Gratitude to Old Teachers

When we stride or stroll across the frozen lake,
We place our feet where they have never been.
We walk upon the unwalked. But we are uneasy.
Who is down there but our old teachers?

Water that once could take no human weight–
We were students then–holds up our feet,
And goes on ahead of us for a mile.
Beneath us the teachers, and around us the stillness.

— Robert Bly

About Lexington Community Education

LCE is a self-sustaining, integral part of the Lexington Public School system that is committed to promoting lifelong learning. Our programs are open to all regardless of residency and are appropriate for participants 16 years of age and over. Our Classes for Children are for specified ages. LCE provides an extensive summer children’s program called Lexplorations which offers classes for creative and academic enrichment.
Stämbandet, The Scandinavian Vocal Ensemble presents

Jul: An Exploration of Nordic Winter Traditions Celebrated Through Folk Music

Saturday, January 17, 2015 • 7:00-8:30 pm
Follen Church Society, 755 Massachusetts Ave, Lexington • $10 • SSTA

Stämbandet invites you to join them as they trace the snowy path through the Scandinavian winter season, from Advent to Lucia Day and Christmas, then moving on to the magical “Trettondagen,” the days leading up to Twelfth Night. We will learn about traditional and modern celebrations of the winter holidays as expressed through folk music in the Nordic countries.

Founded in 1978, Stämbandet has a reputation for excellence both as an a cappella ensemble and a World Music vocal group. Presenting songs rarely heard outside of Iceland, Norway, Finland, Denmark, and Sweden, this captivating vocal band often breaks into six- and seven-part harmonies sung in six languages. Led by Allen LeVines, musical director since 1985, Stämbandet performs a wide range of a cappella folk traditions unique to Scandinavia, including “trall”—singers imitating fiddlers playing dance music—a practice that has been compared to scat singing.

Our Mathematical Universe: The Quest for the Ultimate Nature of Reality
An Evening with Professor Max Tegmark

Tuesday, February 24, 2015 • 7:00-8:30 pm
Lexington Depot, 13 Depot Square, Lexington • $10 • SOMU

This evening, MIT professor and author of Our Mathematical Universe: My Quest for the Ultimate Nature of Reality, Max Tegmark will lead us on an astonishing journey through past, present and future, and through the physics, astronomy and mathematics that are the foundation of his work, most particularly his hypothesis that our physical reality is a mathematical structure and his theory of the ultimate multiverse. In a dazzling combination of both popular and groundbreaking science, he will not only help us grasp some of his often mind-boggling theories, but he will also share with us some of the often surprising triumphs and disappointments that have shaped his life as a scientist. Fascinating from first to last—Our Mathematical Universe: My Quest for the Ultimate Nature of Reality is a book that has already prompted the attention and admiration of some of the most prominent scientists and mathematicians.

A native of Stockholm, Max Tegmark left Sweden in 1990 after receiving his B.Sc. in Physics from the Royal Institute of Technology. His first academic venture beyond Scandinavia brought him to California, where he studied physics at the University of California, Berkeley, earning his M.A. in 1992, and Ph.D. in 1994. After four years, Tegmark returned to Europe and accepted an appointment as a research associate with the Max-Planck-Institut für Physik in Munich. In 1996 he headed back to the U.S. as a Hubble Fellow and member of the Institute for Advanced Study, Princeton. Tegmark remained in New Jersey until an opportunity arrived to experience the urban northeast with an Assistant Professorship at the University of Pennsylvania, where he received tenure in 2003. He began teaching at MIT in September 2004. Tegmark is an author on more than two hundred technical papers, and has featured in dozens of science documentaries. He has received numerous awards for his research, including a Packard Fellowship (2001-06), Cottrell Scholar Award (2002-07), and an NSF Career grant (2002-07), and is a Fellow of the American Physical Society. His work with the SDSS collaboration on galaxy clustering shared the first prize in Science magazine’s “Breakthrough of the Year: 2003.”

School/Municipal Employee Wellness Partnership
Courses that are marked with the yoga symbol are eligible for an employee tuition discount. For tuition details please visit lps.lexingtonma.org and click on the Administration tab.

Please visit LCE’s co-sponsor and collaborator in community learning,

Back Pages Books
288 Moody Street, Waltham, MA 02453
(781) 209-0631 • backpagesbooks.com
David Ferry is an acclaimed American poet and translator. Ferry’s translations, which include some of the world’s major works of poetry including *The Odes of Horace*, and both *The Eclogues* and *Georgics of Virgil*, are known for their fluency and grace. In addition to his lauded translations, Ferry is also a prize-winning poet in his own right. His poetic works include *Dwelling Places* (1993) and *Of No Country I Know: New and Selected Poems and Translations* (1999), which won the Lenore Marshall Prize, the Bingham Poetry Prize, the Rebekah Johnson Bobbitt National Prize for Poetry from the Library of Congress, and was a finalist for the L.L. Winship/PEN New England Award and the *New Yorker* Book Award.

*Bewilderment: New Poems and Translations* (2012), won the National Book Award for Poetry. Though he did not study Latin or Greek in school, Ferry began translating—or “rendering”—ancient Greek poets like Horace in the early 1980s, including three Odes in his book *Strangers* (1983). In an interview with Judith Moore, Ferry described the almost accidental path he took to becoming one of American poetry’s great poet-translators: “[A] friend at Harvard who liked my poems and some other translations of mine that he’d seen, began to give me assignments in *Gilgamesh*. I don’t know any Babylonian but I worked from the word-for-word scholarly text, including my friend’s translation of several passages in that poem. He guided me to the other good word-for-word translations and I did this rendering of *Gilgamesh* and my friend Frank Bidart showed it to Jonathan Galassi at Farrar, Straus, and he published it.”

Ferry’s translations since *Gilgamesh* have been widely acclaimed. *The New Criterion* critic D. S. Carne-Ross declared, “Ferry’s governance is so fine that he has made it seem easy to translate Horace.” The *New York Sun* praised Ferry’s translation of the *Georgics* as “either tender or grand,” adding that “Mr. Ferry’s individual pentameters...are always euphonious, often singable, and sometimes magnificent—truly worthy of the best poet’s best poem.”

Ferry’s many awards include the Harold Morton Landon Translation Award, the Teasdale Prize for Poetry, the Ingram Merrill Award, the William Arrowsmith Translation Prize from *AGNI* magazine and fellowships from the Guggenheim Foundation and the Academy of American Poets. In 1998 he was elected a fellow to the American Academy of Arts and Sciences. The Sophie Chantal Hart Professor Emeritus of English at Wellesley College, he is a visiting lecturer in creative writing at Boston University. He was married to the literary critic Anne Ferry until her death in 2006.

**Lexington Community Education presents** (continued)

**THE FIVEASH LEGACY LECTURE**

*The Aeneid and the Art of Translation*

A Reading and Discussion with National Book Award Winning Poet and Translator David Ferry

*The Persistence of Memory: What Happens When All the Survivors Are Gone? An Evening with Leora Tec*

**The Fiveash Legacy Lecture**

*The Aeneid and the Art of Translation*

A Reading and Discussion with National Book Award Winning Poet and Translator David Ferry

Thursday, February 5, 2015 • 7:00-8:30 pm
Lexington Depot, 13 Depot Square, Lexington • $10 • SFER

*Never Again*. These iconic words have been written and spoken countless times in the aftermath of the Holocaust. Part of the admonition *Never Again is Never Forget*. Join Leora Tec, daughter of Holocaust survivor and scholar Nechama Tec, for a thought-provoking exploration of how we remember the Holocaust. She will explore who does the remembering, how we remember and why remembering is important, especially given that in a few short years all eyewitnesses to the Holocaust will be gone. Leora looks forward to a lively discussion with audience members after her presentation.

**Leora Tec** is the daughter of Holocaust survivor and Holocaust scholar Nechama Tec. As the founder and director of Bridge To Poland (BTP), Leora creates immersive intellectual and cultural experiences that examine the history of the Jews in Poland and how Christian Poles today are commemorating that history. She views this work as the second generation of her mother’s work on rescue and resistance during the Holocaust. Leora holds a BA from Wellesley College and a JD/LLM from Duke University School of Law.

Wednesday, February 11, 2015 • 7:00-8:30 pm
Lexington Depot, 13 Depot Square, Lexington • $10 • SMEM
There are art teachers—and then there’s Shaun McNiff. An accomplished artist himself, with a fascination for the creative process, he’s been teaching art for forty years, both to people who identify themselves as artists, and to those who carry no such identity—most notably to the many clients and mental health patients with whom he’s worked to use art as a therapeutic method. Having observed and worked with such a broad spectrum of art makers has caused him to observe the creative process—in others as well as himself—in depth over a long period. Whether in painting, poetry, performance, music, dance, or life, there is a creative intelligence and process working in every situation. This force is the primary carrier of creation. McNiff believes that if we trust this intelligence and follow its natural movement, it will astound us with its ability to find a way through problems and blocks and even make creative use of our mistakes and failures.

Shaun McNiff’s soon to be released book is *Imagination in Action: Secrets for Unleashing Creative Expression*. He is also the author of *Trust the Process: An Artist’s Guide to Letting Go*, *Art Heals*, *Art as Medicine*, *Integrating the Arts in Therapy: History, Theory, and Practice*, *Art-Based Research*, and other books. McNiff is an exhibiting painter who has had a seminal influence on the areas of creativity enhancement, the arts and healing, and art-based research. McNiff established the first expressive arts therapy graduate training program at Lesley University, from which the field of expressive arts therapy emerged, and has received various honors and awards for his work including the Honorary Life Member Award of the American Art Therapy Association.

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**Fatherneed: Why Father Care is as Essential as Mother Care**

An Evening with Dr. Kyle Pruett

Monday, March 2, 2015 • 7:00-8:30 pm
Lexington Depot, 13 Depot Square, Lexington • $10 • SFAT

Fathers have always parented differently than mothers. After more than two decades of highly acclaimed research at the Yale Child Study Center, and the practical application of private practice, Dr. Kyle D. Pruett knows and teaches why that difference is so important. Dr. Pruett’s book *Fatherneed: Why Father Care is as Essential as Mother Care* has become an essential how-to guide for women and men who wish to work toward engaged fathering. This evening Dr. Pruett will discuss what fathers can do to meet the emotional needs of their children, from infancy through the toddler years, childhood, adolescence, and young and mature adulthood. Offering advice to fathers ranging from how to speak to toddlers so that they listen, to how to avoid the common tendency to reinforce gender stereotypes in young children, to how to maintain a connection with an increasingly autonomous teenager, this evening will offer practical discussion and helpful tips for all fathers—including divorced fathers, fathers of adopted children, stepfathers, and fathers of special needs children—as well as mothers who want children who are meaningfully connected to their fathers.

**Accessing The Universal Creative Process: Removing Blocks and Unleashing Creativity**

An Evening with Shaun McNiff

Tuesday, February 3, 2015 • 7:00-8:30 p.m.
Lexington Depot, 13 Depot Square, Lexington • $10 • SMCN

Dr. Kyle Pruett is Clinical Professor of Child Psychiatry at the Yale School of Medicine and holds a private practice in infant, child, and family psychiatry. A prominent author, international lecturer, media personality, and pioneering researcher, conducting the country’s only long-term study of the impact on children of primary caretaking fathers), Dr. Pruett is an internationally known expert and forensic consultant on child, parental, and family development, paternal involvement, children’s mental health, creativity, and the effects of media, trauma, and divorce on children. He is the author of several award-winning books and appears frequently in *The New York Times*, *National Public Radio*, *Good Morning America*, *CBS News* and *The Today Show*. He has hosted award-winning DVDs for the National Fatherhood Initiative, Reading is Fundamental, I Am Your Child Foundation, and the Goddard Schools. He hosted his own Lifetime Television series, *Your Child Six to Twelve with Dr. Kyle Pruett*, and was chosen by Oprah Winfrey to host her award-winning video, *Begin With Love*, and by Peter Jennings to appear with him on the Children’s Town Meetings after 9-11. Dr. Pruett has also been a columnist for *Good Housekeeping* and *Child* magazines.
From tablet to Tablet
An Evening with Sven Birkerts, author of The Gutenberg Elegies: The Fate of Reading in an Electronic Age
Tuesday, February 10, 2015 • 7:00-8:30 pm
Lexington Depot, 13 Depot Square, Lexington • $10 • SGUT

The context of reading has changed throughout history, but never so radically as in recent decades. We all are implicated in digital culture, taking part in a transformation that extends far beyond books and reading. Does the fascination with speed of information outweigh the notion of slow-grown substance, sophistication, and understanding? How does the digital age shift our intellectual, contemplative and literary culture? Does the benefit outweigh the cost? This evening, renowned critic and author of The Gutenberg Elegies: The Fate of Reading in an Electronic Age, will explore the implications of this transformation. Sven Birkerts has been editor of AGNI since July 2002. He is the author of eight books: An Artificial Wilderness: Essays on 20th Century Literature, The Electric Life: Essays on Modern Poetry, American Energies: Essays on Fiction, The Gutenberg Elegies: The Fate of Reading in an Electronic Age, Readings, My Sky Blue Trades: Growing Up Counter in a Contrary Time, Reading Life, Then, Again: The Art of Time in the Memoir, and The Other Walk. He has edited Tolstoy’s Dictaphone: Writers and the Muse as well as Writing Well (with Donald Hall) and The Evolving Canon. He has received grants from the Lila Wallace-Reader’s Digest Foundation and the Guggenheim Foundation. He was winner of the Citation for Excellence in Reviewing from the National Book Critics Circle in 1985 and the Spielvogel-Diamonstein Award from PEN for the best book of essays in 1990. Birkerts has reviewed regularly for The New York Times Book Review, The New Republic, Esquire, The Washington Post, The Atlantic, Mirabella, Parnassus, The Yale Review, and other publications. He has taught writing at Harvard University, Emerson College, Amherst College, and Mt. Holyoke College, and is director of the graduate Bennington Writing Seminars. He lives in Arlington, Massachusetts, with his wife and two children.

Bullying Solutions: Understanding, Preventing, and Overcoming
An Evening with Author and Bullying Expert Robin D’Antona Ed.D.
Tuesday, January 27, 2015 • 7:00-8:30 pm
Lexington High School, Science Lecture Hall, Lexington • $10 • SBUL

Robin D’Antona, Ed. D. is an educational consultant and Adjunct Professor at Nova Southeastern University. She is author of: 101 Things Everyone Should Know about Bullying And The Comfort Zone: Providing a Safe and Bully Free Environment for School Age Childcare. Her upcoming book Tackling Bullying in Athletics looks at this issue and offers some practical solutions for both coaches and parents. She is a Certified National Olweus Bullying Prevention Trainer and works with school districts, after school programs and other groups training parents, teachers, coaches and practitioners in bullying prevention. Robin frequently presents at conferences on a variety of topics related to school safety. Recently Robin has been featured on WGBH-Boston, CNN-Atlanta, WBZ-Boston as an expert in bullying prevention. She has been quoted in numerous newspapers and online publications including CNN Health, Boston Globe and the Springfield Republican to name just a few. Her experience as an educator, administrator, coach and parent bring a powerful and personal touch to her work. She has been featured on WGBH, WBZ, CNN and quoted in the local news and national publications including People Magazine. She is recognized nationally as a charismatic lecturer and keynote speaker on bullying prevention in schools, athletics and on the Internet.
The following classes are not LCE classes. For further information, or to register for O.W.L.L. classes please email owll.fcoa@gmail.com or call 781-862-4319.

**Poetry Workshop**
*Instructor: Gavin Moses*
Using everyday senses, participants will explore universal themes in their lives. The workshop will include crafting poems and reading established poets to inform discussions. Cambridge resident **Gavin Moses** is a published poet and Pushcart Poetry Prize nominee with a varied background in journalism, divinity, human services, theatre, and teaching. Tuesdays, 10:00 AM - 12:00 PM, March 3, 10, 17, 24, and 31.

**Taking a Play from Page to Stage with New Rep Theatre**
*Instructor: Bridget Kathleen O'Leary and guest presenters*
Focusing on one play, the class will cover all aspects of theatrical production including story approach, design, and directing. A group outing to the New Rep Theatre at reduced rates will be an optional add-on. **Bridget Kathleen O'Leary** is the Associate Artistic Director of New Rep Theatre in Watertown where she has directed numerous productions. Tuesdays, 1:30 PM - 3:30 PM, March 3, 10, 17, and 24.

**Neuroscience for the Layperson**
Returning by popular request, the following members of the Neuroscience Program at Wellesley College will share all new insights to help lay people better understand the brain: **Barbara Beltz**, Professor of Neuroscience; **David Ellerby**, Associate Professor of Biological Sciences; **Deborah Bauer**, Visiting Lecturer in Neuroscience; **Michael Wiest**, Assistant Professor of Neuroscience; and **Marc Tetel**, Associate Professor of Neuroscience. Wednesdays, 2:00 PM – 3:30 PM, March 4, 11, 18, April 1, and 8 (Snow date April 15).

**Art of the Isabella Stewart Gardner Museum**
*Instructor: Mary Newell DePalma*
Delve into the history of Mrs. Gardner’s exciting life, discuss her many acquisitions, and learn about her manner of arranging art in the Venetian palace she designed to house it. The group will travel by bus for a guided tour of the Gardner Museum. Author and illustrator **Mary Newell DePalma** has worked at the Isabella Stewart Gardner Museum for five years. 10:00 AM - 11:30 AM on Monday, April 13 and Tuesday, April 21 in Lexington; Monday, April 27 tour Museum.

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### How to Register for Lifelong Learning Courses

Please list in order of preference the courses for which you wish to register. **Fee for courses must be included with registration form.** Registration fee: $25/course (Lexington residents age 60 and over); $50/course (residents under 60 and non-residents). Registration preference will be given to Lexington residents, age 60 and over. Financial aid is available for Lexington residents. For further information, email owll.fcoa@gmail.com or call 781-862-4319.

