

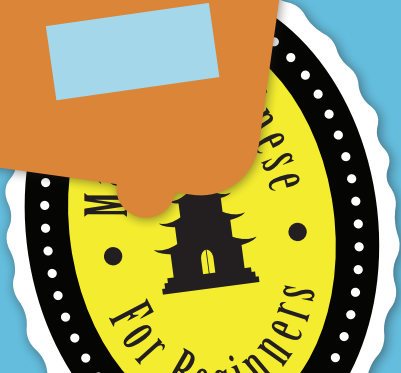
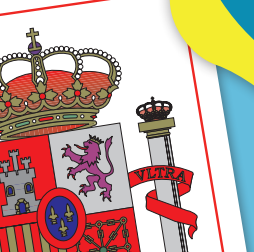
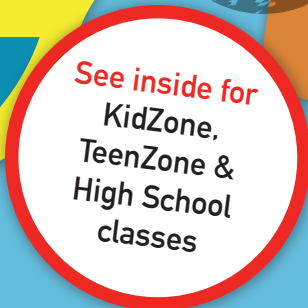
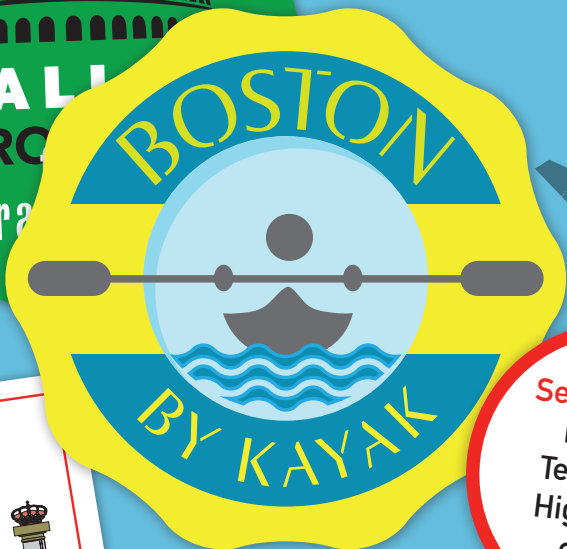
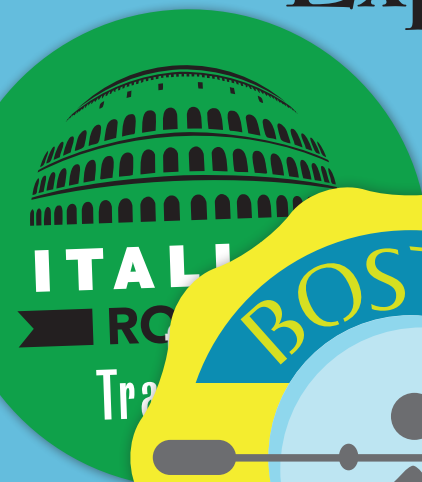
Arlington  
**COMMUNITY EDUCATION**

SEPT - DEC • 2015



# Explore ~~THE~~ Possibilities

Hundreds of exciting classes  
for adults, teens and kids





Arlington Community Ed Staff: Donna, Sarah, Franca, Tracey, Andrea, Nina, Jen

## Explore the possibilities...

I'd like to give you a peek behind the scenes at Arlington Community Education.

Completely self supporting, we receive no funding from the schools or the town. All expenses—from salaries to computers—must be covered by tuition we charge for our programs. So simply staying solvent is the first challenge. Then there are the myriad (aka relentless) details that come with developing our programming: hiring instructors, scheduling classes, promoting programs and more. It's a little like planning a wedding...every day. Each of our catalogs takes about three months to prepare, start to finish.

So it's with some relief and elation that I invite you to what may be our strongest term ever—more than 200 programs, events and classes for adults, teens and kids. I feel particularly proud of this catalog and the work of our staff.

As program manager, Jen Rothenberg's strong contributions are seen in our wide and varied course offerings for adults. She has led the redesign of our logo and website, working with designer Jan Streitburger and web designer Adam Hansen. We hope you like them. We welcome Andrea Loeb as our first youth program coordinator. Andrea lives in Arlington and has many years of volunteer experience with our schools. You see her excellent work reflected in this fall's KidZone and TeenZone classes. Tracey Dramstad and Nina Coles continue to keep all the balls in the air as they have for years.

We cordially invite you to attend the fall 2015 term of Arlington Community Education! Create. Imagine. And Explore. And by all means, come!

*Donna Eidson*

Donna Eidson, *Director*

### No Class Dates\*

(for evening classes held at Arlington High School)

Wednesday, September 23	Wednesday, November 11
Thursday, September 24	Wednesday, November 25
Tuesday, October 20	Thursday, November 26
Thursday, October 29	

\*Schedule for classes held at other locations may vary; please check class description for details.

## Table of Contents

Around Town	9
Business & Technology	10
Conversations	3
Crafts	14
Food & Drink	16
GoLingo!	48
High School & College Prep	19
Home & Garden	21
Important Information	53
Instructor Bios	49
KidZone	42
Languages	22
Music, Art & Photography	25
Online Learning (EdzGo)	38
Recreation, Fitness & Dance	28
Special Events	9
TeenZone	40
Wellness	33
Writing & Literature	36
Registration Forms	54-55

## 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 from Arlington and surrounding communities.


Donna Eidson, *Director*  
 Jen Rothenberg, *Program Manager*  
 Andrea Loeb, *Youth Program Coordinator*  
 Nina Coles, *Office Manager*  
 Tracey Dramstad, *Registrar*  
 Franca Duffy, *Evening Coordinator*  
 Sarah Flanagan, *Promotions*

**Arlington Community Education**  
 Arlington High School  
 869 Massachusetts Avenue, Arlington, MA 02476  
 communityed@arlington.k12.ma.us  
 ArlingtonCommunityEd.org • 781.316.3568

## Register Online

at [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org)

## Daytime & Weekend Classes

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

---

# CONVERSATIONS WITH DAVID WHITFORD

Join us in the Arlington High School media center for engaging conversations with influential thinkers, writers and experts in their field. 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.



## An Evening with Author Elizabeth Searle

Fresh from this summer's sold-out performances at the New York Musical Festival, Elizabeth Searle, creator of *Tonya @ Nancy: The Rock Opera*, will spend an evening discussing her novels and plays, and the national—even worldwide—media attention they have received. The rock opera is based on the infamous Tonya Harding/Nancy Kerrigan ice scandal that “haunted” Searle for years. She told a *Boston Globe* reporter, “It haunted me that Tonya’s mother—allegedly—would beat Tonya with a hairbrush if she lost a meet. And Nancy had this beautiful auburn hair, and I pictured her mother brushing her hair lovingly.” Searle created the concept and libretto for the rock opera, which has now been produced in Boston, Los Angeles, Portland and New York City. The New York performances were extended due to popular demand; new productions are in the works. In addition to *Tonya @ Nancy*, Searle has written four works of literary fiction including *A Four-Sided Bed*, a novel in development as a feature film. Her nonfiction work appears in three 2015 anthologies, and an upcoming novel, *We Got Him*, will be published in 2016.

*Elizabeth Searle has taught fiction writing at Brown, Emerson College, Bennington MFA and the University of Massachusetts, and currently teaches in the Stonecoast MFA program at the University of Southern Maine. She served for over a decade on the Executive Board of PEN/New England and founded the Erotic PEN readings. She lives with her husband and son in Arlington.*

---

CODE: SE058 Thursday, October 15 7:00 - 8:30 pm  
\$5 online registration; \$10 at door



## Rick Tetzeli: In Conversation with the Co-author of *Becoming Steve Jobs*

“*Becoming Steve Jobs* is fantastic. After working with Steve for over 25 years, I feel this book captures with great insight the growth and complexity of a truly extraordinary person.”

— Ed Catmull, president, Disney Animation and Pixar

Apple co-founder Steve Jobs has been the subject of myriad books. But the latest, *Becoming Steve Jobs*, is the only one to win Apple’s stamp of approval. After initially refusing to cooperate with Tetzeli and co-author Brent Schlender, Apple eventually endorsed the book as the most comprehensive biography of Jobs to date. *Becoming Steve Jobs* breaks down the existing myth and stereotypes about Steve Jobs. The conventional view of Jobs is that he was half-genius, half-jerk from youth, an irascible and selfish leader who slighted friends and family alike. *Becoming Steve Jobs* answers the central question about the life and career of the Apple cofounder and CEO: How did a young man so reckless and arrogant that he was exiled from the company he founded become the most effective visionary business leader of our time, ultimately transforming the daily life of billions of people? This rich, compelling narrative is filled with stories never told before from the people who knew Jobs best, including his family, former inner circle executives and top people at Apple, Pixar and Disney. Along the way, the book provides rich context about the technology revolution we all have lived through, and the ways in which Jobs changed our world.

*Rick Tetzeli, executive editor of Fast Company, has covered technology for two decades. He is the former deputy editor of Fortune, and editor of Entertainment Weekly.*

---

CODE: SE059 Wednesday, October 21 7:00 - 8:30 pm  
\$5 online registration; \$10 at door

## CONVERSATIONS, *cont.*



### Changing the Subject: An Evening with Sven Birkerts

*"[Birkerts] is one of the foremost essayists working today. He doesn't care about seeming cool or sounding smart; he writes what he thinks."* — Chicago Tribune

In 1994, Arlington resident Sven Birkerts published *The Gutenberg Elegies*, his celebrated rallying cry to resist the oncoming digital advances, especially those that might affect the way we read literature and experience art. Since then, Birkerts has reluctantly allowed digital technology into his life. In his newest book, *Changing the Subject*, Birkerts examines the cultural consequences of our all-permeating technologies as he notes the changes that he sees in himself and others—the distraction induced by reading from a screen and the loss of personal initiative through reliance on GPS and other information resources. Birkerts finds solace in art, particularly literature, and other acts that require sustained attention. To read *Changing the Subject* is to come away with an awakened sense of what we lose by our wholesale immersion in the digital and what can still be regained through the old school act of reading a good book.

*Sven Birkerts is the author of nine previous books, including The Other Walk, The Art of Time in Memoir and My Sky Blue Trades. He is the director of the Bennington Writing Seminars, and edits the journal AGNI, which is based at Boston University. He lives in Arlington.*

---

CODE: **SEo6o** Tuesday, November 3 7:00 - 8:30pm  
\$5 online registration; \$10 at door

---

### 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.

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

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

### 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** and sign up today!

# SPECIAL EVENTS

*Note: To secure your seat, pre-registration is encouraged for these events; walk-ins are welcome as space allows.  
All Special Events are held at Arlington High unless otherwise noted.*

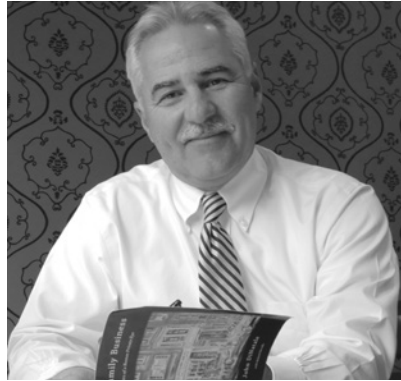


## Mindfulness Meditation: One-Night Workshop

*Kimber Green*

Most of the time we are unaware of the incessant chatter that goes on in our heads. It can distract us and contribute to stress and anxiety. 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 workshop provides a great overview of mindfulness meditation: what it is, how it works, how to establish a regular practice. We will also experience this restful practice together. Wear comfortable 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.

CODE: **MB017** Tuesday, September 22  
6:30 - 8:30 pm \$20



## *The Family Business: Memoirs of a Boston Private Eye*

*John DiNatale*

Come enter the hidden world of a private investigator. A former Boston police detective who was chosen to be one of four investigators tasked with catching the Boston Strangler, Phillip DiNatale founded a family detective agency that has worked on many fascinating cases over the past 40 years—from cheating husbands and wives, to the theft of a Stradivarius violin and a Louis the XIV desk, wiretapping and some widely publicized industrial accidents on Boston’s “Big Dig.” In his memoir, *The Family Business*, Phillip’s son John DiNatale gives readers an intimate look inside the world of the private investigator. Come prepared to be fascinated.

CODE: **SE061** Tuesday, September 29  
7:00 - 8:30 pm \$10



## Walking Tour of Franklin Street: Eclectic Homes & Resourceful Neighbors

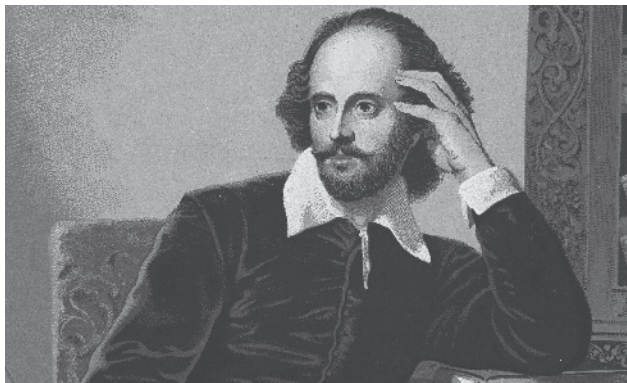


*Dee Morris*

The appearance of Franklin Street has changed over many years, yet there are tangible reminders of the past. At the Mystic River end, the dwelling of B. F. Woods still overlooks the site where he built a controversial mill-dam in order to harness water power to run his business. Warren Rawson’s multiple market garden greenhouses have vanished, but the historic 1890s dormitory that housed some of his workers has survived. A number of Irish families settled here over time, swelling the ranks of laborers, motormen and clerks. By the 1920s the long, curved road had become not only a blend of eclectic homes but also a social, self-aware neighborhood. Our stroll along Franklin Street will explore the lives and stories of these energetic residents. Meet at the corner of Broadway and Franklin Streets.

CODE: **SE062** Sunday, October 4;  
rain date is Sunday, October 25  
2:00 - 3:30 pm \$10

## SPECIAL EVENTS, *cont.*



### Who Really Wrote Shakespeare?

*Doug Stewart*

Join *Smithsonian Magazine* contributor Doug Stewart for a rich discussion of the many reasons so many people—from famous actors to Supreme Court justices—have doubted that Will Shakespeare of Stratford is the man who created masterpieces such as *Romeo and Juliet* and *Othello*. The author of 38 plays and 154 sonnets was a man with a grammar-school education known in his hometown as a not-very-nice grain merchant. Some of the many candidates proposed as the *real* Shakespeare include the Earl of Oxford and even Queen Elizabeth herself. Hear some of the many theories about why the man from Stratford could not possibly be Shakespeare. Among other anecdotes, learn the story behind a 19-year-old lawyer's apprentice who produced a play and passed it off as a Shakespeare original. Scholars, dukes, the future king—people who should have known better—were thrilled. His play was greeted as Shakespeare's lost masterpiece and staged before a full house at Drury Lane before the teen was unmasked. A slide presentation will accompany this fascinating presentation. *Doug Stewart writes frequently about history and the arts for Smithsonian Magazine, which has published more than 60 of his stories. His writing has also appeared in Time, Geo, Muse, Discover and Connoisseur. Stewart has worked as a book editor, freelance writer and journalist.*

---

CODE: SE063 Thursday, October 8 7:00 - 8:30 pm \$10



### Sing, Sing, Sing!

*Brad Goff @ Ellie Foster*

Come sing fabulous three-part harmony of popular contemporary songs. This drop-in, no-commitment singing celebration is open to anyone who loves to join their voice with others. Under the direction of two professional and enthusiastic musicians, you'll choose whether you want to sing melody, low harmony or high harmony, and start with fun voice warm-up exercises. You'll learn your parts and perform together all in one night. You won't believe how great this feels! We hope to film the event and post on YouTube. Meet at **St. John's Episcopal Church**, 74 Pleasant St, Arlington; free on-street parking; please note that venue is not handicapped accessible. Open to ages 14 and up.

---

CODE: MU029 Thursday, October 29 7:00 - 9:00 pm \$5  
online registration; \$10 at door



## Flashback to 1915! Visit the Arlington of a Century Ago

*Dee Morris*

Arlington embraced technology in 1915. Nicknamed the Electric Age, this year found housewives longing to own a washing machine and other labor-saving devices. Many residents belonged to social clubs that debated hot topics such as giving women the right to vote. In addition, the town landscape was evolving. New houses were springing up where market garden farms prospered, and apartment buildings were beginning to alter the appearance of major streets. Meanwhile, the Chapel of St. Anne, a Norman Gothic gem designed by Ralph Adams Cram, added quiet dignity to the Heights neighborhood. But the most stellar architectural achievement was the September opening of the high school designed by local talent Howard B.S. Prescott. Besides chronicling all these developments, the *Advocate* also reported on the war raging in Europe, including the question of America's involvement. Arlington was coming to terms with growth, new beginnings and international crises. A century later, it is fascinating to "visit" 1915 when so much was different and yet so familiar.

