June 7 | 1:10–2:10pm | \$149**

**Think, Design, Build**

*Right Brain Curriculum*

Using LEGOs, create architectural wonders that expand your knowledge of how buildings are built. Use your love of puzzles and calculations to work on project blueprints, consider probable construction requirements, and create working budgets as we design houses, skyscrapers, and bridges. In roundtable meetings we’ll solve problems and use math concepts as we consider how to best construct a class city that is structurally and financially sound.

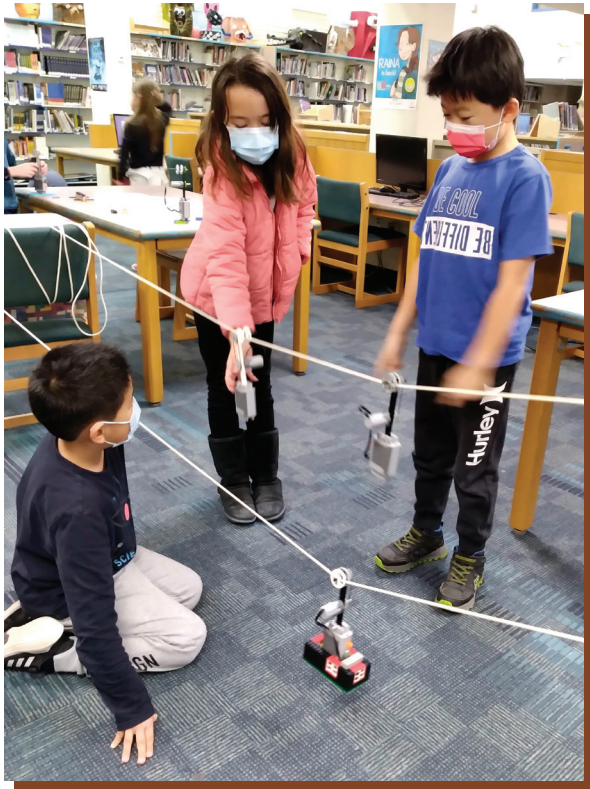
**Brackett | Grades 3–5**  
**6 Mondays | April 25–June 6 | 2:40–4:10 pm | \$169**

**3D Printing with BlocksCAD**

*Einstein’s Workshop*

Learn how to design intricate 3D objects using BlocksCAD, a software program that combines 3D modeling with block-based coding. You’ll learn computer coding, spatial and dimensional design, and use your problem solving skills to drag and drop blocks of editable code to build 3D models that can then be exported to a 3D printer.

**Gibbs | Grade 6**  
**7 Mondays | April 25–June 13 | 3:10–4:25 pm | \$245**



### 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.

**Peirce | Grades 3–5**  
**7 Mondays | April 25–June 13 | 2:40–4:10 pm | \$195**

### 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.

**Bishop | Grades K–2**  
**7 Tuesdays | April 26–June 7 | 1:10–2:40 pm | \$195**

### 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 that will bring computer screens to life. All junior coders are welcome.

**Thompson | Grades 1–2**  
**7 Wednesdays | April 27–June 8 | 2:40–3:40 pm | \$125**

### Code Kingdoms

*Einstein’s Workshop*

Create your own modifications to Minecraft worlds using the power of code. As you customize your adventures, you will develop programming and problem-solving skills using Code Kingdoms, a simple drag-and-drop interface that allows you to code on various levels, from very simple block coding with pictures, to more complex Java. Impress your classmates when you show them how you’ve made your projects come to life.

**Dallin | Grade 3–5**  
**7 Thursdays | April 28–June 9 | 2:40–3:55 pm | \$245**

### Scratch

*Einstein’s Workshop*

Learn basic concepts of programming using the incredibly popular programming environment Scratch, developed by MIT. Scratch is a “block based” coding software that teaches students how to program by snapping together digital blocks of code. Animate stories and create simple game mechanics. No previous programming experience required.

**Bishop | Grades 2–3**  
**7 Wednesdays | April 27–June 8 | 2:40–3:55 pm | \$245**

### Video Game Design Using Flowlab

*Empow Studios*

Channel your video game passion by building your own. You will build 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. All games will be stored online, so you can access them from home.

**Stratton | Grades 3–5**  
**7 Mondays | April 25–June 13 | 2:40–4:10 pm | \$309**



**APRIL VACATION**  
**@ OTTOSON**  
**APRIL 19–22**  
**9:00 AM–12:00 PM**

### Actor’s Toolbox

*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.

**Grades K–3 | \$229**

### Learn to Draw

*Leng Diamond*

Learn to draw animals, vehicles, plants, ocean creatures, and more, using a combination of basic shapes. Pick your favorites and combine them to make a scene that you will color with a variety of media. Each day we will focus on a different theme and build on our drawing knowledge to make more elaborate pictures.

**Grades K–2 | \$195**

### Glass Art

*Michel L’Huillier*

Learn to work safely with glass while having fun exploring this exciting medium. Choosing from thousands of colors and pieces of glass, we will cut and fuse glass to design and create beautiful tiles and night lights. Then we will move on to mosaic art to create a trivet and a mirror. Finally, we will experiment with jewelry mosaic by creating two necklaces with silver-plated pendants, glass beads, and dichroic glass.