#### Registration Form

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Please send this form along with a check made out to LEXINGTON FRIENDS OF THE COUNCIL ON AGING to LEXINGTON FRIENDS OF THE COUNCIL ON AGING, ATTN: O.W.L.L., P.O. BOX 344, LEXINGTON, MA 02420. Visit us on Facebook: www.facebook.com/OWLLinLexington or at the website: http://friendsofthecoa.org/owll.asp.
Creating Community

As a self-supporting part of the Lexington Public Schools, LCE understands that “self-support” means “community support.” Our new Creating Community catalog section is intended to highlight opportunities for individuals to freely assist community, and in turn for community to freely assist individuals.

Home Alone
Instructor: Officers of the Lexington Police Department
Help your child feel safer and more secure when home alone or with siblings and learn telephone and doorbell answering strategies. This class is designed for children ages 9 and older. Younger children may attend with an accompanying adult. Instructors are officers from the Lexington Police Department. Class size is limited, so please register early.

K009, 1 Monday, 6:30-7:30 pm. Meets January 26, LHS, Room 229. Free, but space is limited and pre-registration is required.

LEXPLORATIONS:
Summer 2015!

LEC’s summer children’s program for academic and creative enrichment is open to all children regardless of residency. With week-long programming for grades K-12, small class sizes, and an expert teaching staff made up primarily of Lexington Public School teachers, Lexplorations is considered a rewarding summer destination by students and parents alike. Look for the catalog on our website and in your mailboxes in early February. Registration will begin as soon as the catalog arrives. If participation in a particular program is of special importance to your child, we recommend that you register as soon as possible to avoid disappointment. The Lexplorations Summer 15 Catalog will be available in February, 2015.

Hospice Volunteer Training
Instructor: Compassionate Care Hospice Staff
Hospice volunteers can make a profound difference in someone’s life in just one-to-two hours per week, engaging in activities which enhance an individual’s quality of life. These activities can include writing letters, playing music, holding hands, or even just sitting quietly. During this four-week course, you will be introduced to interdisciplinary team members and receive training in the philosophy of hospice, end-of-life medical issues, family dynamics, communication, grief and loss, and spiritual care. Please join us for this fascinating and introspective exploration into hospice and our unique and comforting approach to care of the mind, body, and spirit at the end of life. Individuals who successfully complete the training will have the opportunity to serve others. Volunteers are supervised by a volunteer coordinator and supported by other members of the patient care team. Light refreshments will be served at each class.

OHVT, 4 Tuesdays, 12:00 noon-3:00 pm. Begins January 20, LCE Conference Room, Access by 328 Lowell Street, and enter through the side door of the Old Harrington, $10.

Doing Good by Serving Well
Instructor: Ted Coates
Are you currently on a Board of a charity or considering serving on one? Far too often people find themselves on Boards when they do not fully understand the mission and/or operations of the organization, and do not understand their role as a Board member. Often, the result is inefficiency and frustration. This course is intended to help you determine if the Board is a good fit for you, and if so, how you can maximize your value to the organization and help promote the effectiveness of the Board. Through lecture, examples, best practices, and discussion, you will learn to do good by serving well.

ODGS, 2 Wednesdays, 7:00-9:00 pm. Begins February 25, LHS, Room 226, $40/Seniors $35.

Humanities

Each term our humanities section offers classes that aim to heighten our understanding of the human experience and honor the idea and ideals of a liberal arts education.

NEW!

The Literature of the Bible
Instructor: The Rev. Dr. Peter H. J. Meek
The Bible continues to exercise a powerful influence over us and our culture, whether or not we recognize that fact. This course attempts to lay a foundation for understanding the Bible’s influence through a non-sectarian examination of creation narratives, stories, poetry, the Prophets, and a look at Jesus and Paul. Most of us have questions about the Bible; it is the purpose of the course to develop some answers through shared explorations of Biblical texts. Course participants are asked to bring a Bible with them to class. Cookies will be served.

HLOB, 6 Mondays, 7:00-9:00 pm. Begins January 12, LHS, Room 225, $120/Seniors $85.

Interested in Teaching?
LEC is always looking for new course ideas, and outstanding instructors. Call 781.862.8043, or email info@lexingtoncommunityed.org for a course proposal.

Senior Minister emeritus of Lexington’s Hancock Church, Rev. Peter Meek, teaches, The Literature of the Bible, see below.
French New Wave Film and Its Lasting Influence
Instructor: Caroline Foley
Led by prominent French film directors, including François Truffaut, Jean-Luc Godard, and Eric Rohmer, La Nouvelle Vague (or New Wave) burst onto the 1950’s film scene with enthusiasm and iconoclasm. Directors under this umbrella sought to challenge all conventionally held ideas of what a movie ought to be. While the movement of La Nouvelle Vague ended in the late-1960’s, many of the associated directors continued to work, even to this day, and their influence can be seen in many modern films throughout the world. In this course, we will not only consider the French works of the 1950’s and 1960’s, but we will also explore how La Nouvelle Vague has influenced films more recently.

HFNW, 5 Thursdays, 6:30-9:30 pm. Begins January 29, LHS, Room 224, $115/Seniors $100.

NEW!

Literature as a Vehicle of Social Change
Instructor: Lauren Lamoly
Literature, in all cultures and in all eras, has immeasurable amounts of cultural significance and power. It has suggested, instructed, and demanded readers of all ages, shapes and sizes to listen and to act. Did you ever wonder why historical figures such as Adolf Hitler felt compelled to burn books en masse? Or why enslaved peoples were refused the ability to read and write? What makes literature so influential? What makes it so ubiquitous? What makes it transglobal? As a medium of communication, literature connects the masses. It demystifies asymmetric thought in culture, religion, perspective, struggle, and humanity. This course samples these points of significance and in turn, sheds light on why literature is a vehicle for social change.
HLIT, 9 Tuesdays, 5:30-7:30 pm. Begins January 13, LHS, Room 226, $165/Seniors $125.

NEW!

A Mindful Perspective: The Poetry of Mary Oliver
Instructor: Sharon Heermance, Ph.D.
Mary Oliver’s poetry offers an eloquent bridge between our internal, human experience and the external natural world. With an accessible style, Oliver invites keen attention and listening deeply. Our conversation will pay attention to Oliver’s poems as an avenue to an accepting, compassionate awareness—the essence of a mindful perspective. Since poetry at its most powerful is heard, we will read aloud selected poems of this Pulitzer Prize poet. We will cultivate our own mindful attention to the imagery and ideas in Oliver’s poems to access a richer understanding of ourselves and the world around us. No prior reading of poetry is necessary—the instructor will provide the poems; together we will provide each other with an evening of rich discussion. Limited to 15. A Materials fee of $1.00 is payable to instructor at the first class.
HOLI, 1 Thursday, 7:00-9:00 pm. Meets March 5, LHS, Room 222, $25/Seniors $20.

NEW!

A Blues Sampler: From Robert Johnson to Robert Cray
Instructor: Roger Gumley
Explore the fascinating music known as the blues with long-time blues aficionado, Roger Gumley. Blues is the music that forms the foundation of most popular American music of the 20th and 21st centuries, yet it remains obscure to most people. This evening, Roger Gumley will talk and play video clips and the music of such luminaries as Son House, Muddy Waters, B.B. King and Howlin’ Wolf, among others. This will be a perfect way to expand your knowledge of this fascinating and somewhat mythical part of America’s folklore. Roger Gumley has been an avid follower of blues and jazz music for over 40 years. He has worked as a radio disc jockey in Ames Iowa and Cincinnati Ohio. He has interviewed such blues masters as B.B. King, Hound Dog Taylor, Roosevelt Sykes, Koko Taylor, John Hammond and J.B. Hutto. His articles on the blues have appeared in the Iowa State Daily and The Christian Science Monitor.
HGUM, 1 Thursday, 7:00-9:00 pm. Meets January 29, LHS, Room 221, $25/Seniors $20.

See Also
The Genius of Schubert
Instructor: Richard Knisely
Franz Schubert's short, largely unknowable life framed a continuous, uncanny flow of inspired music. Destined to remain largely unknown during his life, Schubert composed because he had to and left a trail of masterpieces behind, sometimes literally dropping and forgetting many of them wherever he finished them (or didn't). He wrote music in every genre from song to symphony. His ability to unlock the most intimate depths of feeling almost effortlessly continues to awe musician and music lover alike. Join us for a survey of his life, times and especially, his music. Some basic knowledge of classical forms (e.g. sonata form, string quartets, symphonies) is highly desirable.
HSHU, 9 Wednesdays, 7:30-9:00 pm. Begins January 14, LHS, Room 240, $130/Seniors $125.

Winter Opera Preview
Instructor: David Collins
Get ready for five evenings of light-hearted entertainment, fantasy, a dark thriller, "bel canto" singing and tragic love. Selections are part of the Metropolitan Opera’s high definition presentations as well as The Boston Lyric Opera’s Winter production. We will encounter six different works during our classes. We begin with one of the most popular Operettas, Franz Lehár's "The Merry Widow," known worldwide for the famous "Vilja Lied" as well as the "Can-can." We follow this with Jacques Offenbach's fantasy opera, "The Tales of Hoffmann," which includes the lilting melody of the "Barcarolle." Next, we will get acquainted with two less familiar one act operas, Tchaikovsky's fairy tale, "Iolanta" and Bartók's erotic psychological work, "Bluebeard's Castle." Rossini's adaptation of Sir Walter Scott's "Lady of the Lake" is our next opera. It is a spectacular "bel canto" treat with vocal virtuosity setting up the romantic story. We conclude with Leos Janácek's lyrically tense opera, "Kat’a Kabanova" which The Boston Lyric Opera will produce in March. Join us for five evenings of exciting operatic storytelling.
HOPE, 5 Tuesdays, 6:30-9:00 pm. Begins January 13, and meets January 27, February 3, March 10 and March 17. LHS, Room 240, $120/Seniors $90.

Speak the Speech! (Or How to Give Your Own TED talk)
Instructor: Poornima Kirby
Do you have exciting and important things to say, but aren't sure how to say them? Are you a little rusty at speaking in public? Taught by a professional actress and writer, this relaxed and welcoming course will provide a laboratory in which to dust off your inspired notions and give them voice. We'll explore the structure of famous speeches by everyone from Shakespeare to Martin Luther King, as well as a variety of Ted Talks. We'll talk about what makes a good topic, how to present it with your unique perspective and personal brand of humor, and we'll learn simple memorization and performance tools that can help your words and ideas shine. Students who wish to will have the chance to perform and record a short "Ted Talk" of their own as a culminating project.
HTDT, 6 Saturdays, 10:00 am-12:00 noon, Begins January 31, LHS, Room 221, $120/Seniors $100.

The Fundamentals of Music
Instructor: Richard Knisely
Did you ever wonder what is meant by "counterpoint?" Or why a dominant seventh chord is the most dynamically active harmony in tonal music? Or maybe even these questions have not occurred to you but you are curious about what makes music music: how are those bewitching sounds put together, or the mysterious movements within the music? The Fundamentals of music will introduce you to the basic building blocks and concepts of tonal music in a way that is entertaining as well as educational. What may seem difficult, technical information is brought to life by the music itself. Your ears will soon lead you on a journey of discovery that will show you why music is so often beloved of mathematicians and scientists, not to mention those of us who are neither, but revel in the endless ravishments and intricacies of the greatest composers. We will learn what harmony is, beyond a pile of pretty sound, and what are the elements of the alchemy of unity built from diversity, of which Bach was the greatest master. Be not afraid! No knowledge of math, science or, well, music, is required.
MFUN, 9 Wednesdays, 6:15-7:15 pm. Begins January 14, LHS, Room 240, $130/Seniors $125.

See Also
Exploring Your Best States of Mind, page 38.
Beginning Voice
Instructor: Sandy Bornstein
Would you like to sing better? Your voice is a wind instrument, so we will focus on correct breathing, relaxation, and expanding your range and power. Suddenly the high notes will be come available. Suddenly you will sing without fatigue or tightness. If you can carry a tune, but always wanted to make a better sound and sing with confidence, this is the class for you. The ability to read music is a plus, but is not necessary. Solo singing is not required.
MBEV, 8 Tuesdays, 7:30-9:00 pm. Begins January 13, LHS, Room 100D, $120/Seniors $100.

Private Music Instrument Lessons for Every Age and Level
LCE provides excellent, convenient, and reasonably priced individual music lessons with highly qualified professional musician teachers for all interested students and adults. The following instruments are available for individual study: Voice, Sitar, Cello, Flute, Oboe, Clarinet, Saxophone, Bassoon, Upright (double) Bass, Bass Guitar, French Horn, Trumpet, Trombone, Baritone Horn (Euphonium) Tuba, Percussion (Drums), Electric and Acoustic Guitar, Violin or Viola. Lessons are held in the afternoon and evening at Lexington High School. Each semester contains approximately 16 lessons. Students must arrange convenient weekly lesson times with the instructor. The fee is $56 per hour of instruction. One may choose a 30 minute, 45 minute, or 60 minute course of lessons. To register: Call the LCE office and we will put you in touch with our music teaching staff. Saturday morning lessons are also available.

Music Instructor Spotlight: Matthew Smith
Cellist, Matthew Smith, is on a mission to excite audiences and inspire young people through classical music. Having taught and performed across the United States and Asia, Matthew seeks to share his passion for music while in the classroom and on stage. He is a member of the Boston-based ensemble, Soundry, a group that looks to promote contemporary classical music not often performed in Boston, and Palaver Strings, a chamber orchestra committed to taking classical music beyond the concert hall. He has also been a guest artist with New York-based ensemble, Contemporaneous and serves as a guest lecturer at the Verdi Arts School in Beijing. Matthew graduated summa cum laude with a Bachelor of Music degree from Arizona State University and is currently pursuing a Master of Music at The Boston Conservatory.

Singing Together: The Choral Arts
Instructor: Ellen Oak
Singing together has been proven to increase our physical, emotional, spiritual, and social well-being. We’ll explore these benefits through vocal warm-ups and repertoire which combine enlivening our individual voices and leveraging the power and joy of The Big Voice—all our voices joined together. Ellen Oak is Artistic Director of Three Rivers Chorus, and teaches music and spirituality at Episcopal Divinity School. Her unique, holistic approach is equally useful to experienced choral singers and newcomers to the choral arts. Please wear loose, comfortable clothing, and bring water to drink. Be prepared to move, laugh, and enjoy.
HSNG, 1 Saturday, 9:30 am-12:30 pm. Meets February 7, LHS, Room 133, $35.

See Also
An Exploration of Nordic Winter Folk Music Traditions, page 3.
NEW!

**Cello Choir: For Intermediate to Advanced Players**
*Instructor: Matthew Smith*
Music is always more enjoyable when shared with friends; add a few cellos to the mix and it becomes a blast! Come be a part of the Lexington Community Education Cello Choir and relish in all things cello while developing your technical and musical abilities both as an individual player and as an ensemble musician. The group is geared for intermediate to advanced players and will require a placement audition prior to enrollment in the class. The player should be able to play comfortably in positions 1-4 and play both major and minor scales (up to four sharps and four flats) in two octaves. Throughout the semester, the ensemble will work on two to three works culminating with a performance at the end.

**MCCH,** 8 Tuesdays, 7:00-9:00 pm. Begins January 27, LHS, Room 142, $160/Seniors $145.

NEW!

**Learn Guitar in the Style that You Want to Play, Level I**
*Instructor: Robert Butler*
This course that will encourage, educate and delight anyone who has an appreciation for America’s most popular instrument. Through classroom demonstrations, individual instruction and group ensemble work, students develop a solid foundation on the guitar enabling them to pursue their favorite music while learning the history behind its many styles. Classical, Blues, Rock, Folk, Pop and Jazz styles are included. Students receive all music charts, manuscript and tablature to support class curriculum. Bring an acoustic or electric guitar and a notebook.

**MLNG,** 4 Saturdays, Begins January 31, 11:00 am-1:00 pm. LHS, Room 221, $80/Seniors $60.

**Beginning Bluegrass Lead Flatpicking Guitar (for all Bluegrass instruments)**
*Instructor: Tony Watt*
The Beginning Bluegrass Jamming Class is open to all bluegrass instruments: banjo, fiddle, guitar, mandolin, bass and Dobro a.k.a. resophonic guitar, and is geared towards beginner and intermediate musicians who are interested in learning how to play with other musicians. We will focus on the basics of bluegrass jamming such as keeping time, non-verbal communication and jam etiquette. The primary goal is to provide the students with the skills and experience needed to participate in bluegrass jams. There are no prerequisite songs, and you don’t need to be able to play leads on your instrument, sing or read music. Students should be able to play melodies and/or backup parts (i.e. guitarists should be able to switch between chords comfortably). Students are welcome to bring a recording device. Limited to 9 students.

**MBLU,** 5 Tuesdays, 6:30-8:00 pm. Begins January 13, and meets January 20, 27 and February 10, 24. LHS, Room 247, $100/Seniors $75.

See Also
**An Introduction to Tai Chi, page 40.**
Beginning Hand Drumming
Instructors: DrumConnection Teaching Faculty
For thousands of years the drum has provided people with a powerful basic tool to communicate, express themselves, form community and profoundly integrate the senses. This course will give you all the tools you’ll need to really enjoy yourself playing your drum. Our introduction to the rhythms of Brazil, Cuba, Guinea, Haiti, Mali, Senegal and Trinidad will allow us to experience the healing power of the drum and express our own voice. As you unleash your natural musical ability, you can experience joyous, ecstatic states of mind. Plan on having a fun time learning the traditional rhythm for the djembe, conga and ashioko drums. You can learn to play simply for your own enjoyment, or to play with other musicians.
DrumConnection’s team teaching approach provides individualized instruction, and challenges and excites your senses. You are welcome to bring your own drum, rent from the instructor by calling 781-316-8068, or use an LCE drum for the class session. LCE drums cannot be taken home. A $5 materials fee, payable to the instructor, will cover the cost of the workbook and all written materials.

DRUM, 6 Tuesdays, 7:00-8:30 pm. Begins January 27, LHS, Room 247, $125/Seniors $105.

Instrumental Camerata for Adults
Instructor: Peter Sulski
This class is designed for adults with a wide range of skills who are interested in playing chamber music together. We will explore different pieces from the classical repertoire, and address both the technical and musical components of ensemble playing. Whether you are a recent beginner or someone who has taken an extended break from playing but would like to resume [and need a motivational program to help!], this is sure to be a rewarding experience. The class is open to violinists, violists, cellists, bassists, oboists, flutists, and bassoonists who are comfortable with basic note-reading, and are playing at a “late beginner” level or higher. Please contact instructor with any questions or concerns regarding playing ability. Depending on the interest of the group, the last class can end with a performance for family and friends. For more information on Peter, visit http://petersulski.com/projects.html.