---

CODE: **SE064** Wednesday, November 4 7:00 - 8:30 pm \$10

## Learn the Tarot: Mirror of the Soul

*Jeanne Mayell*

Learn to use the Tarot, a most powerful and ancient divination tool. A set of beautiful illustrations filled with myths of the ages, the Tarot stimulates your imagination and psychic power as you never thought possible. Our instructor, a gifted Tarot reader and teacher, will teach you how to read the cards intuitively so you won't have to look up the meanings in a book. Students will give and receive readings to and from each other while guided by the instructor, and leave with an unforgettable experience. Bring the Thoth Tarot Deck or purchase one from the instructor for \$27 (large size). If you prefer a different deck, by all means bring it! Meet at **Theosophical Society**, 21 Maple St. (behind 19 Maple St), Arlington. Read about the instructor at [jeannemayell.com](http://jeannemayell.com)

---

CODE: **MB011** Saturday, November 7 10:00 am - 4:00 pm \$75

## SPECIAL EVENTS, *cont.*



### HOMEHARVEST SERIES

*Fall is the ideal time to prepare for next spring's bounty. Arlington native and AHS grad Ben Barkan shares his expertise in urban gardening in a series of workshops. Ben founded HomeHarvest after working on organic farms throughout New England, Hawaii, California, New Zealand and Australia. HomeHarvest designs, builds and maintains high-yield and beautiful edible gardens by applying organic and sustainable techniques.*

#### It's All About the Soil

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. *Co-sponsored by Sustainable Arlington, [sustainablearlington.org](http://sustainablearlington.org)*

---

CODE: **HGo19** Thursday, October 1 7:00 - 9:00 pm \$15

---

#### Take all 3 with Ben & SAVE!

---

CODE: **HGo26** \$40

---

#### Beautiful & Edible Garden Design

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 (see above) provides lots of useful background for this class, but is not a prerequisite. *Co-sponsored by Sustainable Arlington, [sustainablearlington.org](http://sustainablearlington.org)*

---

CODE: **HGo20** Thursday, October 8 7:00 - 9:00 pm \$15

---

#### Understanding Sustainable Agriculture

Is sustainable gardening the same as organic or "natural" gardening? The answer is not always clear. In this provocative discussion-based class, we'll talk about the principles of sustainability, why they matter and how to apply them to care of your own garden and home landscape. This class ties together concepts presented in our soil and garden workshops, but those workshops are not prerequisites. *Co-sponsored by Sustainable Arlington, [sustainablearlington.org](http://sustainablearlington.org)*

---

CODE: **HGo23** Thursday, October 15 7:00 - 9:00 pm \$15

---



# AROUND TOWN

*In Around Town, we are pleased to feature events hosted by nonprofits and of interest to the Arlington community. If you would like to submit an event listing, please email [communityed@arlington.k12.ma.us](mailto:communityed@arlington.k12.ma.us) for more information.*



## Arlington Farmers Market

The market is held every Wednesday in the Russell Common parking lot (corner of Mass. Ave. and Route 60) from 2:00 pm - 6:30 pm. The 25 purveyors include farms with fresh produce, fish, beef, chicken, cheese, chowders, jams and preserves, smoked fish, fresh flowers, pasta and breads. The market closes for the season on Wednesday, October 28. For more information, contact Patsy Kraemer at [manager@farmersmarketarlington.com](mailto:manager@farmersmarketarlington.com); 781-858-8629.



## 5th Annual Arlington International Film Festival

*Kendall Square Cinema,  
October 15 – 22*

AIFF is an annual Festival held in October that creates opportunities for families, students, organizations and businesses to support our mission, “to foster appreciation for different cultures by exploring the lives of people around the globe through independent film—to nurture the next generation of filmmakers within our community.” For details and to purchase tickets visit [aiffest.org](http://aiffest.org)



## Books in Bloom

*Co-sponsored by the Arlington Garden Club & Friends of Robbins Library*

Come join this unique fundraising event featuring floral displays depicting books at the Robbins Library. Event also includes a cocktail party with entertainment by the Don Hemwall trio. Tickets are \$25 in advance and \$30 at the door. Purchase at Robbins Library or through Patsy Kraemer: [patsy@patsykraemer.com](mailto:patsy@patsykraemer.com). All proceeds from the event will go to the co-sponsoring organizations.

---

Friday, November 6 7:00 - 9:00 pm  
Robbins Library, 700 Mass. Ave.,  
Arlington

---



## Non-Profit Board Membership: Doing Good by Serving Well

*Ted Coates*

Are you currently on a board of a charity or considering serving on one? People often find themselves on boards when they do not fully understand the mission or operations of the organization, and do not understand their role as a board member. Often, the result is inefficiency and frustration. This course will help you determine if the board is a good fit for you, and how you can maximize your value to the organization and help promote the board's effectiveness. Through lecture, examples, best practices and discussion, you will learn to do good by serving well. Visit [doinggoodbyservingwell.com](http://doinggoodbyservingwell.com)

---

CODE: **BFo32** 2 Tuesdays, October 27 and November 3  
7:00 - 9:00 pm \$35

---

## Getting to Yes: Negotiate with Anyone about Anything

*Jeanne Bohlen Simard*

So much of life is negotiation. We negotiate with co-workers over assignments, salespeople over prices, bosses over salary, family members over chores and spouses over...everything! Negotiation can be filled with tension, but it doesn't have to be that way. Over two nights you will learn to negotiate with anyone about anything. You will learn to see the potential win-win solutions that meet your goals and preserve the relationship, and acquire the skills and insight needed to get there. Based upon the books *Getting to Yes: Negotiating Agreement Without Giving In*, *Ask for It and Lean In*, this class includes rich discussions, interactive exercises, handouts and recommended reading. You may even end up looking *forward* to your next negotiation!

---

CODE: **BFo24** 2 Wednesdays, October 21 and October 28  
6:30 - 8:30 pm \$40

---

## Build Confidence for Career Transitions & Job Searching

*Karen Samuelson*

Cultivating confidence is a lifelong journey, especially important when we are considering a career transition or looking for a job. Come explore specific and tangible ways to nurture inner confidence with the help of a life and career coach. Through class exercises and discussions, you will become aware of self-limiting beliefs and come to appreciate the unique strengths of your personality. You will leave this class with practical tools to help you maintain confidence in the midst of uncertainty.

---

CODE: **BFo28** Tuesday, November 10 6:30 - 8:30 pm \$25

---

## Maximize Your Social Security Benefits

*Richard Belofsky*

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

---

CODE: **BFo04** Wednesday, October 7 7:00 - 9:00 pm \$20

---

## Long-Term Care Planning

*Richard Belofsky*

This course is for those approaching or in retirement, as well as family members concerned about aging parents. Have you considered the impact of long-term care costs on your spouse and family? There are ways to protect your savings and home should long-term care be required. In this workshop, we will review types of care, cost and who pays for various options; the role of Medicare and Medicaid; types of insurance available to help pay for care and what to look for when evaluating policies. We will compare traditional long-term care policies with newer hybrids that can guarantee a payment for care and/or provide a life insurance benefit.

---

CODE: **BFo16** Wednesday, October 14 7:00 - 9:00 pm \$20

---

## Financial Strategies for a Secure Retirement

*Richard Belofsky and Amy Lampert*

Expanded to two nights by popular demand, this workshop will look at the big picture for developing a hierarchy of spending and investing your money and strategies that provide a better outcome, regardless of investment performance. Learn special rules to manage your 401(k), 403(b) and pension as you approach retirement and what you need to know about target funds. Find out why investment strategies must be different in retirement; when a Roth IRA makes sense; exploring the hype around annuities; forgotten financial pitfalls and alternative ways to preserve your nest egg against long-term care costs. Join two financial experts for this not-to-be missed opportunity to review your retirement finances.

---

CODE: **BFo05** 2 Wednesdays, October 21 and October 28  
7:00 - 9:00 pm \$35

---

## Estate Planning Essentials

*David Adams*

Estate planning is not just for the wealthy—or the old. Nearly everyone has an “estate,” comprised of everything you own—your car, home, other real estate, checking and savings accounts, investments, life insurance, furniture, personal possessions. Regardless of the size of your “estate,” planning lets you control how your assets are given to the people or organizations you care most about, helps you and your heirs pay substantially less in taxes, fees and court costs and makes it easier for your loved ones to handle your affairs during a time of loss. In this class, a local attorney and estate planning specialist will address fundamentals of estate planning including: what happens if you die without a will; probate and how to avoid it; how to select a guardian, minimize estate taxes and more. With both humor and knowledge, the instructor will lead you through this information-packed evening as you learn about wills, trusts, healthcare proxies, advance directives and powers of attorney.

CODE: **BFo29** Thursday, October 15 7:00 - 9:00 pm \$20

## Estate Planning: Beyond the Basics

*David Adams*

In this class we will delve into additional estate planning strategies. Learn how to protect your assets in the event you or a loved one requires long-term care. Find out why putting your home in a trust or adding your children to your deed might be a really bad idea. Learn the how-to's of preserving the family vacation home, end-of-life medical decision making (organ donation, green burials and cremation) and ways to leave a lasting legacy, no matter the size of your estate.

CODE: **BFo30** Tuesday, October 27 7:00 - 9:00 pm \$20

## How to Afford College

*College Funding Advisors*

Financial aid goes to the families who plan in advance, ideally before December 31 of the child's sophomore year of high school. This course will teach you concepts and strategies to help you maximize your financial aid by understanding the process, and how implementing strategies may increase a family's eligibility even if you have a “high income” or own a business. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. Visit [collegefundingadvisors.com](http://collegefundingadvisors.com)

CODE: **CSoo3** Thursday, October 15 7:00 - 9:00 pm \$20

## **NEW** Selling on eBay & Amazon

*Tracy Marks*

Learn how to buy and sell effectively on eBay, the world's largest online auction. Led by a former eBay Powerseller, you will receive step-by-step guidance on how to bid wisely, research item pricing and create listings. You will also learn to prepare photos, handle payments, deal with non-responsive buyers, maintain secure transactions, give feedback and build your reputation as a reliable buyer and seller. You'll also have the chance to give and receive constructive criticism of class members' listings. We will briefly cover selling through Amazon Marketplace. Basic computer experience and Internet skills required.

CODE: **BToo8** 3 Tuesdays, November 24 - December 8  
6:30 - 9:00 pm \$85



**DAVID WHITFORD**  
Conversations, PAGE 3

## **NEW** Sync All Your Apple Devices

*Howard Loewinger*

Does your iPad not talk to your computer or your iPhone? Tired of deleting the same email messages from all your devices? In one night, you can get all those devices talking. Then the question will be what you will do with all your new spare time! Learn how to transfer and sync content between your computer, iPhone and iPad so that you have the same contacts, Calendar, Notes and Reminders on all your Apple devices. Make a change or addition in one and see it on all. We will also look at syncing your photos and music using iPhoto and iTunes using USB (connecting devices directly) and iCloud. Bring your Apple devices to class.

CODE: **BToo1** Tuesday, September 29 6:30 - 8:30 pm \$30

ALL CLASSES MEET AT ARLINGTON HIGH  
SCHOOL UNLESS OTHERWISE NOTED.

**NEW** Surf the Internet Like a Pro DAYTIME CLASS

Howard Loewinger

Stop wasting time on the Web! Learn loads of search tips and tricks. We will look at how to refine your search terms so you more quickly get the results you want. We will examine the various browsers (Firefox, Internet Explorer, Safari and Chrome) and some settings you should know about. We will look at the amazingly powerful Google search engine and talk about browsing securely and how to keep yourself safe when entering sensitive information such as credit card numbers. In the second session, we will unleash the power of Google! Learn how to focus your search as you look for images, videos or books, movie times and flight information. You will also become familiar with other Google services like Maps, Play, Google+ and Google Drive. Optional: bring your fully-charged laptop or tablet if you have one. Meet at **Arlington Senior Center**, 27 Maple St., Arlington. *This course is co-sponsored by Arlington Council on Aging and open to students of all ages.*

CODE: **BT002** 2 Tuesdays, September 22 and 29  
10:00 am - noon \$45



**RUTH LIEBERHERR**  
Yoga for Every Body, PAGE 34.

**Excel for Beginners**

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 input data, 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. 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 is recommended in order to practice.

CODE: **CU010** 4 Tuesdays, October 27 - September 17  
7:00 - 9:00 pm \$90

**Master Your iPad—The Basics**

Stephen Weil

Taking 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.

CODE: **CU025.1** 2 Wednesdays, October 14 and 21  
7:00 - 8:30 pm \$40

**NEW** Get the Most from Your iPhone

Howard Loewinger

Did you know that in addition to making calls your iPhone can do virtually everything your computer can? In this informative session, we will look at various calling options and learn how to manage and share contacts. You will learn how to customize your screen and settings, determine how much storage you have left and how to delete apps you no longer use; how to use the camera for still pictures and video and how to manage your photos. We will review useful apps like Messaging, email and Google, learn to install new apps, give voice commands and get better at using that pesky screen keyboard. You'll also learn to sync your contacts, calendar, reminders and other data to your iPad and Mac. Bring your questions and *fully-charged* iPhone to class. This class will focus on iOS 8, but most of it will apply to all versions of iOS and older iPhones.

CODE: **BT003** Wednesday, October 21 7:00 - 9:00 pm \$30

**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."

**NEW** Get the Most from Your iPad *Howard Loewinger*

The iPad tablet can do just about everything a full-sized computer can do with a device that fits in the palm of your hand. In this class we will cover the basics (how to use the touchscreen interface, email and Internet) as well as explore more advanced features such as how to customize your screen and watch movies. You will figure out how much storage you have left; delete apps you no longer use; and install new apps and give voice commands. We will also talk about syncing your contacts, calendar, reminders and other data to your iPhone and Mac. Bring your questions and a *fully-charged* iPad to class. This class will focus on iOS 8 but will apply to all versions of iOS and older iPads. Meet at **Arlington Senior Center, 27 Maple St., Arlington**. *This course is co-sponsored by Arlington Council on Aging and open to students of all ages.*

---

CODE: **BT004** 2 Wednesdays, October 21 and 28  
1:00 - 3:00 pm \$45

---

**NEW** Protect Your Online Footprint*Howard Loewinger*

A digital footprint is the trail of personal information we leave online through registrations, emails, Facebook, searches and other Internet activity. As so much of our lives have moved online, so have concerns about the safety of our online presence. This class will arm you with useful information and help you feel more secure about your online footprint. We will look at major issues related to online safety and security (banking, purchasing, dating, “spying” through wireless connections and computer cameras), along with various forms of Internet fraud and how to protect yourself from becoming a victim of the \$50-billion-a-year criminal industry.

---

CODE: **BT005** Wednesday, October 28 7:00 - 9:00 pm \$30

---

“I love everything you are doing and have recommended you to many people.”

**NEW** Microsoft Word: An Introduction*Janet Smith*

Microsoft Word is one of the most popular word processing software programs used today. This two-session workshop will show you how to make the most of this powerful tool and get you happily on your way. You will learn how to do basic word processing tasks such as creating documents, formatting and editing text and fixing mistakes. We will explore the Word screen and click lots of the buttons to see what they do. We will also cover how to create a list with numbers or bullets, change margins, add pictures and page numbers, apply different styles to text, use a template and more. Prerequisite: Students must be familiar with the basics of how to use a personal computer. Computers will be provided. Limited to 10.

---

CODE: **BT006** 2 Tuesdays, October 27 & November 3  
7:00 - 9:00 pm \$45

---

**KENDALL DUDLEY**

Keep a Travel Journal, PAGE 37

**NEW** Build Your Professional Brand with LinkedIn*Sandra Flanagan*

There are many examples of how online networking, especially through LinkedIn, can open new doors professionally when used strategically. Results come from not only understanding how it works technically, but why it works. LinkedIn allows you to build and maintain a professional network, discover new job opportunities and gain industry insights. In this hands-on class, you will learn about various LinkedIn features, and apply what you have learned to create a compelling profile in line with your career goals. You will also learn how to participate in the LinkedIn community to build your brand and gain professional exposure. Prerequisite: Before class, go to linkedin.com and create a profile. Remember your password. Optional: Bring in a copy of your resume.

---

CODE: **BT007** 2 Tuesdays, November 10 & 17 7:00 - 9:00 pm  
\$45

---



## Woodworking Open Shop

Frank Tassone @ Frank Rizzo

A great opportunity for aspiring or experienced woodworkers, this class is structured as an open shop so everyone can get exactly what they want out of the experience. Learn how to safely operate hand tools, power tools and other equipment. Beginners will work on a project to be determined with the instructor. More advanced students can bring their plans or choose some on the first night of class. At the first class, we'll also discuss buying wood and materials for your project. Class meets in the Woodworking Shop at Arlington High; follow signs from Main Lobby.

CODE: **CN002** 10 Tuesdays, September 22 - December 1  
(no class 10/20) 7:00 - 9:30 pm \$225



**AC CALCATERRA**

The Belly Dancer's Workout, PAGE 31

## Mosaic Art Design

Suzanne Owayda @ Betsy Rodman

Come unleash your artistic energy this fall while practicing the ancient art of mosaics. In this five-week session you will design and create a beautiful 8x10-inch mosaic art panel. Under the direction of studio owners Suzanne Owayda and Betsy Rodman, you will receive instruction in design techniques, color, materials, history of mosaics, adhesives, mosaic bases, tools and cutting techniques. Meet at Mosaic Oasis Studio & Supply, 1189B Mass. Ave., Arlington. Tuition includes all materials. Visit [mosaicoasis.com](http://mosaicoasis.com)

CODE: **CN038** 5 Tuesdays, October 6 - November 3  
6:30 - 9:15 pm \$140

## NEW Festive Table Runners

Jess Jaeger

Change up the decor of your table for the season with a custom-made table runner. Create an eye-catching centerpiece using a long piece of burlap with colorful ribbon woven throughout. This is a simple way to customize any holiday or event! Please bring sharp scissors to class. A \$10 materials fee will be collected at class.

CODE: **CN046** Thursday, November 12 7:00 - 8:30 pm \$15

## NEW Wine Cork Trivets

Jess Jaeger

Pop those wine corks and create a trivet loaded with character. Framed in wood, our cork trivet protects surfaces from hot pots while displaying corks from your favorite wines. Corks will be supplied but feel free to bring a few of your own to add personality. Please bring a glue gun if you have one. A \$12 materials fee will be collected at class.

CODE: **CN045** Thursday, December 3 7:00 - 8:30 pm \$15



**BRUCE WENNING**

Organic Lawn Care, PAGE 21

## Knitting for Beginners

Joy Spadafora

This two-night workshop will give those new to knitting—or returning to this satisfying craft—the foundation they need to move on to independent projects. Learn how different needles, yarn, stitches and gauge affect the end result. Casting on, knitting, purling, multi-color knitting, picking up stitches and finishing will also be covered. Please bring a pair of US size 8 knitting needles and some worsted weight yarn to the first class. After this workshop, you are most welcome to continue on your knitting adventure by joining the Knitting Workshop (see below). After registering, email [joyspadafora@gmail.com](mailto:joyspadafora@gmail.com) for projects and supply list. Limited to 8.

CODE: **CN026** 2 Wednesdays, September 30 and October 7  
7:00 - 9:00 pm \$40

## Knitting Workshop

Joy Spadafora

Join this fun and welcoming knitting group led by a most knowledgeable instructor. You may bring a project of your choice, or the instructor will offer several options. These may include a baby sweater, for those with experience, or smaller projects, including mittens, a handbag, hat or scarf, for those who want the basics. After registering, email [joyspadafora@gmail.com](mailto:joyspadafora@gmail.com) for projects and supply list. Limited to 8.

