

Arlington



Community
Education

MAY
JUNE
2015

5 Weeks of Fun!

Edible Gardens 🍷 Pizza Perfecto! 🍷 Kayaking 🍷 Barre Basics 🍷 Bike Repair
and much more!



Our cover was designed by Arlington-based Jan Streitburger. See Jan's design work at <http://cre8stuf.prositem.com>.

Shorter classes. Lower prices. Register today!

Welcome to our late spring mini-term, a great time to sample many of our most popular classes for a few weeks and try a dozen brand new ones too!

Gift Certificates Now Available



Perfect for any occasion, give an Arlington Community Education gift certificate to your favorite teacher, friend or graduate this season. It may come

in an envelope, but it's truly a box of possibilities to learn and create. What could be more thoughtful? To purchase, please call our office at 781-316-3568.

We also accept "Shop Arlington First" Gift Certificates.

To Register for Classes:

Five Easy Ways: See page 18.

No Class Dates

Monday, May 25 (Memorial Day)

Daytime & Weekend Classes

We offer classes on weekdays and weekends. Look for this symbol:



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Arlington Community Education...

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

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Arlington Community Education

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CONVERSATIONS WITH DAVID WHITFORD

Join us in the Arlington High School media center for engaging conversations with influential thinkers, writers and leaders about issues that shape our world. Hosted by David Whitford, editor-at-large at *Inc. magazine*, these evenings feature active participation by the audience through questions and comments. Pre-registration is encouraged; walk-ins are welcome as space permits.



Brianna Wu: The Personal Cost of Gamergate

Since last fall, independent video game developer and Arlington resident Brianna Wu has been a central figure in Gamergate—a bitter controversy raging in the gaming industry and making headlines around the world. On one side is a seemingly coordinated movement of gamers, using the hashtag Gamergate, whose anonymous online allegations of conflicts of interest in game journalism frequently feature graphic threats of violence against individual women in the gaming industry. On the other side are the women they target and the industry insiders and observers who allege that the Gamergate movement has little to do with ethics in journalism, and instead amounts to a campaign of intimidation aimed at crushing the growing influence of women in the industry. Wu jumped into the fray in September, mocking the Gamergate movement on Twitter and speaking up in defense of the women they were harassing. Within hours, threats on her life were appearing on social media, forcing her and her husband to flee their home. Refusing to back down, she has granted frequent interviews in media outlets including *Nightline*, MSNBC, Al Jazeera, and *The New York Times*. Closer to home, our *Conversations* host David Whitford profiled Wu in the April issue of *Inc. magazine*. Come join this conversation with Brianna Wu about the Gamergate saga, women in technology, her company Giant Spacekat and her personal story.

Online learning
anytime, anywhere ...
just a click away!

www.ed2go.com/arlington

Learn something new in the convenience of your own home — whenever you want.

Arlington Community Education, in partnership with Ed2Go, offers more than 200 online courses each month. They are interactive and instructor-led. Each session runs for 6 weeks and consists of 12 lessons. Lessons are posted on the web twice weekly, and are supplemented by interactive quizzes, assignments, tutorials and online discussion groups. Students have 10 days to complete each lesson. A final exam is optional and students who successfully complete the class can download a certificate of completion. Most courses cost just \$95.

Here comes SummerFun 2015!

June 29–July 31, 2015

- Creative, fun and friendly classes for kids entering grades 1-9
- Designed and taught by experienced classroom teachers
- Small student:teacher ratios
- Half & full-day options

Go to ArlingtonCommunityEd.org
for more information



Online & Under Budget: Web Marketing on a Shoestring

Margy Rydzynski

Get solid advice for conducting effective web marketing campaigns with minimal hits to your time and your wallet. Both are often in short supply, especially if you're a one- or two-person business or small nonprofit. We'll focus on social networking, email marketing and event promotion, using such tools as Facebook, Twitter, LinkedIn, Constant Contact, Eventbrite, Mailchimp and more. You'll find out which ones are best for your business. Through presentation and demonstration, we will concentrate on best practices and ways of crafting your message to reach and expand your audience.

CODE: **BF015** Thursday, May 28 7:00 - 9:00 pm \$30

NEW Free Yourself from Paper Clutter

Judy Eisenberg

What it is about the junk mail, notes to self, catalogs and piles of papers that can so easily take over our lives and overwhelm us? This workshop will provide you with loads of tips and tricks to help you conquer paper clutter in your home or office so you can feel freer and more in control of your life. There will be time for all your questions.

CODE: **HG030** Thursday, May 28 7:00 - 8:30 pm \$20

NEW Thinking About Downsizing?

Diamond Hayes & Dawn Link

Downsizing can mean moving from a 10,000-square-foot mansion to a 2,000-square-foot house, or from a 1,500-square-foot condo to a 200-square-foot "tiny home." Either way, it's a big change. If you've been thinking about downsizing but don't know where to start, this workshop is a good way to gather information so you can make better decisions. Topics will include whether to buy or sell first, how to time the market and how to prepare your home for sale. You'll also receive tips on how to organize your home and your personal items as you downsize. Diamond Hayes of William Raveis Real Estate and Dawn Link of Resolutions Organizing lead this workshop.

CODE: **HG031** Thursday, May 28 7:00 - 8:30 pm \$20

NEW How to Purchase a Home in Today's Market

Laurie Crane & Debbie Lewis

Two real estate agents, an attorney, home inspector and mortgage lender present this interactive introduction to home buying in today's challenging market. They will walk you through the entire process—from getting pre-approved through closing—to help you feel knowledgeable and ready to purchase your first or next home. There will be plenty of time for questions.

CODE: **BF019** 2 Thursdays June 4 and 11 7:00 - 8:30 pm \$30

NEW Ready? Set...Sell!

Liz Hill

Whether spring cleaning, downsizing or liquidating a family estate, how best to sell accumulated collectibles, antiques, heirlooms and furniture is the resulting conundrum. Spend a fun and informative evening with a savvy re-seller as she outlines the many options open to sellers today, including garage sales, donations and auction specialty houses. She'll also cover estate sales, appraisal services, consignment options and the fine print involved in contract negotiations and online auctions. There will be time for discussion; questions about specific items may be addressed with the instructor at a later time.

CODE: **HG032** Thursday, June 11 7:00 - 8:30 pm \$20

Help Offspring Out of the Basement & Into a Job

Kate Kavanagh, MEd

Is your college-educated offspring at home (or about to be) and unfocused about how to step into their next stage of life? Although you cannot run their lives, you can be an informed, supportive and positive resource. We will discuss how to approach a post-grad job search, ask supportive questions to clarify direction, identify potential right-fit employers and formulate a marketing strategy. Help your offspring take full advantage of alma mater resources, identify best online resources and mobilize social media appropriately for their job search. Also, we'll discuss developmental issues associated with this life transition, warning signs of depression and resources for handling these issues. Note: The instructor is not a therapist. This class is intended to provide a general overview.

CODE: **MB025** Thursday, June 18 7:00 - 9:00 pm \$25



iPad—The Basics

Stephen Weil

Take advantage of everything the iPad has to offer starts with a thorough knowledge of how it works. This course will review everything you need to know to operate this fun and useful device and the basic apps that come loaded out-of-the-box. Over two evenings, we'll explore a variety of topics, including: controls, hand gestures, navigating screens/apps/folders, shortcuts, browsing the internet, adding contacts, email and texts, reminders and calendars. **Students must bring an iPad to class.** If you have questions about whether this course is right for you, email the instructor at service@macingenius.com. Limited to 10.

