



Get hooked  
on something  
new

Zumba • Meditation • Excel • Tai Chi  
Paper Mache • Spanish • Embroidery  
Kayaking • Chinatown • Yoga  
Moonlight Canoe

Sing your heart out! Play guitar! Dance, dance, dance!

# Shorter classes. Lower prices. Register today!

Welcome to our late-spring mini-term! We are offering shorter versions of some of our most popular classes - and introducing some brand new classes, too. Check out what's new!

- **Help Your Offspring Out of the Basement** For parents of recent college grads. Page 3
- **Favorite Poems** With Brandeis professors Laura Quinney & Billy Flesch. Page 3
- **Prenatal Yoga** Stay fit and pamper yourself. Page 6
- **Postnatal Yoga** Reconnect with your body—and bring baby, too. Page 6
- **Indian Inspired Food** Discover the secrets of cooking with spices. Page 8
- **Healthy Snacks for Hot Days** Parents and kids cooking together. Page 8
- **Hand Embroidery & Hand Appliqué** Learn the basic techniques of these beautiful needlecrafts. Page 9
- **Paper Mache** Turn paper into fabulous and fantastic creations. Page 9
- **Mask Making** Join Boston's master mask maker in his Davis Square studio. Page 9
- **Kumihimo Necklace** A follow-up to our spring workshop. Page 10

## To Register for Classes:

**Five Easy Ways:** See page 14.

## Daytime & Weekend Classes

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

## Table of Contents

Classes	3
Online Courses	13
Instructor Bios	11
Important Information	14
Registration Form	INSIDE BACK COVER

## 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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ALL CLASSES MEET AT ARLINGTON HIGH SCHOOL,  
 869 MASS. AVE., UNLESS OTHERWISE STATED.



## CLASSES

### Introduction to Excel

*Susanne Agerbak*

Microsoft Excel is a powerful application for working with and understanding the numbers in your life. We will cover what you need to know to be able to make a budget and track spending, compare the options for a car purchase or forecast your favorite team's performance this season. In this course you will learn the essential basics of Excel: how to put data in, do calculations, make charts and do formatting to help show the meaning in the numbers. We will talk about the uses of Excel, look at example spreadsheets and create your own using Microsoft Excel 2010. Bring a USB flash drive to class if you want to take home your work and examples. This class is for experienced computer users with little or no experience using Excel. Students will need to be confident in these general PC skills: opening, saving and locating files, copying and pasting, moving windows and using the right mouse button menu. Ability to access Excel outside class recommended in order to practice.

CODE: CU010 4 Thursdays, 5/29-6/19 7-9pm \$65

### **NEW** Helping Your Offspring Out of the Basement & Into a Job

*Kate Kavanagh, MEd*

Calling all parents of recent college grads! Is your college-educated, highly talented offspring at home (or about to be) and unfocused and unmotivated 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, guiding them down the path of career opportunity and independent living. We will discuss how to approach a post-grad job search; ask supportive questions to clarify direction; and identify potential right-fit employers and formulate a unique, desirable marketing strategy. Help your offspring take full advantage of alma mater resources, identify best on-line resources, and mobilize social media appropriately for their job search. Also, we'll discuss the developmental issues associated with this life transition, warning signs of depression, and resources for handling these issues. Note: The instructor is not a therapist and this experience is not intended as family therapy.

CODE: MB025 Thursday, 6/5 7-9pm \$25

### GLEE for Grown-ups: Sing Your Heart Out!

*Sylvia Stevens*

Join this fun chorus for people who love to sing and move. Inspired by the hit Fox TV show *Glee*, the group's repertoire features a mix of musical styles and eras along with simple choreography. This 4-week course will revisit some of the songs from previous sessions just for the fun of singing in a group! Students learn music and movement through practice both in class and at home. You don't need to read music to participate. If you can carry a tune, come and join the fun!

CODE: MU001 4 Thursdays, 5/29-6/19 7-9pm \$60

### Introduction to Guitar

*Anthony 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. A materials fee of \$7 is included in the tuition.

CODE: MU023 4 Thursdays, 5/29-6/19 7-9pm \$67

### **NEW** Our Favorite Poems

*Laura Quinney @ Billy Flesch*

Spend an evening with our popular poetry instructors, both professors in the English department at Brandeis University. They will bring in a half dozen or so of their favorite poems and talk about why they like them so much. As teachers, they want other people to share in their enthusiasm, so they'll discuss poems that they're particularly enthusiastic about. This is a good opportunity to see how different poems can be wonderful.