CODE: **CN008** 6 Wednesdays, October 21, 28,  
November 4, December 2, 9, 16 (no class 11/11, 11/18 and 11/25)  
7:00 - 9:00 pm \$95

## Get to Know Your Sewing Machine

Mary Kenny

Whether you have no experience or just need a refresher, bring your sewing machine and thread to class and in one night we'll cover all the basics you need to know to start sewing: proper machine threading, changing out bobbins, figuring out those daunting dial settings and more. Gain the confidence to start sewing your own clothes or home decor accessories. Perfect intro class to *Sewing Basics* (see below).

CODE: **CNo05.1** Wednesday, September 30 7:00 - 9:00 pm \$30

CODE: **CNo05.2** Wednesday, December 9 7:00 - 9:00 pm \$30

## Sewing Basics

Mary Kenny

For both beginning sewers and those with experience. It's never too late to learn this valuable skill—or learn new skills—from a talented and patient instructor. Save money and have fun making clothing and home accessories that express your personal style. Choose the patterns you want and then use store-bought fabric or recycled materials. Or make a copy of a favorite garment. We will cover the use of the sewing machine, sewing techniques, selection of patterns, fittings, using zippers and more. Email the instructor at [marykenny1098@gmail.com](mailto:marykenny1098@gmail.com) before the first class to discuss what kinds of projects are suited to your skill level. Please bring a notebook, pencil, tape measure and SEWING MACHINE in good working order to the first class.

CODE: **CNo11** 7 Wednesdays, October 7 - December 2  
(no class 11/11 and 11/25) 7:00 - 9:00 pm \$110

“Hard to believe that I would look forward to practicing any instrument at my age, but it happened. The class is both instructional and fun, making the time fly. No doubt about it, Tony rocks. Thanks again for offering this class – love it!”

*Introduction to Guitar* with Tony Rizzotto, page 25

## **NEW** Quilting for Beginners

Nancy Linde

The quilting craft is all about working with color and pattern. If you've always wanted to make a quilt, here's your chance. Come learn the techniques: cutting fabric, laying out the quilt, piecing squares, sewing the quilt top, putting quilt layers together, machine (and some hand) quilting techniques and binding the edges. This semester's quilt design will emphasize the technique of sewing mitered corners. Choose whether you want to make a crib, lap-size or throw-size quilt. After registering, you will receive an email with details about the quilt design you will be working on, the amount of fabric you will need and any other required supplies and notions. Bring a sewing machine in good working order to each class. If you haven't used your machine in a while, it might be time for a tune-up. And, while this class is for beginners, you must know the basics of how to use your machine. Note: It's possible that the fabric and supplies you need for this project could exceed \$100 (depending on the size of your quilt and the supplies/notions you already have.) Limited to 7.

CODE: **CNo44** 5 Tuesdays, October 6 - November 10 (no class 10/20) 6:30 - 9:00 pm \$100

## Needle Felting: Fun & Easy Wool Sculpture

Anastasia Semash

Time to learn a new craft technique! Needle-felted sculpture is deeply relaxing and therapeutic. Nearly anything can be made using wool and special barbed needles. In this four-week class you will learn how to turn unspun wool into your own miniature 3D creations. Each meeting we'll work on a new project. You'll be provided with a basic felting kit to work in class and beyond the classroom. Instruction will also include: use and purpose of various felting tools, fiber sculpting tips, techniques for making smaller features and best sources of felting materials. Needle felting is an ideal craft—it has a quick learning curve, requires minimal supplies, doesn't make any mess and can be done almost anywhere. A \$15 materials fee will be collected at class. See instructor's amazingly creative work at [artsemash.com](http://artsemash.com)

CODE: **CNo41** 4 Thursdays, October 22 - November 19  
(no class 10/29) 7:00 - 9:00 pm \$75



## FOOD & DRINK

### Perfect Meats

*Scott Carta, Prime Butcher Shop*

Are you overwhelmed by all the choices at the meat counter? Can't decide what to purchase for your dinner party, special-occasion meal or family meal? Maybe you eat less meat and want to make sure you buy the best quality and most flavorful cut when you do. Come learn from Prime Butcher's Executive Chef Scott Carta how best to buy, handle and prepare meats. He'll teach you about the various cuts of beef, grading and flavor profiling. You'll learn the best cooking methods (moist vs. dry), temperature ranges for particular cuts and how to safely handle raw meat in your kitchen. There will be plenty of time for a 'meaty' discussion with handouts, Q & A and tasty samples. Meet at Prime Butcher Shop, 1398 Mass Ave., Arlington.

CODE: **FD049** Tuesday, September 22 7:30 - 9:00 pm \$35

### **NEW** Jamming!

*Pam Kanavos*

The end of the fall growing season is the best time to capture the ripest, juiciest produce and can it for a mid-winter treat. We will learn how to make homemade jams with local farmer's market berries and tomatoes. For sweet treats, we'll start with blueberry and strawberry jams, and on the savory side we'll make a tomato jam that can be used as an appetizer or as part of a main dish. Learn how easy it is to make jams and preserves from market-fresh produce without spending a lot on equipment. We'll cover the basics of canning and how to safely seal your jars. You'll return home with a few jars of jam. Limited to 10. Tuition includes a \$13 food fee.

CODE: **FD078** Tuesday, September 29 6:30 - 9:00 pm \$40

### Knife Skills: Slice and Dice 101

*JoAnn Ignelzi*

Come dice, slice, chop and chiffonade your way to more confidence, safety, speed and skill. This hands-on class will help you become a faster, more efficient cook. While preparing food, we will practice different cutting methods and learn how to hold and use a chef's knife efficiently. You'll learn the basics of knife safety, how to choose a knife that works for you and how to keep your knives sharp. We'll use a variety of different fruits and vegetables for practice. Bring an apron, a paring knife (3 to 5 inch) and your favorite large (6 to 10 inch) chef knife, if you have one. Limited to 10. Tuition includes a \$10 food fee.

CODE: **FD079** Wednesday, September 30 6:00 - 9:00 pm \$35

### **NEW** Clean Eating Made Simple

*Danielle Schertzer*

Everywhere you turn there is a new theory about "clean eating" and choosing healthy foods. Should you eat meat, dairy and gluten or avoid these foods entirely? The science of nutrition can seem confusing and contradictory. Let's make it simple. In this lecture we will address some popular dietary theories and learn which ones actually promote health and disease prevention. You will learn basic, easy-to-use guidelines for healthy eating, including which foods to buy and how to shop for healthy ingredients without breaking the budget. You will also get help with creating meal plans that feature simple, family-friendly recipes some of which we will sample.

CODE: **FD080** Thursday, October 1 7:00 - 9:00 pm \$20

### **NEW** Thai Curries with Seafood

*Shwarya Viboonlarp*

Thai cuisine combines ingredients to create well-balanced dishes. Bring your curiosity and sense of adventure to this hands-on class taught by a native of Bangkok. In Thailand, the aromatic curries are often the main course, and Shwarya will help you prepare them with shrimp, scallops, fish, and fresh Thai vegetables. These will be served with jasmine rice or steamed rice noodles (*kanom jeen*), as well as Thai iced tea (*cha yen*). Tuition includes a \$15 food fee.

CODE: **FD081** Wednesday, October 7 6:00 - 8:30 pm \$45

### **NEW** Adult/Teen Cooking: Pizza Class (Dough & Toppings)

*JoAnn Ignelzi*

Learn the tips to making authentic pizza dough and the different methods for cooking a delicious topped pizza in the oven and on the stovetop. This hands-on class will teach you how to make your own dough and coax out the flavors in pizza toppings of your own design. We'll make a variety of delicious pizzas using a pre-made dough, ranging from a traditional Neapolitan margherita, to grilled vegetable, white, caramelized onion mushroom and gruyere, and zucchini walnut pesto. You'll take home recipes and your dough to practice your skills at home. Bring an apron, kitchen knife, dish towel, and 4 quart container with a tight lid for storing your dough. Note: This class is for students 12 and up accompanied by an adult, and is *not* gluten-free. Limited to 5 pairs. Tuition includes a \$15 food fee. Course fee covers one adult and one teen. If you would like to register an additional student (\$15) please call our office. Space is limited.

CODE: **FD082** Wednesday, October 14 6:00 - 9:00 pm \$50 per pair



## Farmers Market Walking Tour

*Danielle Schertzer*

Join professional chef Danielle on a walking tour through one of the last farmers' markets of the season. Learn how to choose delicious fall vegetables, how to store them for the winter and how to prepare them for meals that you and your family will enjoy the whole winter. Meet at the Market's main entrance.

CODE: **FD075** Wednesday, October 21 3:00 - 5:00 pm \$10

## 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 eat. 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.

CODE: **FD070** Thursday, October 22 6:30 - 8:30 pm \$30

## Great Paella!

*JoAnn Ignelzi*

Paella is the traditional family meal for parties in Spain, usually cooked over an outdoor open fire. There are as many versions of paella as there are families. In this hands-on class you'll learn the timing and secrets behind a really flavorful paella. We'll make a version with chicken and chorizo (and a touch of seafood, if you like). Although we won't be using an open fire, you'll learn how to cook it with a combination of stovetop and oven. Bring an apron, a container to take home leftovers and a paella pan if you have one. Limited to 10. Tuition includes a \$25 food fee.

CODE: **FD083** Tuesday, October 27 6:00 - 9:00 pm \$55

## Thai Spicy Salad & Fresh Spring Rolls

*Shwarya Viboonlarp*

Papaya salad, *som tum*, is one of Thailand's most popular dishes. Made with either shrimp or crab and a combination of exotic ingredients, you will learn the special techniques involved in preparing this authentic dish. We'll also learn how to make fresh mango spring rolls, *por pia sod*, with various dipping sauces. Tuition includes a \$15 food fee.

CODE: **FD084** Wednesday, October 28 6:00 - 8:30 pm \$45

## Indian Vegetarian Cooking

*Shruti Mehta*

Unravel the mystery behind Indian food under the skilled tutelage of a native of Mumbai. Learn about the colors and tastes of this flavorful cuisine and how just a few simple spices and ingredients can turn an ordinary dish into an exotic and colorful entree. The class will serve as an introduction to Indian cooking using basic ingredients and simple-to-follow directions. We will prepare three dishes, including a curry, a vegetable dish and rice with spices and nuts. We will also make a quick garlic Naan and sit down to a meal. The class will end with sweet Lassi or Mango Lassi, a sweetened yogurt drink. Tuition includes a \$15 food fee. You are welcome to bring a beverage and containers for leftovers.

CODE: **FD020** Tuesday, November 3 6:30 - 9:00 pm \$45

## Holiday Breads

*Roberta Blake*

This one-night workshop will cover the basics of yeasted bread-making. We will delve into the history of bread and yeast and learn the science behind how yeast works. We will practice the techniques of kneading, shaping, proofing and baking focusing on both rich and lean breads. We will make a simple panettone to share at your holiday table, give as a gift or use later for French toast or bread pudding. During the rise time, we will make a lean dough for delicious, chewy dinner rolls. We'll have your holiday table covered! Tuition includes a \$10 food fee.

CODE: **FD085** Thursday, November 5 6:00 - 9:00 pm \$40

## Celebrate Fall Vegetables

*Danielle Schertzer*

Nothing is more nutritious than fall's cruciferous vegetables when it comes to disease prevention: broccoli, kale, cauliflower and Brussels sprouts, all pack a delicious and powerful punch in wholesome nutrients. Carrots, green beans, celery root and beets make fantastic winter soups and salads. In this hands-on class, Danielle will share recipes from her native France and from her cooking classes all over Europe. You will learn how to prepare autumn vegetable dishes in so many different ways that you and your family will enjoy the whole winter. Tuition includes a \$7 food fee.

CODE: **FD086** Tuesday, November 10 7:00 - 9:00 pm \$27

**NEW** Fall Pies*Pam Kanavos*

Autumn is the quintessential pie season. As the days get shorter and cooler, we find more reasons to bake. And with family gathered around during the coming months, these desserts will find a warm reception. We will learn how to create a foolproof pie dough and then turn it into a perfect, lattice-topped apple pie, a fragrant pumpkin pie or a southern pecan pie in time for your Thanksgiving table. You'll be the first one on everybody's holiday dinner list! Note: Bring a nine-inch glass pie plate to class. Tuition includes a \$11 food fee.

---

 CODE: **FD087** Thursday, November 12 6:30 - 9:00 pm \$40
 

---

**Holiday Roasts***Scott Carta, Prime Butcher Shop*

If you're investing all that time and money into preparing a holiday roast, why not make it perfect? Prime Butcher's Executive Chef Scott Carta will share all his secrets in this information-packed evening. To stuff your roast or not to stuff? How do you make a delicious gravy? He'll walk you through planning your menu, temperatures and resting times, as well as a few great carving techniques. And, if you're looking for something different from the traditional Thanksgiving turkey, Chef Carta will inspire you with ideas for beef, chicken and pork roasts. There will be ample discussion time, handouts, samples and a Q & A period so you can finally ask a professional how many pounds to roast when your favorite carnivore Uncle Louie is on the guest list! Meet at **Prime Butcher Shop**, 1398 Mass Ave., Arlington.

---

 CODE: **FD048** Tuesday, November 17 7:30 - 9:00 pm \$35
 

---

**South Indian Fare***Shruti Mehta*

The food of South India remains a secret to much of the world. Unlike the cuisine of the north, South Indian cuisine emphasizes rice as the staple grain, coconut and curry leaves. It is more vegetarian-friendly and uses fewer spices and simpler ingredients. Come explore this cuisine and learn to make *Dosai* (rice and lentil crepes) accompanied by onion and potato bhaji (stew) and a spicy lentil and vegetable soup called *Sambar*. Other possible dishes may include *Tamarind rice*, *Pachadi* (cucumber and yogurt) and a popular dessert drink called *Payasam* or *Kesari* (cream of wheat Halwa). You are welcome to bring along a beverage and containers for leftovers. Tuition includes a \$15 food fee.

---

 CODE: **FD067** Wednesday, November 18 6:30 - 9:00 pm \$45
 

---

**NEW** French Macarons*JoAnn Ignelzi*

You see them everywhere now, and wish you knew how they do it! Well wish no more. Come and learn the secrets and tips behind the making and baking of those delicate, colorful, delicious treats, French macarons. You'll be surprised how easy they are to make. We'll make various flavors and fillings that you can bring home to WOW! friends and family—even a seasonally flavored macaron that you can bring to your holiday table. Bring an apron and a box to take home your goodies. Limited to 10. Tuition includes a \$10 food fee.

---

 CODE: **FD088** Thursday, November 19 6:00 - 9:00 pm \$45
 

---

**KATINA MCCLAIN**

Learn Spanish, PAGE 23

**NEW** Adult & Kids Cooking: Cozy Winter Menu*Pam Kanavos*

Nothing beats a warm cozy dinner, especially if you've made it together! We'll start by learning how to make chicken pot pie, using only the freshest, local fall ingredients. While that is baking, we'll saute apples for a special dessert. It will be a delightful evening! All we'll be missing is a crackling fire in the fireplace. This class is intended for children 6 and up. Tuition includes a \$12 food fee. Course fee covers one adult and one child. If you would like to register an additional child (\$15) please call our office. Space is limited.

---

 CODE: **FD089** Tuesday, December 1 6:00 - 9:00 pm \$50 per pair
 

---

**NEW** Adult & Kids Cooking: Family Gingerbread House*Pam Kanavos*

Kick off the holiday season with a beautiful gingerbread house. You and your family will assemble and decorate your own pre-baked gingerbread house. We'll provide the gingerbread, icing and candies for personalizing. You'll all go home with a creation that can be displayed for the entire season! This class is intended for children 6 and up. Tuition includes a \$13 food fee. Course fee covers one adult and one child. If you would like to register an additional child (\$15) please call our office. Space is limited.

---

 CODE: **FD090** Wednesday, December 9 6:00 - 8:30 pm \$40 per pair
 

---



Arlington teachers lead the following two SAT Verbal and Math Review courses that end in time for the **October 3rd** test date. These top-rated SAT prep courses are popular, so please register early. Limited to 20.

## SAT Math Review

Clayton Jones

Prepare for the *October 3rd* SAT. This course familiarizes students with the math section of the SAT, and now includes a pre-test, with individual analysis of where improvement is needed for each student, and a post-test to measure progress. This course covers concepts in arithmetic, algebra and geometry. The instructor will also present problem-solving shortcuts and test-taking strategies. Students will complete practice problems in all types of SAT question formats. Students **MUST** come to the first class with a CALCULATOR and the newest edition of *The Official SAT Study Guide*. The guide is available at a discount at The Book Rack, 13 Medford Street, Arlington.

CODE: **CS002.1** 4 Tuesdays, September 8 - 29 6:00 - 9:00 pm \$160

## SAT Verbal Review

Paul McKnight

Prepare for the *October 3rd* SAT. This course familiarizes students with the verbal section of the SAT, and now includes a pre-test, with individual analysis of where improvement is needed for each student, and a post-test to measure progress. Learn how to approach the essay, sentence completion and critical reading sections. Become familiar with the types of questions and effective methods to handle them. Students will also practice test taking under time constraints and simulated conditions. Students **MUST** come to the first class with the newest edition of *The Official SAT Study Guide* AND a College Board ID and password. The guide is available at a discount at The Book Rack, 13 Medford Street, Arlington.

CODE: **CS001.2** 3 Thursdays, September 10, 17 and October 1 (no class 9/24) and 1 Monday, September 21 6:00 - 9:00 pm \$160

## Kaplan SAT Prep

Prepare for the *November 7th* SAT with Kaplan's course. The Course includes: Outstanding teachers, Higher Score Guarantee, Easy Class Make-Ups, and Individualized Homework. For this class only, go to [kaplanatschool.com/arlington](http://kaplanatschool.com/arlington) for information and to register. Or call 1-800-KAP-TEST.

Kaplan Class Code: **SAKA15207** Tuesdays & Thursdays, 5:30 - 8:30 pm, October 1 - November 3 (no class 10/20 and 10/29) at Arlington High. Note: Classes on 10/1 and 10/22 go to 9:45 pm for testing \$699

## How to Afford College

College Funding Advisors

Financial aid goes to the families who plan in advance, ideally before December 31 of the child's sophomore year of high school. This course will teach you concepts and strategies to help you maximize your financial aid by understanding the process, and how implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For more information, go to [collegefundingadvisors.com](http://collegefundingadvisors.com)

CODE: **CS003** Thursday, October 15 7:00 - 9:00 pm \$20

## College Admissions Demystified

Sue Wachter

Join a former admissions officer at NYU and BU for a behind-the-scenes perspective on the college admissions process. As you embark on school tours, this timely seminar will provide an overview of the complex college admissions process. We will discuss how to choose an appropriate list of schools, the value of college visits and interviews, the pros and cons of Early Decision, Early Action and Priority Application deadlines. With this information you will be able to create a timetable that makes sense for your student and family, along with strategies to keep your process on track. Students are encouraged to attend with their parents.