CODE: **CU025.1** 2 Thursdays June 18 and June 25
7:00 - 8:30 pm \$40

AROUND TOWN

Clean Energy For Your Home

Do you want to make your home energy more sustainable but are overwhelmed by the choices? A panel of trustworthy experts will sort it out for you. Learn about options including solar panels, energy efficiency, community solar, community aggregation electricity, switching your electric bill to local wind power, and more, and how to choose a plan or a combination of methods that is right for your family. Moderated by Clarissa Rowe, the presenters will include: Clarke Doody, Mass Save; Anne Goodwin, Mothers Out Front; Elizabeth Youngblood, Massachusetts Clean Energy Center and Mark Sandeen, Sustainable Lexington. *Co-sponsors include Sustainable Arlington, Massachusetts Climate Action Network, Sustainable Middlesex and Mothers Out Front: Mobilizing for a Livable Climate.*



Wednesday, May 13 7:00 - 9:00 pm, Arlington Senior Center, 27 Maple Street, Arlington FREE; no registration necessary

ALL CLASSES MEET AT ARLINGTON HIGH SCHOOL UNLESS OTHERWISE NOTED.

Guitar Basics

Tony Rizzotto

Our talented and passionate instructor will help you learn the basics of guitar and the basics of music in a fun, group-oriented format. You will acquire the tools you need to play songs with the group, or to continue learning on your own. No experience required. All you need is a guitar and 1-2 hours a week to practice. Please bring a \$5 materials fee to the first class.

CODE: **MU023** 5 Thursdays May 28 - June 25
7:00 - 9:00 pm \$88

Beginning Drawing & Painting

Elizabeth Rocha

How long have you wanted to explore your artistic side? Now is the time! In this welcoming and supportive class, we will first learn and practice good design and apply different techniques to communicate our own ideas and inspirations. Then we will experiment with different media, including acrylics, watercolor, pen and ink, pastels and charcoal. As we draw and paint, we will deepen our understanding of tone, texture and color, and experience the wide world of visual arts. Please bring a \$15 materials fee to the first class. Limited to 15.

CODE: **AP004** 4 Thursdays May 28 - June 18
7:00 - 9:00 pm \$65

Illustration Art

Dan Moynihan

Our popular watercolor instructor introduces a new class. Illustration is the art of visual storytelling, and it is an exciting form of personal expression. It's used in so many ways—in children's books, graphic novels, greeting cards and posters. In this introductory class, we'll use fun exercises to generate ideas and explore what kind of stories you want to tell. If you already have an idea, bring it in! We'll explore various aspects of illustration such as character design, composition and sequential storytelling. You don't need a lot of artistic experience to enjoy illustration. All ability levels are welcome, as long as you come ready to draw! Bring your favorite drawing tools (pens, pencils, markers, colored pencils, etc.) and paper (sketchbooks or loose paper, doesn't need to be anything fancy) to class.

CODE: **AP047** 5 Thursdays May 28 - June 25
7:00 - 9:00 pm \$80

Mixed Media: Many Ways to Make Art

Charlotte Kaplan

Come set your soul free by experimenting with a new art form each week! We will use cray-pas, colored pencil, watercolors, and add collage, hand-printing and image transfer to help express our ideas. We will make our own stamps, printing plates and stencils to print multiple images by hand and enhance these with any other (non-toxic) media available to us. We will look at the work of artists who have gone in this direction, such as Joseph Cornell, Betye Saar, and Romare Beardon. This is a class for controlled experimentation! No experience necessary. Please bring a 14" x 17" bristol pad to the first class and a \$10 materials fee.

CODE: **APo42** 5 Thursdays May 28 - June 25
7:00 - 9:00 pm \$80

Anyone Can Draw

Charlotte Kaplan

It's true—anyone can draw! Learning to draw is about learning to see. In this class we will learn and practice basic techniques as we draw objects and scenes around us. Each week the instructor will introduce a topic such as perspective, light, shade and shadow, value, and relationships, and we will draw based on the integration of those concepts. For inspiration, we'll look at examples of artists whose work demonstrates these techniques. All levels are welcome, especially beginners. Material required: 14" x 17" drawing pad & 2B pencil. **Meet at Arlington Senior Center, 27 Maple St.**

CODE: **APo41.1** 5 Mondays June 1-29 10:00 am - noon
\$80; \$70 for seniors

Kumihimo Necklace Workshop

Judith Shangold

Kumihimo is a Japanese form of braid-making used by samurai to lace their armor. Today, Kumihimo is used to make beautiful braided jewelry. During this workshop, you will learn the art of Kumihimo and complete a necklace that can also be worn as a bracelet. Kumihimo is so easy and relaxing, once you start you won't be able to stop. You will leave this workshop with the skills and basic materials to continue this satisfying craft. Please bring \$25 to instructor at class for materials and a reusable kit that includes a Kumihimo disk, bobbins, glue, binding thread, satin cord in the color of your choice and magnetic clasp. Additional beads, clasps and satin cord will be available for purchase. See samples of the finished pieces at judithshangold.com. Limited to 8.

CODE: **CNo22** Thursday, June 18 6:30 - 9:30 pm \$25

Creative Writing for Caregivers

Kathleen Agüero

Amid the daily pressures of caring for someone who is ill, many find it enormously helpful to reflect on their experience as a caregiver through writing. The writing process provides insight and perspective, and a way to honor the many conflicting thoughts and feelings that can be experienced in this role. This workshop focuses on helping you structure and gain insight into your own story. Designed both for caregivers working at home and in professional settings, for those who already write and for those interested in exploring writing, this workshop will help you start or refine your writing and provide powerful techniques that help keep you writing.

CODE: **WCo28** Thursday, June 4 6:30 - 9:00 pm \$30

Who Am I Now?

Kendall Dudley

As our roles in life change—children move out, we retire, switch careers or change relationships—we can find ourselves making decisions about work, love and play based on who we used to be. Finding language that reflects the changes in our lives and our new selves helps better guide those decisions. What's alive in you today? What helps you be more present to the calling of your nature? We'll look at roles, memories, "ought-tos", joys, wounds, visions and lapsed dreams to see what is asking to be expressed in our lives now. Readings, writings, and recordings will deepen the work. **Meet at 50 Grafton St, Arlington.**

CODE: **WCo21** 2 Mondays June 15 and 22
6:30 - 9:00 pm \$40

“This was an excellent class. The scones were delicious and the teacher was so knowledgeable. Bring on more bread-baking classes!”

Bread Baking with Roberta Blake



CULINARY

Make Fresh Mozzarella

Monica Massironi

The first time you taste fresh mozzarella, you may not know what it is; it tastes so unlike mozzarella most Americans are used to. Fresh mozzarella uses rich, all-natural curds. Mild and milky, smooth and silky: any way you stretch it, we love fresh mozzarella! In this hands-on crash course you'll learn how to make it at home. First we'll explain coagulation—how milk turns from fluid to firm curds. Then we'll roll up our sleeves to turn curds into beautiful balls of fresh mozzarella. Tuition includes an \$8 food fee. Limit 10 students.

CODE: **FD070** Thursday, May 28 6:30 - 8:30pm \$40

NEW Pizza Perfecto!

JoAnn Ignelzi

Making pizza is more than a culinary experience. It's a coming together of people sharing their love of creating and sharing good food. Learn the tips to making authentic pizza dough and how to cook it in the oven, on the stovetop, even the grill. We'll make a variety of delicious oven pizzas using our pre-made dough, along with toppings ranging from a traditional Neopolitan marguerita, to grilled vegetable, caramelized onion, mushroom and gruyere, and zucchini walnut pesto, as well as how to coax out flavors in pizza toppings of your own design. Take home recipes and your dough to practice your new skills at home. This is not a gluten-free class. Bring an apron, kitchen knife, dish towel, 4-quart container with a tight lid for storing your dough and beverage of choice. Tuition includes a \$20 food fee. Limited to 10.