CODE: MU025 Thursday, 6/12 7-9pm \$20

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

## Spanish for Travelers

*Tania Thal-Farfan, Native Speaker*

Through games and role-playing, students in this class will develop the basic Spanish vocabulary and language skills most useful to travelers. Gain the confidence to book lodging, order food in a restaurant, ask for directions, communicate basic needs, make purchases and more.

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CODE: **LA014** 4 Thursdays, 5/29-6/19 7-8:30pm \$50

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## Social Dance I

*Bob @ Anita Beloff*

In just four weeks, you can learn the basics of popular social dances that add to the fun of special events such as weddings and fundraising galas. You'll explore footwork, timing and dance etiquette while having fun, fun, fun! No partner required; we will match you up.

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CODE: **DE007** 4 Thursdays, 5/29-6/19 8-9pm \$45/person

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## Social Dance II

*Bob @ Anita Beloff*

A continuation of Social Dance I, or for those with dance experience. We focus on technique as we swing, waltz, foxtrot, rumba and cha-cha and continue to develop footwork, timing and lead and follow. Learn proper posture, swing and sway, correct use of the feet, how to create bigger shapes and more! Sweep your dance partner off their feet! No partner required we will match you up.

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CODE: **DE008** 4 Thursdays, 5/29-6/19 7-8pm \$45/person

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## 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, including a Lindy turn. Learn to become a better leader/follower. Come with a partner, or come alone. Add to your fun and get some terrific exercise!

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CODE: **DE013** 4 Thursdays, 5/29-6/19 7-8:30pm \$55

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## Fabulous Zumba!

*Jeny Lalchan*

Zumba is based on the simple idea that a great workout should be effective and fun! Join one of our favorite instructors for an energizing and calorie-burning workout session moving to salsa, merengue, reggaeton, swing and more! This class is open to teens and adults; no experience is necessary. Wear comfortable clothing and sneakers; bring a hand towel and water. **Meets at Arlington High, 869 Mass. Ave.**

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CODE: **DE002.3** 4 Thursdays, 5/29-6/19 6:30-7:30pm \$45

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## 20/20/20: Total Body Workout

*Jacqui Griffin*

This 4-week class helps you build a leaner body, improve posture and balance and reduce the risk of bone loss. Start with 20 minutes of fun aerobics, followed by 20 minutes of strength training using exercise bands and light weights and end with gentle stretching that leaves you energized and refreshed. This class is geared to all fitness levels, ages and abilities. Wear comfortable clothing and sneakers. Bring a set of 3-5 lb. weights, a mat or towel and water.

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CODE: **DE011** 4 Thursdays, 5/29-6/19 6:15-7:15pm \$45

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## Tai Chi: Meditation in Motion

*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 gets 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, you will learn fundamental skills such as stance, step patterns, basic blocking and whole body movement. This class covers the first part of the Yang-style Tai Chi, one of the discipline's most popular routines. Wear loose comfortable clothing. **Meet at Calvary Church, 300 Mass. Ave., Arlington.** Enter Linwood Street door and go up one flight.

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CODE: **DE012.3** 6 Tuesdays, 5/27-7/1 9-10am \$65

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**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 Linwood Street door and go up one flight.

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CODE: **DEo35** 6 Tuesdays, 5/27-7/1 10-11am \$65

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**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. **Meet at Calvary Church**, 300 Mass. Ave., Arlington. Enter Linwood Street door and go up one flight.

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CODE: **DEo48** 6 Tuesdays, 5/27-7/1 11am-noon \$65

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**Restorative Yoga Workshop***Ruth Lieberherr*

In restorative yoga we use blankets, pillows and straps to stay a bit longer in comfortable yoga poses to find deep relaxation and release for tensed muscles. Deep relaxation quiets the mind and body. You will leave the workshop relaxed and refreshed. No prior yoga experience is necessary. Bring a blanket or two, two pillows, a yoga mat and two yoga blocks (if you have them).

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CODE: **DEo37** Thursday, 5/29 6-8pm \$25

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“Suzanne did an excellent job presenting the material and making sure that we grasped the concepts.”

Introduction to Excel, page 3

**Facial Yoga Workshop***Ruth Lieberherr*

Pamper yourself with a facial yoga class. Learn from an experienced yoga instructor how to use facial yoga poses to tighten and tone face muscles, helping to reduce wrinkles and leaving your skin rejuvenated. You will also learn eye exercises to alleviate eye strain. Wear comfortable clothing and bring a yoga mat or large towel to sit or lie on. If you are not comfortable on the floor, you may stay in a chair. No prior yoga experience is necessary.