CODE: **CS006** Tuesday, November 3 7:00 - 9:00 pm \$25/family

## College Admissions for the Student Athlete

Nick Michael, *Odyssey College Search*

This two-part workshop is packed with useful information to help student-athletes and their families navigate the college search and recruiting process. We'll review factors that influence a student's college preference criteria, process timelines, define recruiting terminology, describe the differences between NCAA divisions and their impact on the student-athlete's recruitment and college life, identify what coaches are looking for, explain how to get noticed and on a "coach's list" and much more. We'll also outline specific academic and athletic action steps for each year of high school and how to develop and implement a plan that addresses the issues identified in the first session to establish a path for finding the best college for each student-athlete. You'll also learn why it is important to set this process in motion as early as you can, even as a sophomore.

CODE: **CS008** Tuesday, November 10 and Thursday, November 12 7:00 - 9:00 pm \$40 per family

## Improve Your College Application Essay

*Mindy Pollack-Fusi*

Are you a high school senior who'd like to polish your essay so it really shines through the stacks hitting the admissions office? If you have later application deadlines, could you use help coming up with essay ideas and getting started? Come learn important tips to help you begin your first draft by the end of class. You will learn do's and don'ts, topics to avoid and ways to shape the essay to make it both informative and lively. This class will help you complete your essay with enthusiasm. This is a group class where each student receives a few minutes of private consultation with the teacher about their essay topic.

CODE: CS007.1 Thursday, October 1 7:00 - 9:00 pm \$40

## 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 8 am and 8 pm; 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 [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) for more details and to print out registration forms. Fees: \$550 payable to CS Driving School and \$60 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.)

**Check our website in September for a detailed listing of winter, spring and vacation courses.**

Session 1: Tuesdays, Wednesdays and Thursdays for 10 classes  
October 6 - 28 (no class 10/20) 3:00 - 6:00 pm

Parent class: Tuesday, October 6 6:30 - 8:30 pm

Session 2: Tuesdays, Wednesdays and Thursdays for 10 classes  
December 1 - 23 (no class 12/8) 3:00 - 6:00 pm

Parent class: Tuesday, December 1 6:30 - 8:30 pm

## Daytime Classes

Kettlebell Full-Body Workout.....	31
Tai Chi.....	33
Yoga.....	34
Biking.....	30
The French Café.....	23
French for Beginners.....	24
Mystery Walks.....	28
Anyone Can Draw.....	26
Pruning Workshop.....	21
Learn the Tarot.....	35
Come Birding.....	29
Walking Tour of Franklin Street.....	6
Kayak.....	29
Surf the Internet Like a Pro.....	12
Make the Most of Your iPad.....	12
Farmers Market Walking Tour.....	17
Painting with Acrylics.....	26
LaBlast Dance Fitness.....	31
Why We Like it: Looking Closely @ Fiction.....	36
Writing Great Dialogue.....	37



**JOHN SADOFF**  
Play Chess, PAGE 28

“Dorothee, the teacher, works hard to make sure that her students learn what they need to know to have a good experience traveling in France.”

*French for Travelers, page 24*



## Free Yourself from Paper Clutter

*Judy Eisenberg*

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

CODE: **HG030** Thursday, November 5 7:00 - 8:30 pm \$20

## Floral Design

*Misty Florez*

Learn some of the secrets and techniques of floral designers and enjoy the satisfaction of creating beautiful, professional-looking arrangements on your own. In this class, you will learn from a professional designer how to create an elegant, giftable European hand-tied bouquet. All tools, packaging (ribbon, vase, wrapping) and flowers will be provided. Take home your beautiful creation at the end of the class. Tuition includes a \$40 materials fee.

CODE: **HG025** 1 Wednesday, October 21 6:30 - 8:00 pm \$55

## **NEW** Thanksgiving Table Centerpiece

*Misty Florez*

Create a floral centerpiece to dress up your table or bring as a gift to your Thanksgiving gathering. Learn from a professional designer how to create a fun floral centerpiece in a wooden box using seasonal flowers. All tools, packaging, container and flowers will be provided. Take home your beautiful creation at the end of class and enjoy on your Thanksgiving table. Tuition includes a \$50 materials fee.

CODE: **HG033** Tuesday, November 24 6:30 - 8:30 pm \$70

## **NEW** Holiday Wreath Making

*Misty Florez*

Decorate your door with a fun and festive wreath for the holiday season. Learn how to add unique and creative elements into this holiday decor. All tools and materials will be provided. Tuition includes a \$50 materials fee.

CODE: **HG034** Tuesday, December 1 6:30 - 8:30 pm \$70

## **NEW** Hanging Glass Terrarium

*Misty Florez*

Learn terrarium basics and techniques for creating these lush miniature landscapes. Add soothing and organic elements to enjoy all winter long. Terrariums also make original gifts for the holiday season. Glass terrarium, plants and extras provided. Tuition includes a \$40 materials fee.

CODE: **HG035** Tuesday, December 8 6:30 - 8:30 pm \$60

## HomeHarvest Series with Ben Barkan

It's All About the Soil

Beautiful & Edible Garden Design

Understanding Sustainable Agriculture

*See page 8*

## Organic Care for Lush Lawns

*Bruce Wenning*

Fall is an ideal time to work your turf, and the horticulturalist at one of the country's premier golf courses should know a thing or two about how to do this well. Come hear The Country Club's Bruce Wenning share his ecologically safe and economical practices for lawn care and show you everything you can do to ensure a great lawn. This class covers the basics of organic lawn care, including the importance of soil testing to know your soil's pH and fertility; non-chemical control of insect pests and weeds; and the cultural practices that promote and maintain a healthy lawn. *Co-sponsored by Sustainable Arlington, [sustainablearlington.org](http://sustainablearlington.org).*

CODE: **HG003** Tuesday, September 29 7:00 - 9:00 pm \$20

## Pruning Workshop

*Bruce Wenning*

This workshop will cover the basics of pruning woody plants and the tools needed to do the job. The instructor will demonstrate correct pruning of various woody plants to correctly reduce size, fix unbalanced shapes and remove dead branches. We will also discuss the proper time to prune to promote flowering. Workshop will meet in an outdoor location in Arlington; exact location will be sent to participants at a later date.

CODE: **HG022** Saturday, October 17; rain date Sunday, October 18 9:00 am - noon \$30



## Trees & Shrubs for Smaller Yards

*Sally Naish*

Before you invest a bundle of time and money on your home's landscape, come discover the trees and shrubs best suited to the smaller yards and tight spaces often found in Arlington and surrounding communities. To create an inviting environment, plants need to be in proportion to their surroundings, but finding those that won't outgrow the space can be confusing and frustrating. Even plants with similar names can have quite different growth habits. In this information-packed workshop taught by a certified landscape designer, you'll learn where to find reliable information about different varieties of trees and shrubs, where to buy them and what to look for on plant labels. No surprises is a good thing when it comes to landscaping! We'll also touch on planting methods and pruning techniques that can help keep your plants in scale with their neighbors.

CODE: **HGo14** 2 Tuesdays, September 22 and 29  
7:30 - 9:00 pm \$30



**SEVERINA GATES**

Essentrics: *Aging Backwards*, PAGE 28

## Composting 101

*Jeremy Marin*

This 90-minute class will demystify the process and answer all your compost questions, from basic to advanced. Spend as much or as little time as you want "tending" your compost, it will still rot, turning organic household waste into a valuable, sweet-smelling and nutritious amendment for your garden beds, household plants and lawn. Composting saves money, reduces waste and lowers your carbon footprint—and that doesn't stink! Note that we will not address vermicomposting ("worm composting") in this class. Each participant will receive a coupon for \$10 off (i.e., 20% off) the price of a compost bin available for purchase through Arlington's Department of Public Works. *Co-sponsored by the Department of Public Works and Arlington's Conservation Commission.*

CODE: **HGo21** Thursday, October 1 7:00 - 8:30 pm \$20

## **NEW** Foreign Accent Modification

*Kimber Green*

This course is for non-native English speakers who are completely fluent in English and who wish to improve their English accent. Modifying your accent can result in more successful communication interactions at work and in social settings. It can also reduce the frustration that can come with feeling that you need to repeat yourself or avoid certain social situations. The class is taught by a speech-language pathologist with a specialty in foreign accent reduction and articulation. Emphasis will be on adjusting specific speech sounds, rate, rhythm, stress and intonation. There may be homework suggestions for practice of specific goals.

CODE: **LAo30** 4 Thursdays, November 12 - December 10  
(no class 11/26) 6:30 - 8:00 pm \$70

## English as a Second Language (ESL) Level 1

*Rosemary Previte*

This course is for those who have little or no knowledge of English. We will review the alphabet and work on spelling, pronunciation and vocabulary. Letters, words and simple sentence structure will be discussed. Basic grammar will include simple present and present progressive tenses. We will use a textbook and worksheets, and we will practice pronunciation, listening and conversation skills in class. This class will help you to understand, speak and write American English in a friendly classroom setting.

CODE: **LAo17** 11 Tuesdays, September 22 - December 8  
(no class 10/20) 6:30 - 8:00 pm \$120

## English as a Second Language (ESL) Level 2

*Rosemary Previte*

This course is for those who have studied some basic English and who want to improve their grammar, vocabulary, pronunciation and conversation skills. Grammar topics will include parts of speech, simple present, present progressive, and past tenses, and subject and object pronouns. We will use a textbook and worksheets, and we will practice pronunciation, listening and conversation skills in class. This class will improve your understanding of American English, as well as your speaking and writing skills. Purchasing the textbook is optional.

CODE: **LAo22** 9 Thursdays, October 1 - December 10  
(no class 10/29 and 11/26) 6:30 - 8:00 pm \$99

## Learn Spanish

*Katina McClain*

Come learn beginning Spanish in a dynamic classroom environment. Through fun activities you will learn and practice the alphabet, numbers, greetings, gender agreement, simple present tense of regular verbs, basic vocabulary and more! No textbook is used in this course; handouts will be provided for use during class time and for practicing at home during the week.

---

CODE: **LA007** 8 Thursdays, October 1 - December 3 (no class 10/29 and 11/26) 7:00 - 8:30 pm \$130

---

## **NEW** The Spanish Café: Conversation & Culture

*Cintha Soto*

Spanish is the most widely-spoken Romance language in the world today, with 410 million native speakers. This convivial class is taught by a native speaker and offers conversation and culture for those who want to refresh their Spanish, take it to the next level or who just miss speaking the language. We will improve your spoken Spanish and vocabulary by encouraging discussions in a variety of topics involving the culture of Spanish-speaking countries: art, literature, music, cuisine, travel and current events. To enjoy this class, students should have some experience with conversational Spanish.

---

CODE: **LA031** 8 Tuesdays, September 29 - November 24 (no class 10/20) 7:00 - 8:30 pm \$130

---

## **NEW** Spanish for Business: ¡Conversemos!

*Cintha Soto*

Would you like to engage with your customers, colleagues, prospective employers or business partners in Spanish? This course, taught by a native speaker, will give you essential tools to converse in Spanish-speaking business situations. You will learn everyday business phrases and expressions, as well as how to discuss your background and skills through practical scenarios that will include: business etiquette, job search and interviews, the workplace, the business trip and banking transactions. You will reinforce your command of Spanish while gaining confidence in your ability to speak in a professional environment. To enjoy this class, students should have some experience with conversational Spanish.

---

CODE: **LA032** 9 Thursdays, October 1 - December 10 (no class 10/29 and 11/26) 7:00 - 8:30 pm \$150

---

## **NEW** Italian for Travelers

*Kaitlin Carter*

Are you planning a trip to Italy, or dreaming of sipping a cappuccino while sitting in a Roman piazza? This course introduces participants to key phrases and tips for travelling around Italy. Each week will focus on an aspect of Italian language and culture that will help you navigate the roads that lead to Rome. Topics will include: dining out, traveling by train and finding the perfect place to stay. No former knowledge of Italian is necessary.

---

CODE: **LA033** 8 Tuesdays, October 6 - December 1 (no class 10/20) 7:45 - 8:45 pm \$90

---

## Italian for Advanced Beginners

*Kaitlin Carter*

This course is for students who have previously studied the Italian language and wish to expand their knowledge of vocabulary and linguistics. The course will focus on conversation and culture to help students gain a deeper understanding of the Italian language. *Parliamo italiano!*

---

CODE: **LA024** 8 Tuesdays, October 6 - December 1 (no class 10/20) 6:00 - 7:30 pm \$130

---

## The French Café: Conversation & Culture

*Madeleine Buehler*

The language of love and one of the five Romance languages (modern languages that descended from spoken Latin), French is the language of 75 million native speakers today. This class taught by a native speaker offers conversation and culture for those who want to refresh their French, take it to the next level or those who just miss speaking the language. We will improve our spoken French and vocabulary as we enhance our knowledge and appreciation of all things French: literature, music, cuisine and—if we dare—politics! To enjoy this class, students should have some experience with conversational French. A \$5 materials fee will be collected at class. Meet at **Arlington Senior Center**, 27 Maple St., Arlington. *This course is co-sponsored by Arlington Council on Aging and open to students of all ages.*

---

CODE: **LA026** 6 Thursdays, September 17 - October 22 2:30 - 4:00 pm \$100; \$85 for seniors

---

## French for Travelers: *Bon Voyage!*

*Dorothee Van Thong*

Planning a trip to France or to a French speaking country? This course, taught by a most delightful native speaker, will give you practical and valuable tools you need to communicate in travel situations. You will learn everyday phrases and expressions through authentic and lively scenarios based on the following topics: getting around, asking for information and directions, buying a ticket, ordering at a restaurant (including how to read typical dishes on a French menu), going shopping, sightseeing and reading common signs. As we progress, you will also get a chance to improve your pronunciation with place names and food items to help you be better understood. Finally, you will catch a glimpse of some social customs of France. *Et voilà!* At the end of the class, you will feel much more comfortable interacting with the locals.

CODE: **LA025** 8 Tuesdays, September 29 - November 24  
(no class 10/20) 6:30 - 8:00 pm \$130



**SHRUTI MEHTA**  
Indian Vegetarian Cooking, PAGE 17

## French for Beginners I: *Oui, c'est facile!*

*Dorothee Van Thong*

*Bienvenue à bord!* This class is an introduction to the French language. It is for students with no previous knowledge of French or for those who feel rusty and want a refresher. With the help of a delightful native speaker, you will learn fundamentals of communicating in French. This beginner level is organized around everyday topics such as greeting people, *vous* vs *tu* courtesy, numbers, places, weather, time, seasons, essentials questions and answers as well as amusing familiar expressions. Class will include activities such as role-plays and practice exercises. By the end of the class you will be able to understand basic conversations and interact with others. Daytime class meets at **Arlington Senior Center**, 27 Maple St.; evening class meets at Arlington High, 869 Mass. Ave.

CODE: **LA027.2** 8 Wednesdays, September 30 - December 2  
(no class 11/11 and 11/25) 1:00 - 2:30 pm \$130; \$111 for seniors



CODE: **LA027.1** 8 Wednesdays, September 30 - December 2  
(no class 11/11 and 11/25) 6:30 - 8:00 pm \$130

## French for Beginners II: *Allons plus loin!*

*Dorothee Van Thong*

This class is a continuation of *French For Beginners I* and is open to students who have some knowledge of French. Emphasis is placed on reinforcing listening comprehension and building up communication skills and oral expression through authentic daily-life dialogues through lessons and videos. You will expand and strengthen your vocabulary and grammar and learn some funny idiomatic expressions as you get a good grip on the language. Daytime class meets at **Arlington Senior Center**, 27 Maple St.; evening class meets at Arlington High, 869 Mass. Ave.

CODE: **LA035.1** 8 Tuesdays, September 29 - November 17  
10:30 am - noon \$130; \$111 for seniors



CODE: **LA035.2** 8 Thursdays, October 1 - December 3 (no class 10/29 and 11/26) 6:30 - 8:00 pm \$130

## Mandarin Chinese for Beginners

*Konwen Yuen*

Mandarin Chinese is one of the major world languages, spoken by 20 percent of people worldwide. In this class taught by a Chinese native, we will focus on pronunciation and vocabulary and use an audio-lingual approach to learn greetings, introductions and acquire the ability to ask and answer simple questions about daily life, including days of the week, food and drink. Our instructor will interweave her culture and its traditions into the lessons.

CODE: **LA028** 8 Thursdays, October 1 - December 3 (no class 10/29 and 11/26) 6:30 - 7:30 pm \$90

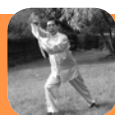


## Mandarin Chinese for Beginners II

*Konwen Yuen*

For students who have taken Mandarin Chinese for Beginners or have some familiarity with the language, this level will cover broader topics as well as more detailed sentence structure and grammar.

CODE: **LA034** 8 Thursdays, October 1 - December 3 (no class 10/29 and 11/26) 7:40 - 8:40pm \$90



**ZHANTAO LIN**  
Tai Chi, PAGE 34





## MUSIC, ART & PHOTOGRAPHY

### 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 one or two hours a week to practice. A \$5 materials fee will be collected at first class.

CODE: **MU023** 10 Tuesdays, September 22 - December 1  
7:00 - 9:00 pm \$200

### **NEW** Continuing Guitar

*Anthony Rizzotto*

This class is perfect for anyone who has completed our *Introduction To Guitar* class or who has been playing guitar for a while. Come join us if you are looking for a fun and supportive environment to continue learning and playing. The class will focus on developing stronger musical skills through playing individually and with the group. Meet at **Yamaha Music School**, 57 Bedford Street, Lexington, MA 781-274-7100. Visit [YMSboston.com](http://YMSboston.com)

CODE: **MU031** 10 Fridays, September 25 - December 4  
7:00 - 9:00 pm \$200



**MISTY FLOREZ**  
Floral Design, PAGE 21

### Ukulele Fundamentals

*Cheryl McNeil*

Have you always wished you could play a musical instrument but thought it would be too hard—or too late—to learn? Try the ukulele! In this class, you will learn basic strumming patterns and common chords. Through familiar song examples, no-frills explanations and demonstration of basic techniques, our instructor will have you picking and strumming in no time. You'll quickly find yourself playing your favorite music and maybe even leading the next sing-along. Whether you are brand new to musical performance or looking to add a new twist, it's time to get in on the fun. Bring a ukulele and, if you have one, a music stand. Aloha!