MSTE, 10 Mondays, 7:30-9:30 pm. Begins January 12, LHS, Room 240, $225/Seniors $140.

Chamber Music Performing Group
Instructor: Peter Sulski
Join us for a chamber music course led by Peter Sulski of the Worcester Chamber Music Society, the Chamber Music Society of Lexington, and the Pedoia Quartet. In this class, students will be divided and grouped by level into one-to-a-part ensembles that will explore the great chamber music repertoire together. Violin, viola and cello are welcome. Performers should play at Suzuki book Level 3, and above. Repertoire will reflect the abilities of each participant and group, and will range from Bach to Beethoven. Peter Sulski was a member of the London Symphony Orchestra for seven years, served on the faculty of the Royal College of Music and Trinity College of Music and Drama, as well as being Artistic Director of Chapel Royal Concerts, which he founded in 1993. He is currently on the faculty as teacher of violin/viola/chamber music at Clark University and College of the Holy Cross.

MCHA, 8 Mondays, 6:30- 7:30 pm. Begins January 12, LHS, Room 240, $195.

Writing
Whether it originates from memory or fantasy, takes shape as poetry or prose, our expert writing staff will help you get your word out.

Writing Children’s Books for New and Returning Students
Instructor: Jane Sutton
Taught by a Lexington author of eight published books, this class on writing for children will work on character development, plot, and descriptive writing. This course is open to students who previously took Writing Children’s Books, as well as to new students with some previous writing experience. Participants are encouraged to work in the genre(s) of their interest, and to share and critique their manuscripts and submission cover letters.

WC82, 6 Tuesdays, 7:15-9:30 pm. Begins January 13 and meets January 27, February 10, February 24, March 10, and March 24. LHS, Room 148, $150/Seniors $120.

See Also
An Evening with Poet David Ferry, page 4.
Poetry Writing Workshop
Instructor: Tom Daley
Poetry is not only dream and vision; it is the skeleton architecture of our lives. It lays the foundation for a future of change, a bridge across our fears of what has never been before.
– Audre Lourde
Poetry writing, largely, is a solitary endeavor. This workshop will provide the opportunity for poets, both beginning and practiced, to share their work with other poets in a collegial and supportive environment. We will concentrate on sharpening the impact of your poems through careful consideration of their strengths and their limitations. Optional take-home writing exercises will give you the opportunity to explore the myriad forms poetry can take. Bring 10 copies of a recent poem (no more than two pages long) to the first session.
WPWW, 7 Wednesdays, 6:15-8:15 pm. Begins January 28, LHS, Room 224, $170/Seniors $130.

Memoir Writing
Instructor: Tom Daley
Memory is not an instrument for exploring the past but its theatre.
– Walter Benjamin
Summon incidents and characters from your past to the stage of your memory through writing prompts designed to create a personal literature. Let your unique life experiences help to create poems, short stories, song lyrics, flash fiction, personal essays, riddles or even the beginning of a book-length memoir. Whether you intend to share your written remembrances with family and friends or a broader audience, you will find this a collegial and supportive workshop in which weekly exercises will help you to transform the rich material of your life into unique works of art. The instructor, a published poet who teaches poetry writing and leads workshops on the creative process, will offer suggestions for getting your work published, either privately or in journals.
WMEM, 7 Wednesdays, 4:00-6:00 pm. Begins January 28, LHS, Room 224, $170/Seniors $130.
W2ME, 7 Fridays, 12:00 noon -1:30 pm. Begins January 23, Lexington Senior Center, 1475 Massachusetts Avenue, Lexington. $165/Seniors $125.

Poetry Reading by Catherine Morocco
Catherine Morocco reads from her book Moon Without Craters or Shadows and discusses the relationship between writing and healing, see below.

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son’s gifts of scarves and butterflies, interactions with doctors and nurses, regaining her coordination and learning to drive again. She will read poems and talk about how writing—keeping a diary and writing poems—has been a tool for her recovery. Catherine is a published poet and book author. She lives in Newton Massachusetts.

WBRN, 1 Sunday, 3:00-4:30 pm. Meets March 15, Lexington Depot, 13 Depot Square, Lexington • $20

Personal Essay Writing
Instructor: Lauren Doolan

In this course, we will write about personal experiences in short essays. If you’ve always wanted to write about your life, but don’t know where to start, this course is for you. We’ll write on different themes each week and explore different writing styles. We’ll discuss different components of the personal essay like tone and format. We’ll help each student find his or her unique voice. Students will share their work in a supportive and constructive environment. We’ll also read a variety of published essays.

WESS, 6 Tuesdays, 7:00-9:00 pm. Begins January 20, LHS, Room 224, $120/Seniors $100.

Word Photos: A Daytime Writing Workshop for Parents
Instructor: Irene Hannigan

Word Photos is a workshop designed for parents who would like to explore the potential of using writing as a tool for capturing and preserving special moments with their children. For just ten minutes a day, a few times a week, parents can quickly amass a substantial number of musings. We will explore how this raw material can be used as the inspiration for more polished pieces of writing, special projects and even gifts, if desired. We will write and share our writing with one another and discuss ways to establish and sustain the routine of writing despite our busy days.

WDWP, 4 Mondays, 1:00-2:30 pm. Begins February 23 and meets March 2, March 16 and March 23. LCE Conference Room, Access by 328 Lowell Street, and enter through the side door of the Old Harrington, $60/ Seniors $45.

The Art of Making Picture Books: An Illustrator’s Perspective on Manuscripts - Advanced
Instructor: Marit Menzin

In this class we will experience first hand the art of children’s book creation. Participants will create a storyboard, make a dummy of the story they are working on, and explore creating wordless books. We will review the formula for picture book structure: introduction, story development, and the climax and resolution in relation to the illustrations. We will examine page layout, design and illustration style, as well as different kinds of art media used in picture books. We will also discuss submission packages, the use of agents, assembling portfolios, and how to market your work. Assignments will be given.

WWCB, 4 Mondays, 10:00 am-12:00 noon. Begins January 12, and January 26, February 9, and February 23. Lexington Community Education Conference Rm, Access by 328 Lowell Street, and enter through the side door of the Old Harrington, $120/Seniors $90.

Fine Art

In his book “The Art Spirit” American painter Robert Henri writes, “To apprehend beauty is to work for it.” LCE invites you to work, apprehend, enjoy and ultimately add to the beauty of the world through our many art offerings.

Fundamentals of Drawing
Instructor: Peter Hines

It’s not necessary to travel to exotic places or pick an unusual subject to create art that is fresh and new. Through overcoming the visual prejudices we have developed that make every day things seem invisible, exciting art can be created almost anywhere, and inspired by almost any subject. In this drawing class for beginning and intermediate students, we will emphasize observation and description of items that are present in our own homes and our neighborhood. We will consider issues including form and line, shading and shadows, shape and proportion, and composition and perspective. Students will receive individual attention in a relaxed and friendly setting. Please call LCE for supply information.

AFOD, 8 Thursdays, 9:30-11:30 am. Begins January 15, Conference Room #2, Lexington Public Schools Central Office, 146 Maple Street, Access by 328 Lowell Street, $160/Seniors $120.
NEW!

Figure Drawing
Instructor: Alma Bella Solis
Drawing the human form is the most enduring theme in fine arts and likewise the most challenging. In this session, you will approach your subject using charcoal pencils and sticks and compose a complete work of art using the methods of outline, contour, shading and blending, and detailing on your 18” x 24” drawing pad. Please bring a photograph of the subject you would like to draw. The instructor will help you train your eyes in producing work in correct proportion and perspective following the canons of renaissance art. Your drawings can be formal or informal portraits of one person or a group. Please contact LCE, or visit our website at www.lexingtoncommunityed.org for the list of required class supplies.

ADRA, 6 Wednesdays, 7:00-9:00 pm. Begins January 7, LHS, Room 210, $120/Seniors $100.

See Also
Pioneer of Art and Healing, Shaun McNiff, page 5.

NEW!

Daytime Watercolor
Instructor: Peter Hines
In this class we will practice the fundamental skills of mixing color and drawing with a brush. We will examine many of the qualities of appealing paintings, and how technique enables self-expression from the start. The cost of materials is approximately $85 to $85. A $7 setup fee is payable to the instructor at the first class. Supplies needed are: 3 or 4 round sable brushes ranging in size 2 to 10, a pad of good watercolor paper approximately 9” x 12,” and a simple set of paints that are mostly primary colors—cadmium yellow, cadmium orange, cadmium red, rose madder, ultramarine blue, cerulean blue, Chinese white and ivory black. Avoid paints that include the word hue in the description, e.g., ‘cadmium yellow hue,’ and get the genuine traditional colors. A pad of disposable palette paper or a small palette may be useful.

ADYW, 8 Wednesdays, 9:30-11:30 am. Begins January 14, LCE Conference Room, Access by 328 Lowell Street, and enter through the side door of the Old Harrington, $160/Seniors $120.

NEW!

Open Sewing Skills Studio
Instructor: Rachel Kuberry
Have a sewing project that has been sitting unfinished in a closet for months? Is there a sewing project that you would like to try but would like some assistance? Or do you just want some more experience using your sewing machine? Come to this class with your unfinished project or wish list and get going! The instructor will provide support for projects like: making a garment using a pattern, making a pieced quilt, creating new pillows for your home. If you do not yet have a project for your sewing machine in mind, come to the first class and practice sewing skills on some simple projects while we design a project to your liking. Please bring your own sewing machine to class. A few machines are available for classroom use for an additional fee of $5, payable with registration.

ASEW, 6 Thursdays, 6:30-8:30 pm. Begins February 5, LCE Conference Room, enter via 328 Lowell Street, $130/Seniors $100.

Art for Mindfulness
Instructor: Susan Dahl
Mindfulness is a meditation practice that has been shown to enhance focus and promote stress management. If you have been curious about what it is and how to bring its benefits to your life, try Art for Mindfulness. Students will use drawing, painting, and printmaking, among other projects, to explore a different principle of Mindfulness each week. No artistic experience is necessary, but established artists will discover new ways to experience their creativity. People interested in starting or reinforcing a meditative practice will find that art can make it easier to integrate its insights in their daily lives.

AMMA, 8 Thursdays, 7:00-9:00 pm. Begins January 22, LHS, Room 210, $135/Seniors $105.

See Also
Intro to Adobe Photoshop, page 25.
NEW PROJECT!

Weaving
Instructor: Beth Cederberg Guertin
Rigid heddle looms produce plain weave cloth on a fun and portable loom. Come weave a striped scarf in four weeks (12 hours). Students will have a choice of weaving an alpaca, a bamboo scarf or a cotton scarf (7" X 72" plus fringe) using two to five colors of their choosing. Students will need to come to the instructor’s studio in Waltham prior to the first class to choose their yarn and colors. The first class will consist of winding a warp. The second class students will thread the loom. The third week we’ll begin weaving. The student will take the loom home to weave the scarf between classes (2 weeks). The fourth class will consist of taking the scarf off the loom, twisting the fringe and learning how to wash the scarf. Schacht Cricket Looms will be provided for students use (and can be purchased from the instructor). These looms are small and lightweight enough to be carried in a canvas tote bag provided by the instructor. A materials fee of $18.00 for the yarns will be paid to the instructor at the first class.

AWVE, 4 Wednesdays, 6:00-9:00 pm. Begins January 14, and meets 1/21, 1/28, and 2/11. LHS, Room 214, $165/Seniors $125.

Knitting
Instructor: Pat Heggie
This class for beginning and intermediate knitters will enhance your enjoyment of this creative, enjoyable, and relaxing hobby that can provide beautiful and cozy wearable items for you or for others. The instructor will provide individual help as needed, using the American knitting style. Bring either your current project or a skein of worsted weight yarn and a pair of #8 needles.

AWKN, 10 Wednesdays, 7:00-9:00 pm. Begins January 7, LHS, Room 211, $175/Seniors $130.

ATHKN, 10 Thursdays, 7:00-9:00 pm. Begins January 8, LHS, Room 211, $175/Seniors $130

NEW!

Introduction to Sea Glass Jewelry Making
Instructor: Carol Redinger
This course offers an introduction to the process of jewelry making with sea glass and other decorative materials. Students will learn how to design their own jewelry and create their own pieces using the appropriate materials and tools. Participants will complete two finished projects by the end of the second session. Materials fee of $35 is payable to the instructor at the first class.

ASGJ, 2 Fridays, 1:00- 3:00 pm. Begins January 30, LCE, Conference Room, Access by 328 Lowell Street, and enter through the side door of the Old Harrington, $45/Seniors $35.

NEW!

Stone Setting
Instructor: Karrnna Maraj
Curious about bezel and cabochon stone setting, this is the workshop for you! Find out how a jeweler uses only metal to hold a stone in place. You will learn to set cabochons in either silver or copper bezel settings to make a beautiful pendant or ring. Bring your own cabochons or pick one out here. Some selections are free of charge and others are available for a fee. The cost will depend on the item selected. There is a $5 materials fee for cooper, or if you choose silver, the cost is per ounce. Class meets at Karenna Maraj Jewelry Collection, 95 Trapelo Road, Belmont.

ASET, 1 Tuesday, 6:30-8:30 pm. Meets February 10, Karenna Maraj Jewelry, 95 Trapelo Road, Belmont, $52.

An Introduction to Metalsmithing
Instructor: Karenna Maraj
Come and learn to make beautiful jewelry with an introduction to metalsmithing techniques! You will be guided the first day on basic techniques; how to solder, saw, file, hammer, make jump rings and findings. The next two sessions will be spent using your new skills to make bracelets, rings, earrings, and pendants. We will use stamps, set stones and learn wire wrapping, just to name a few examples of skills. Silver is available for a small additional fee. While this class is geared toward beginners, students with some previous experience will work on perfecting skills and learning new techniques. Class is limited to six students.

AITM, 3 Tuesdays, 6:30-8:30 pm. Begins January 13, and meets 1/20, and 1/27. Karenna Maraj Jewelry Collection, 95 Trapelo Road, Belmont, $115.

Registration Confirmation
LCE does not send registration confirmations for classes listed in our fall, winter, or spring catalogs.
Furniture Upholstery:
A New Year, A New Repair
One Day Saturday Sampler
and/or Monday Evening Classes
Instructor: Kevin Kennedy
Whether you are looking to spruce up a room with a repaired, or re-upholstered piece, learning the art of furniture upholstery can provide your home with functional beauty, and perhaps even save you some money in the long run! This winter LCE is proud to welcome master upholsterer Kevin Kennedy from Upholstery On Broadway in Arlington to offer a Saturday sample class as well as a longer, hands-on, weekly class. In the One Day Saturday Sampler Session Kevin will assess your furniture repair/re-upholster needs, and get you thinking about (and perhaps started on) simple solutions to rips, tears, broken springs, and frames. Chairs, ottomans, and other portable upholstered pieces are welcome. The longer, Monday Evening Classes will teach you the basics of craftsmanship by working in depth and week-by-week with your needy portable piece of furniture.

ASSU, 1 Saturday, 1:00-4:00 pm.
AUPH, 6 Mondays, 5:30-8:30 pm.
Begins September 28, LHS, Room 143, $185.

A Taste of Blacksmithing
Instructor: Carl West
The discovery of iron and how to work it changed human history. Tools, weapons, and daily life haven’t been the same since. Here’s your chance to learn to control one of the basic elements of modern human life. In this three hour class you will be introduced to the basic smithing techniques of hammering, drawing-out, cutting, bending, and twisting. Using these techniques and a coal-fired forge you will heat a piece of iron to brilliant incandescence and with anvil, hammer, and tongs create a decorative and useful S-hook. Students should visit www.prospecthillforge.com/safety.php for safety notes and clothing recommendations.

ABLA, 1 Wednesday, 6:30-9:30 pm.
Meets January 7 at Prospect Hill Forge, 38 Guinan Street, Waltham, $65.
A2BLA, 1 Thursday, 6:30-9:30 pm.
Meets February 5 at Prospect Hill Forge, 38 Guinan Street, Waltham, $65.
A3BLA, 1 Friday, 7:00-10:00 pm.
Meets March 20 at Prospect Hill Forge, 38 Guinan Street, Waltham, $65.

Portrait Photography
Instructor: Scott Metzger
Anyone can shoot a photo, but shooting a portrait is something altogether different. Portrait photography is the art of capturing not only the likeness, but also the spirit of an individual or a small group, by focusing primarily on facial expression. While there are many different styles of portraiture, the most common techniques focus on the eyes and face, while keeping other elements in soft focus. Other styles are contextual, which shoot the subject in a particular environment, such as the workplace, candid portraits, which capture the subject without their knowledge, or creative, in which the photograph is digitally manipulated for artistic effect. By the end of the class, students will feel more comfortable with their ability to make a stronger, more engaging portrait. Please bring your camera to class.

APPH, 4 Mondays, 7:00-9:00 pm.
Begins February 2, Room 211, LHS, $80/Seniors $60.

Introduction to Photoshop Elements
Instructor: Katherine Gorry-Hines
In this hands-on introduction to Adobe Photoshop Elements 12, we’ll explore the different Elements workspaces, and take a look at some of the tools and their functions. You’ll learn how to resize, crop, and rotate images, and how to fix some common problems such as red-eye, and over- or under-exposed images. You’ll also learn about adjustment layers and masks, how to add text, filters, and use blending modes and special effects. You’ll learn techniques for repairing old, faded, or damaged photos, and retouching to bring out the best in your photos. We’ll cover some methods for removing unwanted objects, and combining elements from different photographs. Class is limited to 4 students. Each student will have his or her own computer to use during the class. Instructor Katherine Gorry-Hines is the co-owner of Complex IT.
CAPB, 3 Tuesdays, 10:00 am-12:00 pm.
Begins January 20 at Complex IT, 9 Meriam St., Lexington Center. $165.
Photoshop Elements: The Next Step
Instructor: Katherine Gorry Hines
We’ll continue to study layers and why you should use them. Specifically, we’ll talk more about using layer masks—where the true power of Photoshop Elements lies. Other techniques we might cover will be how to add a soft glow to your photographs, how to replace a grey sky with a blue sky, and a technique for removing dust and scratches. Another topic we’ll discuss is using the selection tools along with the healing tools to remove distracting or unwanted parts of your photographs.