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CODE: **MBo23** Thursday, 6/5 7-8:30pm \$25

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**Morning Yoga** *Linda Del Monte*

Students of all ages, levels and abilities can enjoy this yoga class that focuses on practicing poses in a way that connects the mind, body and spirit. In this relaxing class, you will be guided through poses that strengthen your body and increase flexibility. Particular attention is given to helping each student find balance, distribute weight equally and properly align their body. It is perfectly timed for parents who drop off at school and then continue to yoga class. Regular practice of 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. **Meet at Calvary Church**, 300 Mass. Ave., Arlington. Enter far-right side door, turn right and go up one flight.

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CODE: **DEo10.1** 6 Wednesdays, 5/28-7/2 9-10:15am \$70

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**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 in Community Room @ Fox Library**, 175 Mass. Ave., corner of Cleveland Street

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CODE: **DEo15.1** 6 Mondays, 6/2-7/7 7:15-8:30pm \$70

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**NEW Prenatal Yoga**  WEEKEND CLASS*Endurance Pilates*

Yoga is a great way to stay fit during pregnancy, as well as connect with your baby, ease common aches and pains and, above all, pamper yourself. This course is appropriate for all stages of pregnancy, those new to yoga and long-time practitioners alike. Each consists of appropriate asanas (yoga poses), breathing exercises, discussion time, relaxation exercises and blissful restorative poses. Meet at **Endurance Pilates**, 446 Mass. Ave. in Arlington Center, directly across from Starbucks.

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CODE: **DEo49** 6 Sundays, 5/25-6/29 5-6:15pm \$72

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**NEW Postnatal Yoga**  DAYTIME CLASS*Endurance Pilates*

Reconnect with your body with specific attention to rebuilding your pelvic floor, strengthening your back and core and relieving tension in the upper back and chest. Moms are welcome with or without baby, from early postpartum through crawling. Meet at **Endurance Pilates**, 446 Mass. Ave. in Arlington Center, directly across from Starbucks.

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CODE: **DEo5o** 6 Fridays, 5/30-7/11 (no class 7/4) 1-2pm \$72

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**Intro To Pilates Mat***Endurance Pilates*

Pilates is intelligent exercise that can change the shape of your body through workouts that incorporate strength, stretch and control while focusing on the body's core. In this introductory class, those new to Pilates will learn basic yet challenging floor exercises that strengthen your core and abdominal muscles while providing a full-body workout. Be prepared to work! Bring a mat and water bottle; all other equipment is provided. Group classes are rigorous and designed for healthy students; no injuries or pregnancies, please. Meet at **Endurance Pilates**, 446 Mass. Ave. in Arlington Center, directly across from Starbucks.


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CODE: **DEo21.1** 6 Saturdays, 6/7-7/19 (no class 7/5)  
8:15-9:10am \$72  WEEKEND CLASS

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CODE: **DEo21.2** 6 Tuesdays, 5/27-7/1 5:30-6:25pm \$72

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CODE: **DEo21.3** 6 Wednesdays, 5/28-7/2 9-9:55am  
\$72  DAYTIME CLASS

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CODE: **DEo21.4** 6 Wednesdays, 5/28-7/2 7:30-8:25pm \$72

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CODE: **DEo21.5** 6 Thursdays, 5/29-7/10 (no class 7/3)  
6:30-7:25pm \$72

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**Basic Pilates Mat***Endurance Pilates*

Appropriate for those who already practice a regular exercise routine, this class uses basic Pilates mat exercises to focus on proper movement using Authentic Classical Pilates techniques. Classes work the muscles of the core and the abdominals and provide a full body workout. The moves are basic, the workout is demanding. Pilates is exercise designed to strengthen you from the inside out. Group classes are rigorous and designed for healthy students; no injuries or pregnancies, please. Meet at **Endurance Pilates**, 446 Mass. Ave. in Arlington Center, directly across from Starbucks.