CODE: **MU022** 8 Tuesdays, September 29 - November 24  
(no class 10/29) 6:00 - 7:25 pm \$120

### **NEW** Intermediate Ukulele

*Cheryl McNeil*

The ukulele revival is bringing people together worldwide and the instrument is growing more popular each day. This class is designed for the ukulele player who has taken our *Fundamentals* class or has already played for a while. Learn new, complex strumming patterns, basic fingerpicking technique and expand your repertoire. Students in this class will be exposed to various tempos, styles and basic elements of music theory. Bring a ukulele and, if you have one, a music stand.

CODE: **MU022** 8 Tuesdays, September 29 - November 24  
(no class 10/29) 7:35 - 9:00 pm \$120

### **NEW** Singing in Rounds

*Amanda Sindel-Keswick*

Learn to sing in multiple parts the easy way! Rounds, or canons, are a great way to try singing in parts and start making music right away. Anyone who knows *Row, Row, Row Your Boat* is ready for this class (our song selections will be a bit more ambitious!). We will get more comfortable singing a part with other parts happening around us, make music, take our voices to the next level and have fun. Our skilled and patient instructor will help unleash your potential. No prior musical experience necessary, just an open mind and a love of singing.

CODE: **MU032** 4 Tuesdays, September 22 - October 13  
7:00 - 8:30 pm \$60

### Beautiful Music: Singing in Harmony

*Amanda Sindel-Keswick*

The experience of joining your voice in harmony with others, and feeling yourself part of that harmony, is a most powerful pleasure. Led by our lovely and patient instructor, you will be shown how to meld your voice with others so that the sound comes not from many voices singing together but from many voices singing as one. Together, we will learn the fundamentals of two-part harmony using by-ear techniques, and come to understand harmonies and how they work by making beautiful music together. All abilities and experience levels are welcome. No music reading necessary.

CODE: **MU019** 4 Tuesdays, November 10 - December 1  
7:00 - 8:30 pm \$60

ALL CLASSES MEET AT ARLINGTON HIGH  
SCHOOL UNLESS OTHERWISE NOTED.

**NEW Sing, Sing, Sing!***Brad Goff @ Ellie Foster*

Come sing fabulous three-part harmony of popular contemporary songs. This drop-in, no-commitment singing celebration is open to anyone who loves to join their voice with others. Under the direction of two professional and enthusiastic musicians, you'll choose whether you want to sing melody, low harmony or high harmony, and start with fun voice warm-up exercises. You'll learn your parts and perform together all in one night. You won't believe how great this feels! We hope to film the event and post on YouTube. Meet at **St. John's Episcopal Church**, 74 Pleasant St, Arlington; free on-street parking; please note that venue is not handicapped accessible.

CODE: **MU029** Thursday, October 29 7:00 - 9:00 pm  
\$5 online registration; \$10 at door

**Being Bauhaus***Peter Lehman*

Join us for this hands-on study of *Foundation*, the introductory class taken by all students at Bauhaus, the famous art school in Germany. Founded in 1919 by Walter Gropius, the school's style went on to be a major influence in modern design. *Foundation* was considered the basic visual grammar any design thinker—from architects, to fine artists to crafts people—should have, providing a grounding for a life in art. In this Bauhaus experience, we will do practical exercises, learn solid design lessons and absorb this famous approach. We'll explore drawing, cut paper, color studies, type and image and engage in practical experiments to develop a refined sense of graphic design. It's not just learning *about* the Bauhaus—it's *being* bauhaus. A \$10 materials fee will be collected at first class.

CODE: **AP032** 6 Thursdays, October 1 - November 12 (no class 10/29) 7:00 - 9:00 pm \$75

**Mixed Media for Everyone***Patricia Crotty*

Experiment with a new art form each week! You don't need to know how to paint or draw to get started—you can just dive in and start experimenting! We'll explore many materials: acrylic paint, collage, charcoal, fabric, printmaking and found objects are just some of the endless possibilities. Whether you're an experienced artist or just starting out, mixed media will help deepen your understanding of composition, color, line and value in a way that's immediate and evolving. For inspiration, we'll look at the work of artists like Kurt Schwitters, Robert Rauschenberg, and Robert Motherwell. Tuition includes a \$15 materials fee.

CODE: **AP031** 8 Wednesdays, September 30 - December 2 (no class 11/11 and 11/25) 7:00 - 9:00 pm \$140


**NEW Painting with Acrylics** *Patricia Crotty*

Come play with paint! We'll explore painting with acrylics, addressing composition and shaping the page, color, layering, brushstrokes and moving the paint around to achieve the effects you want. We'll look at the work of some great painters, both historic and current. Each week you'll build on your technical know-how and facility with paint as we work from still life arrangements, photographs or our imaginations. We'll take a look at realism, abstraction, and the territory in between. Beginners and more experienced painters are welcome. A materials list will be sent out before the first class. Meet at **Arlington Senior Center**, 27 Maple St., Arlington. *This course is co-sponsored by Arlington Council on Aging and open to students of all ages.*

CODE: **AP053** 8 Wednesdays, September 30 - December 2 (no class 11/11 and 11/25) 10:00 am - noon \$140; \$120 for seniors

**Anyone Can Draw***Susan Funk/ 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. Daytime class meets at **Arlington Senior Center**, 27 Maple St.; evening class meets at Arlington High, 869 Mass. Ave.

CODE: **AP041.1** 6 Mondays, October 19 - November 23 10:00 am - noon \$100; \$85 for seniors (with Sue) 

CODE: **AP041.2** 8 Tuesdays, September 29 - December 1 (no class 10/20 and 11/3) 7:00 - 9:00 pm \$140 (with Charlotte)

“Knitting was taught in a way that I understood, and I got exactly what I wanted out of the class.”

*Knitting for Beginners*, page 14

**NEW** Illustrating Children's Books*Dan Moynihan*

Illustration is the art of visual storytelling, and it is an exciting form of personal expression. In this class, we'll use fun exercises to generate ideas and explore what kind of children's stories you want to tell. If you already have an idea, bring it! 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: **AP057** 8 Tuesdays, September 22 - November 17  
(no class 10/20) 7:00 - 9:00 pm \$140

---

**NEW** Watercolor Pencils *Charlotte Kaplan*

Watercolor paintings are among the most beautiful and luminous works of art, and also one of the most difficult to create. But new materials such as watercolor pencils have made this process a little easier. In this class we will work with these specialized color pencils and learn to create beautiful paintings, eliminating a lot of the angst. All levels are welcome. Bring to first class: 9 x 12 watercolor pad, soft round #4 brush, small container for water and a rag. Meet at **Arlington Senior Center**, 27 Maple St., Arlington. *This course is co-sponsored by Arlington Council on Aging and open to students of all ages.*

---

CODE: **AP055** 10 Fridays, September 25 - December 4  
(no class 11/27) 10:00 am - noon \$150; \$128 for seniors

---

**Watercolor Painting***Dan Moynihan*

Watercolor is a versatile and transparent painting medium enjoyed by artists at all levels. Popular with fine artists as well as illustrators, it can be spontaneous and free or carefully controlled. Through in-class painting exercises, you will learn to mix colors and apply paint using techniques such as wet-into-wet, glazing and dry-brush. From this foundation, you will explore your interests and develop your own style. Do you prefer to paint from life, photo-reference or your imagination? As the course progresses, we will cover composition, color theory and value studies to help improve your paintings. Each class will include demonstrations, examples, individual instruction and of course, time to paint! No prior art experience is necessary, however basic drawing skills are helpful. A materials list will be sent to students before the first class.

---

CODE: **AP003** 8 Wednesdays, September 30 - December 2  
(no class 11/11 and 11/25) 7:00 - 9:00 pm \$140

---

**NEW** Watercolor Painting Meets Printmaking*Ann Wynne @ Eileen Murphy-McNamara*

Join us for a playful exploration of these two very different, yet versatile media. Printing offers crisp lines and fixed images while watercolor offers movement, blending and gesture. The course will alternate between printing and painting and will also combine the two as we learn basic techniques of both and experiment! All levels of experience are welcome. Students will choose the finished products they wish to create: a set of cards or postcards, an art book, images for framing or collage. Meet at **A Room for Art**, 115 Robbins Rd, Arlington (studio in back of house). Tuition includes a \$20 materials fee.

---

CODE: **AP054** 6 Thursdays, October 1 - November 5 (no class 10/29) 7:00 - 9:00 pm \$120

---

**NEW** Digital Photography: An Introduction*Suzi Grossman*

Are you still not sure what all the buttons on your digital camera mean? This four-week course is for those who want to move off "auto" setting and learn what their digital camera can do. We'll explore your camera's features and menus and then cover basic elements of photography including shutter speed, aperture, metering, focus and ISO speed. Please bring your digital camera and instruction manual to the first class; cameras should have a "manual mode" that allows students to adjust both shutter speed and aperture settings.

---

CODE: **AP056** 4 Thursdays, November 5 - December 3  
(no class 11/26) 7:00 - 9:00 pm \$65

---

**Beyond Auto Setting:  
Photography & Your Digital Camera***Emily Belz*

Many people stick to the most basic settings of their digital cameras because they never learn how to use the great options, buttons and settings these cameras possess. Come discover the marvels of photography and your digital camera! In this eight-week course, we will explore the basics of photography and photographic composition and settings common to most digital cameras. We will use short assignments both in class and between classes to help get you comfortable with your new skills, and review your photographs as a group. Our discussions will focus on both photographic aesthetics as well as technical considerations. By the end of the course, you will have the confidence and knowledge to take your cameras off auto setting and use them to take strong, dynamic photographs. Please bring a digital camera and camera manual (if you have it) to the first class.

---

CODE: **AP007** 8 Wednesdays, September 30 - December 2  
(no class 11/11 and 11/25) 6:30 - 8:30 pm \$130

---



NOTE: Yoga and Tai Chi classes listed in *Wellness*

## Learn to Play Chess

*John Sadoff*

Chess has been around for hundreds of years and is played the world over. What makes this game so satisfying? Chess engages our mind and memory and challenges us to tap into our creative thinking, problem solving and reasoning skills. This is your chance to learn to play chess well from an experienced and patient chess teacher who travels the world to play this game of kings. Each week you will learn how a new piece of the chessboard moves and practice fundamentals such as controlling the center of the board, protecting the king and developing your pieces. You'll learn playing strategies through puzzles and practice your new skills with your classmates. At the end of this course you will be a King of the Chessboard!

CODE: **FGo44** 8 Wednesdays, September 30 - December 2  
(no class 11/11 and 11/25) 7:00 - 7:50 pm \$80

## Play Chess Now

*John Sadoff*

*"Chess, like love, like music, has the power to make one happy."*  
— Dr. Siegbert Tarrasch, *The Game of Chess*.

Every chess game is unique, which is one reason the game never gets dull. This course will strengthen your skills over the chessboard. Master the art of checkmating. Learn the three principles of the opening. Fight your way through a king and rook endgame. Solve puzzles from real chess games. Play friendly competitive games against other students. Learn from an experienced chess teacher who travels the world to play this game of kings. At the end of this course you will have conquered the fundamental strategies of chess and won't be able to wait to find your next opponent!

CODE: **FGo45** 8 Wednesdays, September 30 - December 2  
(no class 11/11 and 11/25) 8:00 - 8:50 pm \$80

## Istanbul: City of Melancholy & Desire

*Kendall Dudley*

In this magical meeting place of East and West, the city of Istanbul reflects cultural influences of the many empires that once ruled there. Come experience the faded glory that pervades this city through slides, textiles and objects the spirit of this most ancient and storied city as seen through the eyes of a frequent visitor. Begin to appreciate the multiple layers of Istanbul that keeps travelers returning again and again.

*Kendall leads week-long writing adventures to Istanbul. Visit [writeyourvividjourney.com](http://writeyourvividjourney.com)*

CODE: **RFO01** Wednesday, September 30 7:00 - 9:00 pm \$15

## 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. A \$20 materials fee will be collected at class. Limited to 7.

CODE: **MBoo1** Thursday, October 22 6:00 - 9:00 pm \$40

## Mystery Walks

*Mary Hurley*

Discover new places to hike and hear tales about Native American settlers and esteemed writers such as Alcott and Emerson. We walk five to six miles, rain or shine. Enjoy the camaraderie of fellow walkers as we learn and have fun. After registering, email [maryhurley@comcast.net](mailto:maryhurley@comcast.net) for meeting locations. First walk meets at the **North Bridge parking lot** in Concord, off Monument Road. Weather cancellations are made up at end of session as needed.

CODE: **FGo03** 6 Wednesdays, October 7 - November 18  
(no class 11/11) 9:30 am - noon \$75

## **Essentrics: Aging Backwards**

*Severina Gates*

We are delighted to introduce Essentrics: *Aging Backwards* to Arlington. A gentle way to lubricate joints and elongate tight muscles, Essentrics can help you feel better and more mobile than you have in years. This full-body technique lengthens and strengthens every muscle in the body, creating greater joint mobility. A completely original workout that draws on the flowing movements of tai chi for health and balance, the strengthening theories behind ballet and the healing principles of physiotherapy which, when combined, help to produce a pain-free body. For men and women of all ages who are looking for a gentle, slow tempo class. Please bring a yoga mat, towel and water.

CODE: **DEo69** 8 Tuesdays, September 22 - November 17  
(no class 10/20) 7:00 - 8:00 pm \$85

## Come Birding

*Oakes Plimpton*

Come along on early-morning guided walks with a life-long birder. The fall migration is more diffuse than the spring, and many birds are not in their colorful breeding plumages, hence the expression “confusing fall warblers.” We should see such migrating ducks as Wood Ducks, Teal, Pintails, Canvasbacks, Common and Hooded Mergansers. A tentative schedule includes: Arlington Reservoir (9/19), Brooks Estates, Medford (10/3), Whipple Hill Reservation, Lexington—Smith & Locke ponds (10/17)—Mystic Lakes Dam & Sandy Pond, Medford (10/31) and Fresh Pond, Cambridge (11/14). Good binoculars are the secret to birding, so bring a pair if you have one. School-aged children accompanied by adults are welcome. The first morning we meet at the Arlington Reservoir parking lot on Lowell Street. Contact the instructor at [opoakes@gmail.com](mailto:opoakes@gmail.com) or 781.648.5117 for additional information. Registrants will be notified of specific meeting locations via email; locations are subject to change due to whim, weather and bird flight patterns.

CODE: **FG016.1** 5 Saturdays, September 19, October 3, October 17, October 31, November 14 8:00 - 10:00 am \$50

CODE: **FG016.3** 1 Saturday of your choice \$15

## Paddle Smart

*Robert Amiro*

*U.S. Coast Guard Auxiliary Division 5—Metro Boston*

This classroom safety course is designed for novice paddle enthusiasts. You will learn about the different parts of the canoe and kayak, how to enter and exit safely and how to properly prepare for your excursion. All legal requirements for operating your vessel and what to do in emergency situations are also highlighted. You will receive a certificate at the completion of the 3.5 hour class and walk away with the confidence as you hit the water. Please bring a pen/pencil and a notepad. An optional text is available for purchase in class.

CODE: **FG043** Tuesday, September 29 6:00 - 9:30 pm \$25

“The relaxed atmosphere allowed me to express myself fully.”

*Keep a Travel Journal, page 37*

## 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. Our Moody Street operation, located on the flatwater Lakes District of the Charles, is the perfect location for this opportunity to unwind. 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 recall 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 dock. Bring warm clothing, as it can get chilly after the sun sets. Our Moonlight Tours are designed as 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. Open to those 16+. Meet at **Charles River Canoe & Kayak**, 211 Moody Street, Waltham. Metered parking is available on-street, as well as off Crescent Street and behind the Embassy Theater. Limited to 8.

CODE: **FG015** Friday, September 25 (no rain date will be scheduled) 6:00 - 9:00 pm \$39

## 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 ([paddleboston.com/kendall.php](http://paddleboston.com/kendall.php)). We'll begin with a quick introduction to kayak strokes, then 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 history. Paddlers of all abilities are welcome, even those who have never paddled before! Open to those 16+. Tour is run in double kayaks and are booked per person; if you book one spot, you will be paired with another person. Limited to 8.

CODE: **FG041** Saturday, September 26 (rain date Sunday, September 27) 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 ([paddleboston.com/kendall.php](http://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 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. Open to those 16+. Tour is run in double kayaks and are booked per person; if you book one spot, you will be paired with another person. Limited to 8.

CODE: **FGo42** Saturday, October 3 (rain date Sunday, October 4) 2:00 - 5:00 pm \$75

## On & Off-Road Biking

Mary Hurley

Local back roads and trails take on a new look as you round each curve on a bike. Explore on- and off-road trails during our rides through Lexington, Concord, Bedford and other nearby towns. We'll rendezvous by car at a different starting point each week. A recently tuned hybrid bike is best for these rides, and helmets are required. We can ride up to 25 miles over two hours, so please be sure you feel capable of keeping this pace. After registering, email [maryhurley@comcast.net](mailto:maryhurley@comcast.net) for meeting locations. First ride meets at the **North Bridge parking lot** in Concord, off Monument Road. Weather cancellations are made up at end of term as needed.

CODE: **DEo09.1** 6 Tuesdays, October 6 - November 10  
9:30 am - noon \$75

CODE: **DEo09.2** 6 Thursdays, October 8 - November 12  
9:30 am - noon \$75

CODE: **DEo09.3** 6 Fridays, October 9 - November 13  
9:30 am - noon \$75

## 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. Limited to 8.

CODE: **FGo20** Tuesday, October 6 7:00 - 9:00 pm \$20

## Off-the-Bikeway Adventures

Donna Eidson

If you love to ride your bike but find riding up and down the bikeway can get *boring*, come join some surprisingly nice rides just off the trail. Each week we'll start from Arlington and ride for 90 minutes to two hours. Riders must wear helmets and have recently tuned road or hybrid bikes with *fully inflated* tires. We'll have fun as we explore a different route each week. We may even carpool out to Concord one week for a completely different experience. Participants should be able to maintain a 10-12 mph speed; this is moderate, but not leisurely riding. Bring water, a snack and a sense of adventure. Pre-registration required; first class will meet at the intersection of Bow Street and the Minuteman Bikeway in Lexington.