Prerequisite: Students should have taken Introduction to Photoshop Elements, or have instructor approval. Class is limited to 4 students. Each student will have his or her own computer to use during the class. Class is taught using Photoshop Elements 12 for Mac. Class will be held at Complex IT, 9 Meriam St., Suite 1, Lexington Center. Instructor Katherine Gorry Hines is the co-owner of Complex IT.

CAPE, 2 Tuesdays, 10:00 am-12:00 pm. Begins March 3, at Complex IT, 9 Meriam St., Lexington Center. $110.

Beginning English
Instructor: Rosemary Previte
This course is for those who have little or no knowledge of English. We will review the alphabet and work on spelling, pronunciation, and vocabulary. Letters, words, and simple sentence structure will be discussed. Basic grammar will include simple present and present progressive tenses. We will use a textbook, worksheets, and audio tapes, and we will practice pronunciation, listening and conversation skills in class. This class will help you to understand, speak, and write American English in a friendly classroom setting. Textbook “Allstar 1 Student Book,” by Linda Lee, McGraw Hill Publishers. Cost is about $25- $30, including the audio tape.

LBGE, 9 Tuesdays, 6:30-8:30 pm. Begins January 13, LHS, Room 229, $135/Seniors $105. No class February 19 or 26.

Intermediate English
Instructor: Arlayne Peterson
This course is intended for students who can already speak, read, write, and understand basic English and want to focus on conversation practice. We will review grammar including verbs and prepositions. We will also work on practical exercises to improve everyday conversation.

LINE, 9 Thursdays, 6:30-8:30 pm. Begins January 8, LHS, Room 232, $135/Seniors $105. No class February 19 or 26.

English Conversation
Instructor: Tom Peterson
Have you studied English or perhaps traveled or lived in an English speaking country, yet still feel uncomfortable when Americans use informal English? In this class, you will learn to understand and make yourself understood in communication with schools, landlords, neighbors and government officials. Your confidence will grow as we converse about daily life, family, children, friends, shopping, travel and what to see and do in the Boston area.

LCOE, 9 Tuesdays, 9:30 am -11:30 am. Begins January 13, Follen Church, $135/Seniors $105.

Beginning Spanish
Instructor: Pilar G. Cabrera, Ph.D.
This beginner course focuses on basic communication in Spanish. Students will develop communication skills that include greetings and farewells, answering the phone, ordering a meal, discussing traveling and hotel accommodations, and talking about recreation and sports. Students will learn grammar usage such as regular and irregular verbs, subject-verb agreement, progressive tense, agreement of articles, nouns, and adjectives in the context of discussion, reading, and writing exercises.

LBGS, 8 Tuesdays, 6:30-8:30 pm. Begins January 20, LHS, Room 222, $120/Seniors $90.
Intermediate Spanish
Instructor: Angelita Garcia, Ph.D.
The demand for Spanish speakers in professional and personal situations is constantly increasing. This Intermediate Spanish course is designed for students with a basic understanding of Spanish who would like to improve their conversational and compositional skills. Emphasis will be placed on the mastery of grammar, specially of verbs, in order to progressively master the language. There will also be emphasis placed on pronunciation, vocalization, understanding, intonation and vocabulary building. In eight two-hour sessions, students will learn how to express themselves through phrases and questions, compose and read written assignments in class and learn about traditions of Hispanic-American cultures.

LHCC, 8 Wednesdays, 7:00-9:00 pm. Begins January 14, LHS, Room 231, $120/Seniors $90.

Advanced Spanish
Instructor: Angelita Garcia, Ph.D.
This course is for those who have a sound intermediate level knowledge of the Spanish language and culture. The objective of this class is to engage students in multiple task approaches to learning both grammar and cultural mores that equal “the backbone to correct conversation.” We will develop further mastery of the practical application of the Spanish Language as is used in everyday life across different environments. Each class will place emphasis on speaking, reading, writing and listening with a special emphasis on pronunciation, comprehension, vocalization, intonation, and vocabulary building. Students will be giving weekly class presentations on specific themes followed up by class question and answer period and debate. The Instructor will also provide readings from Spanish Newspapers and literature, as well as other media sources, such as Spanish talk shows and television programs.

LADS, 8 Mondays, 7:00-9:00 pm. Begins January 12, LHS, Room 231, $120/Seniors $90.

Spanish Conversation
Instructor: Anthony Marques
Sustain and enhance your Spanish speaking ability. You will love this interactive, funny, high-energy class. Students need to have at least two years of Spanish study, and must be comfortable translating the following: Si Ud. quiere practicar español al completo, únase a nosotros. La clase será en español solamente. Después de un breve repaso de los principios básicos, tendremos presentaciones hechas voluntariamente por los estudiantes, y también tendremos discusiones culturales, turísticas, y alimenticias, sólo limitado por la imaginación y habilidad del presentador.

LSCO, 10 Thursdays, 6:30-8:30 pm. Begins January 8, LHS, Room 240, $150/Seniors $120.

Beginning Italian
Instructor: Sonia Parravano
In this class students will have opportunities to develop skills in grammar, pronunciation, vocabulary, spelling, and conversation. Students will learn the Italian sound system and the rudiments of vocabulary and grammar necessary for basic communication. They will also become increasingly competent in listening, reading, writing, speaking, grammar and culture. This course is built around readings, class discussion, videos, and active class participation. Memorization and mechanical practice is required. Textbook will be discussed at first class.

LBIT, 10 Thursdays, 6:30-7:45 pm. Begins January 8, LHS, Room 148, $140/Seniors $105.
LDBI, 9 Fridays, 9:30 am-11:00 am. Begins January 9, LCE Office Conference Room, Access by 328 Lowell Street, and enter through the side door of the Old Harrington, $125/Seniors $95.

See Also
Italian Cooking and Language, page 34.
Italian: Advanced Beginning  
Instructor: Sonia Parravano  
This course is for those who have completed Beginning Italian or its equivalent. Grammar and vocabulary will build upon what was covered in Beginning Italian with a focus on speaking skills.  
LIAB, 10 Thursdays, 7:45-9:00 pm. Begins January 8, LHS, Room 148, $140/Seniors $105.  
LDABI, 9 Fridays, 11:00 - 12:30 pm. Begins January 9, LCE Office Conference Room, Access by 328 Lowell Street, and enter through the side door of the Old Harrington, $125/Seniors $95.  

Italian: Conversation  
Instructor: Sonia Parravano  
Engage in fun and stimulating conversation while enhancing your cultural, literary, and linguistic proficiency. The course explores a wealth of interesting topics, like Renaissance Italy, contemporary literature, current news, cuisine, music and more. Students are encouraged to prepare a topic and discuss their findings in an informal atmosphere. The advanced beginner component will be tailored to the needs of the students enrolled. Materials will be supplied and an optional book will be recommended by the instructor.  
LICO, 10 Wednesdays, 6:30-7:45 pm. Begins January 7, LHS, Room 148, $140/Seniors $105.  

French for Travelers  
Instructor: Marie Leen  
The goal of this class is to enable American travelers to France, to feel comfortable communicating in French in the following situations: ordering at cafes and restaurants, making purchases in stores, negotiating with street vendors, asking directions, using public transportation, and dealing with minor glitches and emergencies. Students will come away with practical language skills that can make traveling to France more enjoyable. The class will include enrichment and additional conversational vocabulary and cultural items for those who have completed the beginning level and/or those who wish to improve their French conversation skills. Grammar will be explained as needed or requested by the class. The advanced beginner component will be tailored to the needs of the students enrolled. Materials will be supplied and an optional book will be recommended by the instructor.  
LTRV, 8 Tuesdays, 7:00-9:00 pm. Begins January 20, LHS, Room 234, $120/Seniors $90.  

Evening Beginning French  
Instructor: Maurice Bombrun  
Beginning French is for students with no, little, or “forgotten” French knowledge. The course introduces basic pronunciation, grammar, and vocabulary to build the foundation of the language in a fun environment. Students will learn to communicate simple concepts in French, both written and spoken. Focus is shared among reading, writing, listening and speaking for a well-rounded, dynamic learning experience. The college-level Contacts, Valette/ Valette, may be purchased online or from a bookstore.  
LDBF, 10 Thursdays, 9:30-11:30 am. Begins January 8, Lexington Senior Center, 1475 Massachusetts Avenue, $150/Seniors $120.  

NEW!  
Daytime Beginning French  
Instructor: Karen Girondel  
This fun, beginning French course is for total beginners or for those who want to start over and learn to understand spoken French as well as to speak the language. You will be totally immersed, visually and auditorily, in French language and culture. Even if you think you can’t learn a language, this course is for you, because the focus is on understanding what you hear, and learning lots of vocabulary in context through pictures and sound. Grammatical structures will be taught contextually as vocabulary, so that it just sounds right, giving you confidence to speak French. Writing skills will coincide naturally once you can understand what you hear and read. Songs, video, and engaging activities will make you think that you are in France during the two hour class. By the end of the 10 weeks, you will be speaking at an intermediate level. In addition to class time, you will be asked to listen to and watch French for 15 minutes each day. Textbook, “Liberté” by Gretchen Angelo is available free of charge online. This class will be held at the Lexington Senior Center at 1475 Massachusetts Avenue.  
LDBF, 10 Thursdays, 9:30-11:30 am. Begins January 8, Lexington Senior Center, 1475 Massachusetts Avenue, $150/Seniors $120.  

See Also  
French New Wave Film and Its Lasting Influence, page 9.
NEW!

**Beginning French II**
Instructor: Karen Girondel
New and returning students are welcome to join this fun novice level French course. You will be totally immersed, visually and auditorily, in French language and culture. Even if you think you can’t learn a language, this course is for you, because the focus is on understanding what you hear, and learning lots of vocabulary in context through pictures and sound. Grammatical structures will be taught contextually as vocabulary, so that it just sounds right, giving you confidence to speak French. Writing skills will coincide naturally once you can understand what you hear and read. Songs, video, and engaging activities using the interactive white-board will make you think that you are in France during this two hour class.

**LADF**, 8 Mondays, 7:00-9:00 pm.
 Begins January 12, LHS, Room 169, $120/Seniors $90.

**Daytime Intermediate French**
Instructor: Karen Girondel
This total immersion course is designed for students who are able to create sentences in French using learned vocabulary and expressions in basic social situations. While students may make mistakes, and pause to find the right word or to self-correct, they are generally understood by sympathetic native speakers who are accustomed to non-native fluency. The emphasis will be on perfecting listening and speaking skills in a variety of authentic cultural contexts, as well as increasing vocabulary and grammatical accuracy. The course is taught in a very visual way making it fun and easy to make rapid progress towards advanced proficiency.

**LDIF**, 9 Tuesdays, 9:30-11:30 am.
 Begins January 13, LCE Office Conference Room, Access by 328 Lowell Street, and enter through the side door of the Old Harrington, $135/Seniors $100.

**Intermediate French**
Instructor: Maurice Bombrun
Intermediate French is for students with all basic concepts of pronunciation, grammar and vocabulary. The course quickly reviews the foundation to build upon and expand the language patterns and grammatical structures. Vocabulary is enhanced further through simple dialogues, readings, and translations. We will review verb tenses and more are presented. Students learn how to communicate with simple sentences in applicable situations. The college-level book Contacts, Valette/Valette, may be purchased online or from a bookstore.

**LINF**, 8 Thursdays, 7:00-9:00 pm.
 Begins, January 15, LHS, Room 234, $120/Seniors $90.

**French Language Through Film**
Instructor: Karen Girondel
Film transports us to another place, another time and another life. Film provides language learners with a rich audio-visual context, along with dynamic vocabulary, idiomatic expressions, authentic dialogue, in addition to cultural and historical references. This course will feature presentation of vocabulary and some key grammatical structures which students will practice in the context of the film, as well as open-ended exercises, activities, discussions, and role-playing designed to help them improve their proficiency. Listening and speaking skills will be emphasized in this class rather than reading and writing. This course is for you if you know some basic French, understand some of what you hear when spoken at normal rate of speed, and want the opportunity to speak in a context that will encourage increased vocabulary and grammatical accuracy without lists of words and tedious written exercises.

**LFIL**, 8 Wednesdays, 7:00-9:00 pm.
 Begins January 14, LHS, Room 169, $120/Seniors $90.

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See Also
Planning Your European Vacation, page 34.
NEW!

An Introduction to Hebrew
Instructor: Moris Hoch
This class is designed for students who desire to read and understand Hebrew biblical scriptures in the original. Beginning with the aleph-bet, the alphabet and building vocabulary along the way, the diligent student will learn to read and understand the verses of the Prophets and Psalms. Handouts with the letters and practice exercises will be available. Bring a pencil and paper to participate in the classroom writing demonstrations. The emphasis is on vocabulary with sufficient grammar instruction to navigate through the Book of Genesis with its account of the creation of the world, the story of Adam, and the saga of Abraham and Sarah, and so on. The goal of the course is to be able to read and write in Hebrew and have sufficient skill to use a dictionary or lexicon to find the meanings of unknown words independently.

LHEB, 8 Wednesdays, 7:00-8:30 pm. Begins January 21, LHS, Room 225, $120/Seniors $100.

Beginning and Beyond
Beginning Arabic
Instructor: Gracia Skaf
This course will introduce how to read and to write in Arabic, with an emphasis on practical vocabulary words, questions and answers, especially appropriate for travel to Arab countries. The Absolute Beginner class is for students who have not studied Arabic at all and want to learn the fundamentals of reading, writing and speaking the language. The Beyond Beginning class is for those who can read and write some Arabic and want to continue to build grammar and vocabulary. Required text is ARABIC in 10 Minutes a Day by Kristine K. Kershul.


LAR2, (Beyond Beginning), 8 Thursdays, 6:30-8:00 pm. Begins January 15, LHS, Room 225, $95/ Seniors $80.

From buying a new computer and editing digital photos, to creating your own web page, you are sure to find something to match your ability and interest.

Computers

Introduction to Microsoft Word – Daytime
Instructor: Kristen Butler
Learn how to use this powerful word processing program to write your papers, create flyers, write your resume, modify document setups, change margins, change fonts, and other information. Students must be familiar with the basics of how to use a computer.

CDWO, 1 Thursday, 9:30 am - 12:30 pm. Meets January 15, LCE Conference Room, $45.

Introduction to Microsoft Excel – Daytime
Instructor: Kristen Butler
Learn how to use a spreadsheet application and create graphs using the data in your spreadsheets. Learn how to use multiple worksheets and share the data between the worksheets. MS Excel is a great tool for tracking numbers.

CDEX, 1 Thursday, 9:30 am - 12:30 pm. Meets January 22, LCE Conference Room, $45.

CDEC, 1 Thursday, 9:30 am - 12:30 pm. Meets February 12, LCE Conference Room, $45.
Introduction to PowerPoint – Daytime
Instructor: Kristen Butler
Learn how to use a presentation package that will allow you to create slide presentations using text, charts, pictures, and graphics. Instead of using overheads, PowerPoint allows you to create interesting, colorful, and interactive presentations. Students must be familiar with the basics of how to use a computer.
CDPP, 1 Thursday, 9:30 am - 12:30 pm. Meets January 29, LCE Conference Room, $45.

NEW!
Organizing Your Computer – Daytime
Instructor: Kristen Butler
Learn how to organize your files and folders, manage the “My Documents” folder, and backup your information. Students must be familiar with the basics of how to use a computer.
CDORG, 1 Thursday, 9:30 am-12:30 pm. Meets February 5, LCE Conference Room, $45.

Intermediate Word – Daytime
Instructor: Kristen Butler
Learn how to use this powerful word processor to create your own letterhead, your own fax cover sheet, create footnotes and endnotes, use styles, make a table of contents, and more. Students must be familiar with the basics of how to use a word processor. Class size is limited to 8 to allow for individualized instruction.
CDIW, 1 Thursday, 9:30 am-12:30 pm. Meets February 26, LCE Conference Room, $45.

Intermediate Excel – Daytime
Instructor: Kristen Butler
Learn how to import and link files, setup databases and mail merge, create your own labels, modify charts, define macros, and more. Students must be familiar with the basics of how to use Excel. Class size is limited to 8 to allow for individualized instruction.
CDIX, 1 Thursday, 9:30 am-12:30 pm. Meets March 5, LCE Conference Room, $45.

Intermediate Powerpoint – Daytime
Instructor: Kristen Butler
Learn how to create slide masters, tables, create custom shows, insert photos, add sound, animated graphics, and more. Students must be familiar with the basics of how to use PowerPoint. Class size is limited to 8 to allow for individualized instruction.
CDIP, 1 Thursday, 9:30 am-12:30 pm. Meets March 12, LCE Conference Room, $45.

Register for DAYTIME classes with Kristen Butler and SAVE!
• Sign up for 3 computer classes for $125 a $10 savings!
• Sign up for 4 computer classes for $165, a $15 savings!
• Sign up for 5 computer classes for $205, a $20 savings!
• Sign up for 6 computer classes for $245, a $25 savings!

Introduction to Microsoft Word
Instructor: Kristen Butler
Learn how to use this powerful word processing program to write your papers, create flyers, write your resume, modify document setups, change margins, change fonts, and other information. Students must be familiar with the basics of how to use a computer.
CWOR, 1 Wednesday, 6:00-9:00 pm. Meets January 7, LHS, Room 215, $35.

Introduction to Microsoft Excel
Instructor: Kristen Butler
Learn how to use a spreadsheet application and create graphs using the data in your spreadsheets. Learn how to use multiple worksheets and share the data between the worksheets. MS Excel is a great tool for tracking numbers.
CINX, 1 Wednesday, 6:00-9:00 pm. Meets January 14, LHS, Room 215, $35.
CWEX, 1 Wednesday, 6:00-9:00 pm. Meets January 28, LHS, Room 215, $35.
**Introduction to PowerPoint**  
*Instructor: Kristen Butler*  
Learn how to use a presentation package that will allow you to create slide presentations using text, charts, pictures, and graphics. Instead of using overheads, PowerPoint allows you to create interesting, colorful, and interactive presentations. Students must be familiar with the basics of how to use a computer.  
**CIPO**, 1 Wednesday, 6:00-9:00 pm.  
Meets January 21, LHS, Room 215, $35.