CODE: **FD071** Thursday, May 28 6:00 - 9:00 pm \$55

Cooking for Couples Healthy French Dinner Party

Jeannette Pothier

Jeannette stirs up some romance in the kitchen with a dinner party featuring her healthy and delicious take on classic French foods. Together you and your partner will learn to prepare a wonderful dinner party you can replicate at home. The romantic menu features Chicken Provençal, rice asparagus pilaf and chocolate mousse. You will practice updated and healthy French cooking techniques. Love at first bite, anyone? Bring your knives, apron and a smile. Tuition includes a \$20 food fee *per couple*. Limited to five couples.

CODE: **FD062** Thursday, June 4 6:30 - 9:00 pm
\$65 per couple

NEW Adult & Kids Cooking: Easy As Pie!

Pam Kanavos

Nothing beats the taste of homemade pie, especially if it's one you've made together! Capture the flavors of summer by baking fresh berry pies. We'll start by learning how to make a super-flaky crust, roll it out and fill it with fresh blueberries. While we wait for those to bake, we'll create our own mini strawberry pies to bake at home. Join us for this fun, hands-on evening. Bring your aprons. Limited to 14. Tuition includes an \$11 food fee per person.

CODE: **FD072** Thursday, June 4 6:00 - 8:30 pm
\$26 per person

NEW Adult & Kids Cooking: Summer Italian

Pam Kanavos

We are lucky to have access to so many farmers markets that are bursting with local produce. You and your child will learn how to shop and prepare a full Italian meal. We will make homemade gnocchi with a fresh tomato sauce and a beautiful, roasted strawberry dessert. This is a hands-on class where you'll make everything from scratch, using fresh, local ingredients. Limited to 16. Tuition includes an \$6 food fee per person.

CODE: **FD073** Thursday, June 11 6:00 - 8:30 pm
\$21 per person

NEW Advanced Bread Baking

Roberta Blake

Pastry chef Roberta will teach you everything you "knead" to know to produce a fluffy, brioche-like challah knot. This most versatile bread is perfect for breakfast, as a sandwich roll or other occasion. Then we'll switch from sweet to savory and make a walnut onion bread from the southern Burgundy area. Limited to 8. Tuition includes an \$8 food fee.

CODE: **FD074** Thursday, June 11 6:00 - 9:00 pm
\$38 per person

NEW Farmers Market Walking Tour

Danielle Schertzer

Join professional French chef Danielle on an expert's tour through Arlington Farmers' Market. Learn about the varieties of local vegetables, how to choose and prepare them, and why locally produced foods are better. Meet local market organizer Patsy Kraemer and learn about the history, culture and mission of farmers' markets.

CODE: **FD075** Wednesday, June 17 3:00 - 5:00 pm \$20



NEW Summer Entertaining: Alfresco Italian Appetizers

JoAnn Ignelzi

Summer's coming and what could more festive and easy than a "small bite" party of delicious "cicchetti," Italian appetizers and small plates. Working with an alum and instructor from the Cambridge School of Culinary Arts, you will learn to make a variety of finger foods and salad that you can then prepare ahead of your guests or simply cook on a grill after your guests arrive. Dishes include grilled polenta with mushroom topping, crostini with various toppings, grilled radicchio with sausage, grilled shrimp with Tuscan white bean dip, Sicilian summer salad and more. Bring an apron, kitchen knife, dish towel, containers to take home any leftovers and your beverage of choice. Limited to 10. Tuition includes a \$20 food fee.

CODE: **FD076** Thursday, June 18 6:00 - 9:00 pm \$55

NEW Summer Vegetables with a Twist

Danielle Schertzer

Make the most out of corn, eggplant, peppers, squash and tomatoes with recipes that let the summer vegetables sing. Chef Danielle will share some of her favorite vegetable recipes and techniques from her native France and from her cooking classes in Asia. In this hands-on class, learn to make easy-to-prepare vegetable dishes with a twist that you and your family will love. Tuition includes a \$7 food fee.

CODE: **FD077** Thursday, June 25 7:00 - 8:30 pm \$25

Thrill of the Grill

Prime Butcher Shop

Just in time for the 4th of July, join Executive Chef Scott Carta in this information-packed and flavorful evening. He'll cover the pros and cons of gas versus charcoal and the best ways to add flavor to grilled meats. He will discuss, prepare and have you sample ideal cuts of beef, pork, chicken, a variety of seafood and other exotic meats. You'll learn why rib-eye is his favorite grilled meat, and just the right way to carve and serve your grilled foods. There will be time for questions and answers between bites of food! **Meet at Prime Butcher Shop**, 1398 Mass. Ave., Arlington. Limited to 20.

CODE: **FD022** Tuesday, June 30 7:30 - 9:00 pm \$30

NEW Household Survival 101

Mary Kenny

By popular demand: Whether you're headed off to college or on your own as an adult, this class will prepare you for some of life's everyday household tasks. Learn how to properly do laundry, including ironing and treating tough stains like oil, wine and ink. We'll go over how to repair zippers, sew buttons, and fix the ripped lining and pockets in your favorite jacket. You'll even learn how to hem pants without a sewing machine and how to save that favorite sweater by repairing moth holes like a pro.

CODE **HG027** 2 Thursdays May 28 and June 4
7:00 - 8:30 pm \$30

DIY Upholstery

Kevin Kennedy @ Pamela Powell, Upholstery on Broadway

Do you have a dog-damaged or cat-scratched upholstered chair that needs new life? Reupholster the piece yourself and be amazed at the transformation—and at how much fun the process can be. Taught by a master upholsterer, the class covers old school and modern methods and materials for antique, 20th century and contemporary furniture. Learn to disassemble your piece and pad, cut and apply fabric in a step-by-step approach. Your piece may be stored at the shop as you work on it; please limit to chairs and other small pieces. Tuition includes a \$40 materials fee, per piece of furniture, for certain supplies, including cotton, foam, tacks and staples. (Foam, etc. for cushions is additional.) Bring to first class: magnetic tack hammer, wooden mallet, scissors, tape measure, flat screwdriver, and pliers. Tools and fabric may be purchased from the shop; fabric is available at a 20% discount for students. Please note: Smaller chairs or ottomans are recommended for this class, particularly for beginners; large armchairs often take at least two full sessions of this course (16 classes). Meet at **Upholstery on Broadway**, 205 Broadway, Arlington. Visit : upholsteryonbroadway.com.

CODE: **CN001.1** 8 Wednesdays May 20 - July 8
5:30 - 8:30 pm \$390

ALL CLASSES ARE OPEN TO ADULTS AND
STUDENTS HIGH SCHOOL AGE AND OLDER
UNLESS OTHERWISE NOTED.

Home Harvest

HomeHarvest designs, builds and maintains high-yield and beautiful edible gardens by applying organic and sustainable techniques. Founder and Arlington native Ben Barkan shares his expertise in urban gardening in a series of workshops. Visit Ben at: www.homeharvest.biz.

It's All About the Soil

Ben Barkan

With a backyard garden, you can grow sweeter and more nutritious produce than anything you can buy in the supermarket. But it's essential that you start with soil that is healthy and rich in micro-life. Come learn what it takes to develop and maintain soil that produces bumper crops. We'll discuss soil properties including texture, pH, plant nutrients and organic matter. Learn how to test your soil and interpret the results. Especially important in this area, learn how to deal with lead contamination caused by paint chips from our older houses. The class will help those interested in growing food in an urban/suburban landscape while using sustainable and organic practices

CODE: **HG019** Thursday, May 28 7:00 - 9:00 pm \$20

Yard to Table: Edible Garden Design

Ben Barkan

You've decided to create a food garden, now learn how to design attractive gardens filled with both ornamental plants and nutrient-dense edibles. We'll discuss site considerations, the design process, sustainable land-use techniques, companion planting, how to incorporate both perennial and annual edibles and how to maximize garden productivity. Our It's All About the Soil workshop provides lots of useful background for this class, but is not a prerequisite. Co-sponsored by Sustainable Arlington. www.sustainablearlington.org.