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CODE: **DEo18.1** 6 Thursdays, 5/29-7/10 (no class 7/3)  
9-9:55am \$72  DAYTIME CLASS

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CODE: **DEo18.2** 6 Sundays, 6/8-7/13 10-10:55am  
\$72  WEEKEND CLASS

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**Intro to Barre Boston™***Endurance Pilates*

For those new to barre workouts! Learn to safely sculpt long, lean legs and flat abs using traditional ballet exercises and Pilates matwork. Check out the hottest workout around! Group classes are rigorous and designed for healthy students; no injuries or pregnancies, please. Meet at **Endurance Pilates**, 446 Mass. Ave. in Arlington Center, directly across from Starbucks

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CODE: **DEo43.1** 6 Saturdays, 6/7-7/19 (no class 7/5)  
10:15-11:10am \$72  WEEKEND CLASS

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CODE: **DEo43.2** 6 Thursdays, 5/29-7/10 (no class 7/3) 7:30-8:25pm \$72

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**Barre Boston™ Basics***Endurance Pilates*

Thanks to fans like Kelly Ripa and Madonna, Barre has become the workout du jour. A challenging, targeted workout that mixes strength building, toning and low-impact cardio with moves borrowed from Pilates and ballet, Barre Boston can change your shape -- building a long, lean leg and a round, tight derriere. It is a demanding and rigorous workout from start to finish, designed for healthy students; no injuries or pregnancies, please. Familiarity with Pilates will increase your enjoyment of this class. Bring a mat and water bottle; all other equipment is provided. Meet at **Endurance Pilates**, 446 Mass. Ave. in Arlington Center, directly across from Starbucks.

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CODE: **DEo06.3** 6 Mondays, 6/2-7/7 9-9:55am  
\$72  DAYTIME CLASS

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CODE: **DEo06.2** 6 Mondays, 6/2-7/7 7:30-8:25pm \$72

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CODE: **DEo06.4** 6 Tuesdays, 5/27-7/1 6:30-7:25pm \$72

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## 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! Students will receive a free pair of boxing gloves with this program. Please note that this class teaches the fundamentals of kickboxing, and not high tempo cardio with music. This amazing workout focuses on kickboxing technique. **Meet at Mass Brazilian Jiu-Jitsu Academy, 965 Mass. Ave., Arlington.**

CODE: **DEo32** 6 Mondays and 6 Wednesdays, 5/12-6/23 (no class 5/26) 6-7pm \$100

## Brazilian Jiu-Jitsu

### *Brazilian Jiu-Jitsu Academy*

Join the martial arts sensation that is sweeping the nation! This beginners program is a great way to get in shape while learning a practical approach to self-defense. The techniques of Brazilian Jiu-Jitsu 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, 965 Mass. Ave., Arlington.**

CODE: **DEo33** 6 Tuesdays and 6 Thursdays, 5/13-6/19 6-7pm \$100

## Jujitsu: The Ultimate Self-Defense

### *Eric Bornstein*

Jujitsu, or "the gentle art," is the parent of aikido, judo, and several styles of karate. Often called the ultimate self-defense, jujitsu techniques can be used for successful defense against unarmed and armed attacks. In this two-hour class for men and women, students will practice blocks, strikes, kicks, joint-locks, and falls, and use of pressure points in various self-defense scenarios. Learn simple, easy-to-remember tips and techniques for self-defense. Increase your confidence and fitness level. All levels of experience and styles of practice welcome. Wear comfortable workout clothing or judo gi. **Meet in the third floor martial arts studio at 1100 Mass. Ave., Arlington.**

CODE: **DEo47** Sundays, 11am-1pm and/or Tuesdays, 7:15-9:15pm 5/18-7/8 Choose any combination of eight 2-hour classes. \$200

## Chinatown Excursion

### *Rose Lee*

Join Master Chef and cookbook author Rose Lee as she guides you through the delights of Chinese culture and foods. Learn your way around this unique section of downtown Boston as we explore the nooks and crannies of both old and new Chinatown. Visit Asian markets, Chinese bakeries, favorite restaurants and shops. Learn about traditional Chinese medicine during a visit to Chinatown's oldest herbal shop. Discover a wholesale supplier of Asian cookware. Sample Chinese pastries and Chinatown's best BBQ. Taste steamed dumplings from a famous dumpling house and learn how to make them. Visit a wholesaler of Asian noodles, dumplings and wrappers. Learn about the many varieties of Chinese teas and how to make Kung-Fu tea. This is a walking tour; wear comfortable shoes, and bring shopping bags or cooler. Chinatown is near South Station and Orange/Green Line T stops. **Meet at Chinatown Gate** located at the intersection of Beach Street and Surface Road in Boston's Chinatown at 10am sharp.