**Introduction to the Internet**  
*Instructor: Kristen Butler*  
Learn how to browse and search the Internet, and send and receive e-mail. Users must be familiar with the basics of how to use a computer.  
**CNET**, 1 Wednesday, 6:00-9:00 pm.  
Meets February 4, LHS, Room 215, $35.

**Organizing Your Computer**  
*Instructor: Kristen Butler*  
Learn how to organize your files and folders, manage the "My Documents" folder, and backup your information. Students must be familiar with the basics of how to use a computer.  
**CORG**, 1 Wednesday, 6:00-9:00 pm.  
Meets February 11, LHS, Room 215, $35.

**Intermediate Word I**  
*Instructor: Kristen Butler*  
Learn how to use this powerful word processor to create your own letterhead, your own fax cover sheet, create footnotes and endnotes, use styles, make a table of contents, and more. Students must be familiar with the basics of how to use a word processor.  
**CINW**, 1 Wednesday, 6:00-9:00 pm.  
Meets February 25, LHS, Room 215, $35.

**Intermediate Excel I**  
*Instructor: Kristen Butler*  
Learn how to import and link files, set up databases and mail merge, create your own labels, modify charts, define macros and more. Students must be familiar with the basics of how to use Excel.  
**CIEX**, 1 Wednesday, 6:00-9:00 pm.  
Meets March 4, LHS, Room 215, $35.

**Intermediate PowerPoint**  
*Instructor: Kristen Butler*  
Learn how to create slide masters, tables and custom shows; insert photos, add sound and animated graphics, and more. Students must be familiar with the basics of how to use PowerPoint.  
**CNPO**, 1 Wednesday, 6:00-9:00 pm.  
Meets March 11, LHS, Room 215, $35.

**Intermediate Excel II**  
*Instructor: Kristen Butler*  
Learn how to set up databases to use mail merge, explore the different formulas, create pivot tables and define macros. Students must be familiar with the basics of how to use Excel.  
**CEXX**, 1 Wednesday, 6:00-9:00 pm.  
Meets March 18, LHS, Room 215, $35.

**Intro to Adobe Photoshop**  
*Instructor: Damian Barneschi*  
In this class students will learn how to use Photoshop as both a tool to alter digital images and as a means of creating finished pieces of original artwork. The course begins with an explanation of Photoshop tools and soon has students using these tools to manipulate images. Students will then learn how to use Photoshop to improve digital photos. For this purpose, students are encouraged to work from their own image bank, but images will be provided if necessary. Finally, students will use their acquired knowledge to create original pieces of artwork, including a print advertisement and a photo collage.  
**CAPS**, 6 Wednesdays, 6:30-8:30 pm.  
Begins January 7, LHS, Room 155, $180/Seniors $135.

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**Register for EVENING classes with Kristen Butler and SAVE!**

- **Sign up for 3 computer classes for $95, a $10 savings!**
- **Sign up for 4 computer classes for $125, a $15 savings!**
- **Sign up for 5 computer classes for $155, a $20 savings!**
- **Sign up for 6 computer classes for $185, a $25 savings!**
- **Sign up for 7 computer classes for $215, a $30 savings!**
Understand Your Home Network
Instructor Steve Iverson, co-owner of Complex IT
Q: What’s a network? A: It’s a group of computers and other devices that can communicate with each other, and chances are you’ve got one in your home. This class will teach you the basics of home networks. We’ll talk about routers, modems, switches, wireless access points, and the basics of TCP/IP, the addressing scheme for devices on networks — overall, enough information to help you perform basic troubleshooting when something isn’t working right on your home network. Don’t be at the mercy of your Internet Service Provider’s phone support! The class assumes no previous knowledge of networking. Appropriate for both Windows and Mac computer users. Instructor Steve Iverson is the co-owner of Complex IT.

CHOM, 1 Wednesday, 6:30-8:30 pm. Meets February 11 at Complex IT, 9 Meriam St., Suite 1, Lexington Center. $55.

Learn Windows 7
Instructor: Steve Iverson, co-owner of Complex IT.
Many people consider Windows 7 to be the best version of Windows available, and it’s still widely used even though Windows 8 is the current version of Windows. If you’re using Windows 7, but have struggled to find your way around, this class will teach you what you need to know to use Windows 7 comfortably. We’ll talk about the Start Menu, the Taskbar, the Control Panel, Libraries, User Account Controls, Jump Lists, and other features as time allows.

Prerequisite: Students should already have experience with the basics of using a computer — using the keyboard and mouse, clicking and double-clicking, creating and saving documents, and opening and closing programs and windows. Instructor Steve Iverson is the co-owner of Complex IT.

CWIN, 1 Wednesday, 6:30-8:30 pm. Meets January 14 at Complex IT, 9 Meriam St., Lexington Center. $55.

Keep Your Computer Secure
Instructor Steve Iverson, co-owner of Complex IT
The Internet is full of hazards. You need to have at least a basic understanding of the risks and of how to keep your computer and other devices safe. This class will cover malware (viruses and similar programs), security programs, and many other aspects of online security. We will cover topics appropriate to Windows and Mac computers as well as mobile devices. The class requires no prior knowledge of the topic. Instructor Steve Iverson is the co-owner of Complex IT.

CSAF, 1 Wednesday, 6:30-8:30 pm. Meets January 28 at Complex IT, 9 Meriam St., Lexington Center. $55.

Get Rid of Windows XP
Instructor Steve Iverson, co-owner of Complex IT
If you’re still using a computer with Windows XP, you’re at risk. Microsoft has discontinued security updates for XP, so vulnerabilities that can be targeted by criminals and by malware are no longer being fixed. This class will cover your options for moving from Windows XP to something else. Should you upgrade your computer to Windows 7 or Windows 8? Buy a new computer with one of those operating systems? Get a Mac instead, or maybe try out Linux? We’ll also cover how to move your documents and data from Windows XP to its replacement. Instructor Steve Iverson is the co-owner of Complex IT.

CWXP, 1 Wednesday, 6:30-8:30 pm. Meets February 25 at Complex IT, 9 Meriam St., Lexington Center. $55.

See Also
You Can Fix It Too, page 35.
The iPad for Beginners  
Instructor: Katherine Gorry Hines, co-owner of Complex IT  
Are you thinking about getting an iPad, or did you just get one? If you’re feeling a bit lost and would like to learn the basics, this is the class for you! This general introduction will cover iPad features; swiping and gestures; some of the built-in applications (apps), and how to find more apps in the App Store. Bring your own iPad if you have one, or follow along as we demonstrate the iPad’s features. Please note that class is taught using iOS7. If your iPad has an older operating system, not all features demonstrated in class will apply to your iPad. To check your iOS version and see if there is an available update for your iPad, do the following: from the Home Screen, tap Settings > General > About. Instructor Katherine Gorry-Hines is the co-owner of Complex IT.  
CPAD, 1 Tuesday, 10:00 am-12:00 pm. Meets February 10 at Complex IT, 9 Meriam St., Lexington Center. $55.

The iPad: Beyond the Basics  
Instructor: Katherine Gorry Hines, co-owner of Complex IT  
If you’re comfortable with using the basic features of your iPad and want to learn more, this is the class for you! We’ll talk about some of the applications (apps) included on your iPad and some apps you can find on the App Store, so that you can use your iPad to read e-books, listen to music and podcasts, watch movies and TV, get directions, and video chat with FaceTime. You’ll also learn some tips and shortcuts for using and personalizing your iPad and how to back up and troubleshoot your iPad. Please note that class is taught using iOS8. If your iPad has an older operating system, not all features demonstrated in class will apply to your iPad. To check your iOS version and see if there is an available update for your iPad, do the following: from the Home Screen, tap Settings > General > About. Instructor Katherine Gorry-Hines is the co-owner of Complex IT.  
C2PAD, 1 Tuesday, 10:00 am-12:00 pm. Meets February 24 at Complex IT, 9 Meriam St., Lexington Center. $55.

Introduction to Social Media  
Instructor: Katherine Gorry Hines  
Tweets, hashtags, microblogging, friending, messaging, sharing, posting, following, tagging… social media’s vocabulary alone can be confusing. Social networking has become the Internet’s most popular activity, and if you’ve been wondering where and how to jump in, this class is for you! Which site or sites should you consider using to connect with friends, follow topics you care about, organize ideas, or share information with the world? Not every social media site appeals to every person, but some may be just right for you! We’ll discuss how to use some of today’s popular social media sites and apps—Facebook, Pinterest, Twitter, Tumblr, Instagram, and Goodreads, and outline how you can get started using each of them. Instructor Katherine Gorry Hines is the co-owner of Complex IT.  
CMED, 1 Wednesday, 10:00 am-12:00 pm. Meets January 14 at Complex IT, 9 Meriam St., Lexington Center. $55.

Facebook for Beginners  
Instructor: Katherine Gorry Hines, co-owner of Complex IT  
Everyone keeps telling you to get on Facebook, and you haven’t joined yet. Or perhaps you joined, and then after logging in, said to yourself, “Now what?” Facebook is becoming the first place many people turn to for sharing news, photos, and event invitations. Don’t miss any more of your friend’s and family’s wedding, baby, or cute kitten pictures! You’ll learn about friend requests, Timeline, your news feed, messaging, Facebook etiquette, and privacy and security settings. Please come to class with your Facebook login email and password, so you’ll have a chance to follow along using your own account. Instructor Katherine Gorry Hines is the co-owner of Complex IT.  
CFAC, 1 Thursday, 10:00 am-12:00 noon. Meets February 26 at Complex IT, 9 Meriam St., Lexington Center. $55.
NEW!

Buying and Selling on eBay (and Amazon)
Instructor: Tracy Marks
Learn how to buy and sell effectively on eBay, the world’s largest online auction. Taught by a former eBay Powerseller, this workshop will teach you about searching for and buying items, researching sold items and item prices, and bidding. Most of the focus will be selling - how to create and submit listings and photos, determine auction timing, handle payments, deal with non-responsive buyers, maintain secure transactions, give feedback and earn positive feedback. Class will consist of lecture, demonstration, question and answer, discussion, and the opportunity to receive constructive critique of your own eBay listing. Selling through Amazon Marketplace will also be briefly covered.

CBAY, 2 Tuesdays, 6:00-9:00 pm, Begins January 13, Room 221, LHS, $60/Seniors $45.

Computer Programming in Java, with Graphics Applications
Instructor: Robin Verdier
We all use computers to run commercial programs like web browsers and word processors that take directions from us and—usually—do what we ask. This course teaches you to write your own programs using Java, which is among the best of contemporary computer languages and the preferred language for Android mobile applications. Java is preinstalled on most Macs, and is available free from Oracle for Mac and Windows. We’ll use Macs in the lab. The course concentrates on things that are sparsely covered in most available books, such as timers, random numbers, and graphics. The final topic is a program that creates beautiful, randomly-changing geometric designs. No programming experience is necessary, but you do need basic typing skills.

CJAV, 6 Thursdays, 7:00-9:00 pm, Begins January 15, LHS, Room 215, $150/Seniors $120.

Create a Free Personal Website
Instructor: Robin Verdier
Learn how to create a personal web site without learning HTML, using the free Google Sites facility. In addition to ordinary text, you will learn how to add pictures, documents, music, sound, recipes, items for sale, a personal journal or blog, and more complex objects like photo albums, spreadsheets, presentations, maps, and pictures uploaded from your camera. The possibilities are almost endless! The course is Web-based and will be taught in a Mac lab. If you prefer, you may bring your laptop. Skills learned are applicable to both Macs and PC’s. Prerequisites are basic typing and browsing skills and a Gmail account, which you can create at http://mail.google.com. Please supply an email at registration for important information to review before the first class.

CWEB, 3 Tuesdays, 7:00-9:00 pm, Begins January 20, LHS, Room 215, $75.

Music educator Shinichi Suzuki states, “Children learn to smile from their parents.” Each term our parenting perspectives offers courses and talks that are geared toward living happily and healthily in family, in community.

Understanding ADHD and Non-pharmacological Approaches to Treatment
Instructor: Naomi Steiner, MD
9.6% of children and adolescents are present with ADHD (Attention Deficit Hyperactivity Disorder), by far the most common neurodevelopmental disorder in childhood. In addition to the classic ADHD symptoms of poor attention span, high activity level, and impulsivity, children with ADHD are at substantial risk for behavioral problems at school, academic underperformance and failure, and dropping out. Dr. Steiner will review and explain the presentation of ADHD, using examples to illustrate the symptoms and how they can change between elementary, middle and high school, and college. She will discuss treatment options, focusing particularly on nonpharmacological approaches such as computer based attention training systems, which include the highly publicized neurofeedback. Dr. Steiner will review these therapies, demonstrate neurofeedback, and answer your questions regarding this approach and ADHD in general. Note: No direct patient clinical therapeutic guidance will be given.

PADH, 1 Tuesday, 7:00-9:00 pm, Meets January 27, LHS, Room 221, $25/Seniors $20.
NEW!
Happy-Ness through Mindfulness for Families
Instructor: MaryAnn Christie
Burnside
In this family program, designed for children ages 3 -11 and parents/caregivers, we’ll practice mindfulness together through music, movement, play and family-friendly meditations. Mindfulness is a practice we can choose, again and again, to cultivate confidence and compassion, reduce stress, and increase ease and wellbeing in our hearts, minds and homes. Bring the kids and experience happy-ness together.
MPAR, 1 Saturday, 10:00-11:30 am.
Meets February 7, LHS, Room 140, $25 for adult/child pair. $5 for each additional adult/child.

Word Photos: A Daytime Writing Workshop for Parents
Instructor: Irene Hannigan
Word Photos is a workshop designed for parents who would like to explore the potential for using writing as a tool for capturing and preserving special moments with their children. For just ten minutes a day, a few times a week, parents can quickly amass a substantial number of musings. We will explore how this raw material can be used as the inspiration for more polished pieces of writing, special projects and even gifts, if desired. We will write and share our writing with one another and discuss ways to establish and sustain the routine of writing despite our busy days.
WDWP, 4 Mondays, 1:00-2:30 pm.
Begins February 23 and meets 3/2, 3/16, and 3/23. LCE Conference Room, Access by 328 Lowell Street, and enter through the side door of the Old Harrington, $60/Seniors $45.

Each summer LCE’s Lexplorations program offers wonderful creative experiences that are anticipated and warmly remembered throughout the regular school year. Our Courses for Children section aims to offer that same no-stress environment filled with opportunities for enrichment and fun.

Babysitter’s Training with American Heart Association Heartsaver First Aid, CPR/AED
Instructor: Graham Leman
Participants will gain the knowledge and skills necessary to safely and responsibly care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business; keep themselves and others safe; help children behave, and learn about basic child care. In addition, participants will learn to recognize and respond appropriately to cardiac, breathing and first aid emergencies until more advanced medical personnel arrive. Students who successfully complete this course will receive an Adult, Child and Infant CPR/AED and First Aid certification, valid for two years, and a Babysitter’s Training certification with no expiration. Course curriculum is appropriate for students ages 11-15.
KBTR, 2 Thursdays, 4:00-7:30 pm.
Begins January 15, LHS, Room 173, $140.
K2BT, 2 Thursdays, 4:00-7:30 pm.
Begins March 12, LHS, Room 173, $140.

See Also
Fatherneed: Why Father Care is as Essential as Mother Care
An Evening with Dr. Kyle Pruett, page 5.

Home Alone
Instructor: Officers of the Lexington Police Department
Help your child feel safer and more secure when home alone or with siblings, and learn telephone and doorbell answering strategies. Class is designed for children ages 9 and older. Younger children may attend with an accompanying adult. Instructors are Officers from the Lexington Police Department. Class size is limited, so please register early.
K009, 1 Monday, 6:30-7:30 pm.
Meets January 26, LHS, Room 229. Free, but space is limited and pre-registration is required.

NEW!
Swing Into Winter: Social Dance for Grades 4-8
Instructor: Anne Carey
Lindy Hop, Jitterbug, and Swing dance were the popular, trendy, and shocking dances of their time, the 1920s-1940s. Come learn dances that would embarrass the grown-ups of the past. Come listen and move to songs that make the grown-ups nervous, like “Sing, Sing, Sing” and “In the Mood.” This high energy, athletic type of partner dance is sure to make you smile. Not only will you be a “hep cat” in the know, a “sweet chickie,” or a “bad operator,” you’ll be able to cut a rug like it’s on fire! No experience or zoot suit necessary.
KRAD, 6 Thursdays, 3:30-4:45 pm.
Begins January 15, LHS, Room 140, $50.
LEXPLORATIONS: Summer 2015!
LCE’s summer children’s program for academic and creative enrichment is open to all children regardless of residency. With week-long programming for grades K-12, small class sizes, and an expert teaching staff made up primarily of Lexington Public School teachers, Lexplorations is considered a rewarding summer destination by students and parents alike. Look for the catalog on our website and in your mailboxes in early February. Registration will begin as soon as the catalog arrives. If participation in a particular program is of special importance to your child, we recommend that you register as soon as possible to avoid disappointment. The Lexplorations Summer 15 Catalog will be available in February, 2015.

Dungeons & Dragons for Middle School Students
Instructor: Gerry Goolkasian
This ever popular game of logic and imagination begins with the creation of characters with the rolling of dice. You and other players guide your characters through an imaginary journey encountering adventures along the way. Your journey is referred to as a “campaign” which is creatively structured like the plot of a good book by one player known as the Dungeon Master. This player is usually a more experienced player. In Week 1, we will begin taking requests to write and run campaigns, and then create characters. After that our imaginations will guide us onwards. Both experienced players and beginners are welcome.
KCDD, 9 Tuesdays, 3:00-6:00pm, Begins January 20. Clarke Middle School, $175.