CODE: **HG020** Thursday, June 11 7:00 - 9:00 pm \$20

NEW DIY Bride: Wedding Flowers

Misty Florez

The choice of flowers for your bouquets and boutonnieres helps pull the theme and aesthetic of a wedding together. If you're thinking about DIY'ing it for the big day, then join us to learn how to design and create the perfect floral arrangements *while* saving money. You'll even get some one-on-one time with a professional wedding florist to discuss your wedding and pick up some tips and tricks to feel confident before the big day. All tools, packaging (ribbon, vase, wrapping) and flowers will be provided. Take home your beautiful creation at the end of the class. A materials fee of \$50 is included in tuition. Class is limited to 8. **Meet at floral design studio in Woburn** (Exact address will be emailed upon registration.)

CODE: **HG028** Tuesday, June 9 6:00 - 8:00 pm \$100

NEW Successful Container Gardening

Misty Florez

Container gardeners are one of the fastest growing segments of gardening. Containers can be grown where traditional gardens are not possible (balconies, decks, patios and areas with poor soil). They are ideal for people in rental situations, with limited mobility or with limited time to care for a large landscape. Whether you choose perennials, annual or edibles, late spring is the perfect time to plant your container gardens. In this hands-on class, you'll create a small container garden for your home as you learn about different containers, soils, how to choose your plants and where to place them. We'll discuss design techniques for your outdoor container gardens and planting tips you can use straight through the fall. The skills and information you acquire will make you a container gardener extraordinaire! All tools, small containers, planting material and plants will be provided. Take home your beautiful creation at the end of the class. A materials fee of \$50 is included in the tuition.

CODE: **HG029** Thursday, June 18 6:00 - 8:00 pm \$100

“WOW! Excellent recipes I will definitely be using again.”

Cooking for Couples with Jeannette Pothier



RECREATION AND WELLNESS

Social Dance I: Smooth Moves

Beth Canuel

Come learn the basics of popular social dances. You will be amazed at how smooth you can move and how much fun you can have on the dance floor. You'll learn popular social dances such as the waltz, foxtrot, rumba, cha-cha and swing. *No experience or partner required.* You'll explore footwork, timing and dance etiquette while having fun, fun, fun! What are you waiting for?

CODE: **DE007** 4 Thursdays May 28 - June 25 (no class on 6/4) 8:00 - 9:00 pm \$45

Social Dance II: Fancy Footwork

Beth Canuel

For those with some dance experience. Maybe you learned a few steps for your wedding dance many years ago? Or maybe you just want to take your footwork to the next level. We'll dance and work on timing and the all-important 'lead and follow.' Learn proper posture, swing and sway, how to create bigger shapes and more! Sweep your dance partner off their feet! *No partner required.*

CODE: **DE008** 4 Thursdays May 28 - June 25 (no class on 6/4) 7:00 - 8:00 pm \$45

NEW Beginners Country-Western Line Dancing

Julie Kaufmann

What's more fun than four weeks of country-western line dance? Come alone, or with a partner. Young and old, men and women, athletes and couch potatoes—everyone can have a great time. You'll also get low-impact exercise as we dance to (mostly) country-western music. No experience needed. Just bring your two left feet, because in line dancing there are no mistakes!

CODE: **DE067** 4 Thursdays June 4 - 25 6:30 - 7:25 pm \$50

Swing Dance Plus

Julie Kaufmann

For those comfortable with the triple step, here's your chance to add to your repertoire and improve your Swing style. We'll introduce 8-count moves. Learn to become a better leader/follower. Come with a partner, or come alone. Add to your fun and get some terrific exercise!

CODE: **DE013** 4 Thursdays June 4 - 25 7:30 - 9:00 pm \$50

Fabulous Zumba!

Cheryl Keane/Michelle Steele

Imagine burning up to 1,000 calories per hour as you shake, shimmy, slide and sweat your way through great music that gets your heart pumping and your body moving. Zumba is based on the simple idea that a great workout should be fun! Join this energizing and calorie-burning workout session moving to salsa, merengue, swing and more! You'll get a total workout through cardio, muscle conditioning, balance and flexibility and you won't even realize what a great workout you're getting because you'll be having so much FUN! Dances are easy to learn, fun to follow and gentle on your joints. This class is open to all fitness levels, teens and adults; no experience is necessary. Wear comfortable clothing and sneakers; bring a hand towel and water.

CODE: **DE002.1** 5 Mondays June 1 - 29 6:45 - 7:45 pm \$55
w. Cheryl @ **St. John's Episcopal Church**, 74 Pleasant St, Arlington; enter rear door.

CODE: **DE002.2** 5 Thursdays May 28 - June 25
6:30 - 7:30 pm \$55 w. Michelle @ **Arlington High**

LaBlast® Dance Fitness

Beth Canuel

Want to shake up your workout? Get on your dancing shoes and follow LaBlast, a dance-based fitness program developed by *Dancing with the Stars* pro Louis Van Amstel, an Emmy-nominated choreographer and three-time World Dance Champion. The workout combines a wide variety of ballroom dance styles and music genres. Do the Cha Cha Cha, Disco, Jive, Merengue, Salsa, Samba, Quickstep and Lindy Hop set to everything from pop and rock to hip-hop and country – and burn fat and blast calories. Every class includes at least three dances. No experience and no partner necessary. Choose from day and evening classes. Just wear comfortable fitness clothes and sneakers, bring water and a towel. **Meet at Avalon Dance & Fitness**, 345 Trapelo Rd., Belmont. Class sessions are interchangeable and can be made up at other times during the term.

CODE: **DE063.1** 5 Mondays May 18 - June 29 (no class 5/25 or 6/1) 7:30 - 8:30 pm \$67

CODE: **DE063.2** 6 Tuesdays May 19 - June 30 (no class 6/2)
10:00 - 11:00 am \$67  DAYTIME CLASS

CODE: **DE063.3** 5 Saturdays May 23 - June 27 (no class 6/6)
11:00 am - noon \$56  WEEKEND CLASS

Kettlebell Full-Body Workout

Joe Rindone

Come transform your body! Although kettlebells have been around for decades, only recently have they become a popular form of exercise. Kettlebells are rounded weights with a single looped handle on top. Lifting and controlling a kettlebell forces the entire body, especially the core, to contract simultaneously, building strength and stability, as it elevates the heart rate. They are a great option for getting a whole body workout in a short time. This class consists of a full body warm-up, and then progresses into foundation kettlebell lifts. No experience necessary. This workout is good for all fitness levels, men and women. Meet at Back Bay Fit, 965 Mass. Ave., Arlington. Visit backbayfit.com or tonewithrindone.com for more information. NOTE: It is highly recommended that you register for the Fundamentals beginner class (see below) if you have never done kettlebells before.

CODE: **DEo58.1** 6 Wednesdays May 20 - June 24
6:00 - 7:00 am \$80 

CODE: **DEo58.5** 6 Saturdays May 23 - June 27
8:15 - 9:15 am \$80 

Kettlebell Fundamentals

Joe Rindone

It is highly recommended that you register for this Fundamentals beginner class if you have never done kettlebells before.

CODE: **DEo65** Saturday, May 16 7:30 - 8:15 am FREE!