CODE: **FD005** Sunday, 6/8 10am-2pm \$55

## Get your catalog *first*

Subscribe to our mailing list and receive an email the moment our catalog is posted online! Classes fill quickly, so don't miss the chance to reserve your spot.

Go to [arlingtoncommunityed.org](http://arlingtoncommunityed.org) and sign up today!

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

**NEW** Demystifying Indian Inspired Food*Hema Gopalan*

Learn to cook with confidence with spices and turn food into inspired healthful meals that are low in fat and salt, but high in flavor. This three-week course will get you started on all you need to know about spices and other flavoring ingredients. We will start with an introduction to spices and then we will learn how to make six Indian-inspired dishes—two appetizers, two entrées and two rice dishes. There will be some hands on cooking in this class. Before the first class, students will receive a list of small utensils to bring. Tuition includes a \$15 food fee. Limited to 12.

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 CODE: **FD032** 3 Thursdays, 6/5-19 7-9pm \$80
 

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**Wild Food in Arlington** *Pam Kristan*

There's food and medicine right outside your back door—you just might not recognize it. An experienced amateur forager will lead this leisurely walk through varied terrain, along the Minuteman Bikeway near the Arlington/Lexington border, and introduce you to about two dozen plants to enjoy as food and to support health. You'll learn about the plants' life cycles and when/how to harvest them. You'll also learn how to make tasty dishes and healthful preparations with these familiar, yet under-appreciated plants. Bring a small scissors or a knife and a plastic bag. **Meet at the bottom of the stairs just below the Trader Joe's parking lot, 1427 Mass. Ave., Arlington.** Tuition includes a \$3 fee for refreshments to enjoy on the walk. *Co-sponsored by Sustainable Arlington.* [www.sustainablearlington.org](http://www.sustainablearlington.org).

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 CODE: **FD008** Saturday, 6/14 1-3pm \$25
 

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**NEW** Parents & Kids Cooking Together: Healthy Snacks for Hot Days*Chelsea Ekenseair*

The long, hot days of summer will soon be here, and all your kids want to do is cool off. But rather than just letting them line up for the ice-cream truck or fill up on sugary pop or other non-nutritious treats, why not make your own? These healthy treats can be made together with your kids and some are easy enough for kids to make by themselves. Now, that's refreshing! Limited to 8 pairs (adult & child). Food fee of \$10 per pair is due instructor at class.

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 CODE: **FD033** Thursday, 5/29 5:30-7:30pm \$30/pair
 

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**Mindfulness Meditation: One-Night Workshop***Kimber Green*

Much of the time we are unaware of the incessant chatter that goes on in our heads. The problem is that this mental “noise” can cause us to miss out on important moments: a colleague's request for help, a friend's desire for connection, a child's need for our complete attention. Mindfulness meditation helps us notice what is going on in our minds and slow this unconscious chatter so that we can appreciate the quiet, rich fullness of each moment. This one-night workshop provides a great overview of mindfulness meditation: what it is, how it works and how to establish a regular meditation practice. We will even experience the practice together. Please wear comfortable, loose clothing and bring a blanket and meditation cushion or pillow if you have one. Chairs will be available for those who prefer not to sit on the floor during our practice. This workshop is a perfect introduction to our Mindfulness Meditation class (see below).

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 CODE: **MB017** Thursday, 5/29 7-9pm \$20
 

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**Mindfulness Meditation***Kimber Green**“Presence is a state of inner spaciousness”*


—Eckhart Tolle

These sessions will lead you to a deeper foundation in Mindfulness Meditation by gradually building on your understanding and practice. We will learn how to make meditation a regular practice, and how to bring these concepts into our daily lives in ways that enrich and calm us. Sessions include meditation, suggestions for home practice between classes, handouts and readings. Please wear comfortable, loose clothing and bring a blanket and meditation cushion or pillow if you have one. Chairs will be available for those who prefer not to sit on the floor during our practice.

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 CODE: **MB019** 3 Thursdays, 6/5-19 7-8:30pm \$40
 

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“Bob and Anita are awesome!”

Social Dance, page 4



## Beginning Drawing

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 pen and ink, pastels and charcoal. As we draw, we will deepen our understanding of tone, texture and color. A \$10 materials fee is due at the first class. Limited to 15.

CODE: **APo35** 4 Thursdays, 5/29-6/19 7-9pm \$65

## NEW Hand Embroidery

Joetta Maue

Explore the wonderful versatility and beauty of hand needlework. Learn basic stitches and techniques while looking at contemporary artists and their interpretations of the tradition for inspiration. Walk away with the tools to make your own unique works of stitched art. We will have plenty of time for group and individual stitching. No experience necessary. A materials list will be sent to students prior to the first class. See the instructor's work at [www.joettamaue.com](http://www.joettamaue.com).