**Grades 3–6 | \$269**

### LARP Heroes Academy

*LARP Adventure Program*

In a one-of-a-kind experience, you will explore community, art, and self-discovery by becoming your own personal hero in an interactive world of live-action roleplay (LARP). Through themed games, art projects, and interactive theater, we will create a world of magic and wonder, go on fantastic adventures, and discover magical mysteries.

**Grades 3–8 | \$295**

### Metrocraft

*Right Brain Curriculum*

Learn economics, civics, and how democracy works as we join together online to create a city within a virtual Minecraft world. Design your own house and business as we learn about budgeting, profit and loss, and supply and demand. Serve on a city council, study how laws are made, and work together to create and vote on a city constitution. We will use mathematics and geometry to construct a working urban environment. STEM skills have never been so fun!

**Grades 2–5 | \$225**

### 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 class will give you a true self-defense perspective, all while having fun and building confidence.

**Grades K–2 | \$225**

### Join the Circus!

*Vegetable Circus*

Learn amazing tricks that will wow your friends and family. Real circus performers will teach you skills including hula hooping, spinning plates, balancing objects, twirling flags, and juggling. We will also make a circus backdrop, and end the week with a performance.

**Grades 3–5 | \$225**

### Nature Explorers

*Wicked Cool for Kids*

Appreciate the natural world around us while investigating outside and doing experiments in the classroom. We’ll learn about climate change and build an anemometer to measure wind speed. We’ll study birds and adaptations that help them survive. We’ll focus on felines and study their domestic and wild sides. We’ll concentrate on classification as we sort through a bevy of bugs. At the end of the week you’ll have created a nature collage to take home.

**Grades K–3 | \$275**

### Make a Movie

*SGEDU, Eric Hansen*

Spend your vacation mornings making a movie trailer or shooting a commercial. Working in small groups, you will script, storyboard, rehearse, and film while learning about techniques like rule-of-thirds and *mise-en-scene*. We’ll import our footage into Final Cut ProX and learn to edit as you add titles, sound effects, 3D graphics, and music. You’ll fine tune your overall look and have a finished film by the end of the class.

**Grades 3–6 | \$175**

## 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 instructors and adult students attending in-person classes. Please check our website for updates.

### How to Register

Registrations must be completed online at [ArlingtonCommunityEd.org](https://ArlingtonCommunityEd.org). If you have any questions, please call 781.316.3568 or email [CommunityEd@arlington.k12.ma.us](mailto: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 spring, 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](mailto:Arlington@CE.Eleyo.com). You can also find this information in your online ACE account. Go to your *Dashboard* to view your current classes, which you will find under *Explore All Programs*.

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

**Arlington High School** | 869 Massachusetts Avenue

**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

See maps online when you register.

### 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](mailto: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 holidays, 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 contact our office for details before registering.

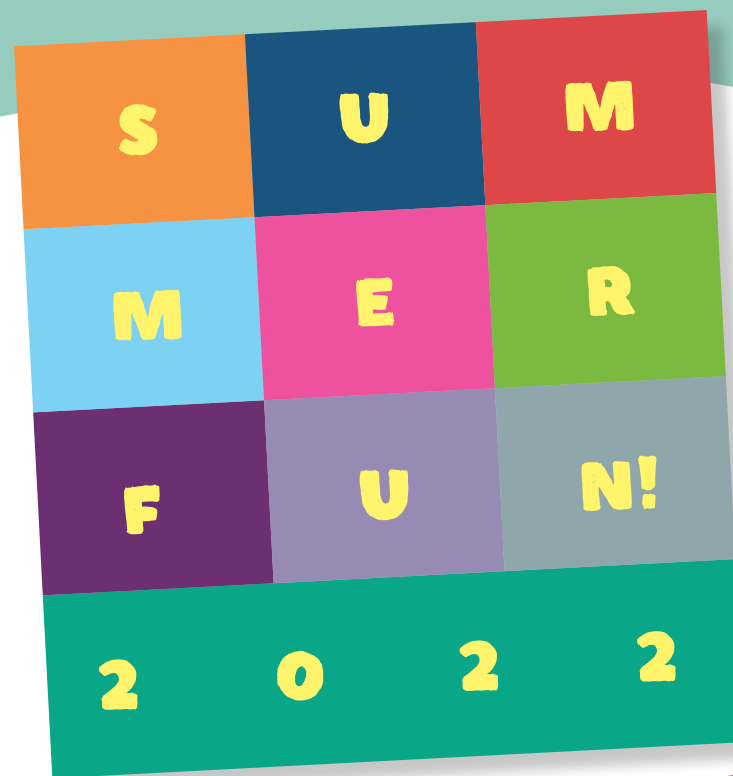
### Etcetera

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](mailto:CommunityEd@arlington.k12.ma.us).



## FUN & CREATIVE SUMMER ADVENTURES FOR KIDS

Ottoson Middle School

6 weeks, July 5–August 12

Grades 1–9

**REGISTER  
NOW!**

## SUMMERFUN! 2022

- 100+ programs for children of all interests
- Small classes designed and taught by experienced teachers
- Half or full days
- Single or multiple weeks
- Morning and afternoon extended day

Highlights include:

- Music classes including strings, jazz, fiddling, and digital music
- Creative, hands-on arts and crafts classes
- High-energy sports and games including ultimate frisbee, baseball & basketball
- STEM programs in programming, electronics, robotics, engineering and hands-on science
- Cooking classes using fresh ingredients and from scratch recipes
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