Barre Basics Workout

Lauren Duddy

For those new to barre workouts, learn to safely sculpt long, lean legs and flat abs using traditional ballet exercises and Pilates mat work. Check out the hottest workout around! No injuries or pregnancies, please. Bring a mat to class. Limited to 14.

CODE: **DEo62** 5 Thursdays May 28 - June 25
7:30 - 8:30pm \$60

NIA: Non-Impact Aerobic Dance

Ana Ayvazian

Come enjoy a total body workout from your feet, up your spine and out through the crown of your head. NIA (non-impact aerobics) is practiced barefoot and combines dance, martial arts and healing arts in a fun fitness routine set to music. NIA instructors show students a variety of intensity levels and ways to modify movements to safely condition their bodies. Suited to all fitness levels, ages and body types, no experience is required. Bring water and a mat, if you have one.

CODE: **DEo64** 5 Thursdays May 28 - June 25
6:00 - 7:00 pm \$55

Shake it Like Shakira

Seyyide Sultan

Learn to dance like Shakira—even if you've never danced before—then use your moves in the clubs, at parties, the next family wedding! Shakira learned her moves from Egyptian-style dancers just like our instructor. You will have a great time learning and practicing the eight movements Shakira uses most; then learn a full dance to one of her songs. After five weeks, you will know how to shake your hips and move your body with confidence and style. Come have a blast in this mid-winter class. Meet in Arlington High Fitness Room; park in rear lot off Mill Street, enter courtyard through gates and follow signs.

CODE: **DEo59** 5 Thursdays May 28 - June 25
7:00 - 8:00 pm \$55

Tone & Stretch

Katina McClain

Getting our hearts pumping is a great way to keep the weight off and our hearts healthy. *And*, keeping our bodies toned and our muscles strong is more important as we get older. This class turns traditional ballet technique into a great tone and stretch workout for the entire body. The instructor promises you'll be an inch taller at the end of each class! Wear flexible dance shoes, ballet slippers or go barefoot. Note: This is not a barre workout. **Meet at Ready, Set, Kids!**, 284 Broadway, Arlington

CODE: **DEo56** 6 Wednesdays May 20 - June 24
7:00 - 8:00 pm \$60

ALL CLASSES ARE OPEN TO ADULTS AND
STUDENTS HIGH SCHOOL AGE AND OLDER
UNLESS OTHERWISE NOTED.

Brazilian Jiu-Jitsu

Brazilian Jiu-Jitsu Academy

This beginners' program is a great way to get in shape while learning a practical approach to self-defense. The techniques allow for a smaller, weaker person to successfully defend against a larger, stronger assailant by using leverage and proper technique. Brazilian Jiu-Jitsu has proven so effective that it is being used by UFC fighters, the military and law enforcement as a staple of defensive training. Students will receive a free Gi (traditional martial arts uniform) with this program. **Meet at Mass Brazilian Jiu-Jitsu Academy, 26 Mass. Ave., Arlington.** Visit www.MassBJJ.com

CODE: **DE033.1** 6 Mondays and 6 Wednesdays
May 11 - June 22 6:00 - 7:00 pm \$120

Kickboxing

Brazilian Jiu-Jitsu Academy

Are you ready to sweat? Mix up your routine with flexibility and strength building moves in this beginner kickboxing class. You'll enjoy high-intensity drills while burning 400-600 calories. This class is a cardiovascular workout consisting of jabs, crosses, uppercuts and kicks designed to get you on your way to a leaner body and a healthier state of mind. Class consists of jumping rope, heavy bag work, pad work and technical instruction. There is no sparring and no experience required. All fitness levels are welcome! Please note that this class teaches the fundamentals of kickboxing, and is not high tempo cardio with music. **Meet at Mass Brazilian Jiu-Jitsu Academy, 26 Mass. Ave., Arlington.** Visit www.MassBJJ.com

CODE: **DE032.1** 6 Tuesdays and 6 Thursdays May 12 - June 18
6:00 - 7:00 pm \$120

“I loved the hands-on aspect of the class, and the instructor was **OUTSTANDING!**”

Make Fresh Mozzarella with Monica Massironi


Tai Chi: Meditation in Motion

Judith King/ Zhantao Lin

The ultimate in no-impact aerobics, Tai Chi naturally relaxes the body, promoting calm and peace of mind while improving posture, balance and flexibility. The practice increases blood flow throughout the entire body, keeps joints flexible and restores elasticity to muscles. It is a form of exercise that actually becomes better for you as you age. This beginner class focuses on a series of short forms, each containing 10 steps or less. Through these forms, students learn fundamental skills such as stance, step patterns, basic blocking and whole body movement. Students in the daytime class will learn the first part of the Yang-style Tai Chi, one of the discipline's most popular routines. Wear loose comfortable clothing. NOTE: The 6pm class is for those acquainted with the Hwa Yu Short Form; the 7:10pm class is for those with little or no experience (7:10 class limited to 12).

CODE: **DE012.1** 5 Thursdays May 28 - June 25 6:00 - 7:00 pm
\$60 with Judith

CODE: **DE012.2** 5 Thursdays May 28 - June 25 7:10 - 8:10 pm
\$60 with Judith

CODE: **DE012.3** 7 Tuesdays May 19 - June 30 9:00 - 10:00 am
\$90 with Zhantao @ Calvary Church, 300 Mass Ave., Arlington.
Enter far-right side door on Linwood Street, turn right and go up one flight. 

Tai Chi: Level 2

Zhantao Lin

This course is for students who have experience with the first part of the Yang-style Tai Chi and who are ready to move to the second part of this practice. We will focus on accuracy, consistency and fluency to further strengthen your body's balance. **Meet at Calvary Church, 300 Mass. Ave., Arlington.** Enter far-right side door on Linwood Street, turn right and go up one flight.

CODE: **DE035.1** 7 Tuesdays May 19 - June 30
10:00 - 11:00 am \$90

Tai Chi: Level 3

Zhantao Lin

This course is for students who have experience with the second part of the Yang-style Tai Chi and who are ready to move to the third part of this practice. We will focus on accuracy, consistency and fluency to further strengthen your body's balance. **Meet at Calvary Church, 300 Mass. Ave., Arlington.** Enter far-right side door on Linwood Street, turn right and go up one flight.

CODE: **DEo48.1** 7 Tuesdays May 19 - June 30
11:00 am - noon \$90

Yoga for Every Body

Ruth Lieberherr

This class is perfect for those just beginning or coming back to yoga. People of every fitness level, age, physical challenge or shape will find their mind, body and spirit invigorated in this welcoming class. In addition to standing poses and mat exercises, the class includes modified yoga poses using a chair. The instructor individualizes postures to suit all students. Wear comfortable clothing. Bring a yoga mat, a strap or belt and two yoga blocks.

CODE: **DEo14.2** 4 Thursdays May 28 - June 18
6:00 - 7:15 pm \$50

Morning Yoga

Linda Del Monte

Morning yoga classes ease you into your day with poses that connect the mind, body and spirit. Particular attention is given to helping each student understand and work with their body to strengthen balance, increase flexibility and properly align the body. Regular practice of yoga brings calm, focus, increased flexibility and strength to your life. Bring a yoga mat, blocks if you have them, a blanket if you like and wear comfortable clothing. **Meet at Calvary Church, 300 Mass. Ave., Arlington.** Enter far-right side door on Linwood Street, turn right and go up one flight.