CODE **DEo68** 4 Thursdays, October 1 - 22 9:30 - 11:30 am \$40

## Run! Have Fun! Feel Good!

Roblyn Brigham

This class is geared toward folks who are new to running or who haven't run for a while. You like the idea of running. The trouble is it's tough to stick with a training program on your own. That's about to change! This class, taught by a most motivating instructor, will show you how to establish routines so that running is not just a short-term resolution, but a lifelong habit. Building on the power of goal setting and mutual support, this class will help you to get motivated, get moving and have fun while you're at it. Over the course of eight weeks, we'll gradually and gently build strength and endurance, create and follow individual training plans and find ways to motivate ourselves and each other toward reaching fitness milestones. As part of our goal, we'll participate in a 5K (3.1 miles) road race in late fall, which promises to be a positive, healthy addition to our holiday traditions. First class meets at Arlington High to discuss appropriate footwear, technique, pacing and creative running strategies. Please come to all classes prepared to run outdoors; all ages, sizes and abilities are welcome!

CODE: **DEo05** 8 Thursdays, October 1 - November 19  
6:30 - 7:30 pm \$90

## Fabulous Zumba!

Cheryl Keane

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. Meet at **St. John's Episcopal Church**, 74 Pleasant St., Arlington; enter rear door.

CODE: **DEo02.1** 11 Mondays, September 21 - December 7  
(no class 10/12) 6:45 - 7:45 pm \$110

## **NEW** The Belly Dancer's Workout

AC Calcaterra

Come rock the Kasbah! Join a fun workout that will whittle your waist and tone your core. The class includes a warm up, individual exercises, drills and a cooling down stretch, all done the belly dancer's way. Easy to learn, you'll be sore in places you forgot you had! Open to all levels of fitness as all movements can be modified. Wear comfortable, loose fitting clothing; hip scarves will be provided!

CODE: **DEo70** 6 Tuesdays, October 27 - December 1  
7:00 - 8:00 pm \$65



**LESLIE LAWRENCE**

Single-Session Writing Workshops, PAGE 37

## Barre Basics Workout

Amber Breimeir

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.

CODE: **DEo62** 8 Wednesdays, October 7 - December 9  
(no class 11/11 and 11/25) 7:00 - 8:00 pm \$85

## 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. The workout combines ballroom dance styles and music genres. Cha cha, disco, jive, merengue, salsa, samba, quickstep and lindy to everything from pop and rock to hip-hop and country—all as you burn fat and blast calories. Every class includes at least three dances. No experience and no partner necessary. Choose from day and evening classes. 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: **DEo63.1** 9 Mondays, September 21 - November 23  
(no class 10/12) 7:30 - 8:30 pm \$100


CODE: **DEo63.2** 9 Tuesdays, September 22 - November 17  
10:00 - 11:00 am \$100 

CODE: **DEo63.3** 9 Saturdays, September 26 - November 21  
10:00 - 11:00 am \$100 

## 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**, 180 Mass. Ave., Arlington. Visit [backbayfit.com](http://backbayfit.com) or [tonewithrindone.com](http://tonewithrindone.com) Note: It is highly recommended that you register for the Fundamentals beginner class (see next page) if you have never done kettlebells before.

CODE: **DEo58.1** 10 Wednesdays, September 30 - December 9  
(no class 11/11) 6:00 - 7:00 am \$145 

CODE: **DEo58.4** 8 Thursdays, September 24 - November 12  
7:00 - 8:00 pm \$80

CODE: **DEo58.5** 8 Saturdays, September 26 - November 14  
8:30 - 9:30 am \$80 



**DAVID ADAMS**

Estate Planning, PAGE 11

## Kettlebell Fundamentals

*Joe Rindone*

It is highly recommended that you register for this Fundamentals beginner class if you have never done kettlebells before. Meet at **Back Bay Fit**, 180 Mass. Ave., Arlington.

CODE: **DEo65** 4 Saturdays, October 24 - November 14  
9:30 - 10:30 am \$54

## Tone & Stretch: Reach for the Stars

*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 mature. 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.

CODE: **DEo56** 8 Wednesdays, September 30 - December 2  
(no class 11/11 and 11/25) 7:00 - 8:00 pm \$85

## Country Western Line Dance

*Julie Kaufmann*

What's more fun than 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: **DEo67** 9 Wednesdays, September 30 - December 9  
(no class 11/11 and 11/25) 6:30 - 7:45 pm \$125

## Swing Dance for Beginners

*Julie Kaufmann*

Swing is hot again, and as fun as ever. Learn triple rhythm and basic six-count moves, the foundation for all Swing styles, including Lindy, Jitterbug and Jive. Whether you like Big Band or Big Bad Voodoo Daddy, George Strait or Dire Straits, oldies or new generation, you can swing to them all. Come with a partner, or come alone.

CODE: **DEo29** 9 Wednesdays, September 30 - December 9  
(no class 11/11 and 11/25) 7:45 - 9:00 pm \$125

## 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. You'll explore footwork, timing and dance etiquette while having fun, fun, fun! What are you waiting for? No experience or partner required.

CODE: **DEo07** 8 Thursdays, October 1 - December 3 (no class 10/29) 8:00 - 9:00 pm \$110



**JOANN IGNELZI**  
Knife Skills: Slice and Dice 101, PAGE 16

## 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 you just want to take your footwork to the next level. We'll swing, waltz, foxtrot, rumba, cha-cha 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: **DEo08** 8 Thursdays, October 1 - December 3 (no class 10/29) 7:00 - 8:00 pm \$110

## TV & Video Production Workshop

*Arlington Community Media, Inc. Staff*

Final details for this class were unavailable at press time. Check our website for full description, dates and times.

CODE: **FGo37**

## 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!





## Mindfulness Meditation: One-Night Workshop

*Kimber Green*

Most of the time we are unaware of the incessant chatter that goes on in our heads. It can distract us and contribute to stress and anxiety. 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 workshop provides a great overview of mindfulness meditation: what it is, how it works and how to establish a regular practice. We will also experience this restful practice together. Wear comfortable clothing and bring a blanket, and pillow or meditation cushion, 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 Kimber’s six-week class (see below).

CODE: **MB017** Tuesday, September 22 6:30 - 8:30 pm \$20



**JENNIE RATHBUN**

Why We Like It:  
Looking Closely at Fiction, PAGE 36

## Mindfulness Meditation

*Kimber Green*

“Presence is a state of inner spaciousness.”—Eckhart Tolle

These sessions will provide the foundation of mindfulness meditation and then gradually build on your understanding and practice of these concepts. We will learn how to make meditation a regular practice, and how to bring it into our daily lives in ways that calm and enrich 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. Note: The October 29 class will be a walking meditation class which will meet outdoors. Further information will be provided by the instructor.

CODE: **MB019** 6 Thursdays, October 1 - November 5  
6:30 - 8:00 pm \$80

## Expand Your Intuition through Mindfulness

*Jeanne Mayell*

The practice of mindfulness—a focused awareness of the here and now—has many benefits. One is that you can become more intuitive...if you know how. The instructor, a professional intuitive and psychotherapist with training in mindfulness, will show you how to use mindfulness to access intuition. Students will learn how to relax deeply, then use this state of mind to access a level of consciousness they never thought possible. Come with an open and curious mind and you may have an experience you will never forget. Beginning to advanced students of mindfulness and/or intuition are welcome. Visit [jeannemayell.com](http://jeannemayell.com)

CODE: **MB033** Wednesday, October 21 6:00 - 9:00 pm \$30



**BRAD GOFF**

Sing, Sing Sing!, PAGE 6


## Tai Chi: Meditation in Motion

*Judith King*

The ultimate in no-impact aerobics, Tai Chi naturally relaxes the body, promoting calm and peace of mind while improving posture, balance and flexibility. The practice increases blood flow throughout the entire body, keeps joints flexible and restores elasticity to muscles. It is a form of exercise that actually becomes better for you as you age. 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. Wear loose comfortable clothing. Note: The 6:00 pm class is for those acquainted with the Hwa Yu Short Form; the 7:10 pm and daytime classes are for those with little or no experience. Evening classes meet at **Arlington High**, 869 Mass. Ave; daytime classes meet at **Calvary Church**, 300 Mass. Ave., Arlington. Enter far right side door on Linwood Street, turn right and go up one flight.

CODE: **DE012.1** 8 Wednesdays, September 30 - December 2  
(no class 11/11 and 11/25) 6:00 - 7:00 pm \$90

CODE: **DE012.2** 8 Wednesdays, September 30 - December 2  
(no class 11/11 and 11/25) 7:10 - 8:10 pm \$90

CODE: **DE012.3** 10 Thursdays, September 24 - December 3  
(no class 11/26) 9:30 - 10:30 am \$115 

## NEW Tai Chi: Yang-Style

Zhantao Lin

Tai Chi is both a cultural experience and an excellent way to exercise and improve balance and coordination. Taught by a 6th-generation Tai Chi master and native of China, this introduction covers the first 16 postures of the 88 postures in the traditional Yang Style Tai Chi Long Form. Students will learn steps, hand movements, balance and form. The teacher provides individual attention and a strong sense of the history and context of these movements in Chinese culture. Appropriate for all ages and ability levels. Meet at **Calvary Church**, 300 Mass Ave., Arlington. Enter far-right side door on Linwood Street, turn right and go up one flight.

CODE: **DEo71** 10 Tuesdays, September 29 - December 1  
9:00 - 9:50 am \$115



**ELLIE FOSTER**

Sing, Sing Sing!, PAGE 6

## 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 onto postures 17 to 50. We will focus on accuracy, consistency and fluency to further strengthen your body's balance. Appropriate for all ages and abilities. Meet at **Calvary Church**, 300 Mass. Ave., Arlington. Enter far-right side door on Linwood Street, turn right and go up one flight.

CODE: **DEo35.1** 10 Tuesdays, September 29 - December 1  
10:00 - 10:50 am \$115

## Tai Chi: Level 3

Zhantao Lin

This class continues postures 51 to 88 of Yang Style Tai Chi. We will focus on accuracy, consistency and fluency to further strengthen your body's balance. Appropriate for all ages and abilities. 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** 10 Tuesdays, September 29 - December 1  
11:00 - 11:50 am \$115

## 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. Daytime class meets at **Calvary Church**, 300 Mass. Ave., Arlington. Enter far-right side door on Linwood Street, turn right and go up one flight. Evening class meets at Arlington High.

CODE: **DEo14.2** 9 Thursdays, October 1 - December 10  
(no class 10/29 and 11/26) 6:00 - 7:15 pm \$125

CODE: **DEo14.1** 11 Fridays, September 25 - December 11  
(no class 11/27) 9:30 - 10:45 am \$150 

## NEW Yoga for Runners & Other Active Adults

Meagan Burke

Yoga has transformative powers when it comes to helping runners and others loosen tight hips and hamstrings, soothe that pesky IT band and even prevent or alleviate other aches and pains. Come learn yoga stretching and myofascial release techniques, core strengthening poses and mindfulness exercises you can then make part of your regular routine. Perfect for active adults of all levels. No yoga experience is necessary. Bring a mat and water to class.

Code: **DEo61** 8 Tuesdays, September 22 - November 17  
(no class 10/20) 7:00 - 8:00 pm \$110

## 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** 12 Mondays, September 21 - December 14  
(no class 10/12) 9:00 - 10:15 am \$170

CODE: **DEo10.1** 10 Wednesdays, September 30 - December 16  
(no class 11/11 and 11/25) 9:00 - 10:15 am \$140

## Hatha Yoga

*Bettina Velona/Ruth Lieberherr*

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. Monday class meets at **Fox Library**, 175 Mass. Ave. (at Cleveland Street); Thursday class meets at Arlington High, 869 Mass. Ave.

CODE: **DE015.1** 12 Mondays, September 21 - December 14  
(no class 10/12) 7:15 - 8:30 pm \$170 with Bettina

CODE: **DE015.2** 9 Thursdays, October 1 - December 10  
(no class 10/29 and 11/26) 7:30 - 8:45 pm \$125 with Ruth

“My son and I really enjoyed the walking tour. Dee Morris made it very interesting. We loved it.”

Peggyann Albin, Carlisle

## 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.

CODE: **MB023** Wednesday, November 4 7:00 - 8:30 pm \$20

## **NEW** Clean Eating Made Simple

*Danielle Schertzer*

Everywhere you turn there is a new theory about “clean eating” and choosing healthy foods. Should you eat meat, dairy and gluten or avoid these foods entirely? The science of nutrition can seem confusing and contradictory. Let’s make it simple. In this lecture we will address some popular dietary theories and learn which ones actually promote health and disease prevention. You will learn basic, easy-to-use guidelines for healthy eating, including: which foods to buy and how to shop for healthy ingredients without breaking the budget. You will also get help with creating meal plans that feature simple, family-friendly recipes some of which we will have to sample.

CODE: **FD080** Thursday, October 1 7:00 - 9:00 pm \$20

## Learn the Tarot: Mirror of the Soul

*Jeanne Mayell*

Learn to use the Tarot, a most powerful and ancient divination tool. A set of beautiful illustrations filled with myths of the ages, the Tarot stimulates your imagination and psychic power as you never thought possible. Our instructor, a gifted Tarot reader and teacher, will teach you how to read the cards intuitively so you won’t have to look up the meanings in a book. Students will give and receive readings to and from each other while guided by the instructor, and leave with an unforgettable experience. Bring the Thoth Tarot Deck or purchase one from the instructor for \$27 (large size). If you prefer a different deck, by all means bring it! Meet at **Theosophical Society**, 21 Maple St. (behind 19 Maple St), Arlington. Read about the instructor at [jeannemayell.com](http://jeannemayell.com)

CODE: **MB011** Saturday, November 7 10:00 am - 4:00 pm \$75

“Helped me get motivated to do something I need to do and provided the basics to get started.”

*Estate Planning Essentials*, page 11



## WRITING & LITERATURE

### **NEW** Great American Poets Since 1960

Laura Quinney @ Billy Flesch

Over two nights we will read a handful of the best short American poems written since 1960. We will explore the use of lyric, punctuation (or lack thereof), language and form. You will be introduced to about a dozen poems each by Elizabeth Bishop, W.S. Merwin, John Ashbery and James Merrill, and together we'll discuss a few of these poems by each poet. If we have enough time, we'll bring in a few other great poems by their contemporaries (and ours).

CODE: **WL001** 2 Tuesdays, December 1 and 8  
7:00 - 9:00 pm \$35



**CINTHYA SOTO**

The Spanish Café:  
Conversation & Culture, PAGE 23

### Why We Like It:

#### Looking Closely at Fiction

Jennie Rathbun

Someone once famously remarked, "I don't know much about art, but I know what I like." Most survivors of high school English are justifiably sick of combing through literary masterpieces hunting for symbols, and have relaxed into an unquestioning attitude toward the fiction they read in book clubs and in bed. We finish a book and say we liked it, or we didn't like it, but we can't say much more than that. This class is for readers who want to get under the hood and see how great fiction works. A story has a plot, and characters who drive it, but writers make other choices we don't notice unless we slow down and look, involving pacing, point of view, humor, dialogue, voice and detail. Once we become aware of these elements, our appreciation and enjoyment increase, as well as our ability to talk intelligently about what we've read. We'll read and discuss fiction by today's masters, including Alice Munro, William Trevor, Antonia Nelson, Julian Barnes and Lorrie Moore. Meet at **Arlington Senior Center**, 27 Maple St., Arlington. *This course is co-sponsored by Arlington Council on Aging and open to students of all ages.*

CODE: **MU027** 6 Thursdays, October 1 - November 5  
11:00 am - 12:30 pm \$75; \$64 for seniors

### The Poetry of Mary Oliver

Sharon Heermance

*"Around me the trees stir in their leaves and call out, 'Stay awhile.' The light flows from their branches. And they call again, 'It's simple,' they say, 'and you, too, have come into the world to do this, to go easy, to be filled with light, and to shine.'"*

—When I Am Among the Trees by Mary Oliver

Mary Oliver's poetry offers an eloquent bridge between our human experience and the natural world. With an accessible style, Oliver invites keen attention and deep listening. Poetry at its most powerful is heard; therefore we will read aloud selected poems from this Pulitzer Prize-winning poet. As a group, we will discuss the imagery and ideas in Oliver's poems to access a richer understanding of ourselves and the world around us. No prior reading is necessary; the instructor will provide copies of poems. Limited to 15.

CODE: **MU030** Thursday, November 5 7:00 - 9:00 pm \$20



**BETH CANUEL**

LaBlast® Dance Fitness, PAGE 31

### **NEW** Writing Your Young Adult/ Middle Grade Novel

Holly Thompson

Whether you are thinking about the idea, just diving in or completing a full draft, and whether this is your first novel or your fourth, this course will help you discover, develop and hone your young adult (YA) or middle grade (MG) novel. Each week we will focus on different fiction elements, examine our works-in-progress and discuss excerpts from recently published YA and MG novels. Areas of weekly focus will include characterization, voice, plotting, setting, backstory, pacing, dialogue, scene arcs, themes and motifs and more. Writers will be expected to advance or develop their novel draft each week and some weeks will be asked to bring in excerpts to share for supportive feedback. If you have one, bring your own laptop or tablet to each class. Visit [hatbooks.com](http://hatbooks.com)

CODE: **WL002** 10 Tuesdays, September 29 - December 8  
(no class 10/20) 7:00 - 9:00 pm \$150

## Keep a Travel Journal: Capture Time Before it Flies

*Kendall Dudley*

Here's a departure from the standard travel journal. Using a fast-paced, creative process, you'll capture the entire day in a few minutes, make connections to past and present, see context for your responses to new things and uncover the new in you. You'll make use of simple observational tools, quick-writing, ephemera, doodling, shaped writing and layering. Through it all, your experience of travel will deepen and some of the ways you were on the road may carry over to being at home. Bring an unlined journal, 6x9 or larger, a pen, watercolor pencils and, if you have one, a sample of an earlier travel journal. Meet at **instructor's home office**, 50 Grafton St, Arlington (near Capitol Theater in East Arlington).

---

CODE: **WC016** 2 Mondays, September 14 and 21  
7:00 - 9:00 pm \$40

---

## 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 "Contact Us"

“Danielle Schertzer is a fantastic teacher and great food!! Will definitely take more classes by her!”