Introduction to Novel Writing for Middle Schoolers
Instructor: Jillian Aldrich
Have you ever wanted to write your own story? Create a novel that could one day be published, just like Divergent, Hunger Games, or Diary of a Wimpy Kid? Come join this three class workshop on writing your own fictional story! Each week will be a different class working towards a new part of your story: Setting, Characters, Plot. We will talk about each in detail with an informative lesson and finish the class with a productive workshop. Bring your ideas! Doesn’t matter if you want to write fantasy, science fiction, historical fiction, or realistic fiction; all are welcome!
KNOV, 3 Wednesdays, 6:30-8:30 pm. Begins January 14, LHS, Room 221, $60.

Fiction Writing for Fourth and Fifth Graders
Instructor: Karen Day
Local children’s book author Karen Day will lead fourth and fifth graders through interactive writing exercises as they explore how to start a fictional story of their own. Students will learn the importance of showing, not telling, and why every book needs a strong, active voice. No experience needed, just a good imagination!
K2FI, 1 Monday, 6:00-7:30 pm. Meets February 23, LHS, Room 222, $40.

Fiction Writing Workshop for Middle School Students
Instructor: Karen Day
Creating a strong narrative voice is one of the most important ingredients in fiction writing. In this workshop local children’s author Karen Day will take middle school students through the exercises she does when creating fictional characters. They will also explore plot, setting and theme. Students will leave with an understanding of how to create a strong voice. They will also have the beginnings of a story of their own.
KFIC, 1 Monday, 6:00-7:30 pm. Meets March 2, LHS, Room 222, $40.

See Also
Speak the Speech! (Or How to Give your Own TED talk), page 5.
**Art Studio: Charcoal and Pastel for Grades 2-5**  
*Instructor: Alma Bella Solis*  
Using a combination of charcoal pencils and chalks, or dry pastel pencils and chalks, you will produce your own compositions, interpreting subjects ranging from still life to human figures. You’ll learn drawing methods including outline, contour, shading, blending, detailing and explore perspective, proportion, and more. Class size limited to 7 students.  
**KPAC**, 6 Wednesdays, 3:30-5:00 pm. Begins January 7, LHS, Room 166, $115.

**NEW!**  
**Art Studio: Charcoal and Pastel for Grades 6-9**  
*Instructor: Alma Bella Solis*  
Using a combination of charcoal pencils and chalks, or dry pastel pencils and chalks, you will produce your own compositions interpreting subjects ranging from still life to human figures. You’ll learn drawing methods including outline, contour, shading, blending, detailing and explore perspective, proportion, and more. Class size limited to 7 students.  

**Jazz in the Middle**  
*Instructor: Toby Forman*  
Do you love Jazz? Joining the Jazz In The Middle band will get you playing cool Jazz every week! Young musicians will get a solid grounding in jazz styles, music theory, and improvisation skills. This town-wide big band is just for middle school students, and will prepare you for playing at the high school level and beyond. Playing regularly with other musicians is one of the best ways to improve your own instrumental skills. The Jazz in the Middle band is not appropriate for beginners. Students must have some level of proficiency on their instrument. Please indicate your instrument on registration form. Auditions are not required.  
**KJZC**, 16 Mondays, 3:00-4:30 pm. Begins January 12, Clarke Middle School Auditorium, $240.  
**KJZD**, 18 Tuesdays, 3:00-4:30 pm. Begins January 13, Diamond Middle School Music Room, $270.

**NEW!**  
**Happy-Ness through Mindfulness for Families**  
*Instructor: MaryAnn Christie Burnside*  
In this family program, designed for children ages 3 -11 and parents/caregivers, we’ll practice mindfulness together through music, movement, play and family-friendly meditations. Mindfulness is a practice we can choose again and again, to cultivate confidence and compassion, reduce stress, and increase ease and wellbeing in our hearts, minds and homes. Bring the kids and experience happy-ness together.  
**MPAR**, 1 Saturday, 10:00-11:30 am. Meets February 7, LHS, Room 140, $25 for adult/child pair. $5 for each additional adult/child.

**In Control: Crash Prevention Training**  
This course offers students from Lexington High School and their families an opportunity to learn the skills that can not safely be taught on public roadways. Learn how to handle panic stops, turning into the skid, tailgating, and emergency lane changes, as well as the latest techniques for maintaining safe habits. This 4.5 hour class will teach you how to handle mistakes made not only by you, but also by others. Car crashes account for almost 50% of teen deaths and training has been shown to be the answer. Visit www.driveincontrol.com/lexingtonhighschool to learn about the discount on the class, available insurance discounts for graduates, and how much fun learning to handle Massachusetts roads can be in a closed course environment.

**Driver Education**  
*Instructor: CS Driving School*  
A complete driver’s education program (classroom and behind-the-wheel lessons) is available through LCE. Students must be at least 15.9 years old to begin the program. Please see the LCE website at www.lexingtoncommunityed.org for details and dates. The cost for the course is $530.
LCE Test Prep

Instructors: LHS teacher Chris Doucette, retired LHS teacher Karen Mechem, and LHS teacher Lauren Lamoly.

Prepare for the SAT exams by reviewing the critical components of the test. Each subject is taught by an experienced LHS teacher. Students receive individual attention as needed. Register early as enrollment is limited. Please purchase texts before the first class. Texts are available at Barnes and Noble or online.

MATH: Students will review mathematical operations and learn test strategies necessary for success on the SAT.


- Monday Math SAT Prep for the March Test with Chris Doucette
  PMST, 6 Mondays, 6:30-8:30 pm. Begins January 12, LHS, Room 232, $195.

- Wednesday Math SAT Prep for the June Test with Chris Doucette
  P3SAM, 5 Wednesdays, 3:30-5:30 pm. Begins May 6, LHS, Room 230, $165.

ENGLISH: In SAT English, students learn strategies for answering sentence completions and critical reading questions, as well as acquiring college-level vocabulary and test-taking wisdom. Instruction is individualized.

Required Texts for SAT English and SAT Writing with Karen Mechem:
- The Official SAT Study Guide-Second Edition by the College Board
- Word Power, by Meg Schneider. Buy a used paperback copy, only available online at www.Amazon.com.

- Thursday English SAT Prep for the March Test with Karen Mechem
  PENG, 6 Thursdays, 6:30-8:30 pm. Begins January 15, LHS, Room 222, $195.

- Saturday Writing SAT Prep for the March Test with Karen Mechem

Note: On March 14 this class will meet at the Clarke School.


- Tuesday English SAT Prep for the June Test with Lauren Lamoly
  P001, 6 Thursdays, 3:30-5:30 pm. Begins April 30, LHS, Room 226, $195.

- Thursday Writing SAT Prep for the June Test with Lauren Lamoly
  PWTH, 6 Tuesdays, 3:30-5:30 pm. Begins April 28, LHS, Room 226, $195.

Finding the Right Fit: The College Admissions Process

Instructor: Larry Dannenberg

Looking to find the right school for your child? If you have a child in high school, you can’t afford to miss this class! We will show you how to choose the school that is the right fit for your child as we walk you through the admissions process. Learn about how merit scholarship money works and what you can do to better your chances to receive it even if you are not a top student. This class is particularly important if your student is at the top of the class, has learning disabilities, is an athlete, or is average. Learn why starting the process early can offer significant advantages, especially for business owners, divorced parents, or home-schooled children. Instructor will discuss recent changes in student loans. For adults only. Larry Dannenberg is a professional college placement consultant.

PFIT, 1 Wednesday, 7:00-9:00 pm. Meets March 4, LHS, Room 229, $25.
You Can Afford College If...
Instructor: Donald Anderson
If... you plan in advance; you understand the financial aid process; and you act early enough to be successful. Financial aid goes to the families who plan in advance—ideally before December 31 of the child’s sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process, and how implementing strategies may increase a family’s eligibility even if you have a “high income” or own a business. The greatest amount of financial aid goes to the families who act in the years before college. Remember: procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For more information please visit our website at www.collegefundingadvisors.com.

PMFA, 1 Thursday, 7:00-9:00 pm. Meets March 12, LHS, Room 229, $25.

Navigating the Student-Athletes College Search and Recruiting Process
Instructor: Nicholas Michael
The path to being accepted to college for a student-athlete is more complex than the one followed by a traditional student. The process and timing differ and, in fact, start much earlier for the student-athlete. It is not unusual for student-athletes to be identified as “prospects” by coaches when they are only sophomores, although coaches cannot reach out to student-athletes until July following their junior year. Ultimately, however, the student-athlete must “satisfy” not only an admissions officer but also must attract and convince a coach that he or she can play their sport at the college level and will make a contribution to the team.

This two-part course is designed to educate student-athletes and their parents about navigating the often confusing, generally stressful college search and recruiting process and to assist the college-bound student-athlete how to make sound and fact-based decisions throughout the entire process, which usually takes 12 to 24 months leading up to the submission of applications to colleges.

The first session will cover the factors that influence a student’s college preference criteria, process timelines, define recruiting terminology, describe the differences between NCAA divisions and their impact on the student-athletes’ recruitment and college life, identify what coaches are looking for, explain how to get noticed by developing and executing a targeted communication plan to get on a “coach’s list,” and much more. The second session is designed to outline specific academic and athletic action steps for each year of high school, and to show how to develop and implement a prototypical plan which addresses the issues identified in the first session to establish a path for finding the best college for each student-athlete.

PNSA, 2 meetings, Tuesday January 27th and Thursday January 29th, 7:00-9:00 pm. LHS, Room 233, $40.

A Feast Of Noodles: The Asian Comfort Food, Part II
Instructor: Helen Chen, Asian Cuisine Expert
The noodle aisle in any Asian market can be a daunting and puzzling experience. Let Helen Chen, our local Asian cuisine expert, daughter of famed Joyce Chen, and author of three cookbooks (Helen Chen’s Chinese Home Cooking, Easy Chinese Stir-Fries, Easy Asian Noodles), guide you through the fascinating and delicious world of Asian noodles. Fresh or dried, thin or thick, wheat, or rice noodles, tonight’s class will help to demystify this ubiquitous comfort food of Asia. The menu will concentrate on hot noodles enjoyed in the cooler months of fall and winter. These noodle dishes make perfect one-dish meals to satisfy every appetite, warm the body and provide an easy and delicious way to add variety to weekday meals.

A $10 per person materials fee is payable directly to the instructor on the day of the class. This class will be filmed for broadcast.

NCHE, 1 Wednesday, 6:30-9:00 pm. Meets January 28, LexMedia Studio Kitchen, $60.
NEW!

**One Pot Wonders – The Complete Meal**
Instructor: Adjoa Acquaah-Harrison
This winter let the aroma of a good meal waft through the air and reward yourself with a delicious and well-deserved one-pot meal against a cold and snowy day. Yes, you deserve a treat and I will show you how to do it quickly and tastefully. One-Pot Wonders are an answered gastronomic prayer because these meals can be prepared with tons of flavor using fresh, healthy ingredients and spices to fight the coughs and flu. You can invoke memories of grandma’s kitchen by creating new traditions and your friends and family with thank you for the new memories you concoct with your One-Pot Wonders. Let’s cook some tasty one-pot dishes from around the world and learn how to layer flavors into complete meals from your home and hearth. Bring a passion for healthy eating and curiosity to cook like a “pro.” Make 2015 your year of One-Pot Wonders and grace your table with specials like your delicious Shepherd’s Pie, Skillet-roast Lamb with herbed vegetables, Moroccan couscous with pistachios, and orange chicken with Italian pierogies and feta cheese. A $25 food fee is payable to the instructor at the first class. This class will be filmed for broadcast. **NPOT**, 4 Tuesdays, Begins January 13, 7:00-8:30 pm. LexMedia Studios, $65.

**Italian Cooking and Language**
Instructor: Sonia Parravano
Italy is famous for combining a passion for food, family and friends in day to day life. In this Italian Cooking and Language course, you’ll learn up close and hands-on from Sonia Parravano, an Italian native and experienced cook, in an environment that is highly social, supportive, fun and inspiring. From a variety of pastas, risottos, and sweets, you’ll learn to cook a vast range of classic Italian plates, the everyday food of Italians. Along the way, you will be introduced to useful cooking vocabulary, and Italian cooking traditions. An important objective of this course, along with learning cooking skills, is to deepen your knowledge of beginner Italian. Wow your friends and family with the skills you will acquire in this course. What are you waiting for? **Buon Appetito!** Materials fee of $30.00 payable to instructor at first class. Class to be held at LexMedia Studios and will be filmed for broadcast. **NCOO**, 4 Mondays, 7:00 - 8:30 pm. Begins January 26, LexMedia Studios, $20/Seniors $15.

**Understanding the Basics of Your Auto and Homeowners Policies**
Instructor: Nick Bondola
Gain a better understanding for how your personal auto and home policies truly protect you. Learn what your coverages mean and potentially how your policy will respond, should you suffer a loss. We will spend time reviewing and defining coverages and policy language to help you better understand your policies that will help you make future decisions when it comes to protecting your financial interests. **BINS**, 1 Wednesday, 6:30-8:30 pm. Meets February 25, LCE Conference Room, 146 Maple Street. Enter via 328 Lowell Street, $20/Seniors $15.

**Planning Your European Vacation**
Instructor: Wim Nijenberg
Learn how to book the best products and services—air, hotels, rail, car, ferry, and sightseeing—from an expert with 35 years of experience! You can make your trip more enjoyable and save time by wisely planning it in advance. Become aware of the many discounts in Europe and avoid missed opportunities. For individual and escorted travel as well as cruises in Europe. Participants receive two months free access to a Europe Travel Reference website. Even if you already have made arrangements for your upcoming vacation, this class will give you helpful tips on how to make it more enjoyable. **FEUR**, 1 Tuesday, 7:00-9:00 pm. Meets February 24, LHS, Room 221, $25/Seniors $20.

**Home, Hobbies and Travel**

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See Also
Winter Opera Preview, page 10.
Walking in the British Isles
Instructor: Mary Hamilton
England, Scotland, Wales, and Ireland all have extensive networks of well-maintained, well-marked long distance walking paths that afford the luxury of finding your own pace while exploring new, quaint, and beautiful places. Although there are many costly companies that will set up an itinerary for you, transport your luggage, and even provide rides for the weary, there is nothing like the sense of adventure and accomplishment that comes from independently learning about and affordably enjoying this experience by doing it yourself. This evening you will be able to find out about route choices, maps and guidebooks, B&B’s, travel etiquette, public transport options, and what to pack and carry for your well-paced tour.
F011, 1 Thursday, 7:00-8:30 pm. Meets March 19, LHS, Room 226, $30.

You Can Fix it Too
Instructor: Marie Leonard
Spend an evening with professional Handywoman and author Marie Leonard and learn how to successfully complete many of the projects on your own TO DO list. Marie will introduce you to a basic tool kit, explaining how to use the most common tools you’ll need to fix everything in your home. Learn how to use a drill and how to install the right wall anchors for hanging curtain rods, towel bars, and more. See what is inside your toilet tank and how simple it is to fix without calling a plumber. Take a faucet apart and discover the basics of how to repair or replace it. Learn how to patch holes in a wall and use a caulking gun. Marie will also spend as much time as possible answering your specific questions. This course is perfect for anyone who is ready to get the information and practical advice they need to successfully take on and complete basic home improvement and repair projects. Materials fee of $16, payable directly to the instructor, includes a signed copy of Marie’s recently published book, Marie’s Home Improvement Guide.
FFIX, 1 Wednesday, 6:30-9:00 pm. Meets February 11, LHS, Room 143, $35.

Two Magical Regions of Spain: Andalucia and Catalonia
Instructor: Sally Peabody
Spain is a country with diverse regions and cultures. Two of the most engaging regions to visit are Catalonia to the east and Andalucia to the south. Catalonia offers much beyond its irresistible capital of Barcelona. Evocative seaside towns like Cadaques and Port Lligat have long been home to artists, writers and fishermen. Girona has a gem of a medieval Jewish quarter and a charming old city core. The inland town of Vic is home to a glorious museum of medieval religious art. Catalans are famously pragmatic folk. Andalucia, in Spain’s sunny south, is the romantic land of flamenco and fighting bulls, sherries and olive oil. Europe’s greatest trove of Islamic architecture attracts visitors to Cordoba and Granada. Small cities like Seville are layered with history. The food and wine in both regions is wonderful. Come learn about the top destinations for visitors with Sally Peabody, who leads intimately scaled cultural/culinary tours in both Catalonia and in Andalucia. For more information, see Sally’s website: www.yourgreatdaysinparis.com.
FSPA, 1 Wednesday, 7:00-8:30 pm. Meets March 11, LHS, Room 229, $25/Seniors $20.

Hiring a Contractor
Instructor: Lynnette Hartwig
Pay the right price and get what you pay for. Most of us aren’t Do-It-Yourselfers. The average homeowner pays $4,000 per year on home improvements, typically in spurts. This workshop focuses on handling the estimator visit, before he gives you a price, which is your best time to lock in a fair price. The contractor you hire determines whether you’ll end up unhappy, or get a swiftly-done project for the agreed-upon price that meets your expectations. This workshop will save you money on jobs of all sizes, from a few hours to months-long. Whether hiring a handyman, buying a furnace, getting a kitchen remodel or even contemplating an addition, this workshop is for you.
FCON, 1 Wednesday, 7:00-9:00 pm. Meets March 11, LHS, Room 226, $25/Seniors $20.

Marie Leonard teaches You Can Fix It Too, see below.
Handling Home Repair Emergencies

Instructor: Lynnette Hartwig

What’s wrong, and who do I call? How do I know when I’m getting a good price? After taking this class, you’ll know what to do to mitigate further damage and handle leaking pipes, fallen trees, kitchen fires, bad driveways, flooded basements, broken windows, damaged garage doors, and balky furnaces. This is a great class for people new to handling household maintenance. This is not a how-to class. No tools required. This class is about understanding what needs to be done, mitigating damage, and making the right phone calls. There will be handouts to take home.

Lynnette is a Habitat for Humanity rehab crew lead with extensive experience in hiring contractors ranging from handyman to national chains.

FHOM, 1 Tuesday, 7:00-9:00 pm.