CODE: **CNo23** 2 Thursdays, 5/22 & 29 6:30-9pm \$40

## NEW Hand Appliqué

Joetta Maue

Learn the skill of appliqué—a technique of cutting, layering and sewing cloth to create imagery. We will cover basic techniques for creating appliqué images and forms and begin to explore how to push the technique into unexpected places and take risks with the medium of fiber. Our instructor approaches the medium as an artist and encourages a playful and creative approach. No experience necessary. A materials list will be sent to students prior to the first class. See the instructor's work at [www.joettamaue.com](http://www.joettamaue.com).

CODE: **CNo24** 2 Thursdays, 6/12 & 19 6:30-9pm \$40

## NEW Paper Mache Sculpture

Charlotte Kaplan

Turn paper into sculpture! We'll use lots of paper scraps and cardboard along with some glue and paint to create fabulous and fantastic objects. The size of our studio and your imagination are our only limits. This class will be messy and fun—you might want to bring an apron and gloves. We will use non-toxic materials. Please bring some clean brown paper bags to the first class. All levels welcome. A \$5 materials fee is included in the tuition. Limited to 10.

CODE: **APo33** 4 Thursdays, 5/29-6/19 7-9pm \$70

## NEW Art of the Mask 01

Eric Bornstein

Join "Boston's pre-eminent theatrical mask maker" [*The Boston Globe*] at his Davis Square studio to learn about Italian, Balinese, and African styles of mask making, and then design and create your own durable, ready-to-wear mask. Course covers mask design, face casting, clay and paper mache techniques, painting and finishing techniques. No experience necessary. Make-up classes will be arranged for missed classes. Tuition includes most materials. Come to the first class in work clothes and bring a medium mixing bowl, a notebook, designs and provisions for contact lens storage. A list of additional materials will be provided at the first class. Meet at **Behind the Mask Studio**, 6 Campbell Park Place, West Somerville. See the instructor's work at [www.behindthemaskstudio.org](http://www.behindthemaskstudio.org).

CODE: **APo34** 10 Wednesdays, 5/21-7/23 6:30-8:30pm \$225

## 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](http://arlingtoncommunityed.org) and click on "Propose a Class."

“This class was  
OUTSTANDING. Loved it.  
Thank you!”

Wild Food in Arlington, page 8

## 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) to complete. Limited to 9. **Meet at Upholstery on Broadway**, 205 Broadway, Arlington. Visit [www.upholsteryonbroadway.com](http://www.upholsteryonbroadway.com).

CODE: **CN001** 8 Wednesdays, 5/21-7/9 5:30-8:30pm \$390

CODE: **CN001.2** 8 Fridays, 5/23-7/18 (no class 7/4)  
5:30-8:30pm \$390

## **NEW** Kumihimo Necklace Workshop

*Judith Shangold*

If you know how to do the basic 8-strand round braid on a kumihimo disk and want to learn something new, this class is for you. You will learn how to make an 8-strand half-flat braid and how to add beads to it for a variety of jewelry designs. Bring your disk and bobbins or purchase a kit in class. Cords and beads will also be available for purchase; \$24 for beaded necklace supplies plus \$16 if kit is required; if kit is required, email Instructor at [judith@judithshangold.com](mailto:judith@judithshangold.com). Limited to 12.

CODE: **CN025** Thursday, 6/5 6:30-9:30pm \$25

## Bike Maintenance & Repair

*Quad Cycles*

In just two hours, you can learn the basics of bike repair and maintenance at Arlington's great bike shop. This hands-on class will show you how to fix a flat, adjust gears, "true" your wheels and more. Bring your bike. Limited to 8. **Meet at Quad Cycles**, 1043 Mass. Ave., Arlington.