*Celebrate Fall Vegetables, page 17*

## SINGLE-SESSION WRITING WORKSHOPS with Leslie Lawrence

*Leslie Lawrence has been writing and mentoring writers for more than 30 years. Her work has appeared in a wide range of publications, including The Boston Globe Magazine, Redbook, Prairie Schooner and Solstice. She has taught most recently at Grub Street, Tufts University and Simmons College. Join her for these productive, interactive workshops. Her book, The Death of Fred Astaire: Essays from a Life Outside The Lines will be out from SUNY Press in the Spring of 2016. Visit [leslielawrencewriter.com](http://leslielawrencewriter.com)*

*These courses are co-sponsored by Arlington Council on Aging and open to students of all ages.*

### She Says/He Says:

#### Writing Great Dialogue

Whether writing fiction or nonfiction, using dialogue will bring your writing to life. In this workshop we'll learn about the qualities of good dialogue and practice writing some. We'll examine when to use it, how much to include, how to indicate the speaker and more. Open to all. Meet at **Arlington Senior Center**, 27 Maple Street.

---

CODE: **WC025** Thursday, October 29  
10:00 - 12:30 pm \$25

---

#### Childhood Firsts

Our earliest memories are often the most enduring and revealing. Whether we want to write poetry, fiction or nonfiction, these memories—of joy, triumph, shame, terror, betrayal, discovery—can lead us to the most resonant themes of a lifetime, themes that can give focus and shape to longer projects. In this seminar we will write with courage and exuberance to plumb these memories, hear them sing and see how they connect and reverberate. Open to all. Meet at **Arlington Senior Center**, 27 Maple Street.

---

CODE: **WC004** Thursday, November 12  
10:00 am - 12:30 pm \$25

---



**ANASTASIA SEMASH**

Needle Felting:  
Fun & Easy Wool Sculpture, PAGE 15



## 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)

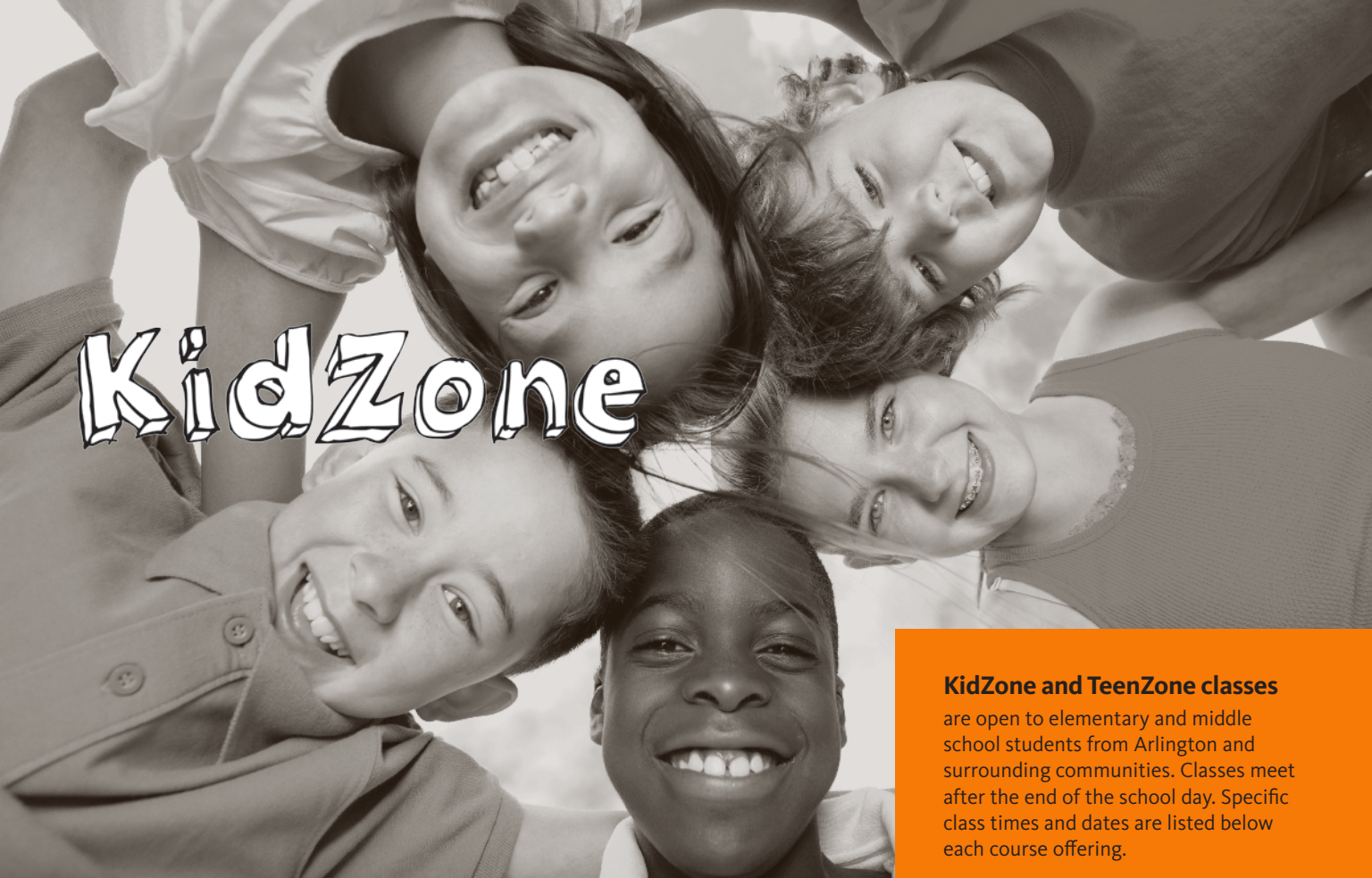
## MORE THAN 200 ONLINE COURSES

### Selected courses:

- **Achieving Top Search Engine Positions**  
Learn how to achieve top search engine positioning in this highly-interactive, six-week course. Discover how search engines work and how important events have shaped the entire Search Engine Optimization (SEO) industry. Learn which search engines are used the most frequently, and which ones you must absolutely get your site listed in.
- **Intro to SQL**  
Learn the key concepts of Structured Query Language (SQL) and gain a solid working knowledge of this powerful and universal database programming language. You'll learn the basic structure of relational databases, how to read and write simple and complex SQL statements, and advanced data manipulation techniques.
- **Medical Terminology**  
Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.
- **Intro to QuickBooks 2013**  
Learn how to quickly and efficiently gain control over the financial aspects of your small business with this powerful accounting software program. In 12 lessons, you'll master the tools you need to set up a chart of accounts; reconcile your checking account; create and print invoices, receipts, and statements; track your payables, inventory, and receivables; create estimates; and generate reports.
- **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.

....and many more

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



# KidZone

## **KidZone and TeenZone classes**

are open to elementary and middle school students from Arlington and surrounding communities. Classes meet after the end of the school day. Specific class times and dates are listed below each course offering.

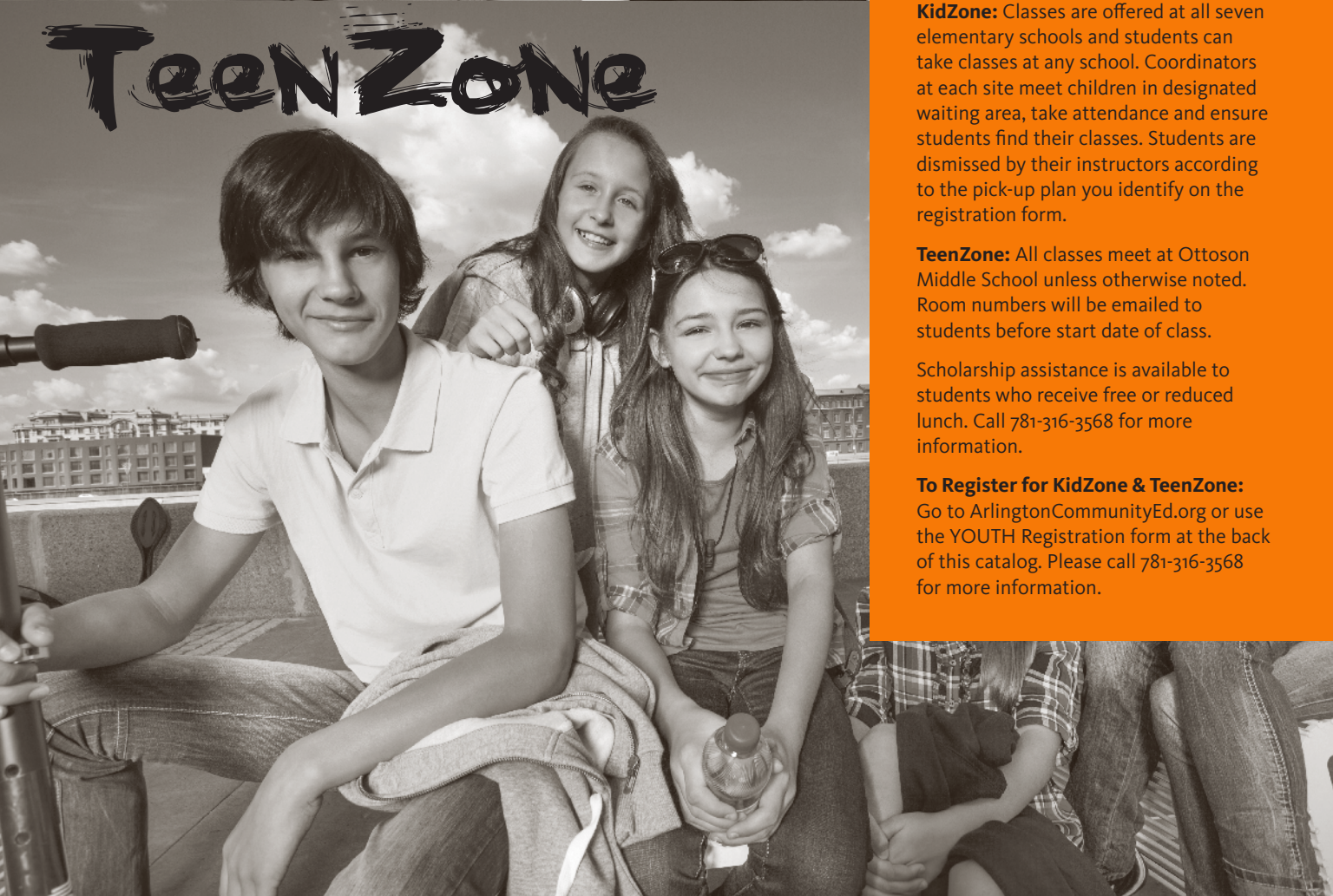
**KidZone:** Classes are offered at all seven elementary schools and students can take classes at any school. Coordinators at each site meet children in designated waiting area, take attendance and ensure students find their classes. Students are dismissed by their instructors according to the pick-up plan you identify on the registration form.

**TeenZone:** All classes meet at Ottoson Middle School unless otherwise noted. Room numbers will be emailed to students before start date of class.

Scholarship assistance is available to students who receive free or reduced lunch. Call 781-316-3568 for more information.

## **To Register for KidZone & TeenZone:**

Go to [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) or use the YOUTH Registration form at the back of this catalog. Please call 781-316-3568 for more information.



# TeenZone



## Teen Zone

All classes for teens meet at Ottoson Middle School unless otherwise indicated; room numbers will be emailed to students before start date of class.

Register at [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) or use the Youth Registration format the back of this catalog.

## Programming with Scratch • GRADES 7-8

*Johanna Bradley, DML Teacher, Ottoson*

Want to make your own animated stories, video games or interactive artwork? You can! Come and learn how easy it can be to make characters that walk, fly, or respond to keys you press. Invent your own games, or make animated stories and gorgeous pictures that change while you're looking at them! Along the way, you'll also learn the basics of computer programming—the way that professional animators create everything from games to 3D movies. Easy-to-use (and free) Scratch software helps you become a creator, and not just a consumer, of computer animation. Note: This course is for grades 7-8; incoming 6th graders will learn Scratch in Digital Media & Literacy class. Limited to 14.

CODE: **MS007** 10 Mondays, September 21 - December 7 (no class 10/12 and 11/2) 2:45 - 4:15 pm \$185

## Artbotics • GRADES 6-8

*Terry Dash, DML Teacher, Ottoson*

Would you like to build a sculpture that lights up when you come close to it? Or moves when you say hello? That's just what you'll do in Artbotics! You can make an animal, scene or mask (and more!) from felt, glue, glitter and other craft materials. Then you'll add lights, motors, and sensors to make it move and light up. You'll tell all the parts how to behave by writing a computer program. Artbotics combines art and computer science and is appropriate both for students with previous programming experience and those without. Tuition includes a \$10 materials fee. Limited to 9.

CODE: **MS008** 9 Wednesdays, September 30 - December 9 (no class 11/25) 2:45 - 4:15 pm \$175

## Public Speaking with Confidence • GRADES 6-8

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

Fear of speaking in front of an audience plagues many adults, so the sooner we teach kids about public speaking, the better. In this course adolescents and teens will learn to overcome nervousness when speaking in front of groups, organize and present ideas logically and convincingly, listen carefully to the ideas of other students and offer helpful advice. Tuition includes a \$5 materials fee. Limited to 12.

CODE: **MS009** 2 Mondays and 2 Wednesdays, November 30 - December 9 2:45 - 4:45 pm \$60

## Babysitting Basics • GRADES 6-9

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

The excellent 4-H Babysitters' Program is designed to better prepare young people for babysitting and childcare by educating them to become capable, caring, responsible babysitters. Students will come to understand the responsibilities and skills needed to become good babysitters, and develop confidence in handling situations they may encounter when caring for young children. Upon completion of this course, youth will receive a Babysitter's ID card and a certificate of completion. Note: Students must be at least 12 years old. Tuition includes a \$10 materials fee. Limited to 15.

CODE: **MS006** 2 Tuesdays and 2 Thursdays, September 29 - October 8 2:45 - 4:45 pm \$90

## Clay Workshop • GRADES 6-8

*Alecia Serafini, Ottoson Art Teacher*

Designed for students with an interest in clay, this course introduces ceramics as an art form and explores the basics of forming and shaping clay. Learn various handbuilding techniques and the craft of wheel thrown pottery while adding your personal style to your creations. All students will have the chance to create at least one piece on a wheel! Limited to 15. Tuition includes a \$15 materials fee.

CODE: **MS011** 9 Wednesdays, September 30 - December 9 2:45 - 4:15 pm \$180

“This was a well-organized program. Loved the race as a motivator!”

*Middle School Running*

CHECK OUT OUR EVENING ADULT/TEEN COOKING CLASS ON PAGE 16.



## Digital Photography: Camera & Composition Basics • GRADES 6-8

*Leah Cirker-Stark*

Get out of the “auto mode” of your camera and learn to take more interesting photos. This course will introduce you to the mechanics of a digital SLR camera and photographic technique including aperture, shutter speeds, white balance, exposure and the various types of digital files. You will learn the basics of composition, including framing, lighting techniques, depth of field and perspective and achieve a greater understanding of your camera by learning what these terms mean, what they look like and how certain settings affect an image. You'll be given interesting and creative weekly assignments related to techniques discussed in class. Bring a fully-charged DSLR camera (not a regular point-and-shoot) and at least one lens (preferably 35 or 50 mm), memory card, camera manual and any connection cords to each class. Limited to 11. *Leah Cirker-Stark has an undergraduate degree in fine art from the Art Institute of Boston. She runs Leah C-S Photography, a freelance photography business in event and portrait photography, and specializes in using natural light.*

CODE: **MS010** 8 Tuesdays, September 22 - November 10, 2:45 - 4:15 pm (class meets 1:15 - 2:45 on early release days: 9/22, 10/20, and 11/10) \$145

## Middle School Running • GRADES 6-8

*APS Staff and Community Runners*

Learn to run a 5K! Join a team of Arlington teachers who have years of running experience and learn to run in a fun, non-competitive atmosphere. During this eight-week program, students will build confidence as well as their physical and mental endurance. We will wrap up the course by running a 5K event together as a team. No experience necessary!

CODE: **MS001** 8 Tuesdays and 8 Thursdays, September 29 - November 19 (class meets 1:15 - 2:45 on early release days: 10/20 and 11/20) 2:45 - 4:15 pm \$145

“My daughter enjoyed going to the class, learned some valuable lessons, and no doubt gained confidence to babysit on her own.”

*Babysitting Basics*

## Bake-at-Home Bread Shop • GRADES 6-8

*Julia Kelehan*

Roll up your sleeves and get ready to make bread! Each week we will mix, measure, knead and form our own loaves to take home to bake and enjoy with our families. We'll experiment with flavors, shapes and ingredients to make whole wheat, cinnamon-raisin, pizza dough and other loaves of deliciousness. No experience necessary. Tuition includes an \$8 food fee. *Julia Kelehan is an Arlington mom and personal chef.*

CODE: **MS014** 4 Thursdays, October 1 - 22  
2:45 - 4:15 pm \$80

## Mosaic Art for Teens • GRADES 6-8

*Betsy Rodman, Co-owner of Mosaic Oasis*

Learn the ancient art of mosaics. This class will introduce teens to the process of creating mosaics—from the use of color and placement of tile to composition, as well as the technical aspects of grouting and completing the piece. Students will learn while doing, through demonstration and lots of hands-on time. You will make a beautiful mosaic art project, such as a 10” round or square mirror or wall plaque of your choice. Tuition includes all materials. Meet at **Mosaic Oasis**, 1189B Mass. Ave., very near Ottoson.

CODE: **MS012.1** Session 1: 4 Mondays, September 21 - October 19 (no class 10/12) 2:45 - 4:15 pm \$95

CODE: **MS012.2** Session 2: 4 Mondays, October 26 - November 23 (no class 11/2) 2:45 - 4:15 pm \$95

## CADD for Kids: Computer Aided Drafting & Design & 3D Printing • GRADES 4-12 @ ARLINGTON HIGH

*Kambiz Vatan, Mathematics Teacher, AHS*

This class is for students interested in using computers to digitally design and build their ideas while exploring the world of architectural and mechanical drafting and design. Class can go in different directions depending upon the choice of the student. In project-based curriculum, students work on hands-on, computer-oriented projects, generating final products sparked by their own interests. CADD is a great class for anyone, whether or not they have been exposed to digital design. Meet in **Room 403 at Arlington High**, 869 Mass. Ave. Limited to 15.