CODE: **DEo10.3** 5 Mondays June 1 - June 29
9:00 - 10:15 am \$60

CODE: **DEo10.1** 6 Wednesdays May 20 - June 24
9:00 - 10:15 am \$72

Hatha Yoga

Bettina Velona

This moderately paced yoga class encourages students to move with meditative awareness and attention to alignment and breathing. Class may include active and physically challenging poses as well as more passive, longer holds. Students are continually encouraged to explore their inner flow and turn within for guidance—on and off the mat. Regular practice of hatha yoga brings calm, focus, increased flexibility and strength to your life. Bring a yoga mat and a yoga strap or belt and wear comfortable clothing. Suitable for beginners as well as more experienced students. **Meet at Fox Library, 175 Massachusetts Avenue (on the corner of Cleveland Street)**

CODE: **DEo15.1** 4 Mondays June 15 - July 6
7:15 - 8:30 pm \$48

Adult, Infant & Child CPR with AED

Sarah Bott Lee, AHS Nurse

Heartsaver CPR AED is an intensive, three-hour course that covers adult/child CPR and AED, adult/child/infant choking, and infant CPR. Following the course, participants will be comfortable assessing a victim, checking for breathing, performing rescue breaths and chest compressions, and activating the emergency response system. This course also teaches participants how to help someone who is choking, how to respond in other emergency situations and how to use an AED. Upon completion of the class, participants receive their workbooks along with wallet reminder cards and a face shield. A course completion card good for two years will be mailed to participants following the class. Please bring a \$10 materials fee to instructor at class. Limited to 12.

CODE: **MBoo1** Thursday, May 28 6:00 - 9:00 pm \$40

Bike Repair & Maintenance

Justin Haber

In just two hours, you can learn the essentials of bike repair and maintenance from the head mechanic at Arlington's hometown bike shop. This hands-on class will teach you how to fix a flat, adjust gears and brakes, and other topics dictated by the interest of the group. Bring your bike to class. **Meet at Quad Cycles, 1043 Mass. Ave., Arlington.** Limited to 8.

CODE: **FGo20** Tuesday, May 26 7:00 - 9:00 pm \$25

Fly Tying for Beginners & Beyond

Joe Burns

Come learn the basic skills needed to start tying a variety of patterns for catching trout, salmon and striped bass with an avid fisherman who has tied with legends like Jack Gartside, Chris Helm and Lefty Kreh. We will begin with some basic trout patterns and progress to more the difficult patterns of dry flies, nymphs and streamers. We'll discuss the various natural and synthetic materials available, the seemingly endless variety of hooks and how these come together to make effective patterns. We'll learn about the craft of fly fishing and fly tying, revel in the techniques and philosophies of some of the great fly tyers past and present and swap fish stories. This class is suitable for beginners as well as those with moderate experience. Vises, tools, materials and fish tales will be provided, but bring your own vise if you have one. Limit 10 students. Please bring a \$15 materials fee to the first class.

CODE: **CN033** 4 Thursdays May 28 - June 18
7:30 - 9:30pm \$75

Boston Skyline by Kayak

Charles River Canoe @ Kayak

Revel in the best view of Boston's skyline—from a kayak on the Charles River! Our tour begins and ends at the T-accessible Kendall Square location (www.paddleboston.com/kendall.php). We'll begin with a quick introduction to kayak strokes, then we'll launch our double kayaks and begin our paddle along the Cambridge shoreline. After passing the Great Dome of MIT, we'll cross the Charles to the Esplanade, stopping mid-river to take in the skyline, including the Hancock and Prudential Buildings, Citgo Sign, State House Dome, and the Financial District. We'll continue our relaxing paddle under the numerous footbridges of Storrow Lagoon, passing by the Hatch Shell (site of the Fourth of July Pops Concert) and under the Longfellow ("Salt-and-Pepper") Bridge back to Kendall Square. Your guide will entertain you with tales of Boston and Cambridge, and talk about the history of the area. Paddlers of **all abilities are welcome**, even those who have never paddled before! Open to those 16+. Tours are run in **double kayaks** and are booked per person; if you book one spot, you are booking one spot in a double kayak and will be paired with another person. Maximum of 8 students.

CODE: **FGo41** Saturday, May 30 11:00 am - 1:00 pm \$49

Boston Harbor by Kayak

Charles River Canoe @ Kayak

Our tour begins and ends at the T-accessible Kendall Square location (www.paddleboston.com/kendall.php). This tour will begin with a quick introduction to kayak strokes, then we'll launch our double kayaks and begin our paddle toward the Museum of Science. We'll glide through the old locks of the original Charles River Dam (built in 1910), then paddle past the Nashua Street Park and under the Zakim Bunker Hill Bridge. We'll pass through the locks at the current dam (built in 1978) and enter Boston's Inner Harbor! In the Harbor, we'll paddle to Charlestown Navy Yard to view the U.S.S. Constitution, U.S.S. Cassin Young, and other ships berthed there. From the Navy Yard, we'll enjoy the amazing waterfront skyline view, including Old North Church and the Financial District. After returning through the locks, we'll explore the narrow, winding channels at North Point Park before heading toward the Esplanade. If time allows, we'll explore Storrow Lagoon and take in the river skyline, including the Hancock and Prudential Buildings, Citgo Sign, and the State House Dome. Your guide will entertain you with tales of Boston and Cambridge, information on the role that the Charles River and Boston Harbor have played in our history, and plenty of landmark sightings. Even if you've lived here your whole life, you'll learn something new, funny, and exciting. Open to those 16+. Tours are run in **double kayaks** and are booked per person; if you book one spot, you are booking one spot in a double kayak and will be paired with another person. Maximum of 8 kayakers.

CODE: **FGo42** Sunday, May 31 2:00 - 5:00 pm \$75

Would you like to teach?

We're always looking for enthusiastic teachers who want to share their expertise with members of the greater Arlington community.

Take a look through our catalog to be sure we aren't already offering the course you have in mind. If we aren't, go to ArlingtonCommunityEd.org and click on "Propose a Class."



Driver Education

CS Driving School, Waltham

CS Driving School has contracted with Arlington Community Education to offer Driver Education to students wishing to obtain their Certificate of Driver Education. The Complete Driver Education Program consists of 30 hours classroom instruction, 12 hours behind-the-wheel instruction, 6 hours observation and a 2-hour parent class which is mandated by the Registry of Motor Vehicles. Classroom instruction is for students who have reached the minimum age of 15 years, nine months (15.9) by the first day of classroom instruction. Once students are 16 years old and have a Massachusetts Learner's Permit, they may also begin behind-the-wheel instruction; CS Driving School must have student's permit on file prior to scheduling behind-the-wheel instruction. Behind-the-wheel lessons are scheduled directly through CS Driving School at 781-891-0460, and are available seven days per week between 8am and 8pm; students can be picked up at Arlington High or any other location in Arlington. All classes meet at Arlington High, 869 Mass. Ave. except where noted.

Please go to www.ArlingtonCommunityEd.org for more details and to print out registration forms. **Fees: \$550.00 payable to CS Driving School and \$60.00 payable to Arlington Community Education.** (Please write two separate checks and mail them with your registration form to: Arlington Community Education, 869 Mass. Ave. Arlington, MA 02476.)