Daytime Classes

- Hospice Volunteer Training
- Speak the Speech (Or How to Give Your Own TED talk)
- Singing Together: The Choral Arts
- Learn Guitar in the Style that You Want
- Memoir Writing
- Recovering from Brain Injury: A Poetry Reading
- Word Photos: Writing Workshop for Parents
- The Art of Making Picture Books
- Fundamentals of Drawing
- Daytime Watercolor
- Sea Glass Jewelry Making
- Furniture Upholstery
- Intro to Photoshop Elements
- Photoshop Elements: The Next Step
- English Conversation
- Beginning Italian
- Italian: Advanced Beginning
- Beginning French
- Intermediate French
- Intro to Computers
- Intro to Word
- Intro to Excel
- Intro to Powerpoint
- Organizing Your Computer
- Intermediate Word
- Intermediate Excel
- Intermediate Powerpoint
- The iPad for Beginners
- The iPad: Beyond the Basics
- Intro to Social Media
- Facebook for Beginners
- Mindfulness for Families
- Babysitter’s Training
- Swing Into Winter: Social Dance for Grades 4-8
- Dungeons & Dragons for Middle School Students
- Charcoal and Pastel for Grades 2-5
- Charcoal and Pastel for Grades 6-9
- Jazz in the Middle
- LCE Test Prep
- Health and Wellness While Unemployed
- Changing Your Brain (To a Positive, More Happy You)
- Joyful Yoga
- Yoga with a Chair
- Iyengar Yoga

Business and Career

Our Financial Courses are not intended to substitute for individual financial counseling or advice. Neither LCE or the Lexington Public Schools may give specific advice on personal investments.

NEW!

Understanding the Basics of Your Auto and Homeowners Policies

Instructor: Nick Bondola

Gain a better understanding for how your personal auto and home policies truly protect you. Learn what your coverages mean and potentially how your policy will respond, should you suffer a loss. We will spend time reviewing and defining coverages and policy language to help you better understand your policies that will help you make future decisions when it comes to protecting your financial interests.

BINS, 1 Wednesday, 6:30-8:30 pm.
Meets February 25, LCE Conference Room, 146 Maple Street. Enter via 328 Lowell Street, $20/Seniors $15.
The Process of Purchasing a Home
Instructor: Jeremy Richman
Learn in detail the latest information about buying a home so you can feel confident, informed, knowledgeable and in control from the start to the finish of the largest purchase you may ever make. Learn about: determining your “real ideal” home; qualifying a home; assessed or appraised vs. Zillow valuations; making offers and negotiating to yes for less; home inspections; protecting your deposits; choosing an attorney, home inspector and mortgage agent; buying short-sales and bank-owned properties; and how to choose, hire and work with a real estate agent to represent you as your “buyer’s agent.” Included are worksheets and forms and a copy of the 40-page handbook, “The Homebuyer’s Companion,” written by the instructor.

BHOM, 1 Tuesday, 6:30-9:00 pm.

The Process of Selling a Home
Instructor: Jeremy Richman
Get tips on successfully selling your home in today’s economic landscape and hear the latest intelligence on the local real estate market. Learn how to prepare your home for sale, what turns buyers on and off, and how to select a realtor versus selling the house yourself.

BSHO, 1 Tuesday, 6:30-9:00 pm.

Using Real Estate to Build Wealth
Instructor: Charles O’Neill
Have you ever watched “Flip this House” or seen advertisements for courses that promise to show you how to profit in real estate with “Zero Money Down?” Chances are that you, like millions of other people who enjoy some degree of financial or professional success, have at least thought about investigating these or similar ways to build a fortune in real estate. The bad news is that generally these shows and “how to get rich” seminars are long on promises and short on specifics. Worse, they fail to reveal the basic underlying truth: House flipping may work for some people some of the time, but in many cases it results in staggering losses and missed opportunities. The good news is that more conservative financial planning and proven real estate investment strategies can help many families build their wealth and provide a source of retirement income without inordinate risk. In this 90 minute seminar, led by a real estate broker, serial entrepreneur and investor, we will start with a look at real estate as a part of a total investment portfolio. We will see how real estate contributes to long term wealth as part of a diversified investment plan including stocks, bonds and mutual funds. We will briefly review common ways to invest in real estate through such vehicles as Real Estate Investment Trusts and equity and income investments in real estate companies. But our main focus will be on: Your family residence as a source of wealth and income, and multi-family and other rental and investment properties.

BREW, 1 Thursday, 7:00-8:30 pm.

Smart Social Security Planning: For Boomers and Beyond
Instructor: Rick Fentin
What do you need to know to maximize your Retirement Income? With income from 401k and IRA accounts becoming less reliable, more and more attention is being paid to maximizing retirement income by making the best choices possible regarding Social Security benefits. Social Security benefits can potentially account for a million dollars of retirement income. In this course, you will find answers to questions regarding Social Security availability and the best time to apply for benefits. We will also consider major factors regarding how to use starting, stopping and buy back strategies to take maximum advantage of your benefits, as well as how to minimize taxes on Social Security benefits through coordination with other retirement income.

B010, 1 Tuesday, 7:00-9:00 pm.
Meets March 17, LHS, Room 221, $25.

Mind and Body

LCE seeks to offer opportunities that promote learning about holistic health and living well. In this section you’ll find everything from courses on meditation to alternative understandings of nutrition.

Midlife Dating: The Internet and Beyond
Instructor: Kate Kavanagh, M.Ed.
Are you 50ish, single and pondering how to go about dating again? You know that things have changed since the last time but you’re unsure about the new rules - strategies-pitfalls and opportunities? You keep hearing about Match, Fish and OKCupid, but haven’t a clue about how to begin? Come to this uplifting, enlightening, fun-filled, interactive workshop to learn about: how you can create a winning online profile, text and photos; which dating service (Internet or otherwise) suits you; what are the options beyond internet dating; meetups, house singles parties and others. It’s a brave new world - learn how to rock it! Both male and female participants are welcome. Discussion between the genders can be the best part!

MIDA, 1 Monday, 7:00-9:00 pm.
Meets February 2, LHS, Room 242, $30.
No Time for Time Management?
Instructor: Pamela Kristan
Sure, nobody has time for time management. Yet we still long for days to go smoothly, easily, effectively. The trick to resolving this paradox is to understand, deeply in our bones, that it’s just plain impossible to do it all ... and then, live gracefully with that understanding! This session offers a whole new way to manage time. Rather than addressing each symptom as it shows up, we’ll get down to the root issues—the ABCs of Attention, Boundaries, and Choices. New insights and hands-on skills help us address common problems such as distractions, procrastination, and priorities while working on a deeper level where real change happens. Change isn’t easy. We’ll need to bear some discomfort and make some decisions. But isn’t that what we want—a real change? The result is a life that’s grounded in reality, yet open to possibility. Join us to learn how.
**FABC**, 1 Tuesday, 6:30-8:30 pm. February 24, LHS, Room 233, $30/Seniors $25.

Health and Wellness While Unemployed
Instructor: John A. Denney, CFA
This course is not designed to help you find a job, it is designed to give you an understanding of your new reality and the tools to lead a healthy, and yes, happy life while you are unemployed. Being unemployed can have devastating effects—not just on the unemployed person—but also on his or her family and friends. Most people who are unemployed today have had long and successful careers and are unprepared for dealing with being unemployed in a healthy way. Loneliness, depression, anxiety, alcoholism, feelings of worthlessness, divorce, and sexual infidelity are some of the problems that can arise with unemployment. Come to learn strategies to deal with being unemployed. Learn how to wake up every day satisfied with who you are.
**B05U**, 4 Wednesdays, 1:00-2:30 pm. Begins February 25, LCE Conference Room, 146 Maple Street, Access by 328 Lowell Street, $50.

Exploring Your Best States of Mind
Instructor: Rick Clerici
It is estimated that the average person uses 7% to 10% of their potential and a genius uses about 11% to 13%. What is it like to begin using more of the mind’s potential for joy, change, learning and growth? In this presentation you will learn fascinating and relaxing mind exercises that can raise your level of excellence, health and happiness, put you in control of cravings and reduce limiting fears. Gain new insights into the creative workings of your own mind. This presentation is exciting, mind bending and deeply relaxing.
**MIND**, 1 Wednesday, 7:00-8:30 pm. Meets January 14, LHS, Room 226, $30.

Heartsaver® First Aid and Adult/Pediatric CPR/AED
Instructor: Graham Lehman
Heartsaver First Aid and Adult/Pediatric CPR/AED is a course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives. This course teaches adult and pediatric CPR and AED use. Students also learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. Upon completion of this course, students receive an American Heart Association Heartsaver First Aid Adult/Pediatric CPR/AED Course Completion Card that is valid for two years. Student Materials include a CPR/First Aid Reference Card, Pocket First Aid Kit and a Key Chain Breathing Barrier.
**MFAC**, 1 Thursday, 6:00-10:00 pm. Meets February 12, LHS, Room 173, $110.
Introduction to Meditation
Instructor: Sue McCombs
Meditation can reduce stress and boost energy and is a surprisingly easy skill to learn. Come join us for this one-night workshop to learn the basics of meditation. With a little practice, you will discover that meditation can help you manage the stress in your life, and increase your overall sense of well-being. Please note; any alcohol consumption prior to class will significantly reduce the effectiveness of these techniques. Dr. Susan McCombs is a board-certified clinical hypnotherapist.
**MMED**, 1 Thursday, 7:00-8:30 pm.
Meets February 5, LHS, Room 247, $40.

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Stop Dieting
Instructor: Sue McCombs
Imagine not being tempted to overeat; to feel indifferent to sugar, bread, pasta, too much snacking, and grazing from dinner to bedtime. Using guided relaxation and imagery (techniques used in hypnosis), you will notice an improvement in your desire, determination, and resourcefulness, which will lead you toward successfully instituting a healthier pattern of eating. This program is designed to help you let go of unwanted pounds gently, easily, and permanently. Please do not consume any alcohol prior to class. Audio CD’s will be available for $30 for those who wish to take the program home with them.
**MAPP**, 1 Thursday, 7:00-8:30 pm.
Meets February 26, LHS, Room 247, $40.

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Stress Less: Learn to Meditate
Instructor: Richard Geller
Meditation is one of the best ways to reduce stress and improve your health, as evidenced by many recent scientific studies. Participants will learn: how meditation works, numerous different meditation techniques, and strategies for integrating meditation into your daily work and life. Upon completing this program, participants will be able to practice meditation anytime, anywhere that stress occurs, and immediately feel the benefits. Throughout the four week course, participants are taught and practice over 10 powerful meditation techniques including: breath focus, body scan relaxation, standing and walking meditation, Tai-Chi and Chi-Kung beginning practice, sound and mantra meditation, simple Yoga as a meditation, visualization practice, and mindfulness meditation. The entire program is highly interactive, hands-on, and easy to learn. The class is taught by Richard Geller of MedWorks Corporate Meditation Programs, who has been featured in the *Boston Globe*, *Bloomberg News*, *Financial Times*, *Mass High Tech*, and *Boston CBS-4 TV news* (see www.meditationprograms.com). Participants sit in chairs and wear normal attire. Sorry, no eating in the class.
**SLLM**, 4 Tuesdays, 7:00-8:00 pm.
Begins January 20, LHS, Room 247, $55/Seniors $40.

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Changing Your Brain (To a Positive, More Happy You)
Instructor: Jeanne Mayell
We used to think that we were stuck with the brains we had, that if we were melancholy, for example, we just had to accept it. We’d admire the upbeat, positive Oprah Winfrey’s of the world, and think “If only we had their brains.” Now, neuroscience reveals that we can change our brains with simple mental exercises, the way we can change our bodies with a daily workout. We can, in fact, become genuinely happier, more positive and open people, not by repressing our negative thoughts, but by building up the positive pathways in our brain. Before long we find a natural buoyancy in our thinking, and, along with it, a boost in our creativity, intuition, immune system, love lives, and careers. Come to this class to learn how to jump-start your new brain! To learn more about the instructor, please visit http://www.jeannemayell.com.
**MBRN**, 1 Monday, 12:15-3:15 pm.
Meets March 9, LCE Conference Room, Access by 328 Lowell Street, and enter through the side door of the Old Harrington, $30/Seniors $25.

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Interested in Teaching?
LCE is always looking for new course ideas, and outstanding instructors. Call 781.862.8043, or email info@lexingtoncommunityed.org for a course proposal.
Exercise and Dance

Our Exercise and Dance classes provide many low-impact, affordable, and fun ways to help you get in shape and stay that way.

NEW!

Introduction to Ballet Basics
Instructor: Staff at iDance Boston
This Adult Beginner Ballet class is an introduction into the world of classical ballet. Class will include warm-up, barre and center work. Participants will learn basic terminology and technique as well as experience the joy of moving to music from great classical ballets. This is a progressive class over 6 weeks. By the end of the session, you shall feel comfortable and confident in your skills while having developed a deep appreciation for this beautiful dance art form. Suggested footwear is cotton socks or ballet shoes.

EBAL, 6 Tuesdays, 7:30-8:30 pm.
Beginns January 20, Meets at iDance Boston, 11 Cypress Drive Business Park, Burlington, $80.

NEW!

An Introduction to Irish Dance
Instructor: Rebecca McGowan
Get your feet moving with quick footwork danced to lively jigs and reels. Step dancing is energetic, graceful, precise and fun. Learn basic solo steps and group ceili dances. We will begin with a thorough warm up and get a good workout through technique drills while focusing on developing fluidity and musicality. All backgrounds welcome, no experience required. Wear ballet shoes, socks, or other soft-soled shoes.

EIRI, 10 Thursdays, 7:30-8:30 pm.
Beginns January 29, LHS, Room 140, $150/Seniors $120.

NEW!

Simply Salsa Sundays
Instructor: Staff at iDance Boston
This festive dance session extends over 4 weeks. It's structured and progressive, and is intended to give you the confidence to build your first steps as a salsa dancer! You will learn how to listen to the music and master salsa timing. This class will also help you to dance in connection with a partner on the dance floor. We will cover basic steps and turns. Partners are NOT required for this group class. You can attend as an individual or a couple. We will rotate partners throughout the class. To add a bit more “Latin Heat” we will explore the basics of other Latin dance styles such as Bachata and Merengue, as time allows! Please wear smooth leather-soled shoes (or heels) or socks (rubber soles do not work well for these dance styles).

ESAL, 4 Sundays, 7:00-8:00pm.
Beginns January 25, and meets 2/1, 2/8, and 2/22 at iDance Boston, 11 Cypress Drive Business Park, Burlington, $80.

NEW!

An Introduction to Tai Chi
Instructor: Virginia Payne
Originally one of the ancient Chinese martial arts, Tai Chi is practiced today by students primarily as a method of exercise that cultivates physical and mental harmony in movements. Scientific studies show that Tai Chi improves and possibly prevents chronic conditions such as arthritis, heart disease and diabetes. For example, Tai Chi is reported to ease Fibromyalgia, according to a study published in The New England Journal of Medicine. In fact, practicing Tai Chi regularly helps reduce stress, improve balance, improve coordination, strengthen immune systems, and develop body awareness and confidence. Please wear loose, comfortable clothing and soft flat indoor shoes, such as flat sneakers. Outdoor shoes are not permitted inside the studio.

EVTI, 10 Thursdays, 5:10-6:25pm.
Beginns January 15, LHS, Room 140, $150/Seniors $120.
Tai Chi I and Eight Pieces of Brocade

Instructor: Virginia Payne

Practicing Tai Chi regularly helps reduce stress, improve balance and coordination, strengthen immune systems, and develop body awareness and confidence. Tai Chi I and Eight Pieces of Brocade is for students who have taken the “Intro to Tai Chi” class. The 24 moves from the first section of the Tai Chi form will be further refined along with deep breathing exercises in each class. Emphasis will be on practicing and doing the moves correctly with fluidity and continuity. Students will also be learning some new moves from the second section of the form. However, the pace of the class is customized to the level of the students. Therefore the class will not cover all 38 moves of the second section of the form, but only some of them depending on the comfort level of the students. The Eight Pieces of Brocade Qigong will again be used as warm-up exercises before practicing the Tai Chi form.

**ETC** 10 Tuesdays, 6:15-7:30 pm.
Begins January 13, LHS, Room 140
$150/Seniors $120.

Tai Chi I: Extended Class

Instructor: Virginia Payne

Tai Chi I: Extended Class is a continuation of the Tai Chi I class. The first and second sections of the Tai Chi form will be further refined along with deep breathing exercises in each class. Emphasis will be on practicing and doing the moves correctly with fluidity. Students will also be learning some new moves from the third section of the form. However, the pace of the class is customized to the level of the students. Therefore the class will not cover all 46 moves of the third section of the form, but only some of them depending on the comfort level of the students. The Eight Pieces of Brocade Qigong will again be used as warm-up exercises before practicing the Tai Chi form:

**ETC2** 10 Tuesdays, 6:15-7:30 pm.
Begins January 13, LHS, Room 140
$150/Seniors $120.

Beginning Yoga

Instructor: Helen Theodosiou

Join us for an introductory hatha yoga class, whether you have never done yoga before, are a beginner, or would like to enhance your yoga practice. We will pay attention to breathing in order to focus the mind and body. We will engage in a full range of yoga poses to develop flexibility, strength and stamina as well as expand our repertoire of movement. This practice will invite you to alleviate stress, recharge and return to daily activities with renewed energy and vitality. Creating an overall sense of balance and well being, we will practice with joy, patience and humor. Wear comfortable clothes and bring a mat.

**EYOM** 8 Mondays, 10:45-11:45am.

Yoga Dance

Instructor: MaryAnn Christie Burnside

Come out and let your Yoga dance! Let Your Yoga Dance® is a delightful mind-body dance class that combines music, mindfulness, meditation, user-friendly movement to influence subtle energies that affect our sense of well-being, ease and peace. It’s a funky, joyful and sacred time that energizes and balances mind, body, heart and spirit. Good for all parts of you and fun for every body! No prior experience with Yoga or dance required. Come as you are. We will dance to an eclectic music mix in bare feet or in soft-soled shoes. Please wear comfortable clothing and bring a water bottle. You can bring a yoga mat if you have one.

**EYOD** 1 Thursday, 7:00-8:30 pm.
Meets February 12, LHS, Room 140, $20/Seniors $15.

NEW!