CODE: **FG026** Wednesday, 5/28 7-9pm \$30

## Moonlight Canoe Tour

*Charles River Canoe @ Kayak*

Dusk is a magical time to be on the water, so what could be more blissful than paddling a canoe by moonlight? We push off as the sun sets for an evening of relaxation, good food and conversation. As the moon rises to light our way, we'll watch herons browsing along the banks, river otters fishing for their last meal of the day, and other wildlife settling in for the night. Before and during your time on the water, your guide will share the rich history of the area, including the Canoe Clubs, Norumbega Park and the Totem Pole Ballroom. After cheese and crackers, light snacks, non-alcoholic beverages and dessert, we will return to the boathouse. Bring warm clothing, as it can get chilly after the sun sets. Our Moonlight Tours are a slow, relaxing group paddle suitable for folks of all paddling abilities. Be prepared to paddle a canoe 2-3 miles over the duration of the tour. **Meet at Charles River Canoe & Kayak's Newton Boathouse**, 2401 Commonwealth Ave (Route 30) in Newton, right next to the Newton Marriott. There is plenty of free parking. Limited to 6.

CODE: **FG015** Thursday, 6/12 7-9pm \$39

## Intro to Kayaking

*Charles River Canoe @ Kayak*

Touring kayaks are versatile boats, well suited to exploring everything from calm lakes and rivers to remote coastlines. This course is designed for both the casual paddler and those interested in ocean touring, and will introduce paddlers to proper technique and safety skills required to enjoy kayak touring. While the course is perfect for the beginner, anyone who has never had formal instruction will benefit from this class. Tuition includes four hours of instruction, two weeks of unlimited on-site practice time and wetsuit rentals. **Meet at Charles River Canoe & Kayak's Newton Boathouse**, 2401 Commonwealth Ave (Route 30) in Newton, right next to the Newton Marriott. There is plenty of free parking. Go to [http://www.paddleboston.com/paddle\\_school/introkayak.php](http://www.paddleboston.com/paddle_school/introkayak.php) for more information. Limited to 5.

CODE: **FG017** 2 Mondays, 7/7 & 14 6-8pm \$99

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

## INSTRUCTOR BIOS

**Susanne Agerbak** is a researcher who has been using Excel for more than two decades in science, project management, budgeting, sales and decision-making.

**Bob & Anita Beloff** are professional dancers from the North Shore.

**Eric Bornstein** is a master mask maker. His masks were a highlight of Boston's First Night celebration for 15 years. He is also a nationally certified jujitsu instructor with over 30 years of martial arts experience.

**Linda Del Monte** is a 30-year yoga practitioner, with 14 years of teaching. She brings joy and spirituality into her classes.

**Chelsea Eckenseair** has a bachelor's degree from the University of Arkansas and is a graduate of Le Cordon Bleu College of Culinary Arts, Austin. She has spent 12 years in the hospitality industry and has several years' experience educating children about food and nutrition through fun and empowerment.

**Hema Gopalan** is a finance professional and the owner of Hema's Kitchen and Catering in Lexington.

**Kimber Green** has been a speech-language pathologist for more than 20 years, working primarily in the area of cognition: attention/concentration, processing of information and memory. This work provided the foundation for her practice and teaching of mindfulness meditation.

**Jacqui Griffin** is an experienced fitness professional with a loyal following.

**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.

**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 [jkdance.com](http://jkdance.com).

**Kate Kavanagh**, a long-time Concord resident, has an MEd in College Student Personnel, has worked in Career Services at Harvard, MIT, Boston College, Brandeis and Babson, and supported her own three offspring (and a number of their friends) through the college/career transition.

**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. He is also an avid pursuer of historical truths, particularly American history. **Pamela Powell** is co-owner of Upholstery on Broadway, where she uses her training as a ship's captain to run a tight ship. She manages the business, the classes, the website and fabric and tool sales, and co-teaches in many of the upholstery classes.

**Pam Kristan** is the author of *Awakening in Time: Practical Time Management for Those on a Spiritual Path*, and an experienced amateur forager who has been leading plant walks for more than a decade.

**Jeny Lalchan** is a licensed Zumba® instructor and a member of the ZIN/ (Zumba Instructor Network) and teaches at local gyms; she is also a trained Bollywood and belly dancer.

**Rose Lee** is a chef, cooking instructor and cookbook author and has led culinary market tours for many years.

**Ruth Lieberherr** is registered with the Yoga Alliance as an experienced yoga teacher on the 200-hour level; view more information at [www.ruth-yoga.com](http://www.ruth-yoga.com).

**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.

**Joetta Maue** is a full-time artist primarily using photography and fibers. She received a BFA from the Ohio State University and an MFA from the University of Massachusetts. Her work has been shown in galleries and museums throughout the country.

**Laura Quinney and Billy Flesch** are professors in the English Department at Brandeis University. She teaches and studies British literature, especially poetry, of the late-eighteenth century and Romantic periods. His expertise is in poetry, the Renaissance, Romanticism, theory, literature and philosophy, and film.