May 6 - May 27 3 days/week Tuesday, Wednesday, Thursday
3:00 - 6:00 pm Parent class: Monday, May 5 6:30 - 8:30 pm

June 29 - July 3 Intensive class, Monday - Friday 8:30 am -
3:00 pm Parent class: Wednesday, June 17 6:30 - 8:30 pm

August 3 - August 7 Intensive class, Monday - Friday 8:30 am -
3:00 pm Parent class: Thursday, August 6 6:30 - 8:30 pm @
CS Driving School, 2 Winter St., Waltham

SUMMER SPORTS CLINICS WITH ARLINGTON HIGH SCHOOL COACHES

Speed, Strength & Agility Clinics

*Matthew Cooney @ Johnathan Nascimento,
AHS Conditioning Coaches*

GRADES 7-12

Two-hour: Speed, strength, and agility will be enhanced through individual and small group instruction. Programs will be personalized by age, gender and sport. All skill levels are welcome: beginners to the varsity athlete. **Meet at Peirce Field turf behind Arlington High. Please go to ArlingtonCommunityEd.org for more details and to register.**

CODE: SF801A July 6 - 9 8:00 - 10:00 am \$95

CODE: SF801B July 6 - 9 10:00 am - noon \$95

CODE: SF802A July 13 - 16 8:00 - 10:00 am \$95

CODE: SF802B July 13 - 16 10:00 am - noon \$95

CODE: SF803A July 20 - 23 8:00 - 10:00 am \$95

CODE: SF803B July 20 - 23 10:00 am - noon \$95

CODE: SF804A Take all three 8:00 - 10:00 am \$245

CODE: SF204B Take all three 10:00 am - noon \$245

Spy Ponder Volleyball Clinic

Elizabeth Morris, AHS Boys Coach and Staff

GRADES 6-12

FULL-DAY: Spy Ponders Volleyball will provide players with the fundamental skills of the sport: serving, passing, setting, hitting, blocking and defense. We will focus on individual skills and make each person a better player. All skill levels are welcome. **Meet at Arlington High Red Gym. Please go to ArlingtonCommunityEd.org for more details and to register.**

CODE: SF500 August 3 - 7 9:00 - 3:00 pm \$200

“The instructor kept this interesting and efficient. I learned a useful skill.”

CPR with AED with Sarah Bott Lee

2015 Arlington Community Education SUMMERFUN!

Our SummerFun! camps are open to students entering Grades 1-9 from Arlington and surrounding communities One-to-five-week options from June 29 through July 31 at Ottoson Middle School.

We have more than 100 classes designed and taught by experienced classroom teachers.

Offering half-day, full-day and after-care options, join us and create the perfect summer for your child!

Go to ArlingtonCommunityEd.org for more information and to register.

INSTRUCTOR BIOS

Kathleen Aguero's latest book is *After That* (Tiger Bark Books). She has co-edited three volumes of multicultural literature for the University of Georgia Press and is consulting poetry editor of *Solstice Literary Magazine*. She teaches the low-residency M.F.A. program at Pine Manor College and in Changing Lives through Literature, an alternative sentencing program.

Ana Ayvazian has been teaching dance and movement for wellness for over 20 years. The Nia Technique is a vital part of her physical well-being. She is passionate to share Nia's healing potential with others.

Ben Barkan has worked at more than 30 organic farms around the world. He has installed more than 140 organically and sustainably managed custom edible gardens in Greater Boston. Visit www.homeharvest.biz.

Roberta Blake is a former head Chef Instructor, Baking, at the New England Culinary Institute with extensive experience creating breads, pastries and high end cakes. She has worked all over New England including some local favorites like Flour, Vicki Lee's Cafe and Quebrada Bakery.

Joe Burns is an avid fisherman who took up fly fishing and fly-tying while attending the University of Montana. He has fly fished across the country and tied flies with legends such as Jack Gartside, Chris Helm and Lefty Kreh.

Beth Canuel has been dancing since the age of eight. She is a professional dancer, instructor and co-owner of Avalon Dance and Fitness in Belmont.

Laurie Crane is an agent at Coldwell Banker, Arlington, a member of the American Real Estate Academy and an accredited buyers representative. **Debbie Lewis** is an agent at Coldwell Banker, Cambridge with a background in counseling and education.

Linda Del Monte is a 30-year yoga practitioner, with 14 years of teaching experience. She brings joy and spirituality into her classes. Visit her at www.lindadelmonte.com

Lauren Duddy discovered pilates and barre in 2013 and immediately fell in love with this style of workout. She is a trained dancer with more than 20 years' experience, was captain and is now assistant coach of the nationally ranked Endicott College Dance Team.

Kendall Dudley has been teaching autobiography, journal writing and career design for more than 20 years. He leads journal and lifework-direction trips to Morocco and works with individuals and organizations through the Grafton Street Writing Center in Arlington on writing and worklife. Visit www.kendalldudley.com

Judy Eisenberg, the Clutter Clearer Coach, helps people let go of the clutter in their homes or offices that weighs them down, and keeps them feeling discouraged and stuck. She is a member of the National Association of Professional Organizers and the Institute of Challenging Disorganization.

Misty Florez took her first floral design course at Rutgers University and upon graduation moved immediately to Boston to pursue her passion with flowers. More than 11 years later, she is an avid gardener and owner of Nectar Floral Design in Woburn. Visit <http://bynectar.com>

Justin Haber is head bike mechanic at Quad Cycles, Arlington.

Liz Hill grew up in the auction world, accompanying her mom, a prominent antique doll dealer, on jaunts from the Hudson River Valley to Montreal. She started her wind-up tin toy collection in her teens, and has worked for Sotheby's in NYC, Skinner Boston, and Brodney's on Newbury Street. She currently handles consignments for clients and is now the New England Relationship Manager for *Everything But the House*, EBTH.com She can be reached at liz-hill@comcast.net.

JoAnn Ignelzi is a graduate of the Cambridge School of Culinary Arts (CSCA). Since 2004 she was a chef instructor teaching in both the Recreational and Professional Programs. She was also assistant education director at CSCA in charge of curriculum development for both the Diploma and Certificate Programs. Now retired from the industry, she has owned a small private chef business and has also worked for a number of local caterers in the Boston area.

Charlotte Kaplan has been creating works on paper and sculpture for many years, following a career in architecture. She teaches drawing classes at the Boston Architectural College and adult education programs in the Boston area and has completed commissions for the Boston Children's Museum, Logan Airport, and the Massachusetts Division of Conservation and Recreation.

Pam Kanavos is a pastry chef, chef instructor and food blogger. Her Greek heritage has not only shaped her cooking, but also vastly contributed to her culinary personality. Being a lover of all things sweet and savory, Pam cooks, bakes, tastes and luckily shares her recipes with her students and on her blog *Sucrée*.

Kate Kavanagh has an extensive professional background coaching and training adults. Divorced for nine years, actively dated both online and off, fixed up friends and proud host of singles house parties and events, Kate looks forward to sharing her wisdom with those about to venture onto the scene.

Julie Kaufmann offers a wide range of dance instruction programs, including group classes, private lessons, parties and events, wedding choreography, workplace exercise, senior programs and movement class for cancer survivors. Visit www.jkdance.com.

Cheryl Keane is a certified Zumba instructor.

Mary Kenny is a sculptor and animator with an MFA from the California Institute of the Arts. She has been sewing for 20 years and has taught art at the college level and sewing at the Maud Morgan Center for the Arts in Cambridge.

Kevin Kennedy is co-owner of Upholstery on Broadway in East Arlington, where he uses his many talents as Master Upholsterer on custom projects and as a gifted upholstery teacher in the shop. **Pamela Powell** is co-owner of Upholstery on Broadway, where she uses her training as a ship's captain to run a tight ship.

Judith King originally took up Tai Chi to help alleviate the pain of a chronic illness. She has been teaching for five years.

Ruth Lieberherr has practised yoga for almost 30 years and has been teaching yoga for more than 10 years. Registered with the Yoga Alliance as an experienced yoga teacher, she brings compassion, joy and humor to her teaching.

Zhantao Lin is a professional Tai Chi teacher, a sixth-generation disciple of Yang Style Tai Chi, and president of the Yang Style Tai Chi Association.

Katina McClain is a dance instructor and Spanish teacher in the Boston Public Schools.