About Lexington Community Education

LCE is a self-sustaining, integral part of the Lexington Public School system that is committed to promoting lifelong learning. Our programs are open to all regardless of residency and are appropriate for participants 16 years of age and over. Our Classes for Children are for specified ages. LCE provides an extensive summer children’s program called Lexplorations which offers classes for creative and academic enrichment.
Yoga with a Chair
Instructor: Susanne Sandberg
If you cannot get down on the floor to exercise but want to stay fit, try this hatha yoga class, which uses a chair for balance. You do not need to lie down to get the benefits of yoga. These benefits include stretching, flexibility, balance and strength. Learn yogic breathing, postures and meditation. Wear non-restrictive/stretchy clothing and bring a bath towel. You’ll feel stronger, healthier and more relaxed after every class!

Hatha Yoga
Instructor: Asha Ramesh
Stretch and strengthen without competition or performance anxiety in this basic hatha yoga class. Class will include standing, sitting, and supine poses, with a focus on breath. Postures are basic, without compromising on the wellness they deliver. The format changes from one week to another, allowing for variation and multiplicity in poses. The yoga you take home will allow customization to suit your mood and needs. Dress comfortably and bring your own mat.
EHYO, 9 Wednesdays, 7:00-8:00 pm. Begins January 14, Diamond Middle School Cafeteria, $130/Seniors $98.

Iyengar Yoga
Instructor: Mary Wixted
Been curious about why so many people are taking yoga in the United States? Come enjoy a yoga class taught in the Iyengar method of yoga. The Iyengar method is to yoga what classical ballet is to dance. It is a progressive offering of the yoga postures designed to provide a safe and an ever-deepening practice which opens and strengthens the body while drawing the mind into a meditative state. Props will be used to make the postures accessible.
EYEN, 9 Tuesdays, 9:15 am-10:45 am. Begins January 13, Hancock Church, $165/Seniors $125.

Joyful Yoga
Instructor: Linda Del Monte
Students of all ages, levels, and abilities can enjoy this style of yoga, known as a “celebration of the heart.” This is yoga that combines a Kripalu (heart-centered) and Iyengar style (detail-oriented), where your pose will originate within your body and move to the outside of the body. We will work on finding balance, distributing weight equally, and aligning the body in a therapeutic way that will keep you safe while practicing. Gain strength and flexibility while finding the connection of body, mind and spirit. Yoga mat required. Wear comfortable, loose fitting clothing, and bare feet.
EYF2, 10 Fridays, 12:00 noon -1:15 pm. Begins January 9, Hancock Church $150/Seniors $120.

POUND: Rockout. Workout.
Instructor: Staff at iDance Boston
POUND is a fun, functional, and streamlined group fitness method that fuses the best strength training, Pilates, and cardio moves with the distraction of drumming. The use of Ripstix, lightly weighted exercise drumsticks (1/8 of a pound), challenges the body’s stability during each technique and uniquely targets and strengthens the core and deep infrastructural muscles. POUND rivals the difficulty of an extreme boot camp, the effectiveness of intense Pilates and the benefits of cardiovascular interval training but masks the anguish of all three with the feeling of rockin’ out. This workout can not only torch 600 - 900 calories per hour, but stress relief, weight loss, added strength and confidence are also the side effects of this exercise! Ripstix will be provided by the instructor but please bring clean footwear or come barefoot with your own yoga or Pilates mat! Suggested footwear is clean soled aerobic sneakers.
EROC, 6 Wednesdays, 6:45-7:30 pm. Begins January 21, Meets at iDance Boston, 11 Cypress Drive Business Park, Burlington, $80.

Zumba®, Ditch the Workout, Join the Party!
Instructor: Ami Stix
Let’s face it, working out can be healthy, rewarding and beneficial. Working out can be lots of things, but it’s never been known to be an exhilarating experience…until now! Zumba®, is a dynamic, exciting, and effective fitness system. Routines feature an interval approach where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you’ve got a Zumba® class! You don’t need to know how to dance. Just enjoy the music and follow along.
EZUM, 8 Mondays, 7:00-8:00 pm. Begins January 12, Hastings School, $110/Seniors $80.
Our Instructors

Adjoa Acquaah-Harris maintains a lifelong passion for cooking, entertaining, and storytelling. She is also a strategic planning executive in international development and philanthropy.

Jillian Aldrich is an experienced English teacher with a Master’s degree in secondary education.

Donald Anderson is employed with College Funding Advisors providing financial aid information to the Boston area.

Nick Bonola is the Branch Manager of the Tarpey Insurance Group in Lexington.

Maurice Bombrun is a French native, experienced teacher and bilingual dual citizen. He teaches and tutors privately with local private and public schools, and has worked for Alliance Francaise. With undergraduate studies at the Sorbonne and LSE London, he holds Master’s degrees from Sciences Po Paris and the University of Grenoble.

Monica Bou is the co-owner of iDance Boston.

Kristen Butler has been a computer teacher, repair technician, network designer, and computer consultant for over 21 years.

Robert Butler was trained at Berklee College of Music and has created a program designed to encourage, educate and delight anyone who has an appreciation for the varied music styles played on the guitar.

Pilar G. Cabrera, Ph.D., is a native Spanish speaker, SchoolWorks Consultant and a Lesley College Associate Professor.

Anne Carey is a PE teacher at LHS. She holds a double BS in Education and Special Education and a MFA in Choreography and Performance. She danced professionally as a Lindy dancer with the Mandala Folk Dance Ensemble. Anne teaches Yoga, Pilates, Jazz, Partner Dance, Choreography and Stretch at the high school.

Beth Cederberg Guertin has been a weaver for more than thirty years. She has a strong local and regional reputation for her knowledge and support of weaving and the fiber arts.

Mary Ann Christie Burnside, Ed.D., founder of Hearts and Minds, is a developmental psychologist who specializes in mind-body wellness. She is a mindfulness/yoga educator, public speaker, writer and Kripalu-certified Yoga dance teacher.

Rick Clerici, Certified Clinical Sleep Educator and Hypnotherapist, is a director at Clear Mind Systems. Rick works with groups and individual clients on strategies for creating personal excellence.

College Funding Advisors provides financial aid information to the Boston area.

Ted Coates is a retired Navy and Coast Guard Commander who has headed three non-profits as Executive Director. He has also served on numerous Boards and Committees not only for non-profits, but for homeowners associations, government agencies, and schools, as well as private clubs.

David Collins has been lecturing on opera in the greater Boston area for over 25 years. He had been Opera Boston’s resident lecturer for 8 years. He has given opera courses at MIT, Regis College, as well as lecturing at Northeastern University. Dave is currently a trustee of The Boston Wagner Association. Dave received his Bachelor degree from Boston University’s School of Music, and did postgraduate work at the New England Conservatory and the University of Connecticut - Hart School of Music.

Tom Daley a published poet, tutors poets, and has extensive poetry workshop experience.

Larry Dannenberg is a professional college placement consultant.

Karen Day is a published fiction author for middle grade and young adult readers.

Linda Del Monte is a Kripalu-certified yoga teacher who has been teaching for over 10 years and practicing for almost 30.

John A. Denny was a highly successful C-level manager with significant experience in finance, manufacturing, and being an entrepreneur, suddenly unemployed for two years and now 63.

Lauren Doolan earned her M.F.A. in fiction writing from Sarah Lawrence College and her B.A. in writing, literature, and publishing from Emerson College.

Chris Doucette is a veteran LHS math teacher who has been teaching SAT math prep for over 5 years.

Rick Fentin is a Certified Financial Planner.

Caroline Foley graduated from Tufts University with a BA in English, and went on to receive her MA in Film Studies from the Huston School of Film and Digital Media at the National University of Ireland, Galway.

Angelita Garcia, PhD is a native speaker and scholar of Spanish history and culture.

Gerry Goolkasian is a recently retired Lexington Public School teacher who has led the LCE summer Lexplorations D&D program for many years.

Karen Girondel is a recently retired LHS teacher of French language and culture.

Katherine Gorry Hines is co-owner of Complex IT.

Mary Hamilton is an avid traveler with 15 years of experience walking the British Isles.

Irene Hannigan is a parent and educator as well as a writer. For the past fifteen years she has facilitated a monthly writing group for adults. She is the author of Off to School: A Parent’s-Eye View of the Kindergarten Year. Her most recent book A Principal’s Journey: The School as My Classroom was published in September 2014.

Lynnette Hartwig is a Westford resident and the author of “Contractor Heaven: Bringing Out the Best in Your Home Improvement Contractor.” Her experience includes over 25 years of hiring contractors and serving as a Habitat for Humanity crew. She is also an Engine Designer and daughter of a Dealership Auto Repair Shop Manager.

Sharon Heermance, Ph.D. is a psychologist in Arlington. Her practice emphasizes developing a compassionate, mindful stance toward the many parts of ourselves. To learn more about the instructor, check out Sharon Heermance’s listing with the Psychology Today Therapist Directory.

Pat Heggie has been teaching the art of knitting for over 18 years.

Peter Hines has a BFA from University of Pennsylvania and has taught art for many years.

Steve Iverson is the co-owner of Complex IT.

Kevin Kennedy began training with European masters at age 17. For 30 years, he has been an Upholsterer for countless Boston area designers and leading art restorers, including consulting with and heading the upholstery department at Trefler and Sons in Newton, MA.

Poornima Kirby has taught acting and theater arts at the Nirmal Arts Academy in Canajoharie, NY, as well as coaching privately in acting techniques, Shakespeare, and movement. She studied at Shakespeare and Co. and the London Academy of Music and Dramatic Arts, and received her B.A. in Drama, with honors, from Vassar College.

Richard Knisely hosted Classical Performances and several other programs on WGBH radio for 25 years, bringing a casual enthusiasm for great music to many thousands of people in New England and beyond.


Rachel Kuberry is currently the Assistive Technology Specialist for Lexington Public Schools. In her spare time, she enjoys sewing of all kinds and is delighted to bring this to the Lexington community.

Lauren Lamoly has an MA in American Literature with a concentration in gender. She is an English teacher at Lexington High School.

Marie Leen is an experienced and enthusiastic teacher and traveler.

Graham Leman

Marie Leonard is the owner of her own home repair business, Marie’s Home Improvement, and author of Marie’s Home Improvement Guide.

Myrsini Makrakis is the co-owner of iDance Boston.

Karenna Maraj is a professional jewelry artist who studied metalsmithing at RISD and has taught locally for many years. The Karenna Maraj Jewelry Collection is both a gallery showcasing local artists and a classroom/studio space.

Tracy Marks has an M.A. in the teaching of English and has taught Adobe Photoshop in schools around the Greater Boston area.

Anthony Marques has been speaking Spanish for most of his life and has been teaching since 1989.


Dr. Susan McCombs is a board-certified clinical hypnotherapist.

Rebecca McGowan is a Lexington resident and teaches Irish dancing classes in after-school programs and for adults. She has performed at the Kennedy Center, in WGBH’s “A Christmas Celtic Sojourn,” and at numerous festivals in the Boston and Washington DC areas.

Marit Menzin is the award-winning author and illustrator of Song for Papa Crow. She also received a Mom’s Choice Award Gold Honor in July of 2012. Marit is from Lexington and her art has received various awards.
Scott Metzger is an award-winning Lexington based photographer. For more info visit, www.metzgerstudios.com.

Nicholas Michael is the founder of Odyssey College Search.

Wim Nijenberg CTC has been planning European travel for 35 years.

Charles O’Neill has over 30 years business experience in senior executive roles in the financial services industry. He has been a real estate investor and entrepreneur, having founded a retained executive search firm, industry job board, and more recently Watch City Real Estate, of which he is the Founder, Owner and Broker of Record. Watch City is a full service residential real estate company.

Sonia Parravano is currently also teaching Italian at the Dante Alighieri Society of Massachusetts in Cambridge.

Virginia Payne has been practicing the traditional Yang style Tai Chi long form for the past 23 years, and has been teaching Tai Chi for many years at the Chinese Language School in Lexington on Sundays.

Sally Peabody writes about Paris and French culture, designs and leads acclaimed custom tours, and arranges for her clients’ access to the people and places that best fit their interests, budget and travel. Sally Peabody is a consummate traveler, travel writer, and tour guide, and president of Turkish Journeys.

Arlayne Peterson has an M.A. in Education and has taught ELL at LCE for many years.

Tom Peterson is a former professor of international business law and a certified ESL instructor.

Rosemary Previte has a Master’s degree in Reading and Language and several years of experience teaching English as a Second Language. She is also a published editor, with nearly 20 years of experience as a writer, editor, and proofreader.

Asha Ramesh is a certified yoga teacher from The Yoga Studio in Boston and a 200-hour registered Hatha yoga teacher.

Jeremy Richman has been in the real estate market for over 10 years, with combined experience as a developer, realtor, mortgage agent and even a foreclosure counselor. He has an unusual breadth of knowledge about real estate which he freely shares with his clients so they are fully informed. Jeremy grew up in Lexington, LHS class of ’76.

Suzanne Sandberg is an occupational therapist who has been studying yoga for many years and received her yoga teacher training from Kripalu.

Gracia Skaf, a native of Lebanon, studied Fine Arts in Beirut, worked in the Arab Gulf States, and was an Arabic language teacher in Lebanon before she came to the US in 2008 to teach Arabic as a foreign language.

Alma Bella Solis is an artist, designer and calligrapher who has been teaching art to adults and children for nearly 20 years.

Naomi Steiner, MD, has been a pediatrician, counseling families, for 20 years. She runs the CATS project (Computer Attention Training in Schools for children with ADHD) at the Floating Hospital for Children / Tufts Medical Center, which also includes neurofeedback.

Ami Stix is a licensed Zumba instructor and a trained dancer.

Peter Sulski is currently on the faculty as teacher of violin, viola, and chamber music at Clark University and College of the Holy Cross.

Jane Sutton is a Lexington resident and published author of four picture books, three middle grade novels and one YA novel. Her website is www.jane-sutton.com.

Helen Theodosiou has an MA in Expressive Arts Therapies and is a certified (200-hour) yoga instructor.

Robin Verdier earned a Ph.D. in Theoretical Nuclear Physics at Harvard, and worked as a Principal Research Scientist in Particle Physics at MIT until retiring, subsequently continuing as a Visiting Scientist. He has drawn on his extensive experience with computer languages to create the courses that he teaches and the numerous included program examples.

Tony Watt is an award-winning flat picking guitarist.

Carl West (Prospect Hill Forge) began blacksmithing in 1977 after reading Aldren A. Watson’s “The Village Blacksmith” and has been doing it off and on since. He earned a BFA in Sculpture at Carnegie-Mellon University.

Mary Wixted, is a nationally certified Iyengar yoga instructor with over 8 years of teaching experience and has been with Lexington Community Education for 5 years. Mary is expert in helping beginners enjoy the practice of yoga, while taking more experienced students to their maximum pose and protecting the body with the use of props when needed.
Contact Info
Lexington Community Education
146 Maple Street
Lexington, Massachusetts 02420
Phone: 781.862.8043
Fax: 781.863.5829
info@lexingtoncommunityed.org
lexingtoncommunityed.org

Important Information

HOW TO REGISTER
By Phone: Pay with a Visa or Mastercard. Call 781.862.8043. Please have the course code, your card number, expiration date, and V code ready when you call. By Mail: Use registration form on the back page or download a form from our website. Enclose a check made payable to: Lexington Community Education or provide your Visa or Mastercard number. Please do not email credit card information.
Walk-In: The LCE office, located at 146 Maple Street is open from 9-3, Monday through Friday. Our Lexington High School Office is open from 4pm-9pm Monday through Thursday while classes are in session.
By FAX: Completed registration forms may be faxed to the LCE office at 781.863.5829.

Registration Confirmations: LCE does not send registration confirmations for classes listed in our fall, winter or spring catalogs.

Discounts and Scholarships our courses are open to everyone, regardless of residency. Reduced tuition is available to seniors (65 years of age and over), and also to employees of the Town of Lexington for most, but not all, of our classes. Limited scholarship assistance is available for Lexington residents; please call to request an application.

No-School Dates
There will be no classes on Monday, January 19 in celebration of Dr. Martin Luther King, Jr., and the week of February 16-20th due to winter break. Whenever Lexington High School is closed there are no LCE classes at LHS. When Lexington Public Schools are closed due to weather, LCE is also closed. You may call LCE at 781.862.8043 for a recorded announcement. Public School closings may be found online at http://lps.lexingtonma.org/snow.

Cancellation and Refund Policy
Refunds will be issued for all class cancellations or for medical emergencies. If you withdraw from a class at least two business days before the start of your class you may request a refund, minus a $10 processing fee. If you choose to receive a credit toward another course, the processing fee will not be applied. Please note that refund checks can take four to six weeks to process. Special series lectures are non-refundable. No refunds or credits are given for changes in instructors, or locations. If you are dissatisfied with a class, please call us immediately.

Lexington Community Education’s Central Office is located at 146 Maple Street
Vehicle Access is via 328 Lowell Street. As you enter the driveway, continue past Harrington Elementary School Building. The LCE Central Office building is the brick building behind the school. Please park in designated areas (not in front circle due to fire lane restrictions)

Lexington High School
251 Waltham Street
LHS is located near the corner of Waltham St. and Worthen Rd. Enter through new main entrance via parking lot on Worthen Road. Most classes are on the 2nd floor of main building. Our office is in the LHS Dean’s Office on the first floor in Room 142.

Clarke Middle School
17 Stedman Road
Stedman Road is off of Waltham St.

Diamond Middle School
99 Hancock Street
Please enter front door only from Hancock Street entrance.

Cary Library
1874 Massachusetts Avenue
From Lexington Center, go north on Mass Ave, then turn left on Muzzey Street. Then turn right on Raymond, then right on Clarke Street. The Library parking lot is on the right. The Learning Center and the Meeting Room are on the lower level.

Complex IT
9 Meriam St., Suite 1, Lower Level
First Parish Church
7 Harrington Road
Steepled white church facing town Green in Lexington Center. Park behind church building in big lot. Parish Hall is upstairs. Parker Hall is downstairs.

For programs sponsored by the Lexington Recreation Department, contact them at Lexington town hall: (781) 862-0500 Ext. 262

Lexington Senior Center
1475 Massachusetts Avenue
Entrance to the Lexington Senior Center is in the back of the building.

Lex Media Studios
54 Concord Ave. in the Avalon Lexington Complex
Please see LexMedia’s website: www.lexmedia.org for detailed directions

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- [ ] VISA
- [ ] MasterCard

Amount to charge: $__________

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