**Anthony 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.

**Judith Shangold** has been a weaver and knitter for more than 30 years. See the full extent of her artistry at [www.judithshangold.com](http://www.judithshangold.com).

**Sylvia Stevens** is an alumna of Arlington High's fantastic Performing Arts program and has sung for years with area ensembles, including a competitive a cappella chorus. She was a member of the original Glee for Grown-ups 2010 show chorus class.

**Tania Thal-Farfan** was born and raised in Mexico City. In 2001, she moved to Germany where she taught Spanish language classes, among them a crash course for tourists, for more than 10 years.

**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.

“Thank you so much for offering Tai Chi classes with Zhantao Lin. They have changed our lives!”

Tai Chi, pages 4 & 5

# SUMMERFUN! 2014

## Creative and fun learning adventures for kids entering grades 1–9

Choose from one to five weeks

- June 30–July 3
- July 7–11
- July 14–18
- July 21–25
- July 28–August 1

Both half and full-day options


- 9am–noon
- 1pm–4pm
- 9am–4pm

After-care from 4–6pm, Monday–Thursday

Small class size

All classes designed and taught by  
experienced classroom teachers

## And introducing GoLingo! Spanish & Chinese Summer Language Immersion

 Language skills, cultural games,  
cooking, music & more

Half & full-day options

Meets @ air-conditioned Peirce School,  
Arlington

Choose up to 2 weeks

- August 4–8
- August 11–15

“My children have taken part in these classes for several years and we are always very pleased. It is a great program.”

“Great class! Lucy did more crafts in a morning than I would have thought possible, and she really loved it!”

“My son was very excited about the Origami he learned and was eager to show his friends how to make them. A creative activity and also a good way to learn skills like following directions...and the teacher was good at connecting with the kids and making it fun.”

“Scientific Art is such a fun & appealing subject, and it’s meant a small break from unauthorized “science experiments” at home! Now we have instructions to recreate the fun on our own! Thank you!”

TO VIEW SUMMERFUN! CATALOG AND TO REGISTER ONLINE, GO TO  
[www.arlingtoncommunityed.org](http://www.arlingtoncommunityed.org)



## ONLINE CLASSES

### Online Courses: Anywhere, Anytime

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.

Go to [www.ed2go.com/arlington](http://www.ed2go.com/arlington) to see all our courses.



### Get started today:

- 1 Go to [Ed2Go.com/Arlington](http://Ed2Go.com/Arlington) to view all courses. Select your course(s). Click the “Orientation” link and go through orientation for each class. Choose the start date that works best for you. Print this information.
- 2 Choose method of payment.
- 3 On the start date of your course, return to [Ed2Go.com/Arlington](http://Ed2Go.com/Arlington) and click the “Classroom” link. Simply log in with the name and password you selected during orientation.

[www.ed2go.com/arlington](http://www.ed2go.com/arlington)

## MORE THAN 200 ONLINE COURSES

### Selected courses:

- **Medical Terminology**  
Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.
- **Accounting Fundamentals**  
Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.
- **A to Z Grantmaking**  
Learn how to research and develop relationships with potential funding sources, organize grantwriting campaigns, and prepare proposals.
- **Grammar Refresher**  
Gain confidence in your ability to produce clean, grammatically correct documents and speeches.
- **Project Management Fundamentals**  
Gain the skills you’ll need to succeed in the fast-growing field of project management.
- **Creating a Classroom Website**  
Learn how to create a classroom website and how having one can make you a more effective and dynamic teacher.

....and many more

“The best online courses I have ever taken, bar none.  
I learned so much.”

# Important Information

## How to Register

### Five Easy Ways:

1. **ONLINE** registration is available at [arlingtoncommunityed.org](http://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. Include a personal check or money order (payable to Arlington Community Education), or provide your MasterCard or VISA information.
4. **FAX** your registration to us at 781-316-3381. Be sure to include your MasterCard or VISA info.
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 \$5 registration fee is charged once per person per term to help fund scholarships so that all can participate.

## Scholarships and Discounts

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.

## 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.

## 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 voucher minus a \$5 processing fee.
3. No other refunds will be granted.

## How Credit Card Charges Work

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

## 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. KidZone classes meet at elementary schools.

## Parking

There is limited 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.

## Room Assignments

Assignments are posted in the high school's main lobby each class night.

## 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.



Arlington  Community  
Education

At Arlington High School  
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Arlington, MA 02476

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