Monica Massironi is a native of Italy and has been living in the States for the past 17 years. She has worked at a local Italian food shop for the past eight years making the most delicious mozzarella fresh, every day.

Dan Moynihan is a graphic designer, illustrator and cartoonist. Dan has created comics for Nickelodeon Magazine; his first children's book, *Hiding Dinosaurs*, will be published in 2015.

Mike Pellegrino is an instructor in the Brazilian Jiu-Jitsu program at www.MassBJJ.com. He is a 2nd-degree black belt in Brazilian Jiu-Jitsu and also has his Doctor of Physical Therapy degree. He can also be reached at www.ReachYourPeakPT.com

Jeannette Pothier earned her professional chef and culinary arts teaching diploma from Madeleine Kamman of Modern Gourmet and has taught classes in classic French foods, including French baking.

Joe Rindone has been in the health and fitness industry for a many years. His passion for fitness has motivated him to become one of the top personal trainers in Arlington and in Boston. Visit www.tone.with.rindone.com.

Tony Rizzotto is an accomplished performer, composer and guitar educator. He works for Berklee College of Music and maintains an active teaching studio in Arlington and Belmont.

Elizabeth Rocha studied at the Rhode Island School of Design and the School of the Museum of Fine Arts before receiving her degree from Harvard's Extension School. She also teaches at the Brookline Arts Center.

Margy Rydzynski is a web marketing and communications consultant. She also conducts training sessions, webinars and seminars on social media, email marketing, writing, website design and business marketing topics.

Danielle Schertzer is a French chef, owner of Everyday Bistro, a personal chef service and is a certified Integrative health coach.

Judith Shangold has been a weaver and knitter for more than 40 years. See samples of her work at judithshangold.com.

Michelle Steele loves to teach a fun, energetic, booty-shaking Zumba class, full of many different dance styles. She also works as a special education teacher and enjoys spending time with her two dogs.

Seyyide Sultan is a belly dance instructor, performer and choreographer who also taught for MIT Health and Fitness Center and Pingree High School. Her classes were named Finalist Top Five in the Boston A-List Best Dance Classes in 2012, 2013 and 2014.

Bettina Velona has been practicing yoga since 1994 and teaching since 2009. She continues to attend workshops to deepen her practice and inform her own teaching, and is a 500-hour level certified yoga instructor.

Stephen Weil is an early adopter of all things Apple and has been teaching friends, colleagues, and clients how to make the most of their apple iDevices for the last 15 years. He's the owner of MacInGenius and makes house calls supporting iPhones, iPads, Apple TVs, and Macintosh computers.

David Whitford is host of Arlington Community Education's *Conversations* series and editor-at-large at *Inc.* magazine.

“I LOVED the Tone and Stretch class that I took. It is hard to believe that taking a one hour class once a week for 6 weeks can make so much difference in how I feel. Thank you for offering the class and I can't wait for the next session.”

Susan Lawrence, *Medford*

IMPORTANT INFORMATION

How to Register

Five Easy Ways:

1. **ONLINE** registration is available at ArlingtonCommunityEd.org.
2. **CALL** 781-316-3568 to register by phone. (Not available for youth classes.)
3. **MAIL** the registration form to Arlington Community Education, 869 Massachusetts Ave., Arlington, MA 02476.
4. **FAX** your registration to us at 781-316-3381. Be sure to include your MasterCard or VISA info. KidZone and GoLingo registration forms **MAY NOT** be faxed.
5. **VISIT** us at Arlington High School, 869 Massachusetts Ave., Arlington. Call 781-316-3568 for current office hours.

Who Can Enroll?

Both residents of Arlington and non-residents are welcome to enroll in our classes at the same low tuition. Registration opens as soon as the catalog of classes is posted online and continues until the first meeting of any class, as space permits. Under-enrolled classes are cancelled, so register early.

Confirmation

You are officially enrolled as soon as we receive your registration form and payment. If you provide us with your email address, you will receive a confirmation.

Registration Fee

A \$6 registration fee is charged once per person per term to help fund scholarships so that all can participate.

How Credit Card Charges Work

Credit card charges appear on statements as charges from "Town of Arlington".

Scholarships and Discounts

Classes eligible for discounts to seniors residing in Arlington are indicated throughout the catalog. Please call 781-316-3568 before you register to receive the 15% discount.

Partial tuition scholarships are available for those in need of financial assistance. Disabled veterans and persons on Social Security Disability (SSDI) or receiving AFDC receive a 30% discount on tuition upon presenting a letter of verification or veterans' identification. Scholarships are available for students who receive free or reduced lunch. Please call 781-316-3568 for more information.

Refund Policy

1. Full refunds are given when a class is cancelled due to low enrollment OR the course requested is already full.
2. Students withdrawing from a class at least five full business days before the start date will receive a credit minus a \$15 processing fee.
3. No other refunds will be granted.

Our Location and Hours

ACE is at Arlington High School, 869 Massachusetts Ave., Arlington. Call 781-316-3568 for our current office hours. Classes meet at Arlington High unless noted otherwise. Teen Classes meet at Ottoson Middle School unless noted otherwise. KidZone classes meet at elementary schools.

Room Assignments

Assignments are posted in the high school's main lobby each class night. Staff will be available to assist.

Parking

There is parking in the lighted parking area in front of the high school; all spaces are available to students during evening hours. Parking is also available on Mass. Ave, directly in front of the school.

Handicapped Access

Arlington High School is handicapped accessible. If you need assistance with access to Community Education classes, please call our office at 781-316-3568 at least 24 hours before your class to make arrangements.

Holidays & Closings

If the Arlington Public Schools are closed during the day due to holiday, school vacation or inclement weather, there will be no classes. If school is held and weather becomes inclement during the day, cancellations will be announced on major TV and radio stations.

Adult Programs Registration Form ■ Arlington Community Education

PLEASE PRINT

First Name _____ Last Name _____

Street Address _____

Town or City _____ ZIP _____

Email _____ Day Phone _____ Night Phone _____

COURSE CODE	COURSE TITLE	TUITION
		Registration fee \$6.00
		TOTAL:

You are officially enrolled upon payment.

The charge will appear as "Town of Arlington" on your credit card statement.

Make checks payable to: Arlington Community Ed, 869 Mass. Ave., Arlington, MA 02476 • 781.316.3568 • Fax 781.316.3381

Please charge the following credit card: VISA MasterCard Amount to charge: \$ _____

FOR OFFICE USE ONLY

Account Number _____ Exp. Date (Mo./Yr.) _____ CCV# (on back of card) _____

Cardholder Name _____ Signature _____

Adult Programs Registration Form ■ Arlington Community Education

PLEASE PRINT

First Name _____ Last Name _____

Street Address _____

Town or City _____ ZIP _____

Email _____ Day Phone _____ Night Phone _____

COURSE CODE	COURSE TITLE	TUITION
		Registration fee \$6.00
		TOTAL:

You are officially enrolled upon payment.

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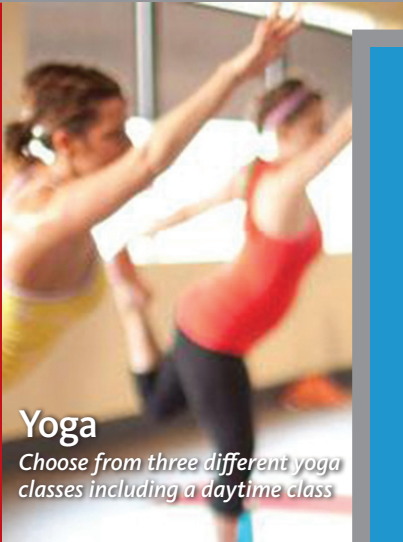
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