CODE: **MS013** 5 Wednesdays, September 30 - November 4 (no class 10/14) 3:00 - 4:30 pm \$110



## BISHOP SCHOOL

### Yoga for Kids

*Erin Carter*  
Grades 3-5

A fun and nurturing series designed to help children learn how to care for their body, mind and spirit. Classes include group games and energetic play, followed by yoga postures, breathing techniques, mindfulness activities, art and guided relaxation. In this positive and playful environment, children will build self awareness, healthy leadership and social skills, strength, flexibility, confidence, self regulation skills—and have a lot of fun! Limited to 10. *Class will be taught by certified kids yoga instructor Erin Carter. Erin has been teaching yoga to children of all ages for the past ten years; more details at [strengthinconnectionyoga.com](http://strengthinconnectionyoga.com)*

CODE: **BP10** 8 Tuesdays, October 6 - November 24  
1:10 - 2:10 pm \$100

### Arlington Children's Theater

*Matthew Lundeen*  
Grades K-2

One of our most popular classes! We will explore an introduction to the dramatic arts. We will spend class time playing theater games that work on voice, movement, improvisation, character and confidence as we prepare a final production. Ensemble work is strongly encouraged as students add their ideas to everything, including scene creation. The class ends with a short performance. Limited to 12. *Matthew Lundeen is artistic director of ACT.*

CODE: **BP14** 8 Wednesdays, September 30 - December 2  
(no class 11/11 and 11/25) 2:40 - 3:40 pm \$105

### Stop Motion Engineering

*Empow Studios Staff*  
Grades 3-5

Bring your story to life! Students develop their appreciation for great storytelling by developing and filming their own stop-motion movies. Children work in pairs to create their own stories using elements of plot, setting, rising action, conflict and resolution. Once characters and backgrounds are made with paper or clay, students use computers, webcams and special software to bring their stories to life! Movies are available to take home. A strict non-violence policy is enforced.

CODE: **BP12** 8 Thursdays, September 24 - November 12  
2:40 - 3:40 pm \$185

## CLASSES for GRADES K-5

Register at [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org) or use the Youth Registration form at the back of this catalog.

## BRACKETT SCHOOL

### Arlington Children's Theater

*Matthew Lundeen*  
Grades K-2

One of our most popular classes! We will explore an introduction to the dramatic arts. We will spend class time playing theater games that work on voice, movement, improvisation, character and confidence as we prepare a final production. Ensemble work is strongly encouraged as students add their ideas to everything, including scene creation. The class ends with a short performance. Limited to 12. *Matthew Lundeen is artistic director of ACT.*

CODE: **BR14** 8 Mondays, September 21 - November 23  
(no class 10/12 and 11/2) 2:40 - 3:40 pm \$105

### Boys on the Run!

*Matt Curran*  
Grades 4-5

Modeled on our hugely popular FitGirls program, Boys on the Run is a non-competitive program that introduces boys to the joy of running, building physical and mental endurance and inspiring an active lifestyle. Participants will meet twice per week for seven weeks for fun and energizing sessions that will prepare the boys for the culminating event: a 5K road race that they will run together. No experience necessary.

CODE: **BR19** 7 Mondays and 7 Wednesdays, September 21 - November 18  
(no class 9/23, 11/2 and 11/11) 2:40 - 3:40 pm \$130

### LEGO® Engineering (Pre-Robotics)

*Empow Studios Staff*  
Grades 3-5

Think you know LEGO® building? Think again! Children work with specialty LEGO pieces and our building guides to construct a different project every class. Once they have the initial design, students can customize their creations and motorize their devices with hand-powered generators or direct drives. LEGO models will not be taken home but photos from the class will be available for download. A strict non-violence policy is enforced.

CODE: **BR15** 8 Tuesdays, September 22 - November 10  
1:10 - 2:20 pm \$185

CHECK OUT OUR EVENING ADULT/TEEN COOKING CLASSES, PAGE 18.

## Cartoon Workshop

*Sue Funk*  
Grades 3-5

This class is designed for the beginner cartoonist as well as the experienced artist and focuses on assisting students with their individual concerns and interests. For those wanting to learn the “how to’s” of cartooning, come learn. For those who want to enhance previously developed characters or stories, let’s work on your cartoon. For those with exciting ideas but unsure of what to do next, let’s explore! Supplies required: #2 pencils, erasers, 8 x 10 sketchbook, fine point black marker and something to color in cartoons with. Limited to 12. *Sue Funk is a Massachusetts certified teacher and has taught Basic Drawing and Cartooning and many other classes at numerous locations around the state.*

---

CODE: **BR16** 6 Wednesdays, September 30 - November 4  
2:40 - 3:40 pm \$90

---

## Design & Build Club

*Wicked Cool for Kids Staff*  
Grades 1-3

Create, design, build: it’s engineering in action! Be an inventor and design a water filter that really works, and create a contraption to keep an egg from crashing. Make your own balance toy, create a creature that will sink and float and construct a craft stick catapult. Limited to 14.

---

CODE: **BR17** 6 Fridays, October 2 - November 6  
2:40 - 3:40 pm \$135

---

## DALLIN SCHOOL

### Design & Build Club

*Wicked Cool for Kids Staff*  
Grades K-2

Create, design, build: it’s engineering in action! Be an inventor and design a water filter that really works, and create a contraption to keep an egg from crashing. Make your own balance toy, create a creature that will sink and float and construct a craft stick catapult. Limited to 14.

---

CODE: **DA17** 6 Mondays, September 28 - November 16  
(no class 10/12 and 11/2) 2:40 - 3:40 pm \$135

---

## Club Hatch: Think, Design & Make Your Own Hideaway

*Caitlin Sweeney*  
Grades 3-5

Have you ever wished you had your own hideaway at home such as a fort, rocket or tent? Join us for this fun Design-Thinking workshop where you will invent and create your own unique hideaway that can be easily set up (and put away) at home. Use it as a reading nook, a place to do projects or just daydream. We will use all kinds of materials—plastic tubes, cardboard, paper, fabric, ropes, magnets—and make our own material from recycled t-shirts and plastic bags. Tuition includes all materials. This is a 1.5 hour class, limited to 12. Learn more at [ClubHatch.com](http://ClubHatch.com). *Caitlin Sweeney is an architectural designer in Boston and has worked with children and young adults in several community-based non-profit organizations. In her free time she loves helping her children make toys and unique spaces out of items from the recycling bin.*

---

CODE: **DA18** 8 Tuesdays, September 22 - November 10  
1:15 - 2:45 pm \$180

---

## Boys on the Run!

*Patrick Burke*  
Grades 4-5

Modeled on our hugely popular FitGirls program, Boys on the Run is a non-competitive program that introduces boys to the joy of running, building physical and mental endurance and inspiring an active lifestyle. Participants will meet once per week for seven weeks for fun and energizing sessions that will prepare the boys for the culminating event: a 5K road race that they will run together. No experience necessary.

---

CODE: **DA19** 7 Wednesdays, September 30 - November 18  
(no class 11/11) 2:40 - 3:40 pm \$70

---

“This was my child’s favorite after-school activity ever.”

*Lego Engineering*

## Brazilian Jiu-Jitsu

*Mass Brazilian Jiu-Jitsu Academy Staff*  
Grades 3-5

This kids' program is an introduction to 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 grappling for leverage with 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. BJJ is also a fun sport. *Mike Pellegrino is a 2nd-degree black belt in BJJ and has a doctor of physical therapy degree. Visit [massbjj.com](http://massbjj.com).*

---

CODE: **DA2o** 6 Thursdays, September 24 - October 29  
2:40 - 3:40 pm \$120

---

“My son seemed to enjoy the class and shared new things he learned each week. Teachers were friendly and knowledgeable.”

*Habitat Nature Detectives*

## Video Game Design

*Empow Learning Staff*  
Grades 3-5

Kids have fun playing video games, but they have even more fun playing games they make themselves! Students learn the fundamentals of object-oriented programming through video game design while creating their own game. All students work at their own pace, making this a great workshop for both new and more experienced game makers. Don't tell the kids, but while creating the games, they will be learning math, geometry, design, logic and object-oriented programming. Games can be played at home (MS-Windows-only) and software used in class is available for free download (Mac and PC) for those who want to continue working on their games at home. A strict non-violence policy is enforced.

---

CODE: **DA26** 8 Fridays, September 25 - November 13  
2:40 - 3:40 pm \$185

---

## HARDY SCHOOL

### Habitat's Nature Detectives: Fall Fun!

*Mass Audubon Habitat Educators*  
Grades K-2

Does nature seem busy in the fall? You bet! Fruits and nuts have ripened, squirrels are scurrying, insects are singing, birds are flocking—find out what's going on! Join Mass Audubon Habitat educators for active fun as we investigate the mysteries of wildlife—sometimes right in your schoolyard! Plan to go outside, weather permitting, as we discover more about the nature of Massachusetts. By registering for this class, parent/guardian gives permission for their child to leave the school grounds and use nearby Minuteman Bike Path with Mass Audubon Habitat educators to explore plant and animal themes in that location. Note: *If your child has allergies or asthma, put this information on the registration form; we will be touching plant and animal specimens (possible pollen, animal fur, and feather exposure) and could encounter bees.* Limited to 12.

---

CODE: **HA21** 8 Tuesdays, September 22 - November 10  
2:40 - 3:40 pm \$125

---

### LEGO® Engineering (Pre-Robotics)

*Empow Studios Staff*  
Grades 3-5

Think you know LEGO® building? Think again! Children work with specialty LEGO pieces and our building guides to construct a different project every class. Once they have the initial design, students can customize their creations and motorize their devices with hand-powered generators or direct drives. LEGO models will not be taken home but photos from the class will be available for download. A strict non-violence policy is enforced.

---

CODE: **HA15** 8 Wednesdays, September 30 - December 2  
(no class 11/11 and 11/25) 2:40 - 3:40 pm \$185

---

“Awesome class, my kids loved it! Sensei Nathan is always great for kids!”

*Nathan's Ninjas*

**Print It!**

*Deb Bermudes @ Ann de Cifuentes*  
*Grades 1 @ 2*

Does your child need some printing practice? Join us for just a few hours this fall for some focused fine motor fun! This course is designed to meet the needs of first and second graders and will focus on printed letter formation with hand strengthening and fun practice opportunities built in. Limited to 10. For more information contact [handwritingmadesimple@gmail.com](mailto:handwritingmadesimple@gmail.com). *Deb Bermudes is an occupational therapist at Hardy; Ann de Cifuentes teaches grade 2 at Hardy.*

---

CODE: **HA32** 8 Wednesdays, September 30 - December 2  
 (no class 11/11 and 11/25) 2:40 - 4:10 pm \$145

---

**P.E. Plus**

*Linda Flynn*  
*Grades 1-2 @ Grades 3-5*

P.E. Plus is designed to encourage children to be physically active before school, while having fun with friends in a positive atmosphere. Research has shown that exercise improves executive function and concentration in kids. P.E. Plus will get their blood pumping and send them off to class primed to learn. Limited to 20.

---

CODE: **HA22.1** Grades 1-2 8 Tuesdays, September 29 - November 17 7:30 - 8:10 am \$70

---

CODE: **HA22.2** Grades 3-5 8 Wednesdays, September 30 - December 2 (no class 11/11 and 11/25) 7:30 - 8:10 am \$65

---

**Study Zone**

*Jaime Sliney*  
*Grades K-2*

Homework is an important part of bridging our school learning to home. This program will provide a place for students to complete their homework while receiving extra academic support. The instructor will ensure that homework expectations are met and that individual student needs are identified and worked on during this time. Kindergarteners without homework will work on early reading and writing skills. Limited to 12. *Jaime Sliney teaches first grade at Hardy.*

---

CODE: **HA23** 6 Thursdays, October 8 - November 12  
 2:40 - 3:40 pm \$75

---

**Glee, Jr: Introduction to Show Choir**

*Sylvia Stevens*  
*Grades 3-5*

If you love to sing and perform, you'll really love our show choir. We will sing all kinds of music, learn simple dance moves and have lots of performing fun! We'll work on music and movement in class, and then you can practice at home with cd's and lyrics that will be provided. Our last class on Thursday, December 3, will be a show for families. Bring a folder to hold your lyrics on the first day of class. You do not need to read music to enjoy this great group. Limited to 12. *Sylvia Stevens is a MA certified teacher at both the early childhood and elementary levels. She has taught "Glee For Grown Ups" through Arlington Community Education since 2011.*

---

CODE: **HA24** 10 Thursdays, September 24 - December 3  
 (no class 11/26) 2:40 - 4:10 pm \$180

---

**PEIRCE SCHOOL****Habitat's Nature Detectives: Fall Fun!**

*Mass Audubon Habitat Educators*  
*Grades K-2*

Does nature seem busy in the fall? You bet! Fruits and nuts have ripened, squirrels are scurrying, insects are singing, birds are flocking—find out what's going on! Join Mass Audubon Habitat educators for active fun as we investigate the mysteries of wildlife—sometimes right in your schoolyard! Plan to go outside, weather permitting, as we discover more about the nature of Massachusetts. Note: *If your child has allergies or asthma, put this information on the registration form; we will be touching plant and animal specimens (possible pollen, animal fur, and feather exposure) and could encounter bees.* Limited to 12.

---

CODE: **PR21** 8 Mondays, September 21 - November 23  
 (no class 10/12 and 11/2) 2:40 - 3:40 pm \$125

---

“My child loved the course and wished it was held every day after school.”

*Video Game Design*

## Needle Felting Fun

*Anastasia Semash*

Grades 3-5

Needle felting is a fun and calming fiber arts activity that will exercise students' fine motor skills, creativity and concentration. We will learn how to properly use needles to poke wool fibers together to create just about anything—animals that fit in your pocket, finger puppets, small flowers, gifts for the holidays and more. Once you get your hands on the beautiful wool, you won't want to stop! Tuition includes a \$12 materials fee. *Anastasia Semash is a local artist and a teacher with over 10 years of experience.*

---

CODE: PR25 6 Tuesdays, September 22 - October 27  
1:10 - 2:10 pm \$85

---

## Arlington Children's Theater

*Matthew Lundeen*

Grades K-2

One of our most popular classes! We will explore an introduction to the dramatic arts. We will spend class time playing theater games that work on voice, movement, improvisation, character and confidence as we prepare a final production. Ensemble work is strongly encouraged as students add their ideas to everything, including scene creation. The class ends with a short performance. Limited to 12. *Matthew Lundeen is artistic director of ACT.*

---

CODE: PR14 8 Thursdays, September 24 - November 12  
2:40 - 3:40 pm \$105

---

## Stop Motion Engineering

*Empow Studios Staff*

Grades 3-5

Bring your story to life! Students develop their appreciation for great storytelling by developing and filming their own stop-motion movies. Children work in pairs to create their own stories using elements of plot, setting, rising action, conflict and resolution. Once characters and backgrounds are made with paper or clay, students use computers, webcams and special software to bring their stories to life! Movies are available to take home. A strict non-violence policy is enforced.

---

CODE: PR12 8 Fridays, September 25 - November 13  
2:40 - 3:40 pm \$185

---

## STRATTON SCHOOL

### Video Game Design

*Empow Learning Staff*

Grades 3-5

Kids have fun playing video games, but they have even more fun playing games they make themselves! Students learn the fundamentals of object-oriented programming through video game design while creating their own game. All students work at their own pace, making this a great workshop for both new and more experienced game makers. Don't tell the kids, but while creating the games, they will be learning math, geometry, design, logic and object-oriented programming. Games can be played at home (MS-Windows-only) and software used in class is available for free download (Mac and PC) for those who want to continue working on their games at home. A strict non-violence policy is enforced.

---

CODE: ST26 8 Mondays, September 21 - November 23  
(no class 10/12 and 11/2) 2:40 - 3:40 pm \$185

---

### Cooking With Chef!

*Chelsea Ekenseair*

Grades K-3

Eat your homework! Cooking with Chef brings fun and nutritious cooking projects that expand culinary horizons. In this hands-on class, students learn real techniques and skills to make food with recipes to bring home. Tuition includes a \$15 food fee. *Chelsea Ekenseair has taught cooking and nutrition to children and has been in the hospitality industry for over a decade.*

---

CODE: ST27.1 6 Tuesdays, September 22 - October 27  
1:10 - 2:10 pm \$105

---

CODE: ST27.2 6 Tuesdays, September 22 - October 27  
2:20 - 3:20 pm \$105

---

### Irish Step

*Rebecca McGowan*

Grades 3-5

Get your feet moving with quick footwork danced to lively jigs and reels! Irish dancing is energetic, graceful, precise and fun. Learn basic solo steps and dance with friends in group ceili ("Kay-lee") dances. This program focuses on non-competitive Irish dance. We'll play lots of dance games, build technique and have fun exploring Irish music and dance! *Rebecca McGowan is a dancer who has taught sean-nos dance for children at Shannon Dunne Dance and teaches step dancing classes in after-school programs and for adults.*

---

CODE: ST28 9 Wednesdays September 30 - December 9  
(no class 11/11 and 11/25) 2:40 - 3:40 pm \$135

---

## Nathan's Ninjas

*Nathan Porter*  
Grades K-5

This dynamic class is known for its fun games and teamwork-oriented environment. You will learn a mix of traditional Kempo Karate with elements of sport karate, tumbling and grappling. This class will give you a true self-defense perspective, all while you're having fun and building confidence. New students will receive a belt at the beginning of the class. Tuition includes a \$10 fee for belt. *Nathan Porter is a certified black belt and runs New England Movement Arts, voted Best of Burlington 2015. Visit [nemovementarts.com](http://nemovementarts.com)*

---

CODE: **ST29.1** 10 Fridays, September 25 - December 4  
(no class 11/27) 2:40 - 3:40 pm \$165

---

CODE: **ST29.2** 10 Fridays, September 25 - December 4  
(no class 11/27) 3:50 - 4:50 pm \$165

---

## THOMPSON SCHOOL

### Design & Build Club

*Wicked Cool for Kids Staff*  
Grades K-2

Create, design, build: it's engineering in action! Be an inventor and design a water filter that really works, and create a contraption to keep an egg from crashing. Make your own balance toy, create a creature that will sink and float, and construct a craft stick catapult. Limited to 14.

---

CODE: **TH17** 6 Mondays, September 28 - November 16  
(no class 10/12 and 11/2) 2:40 - 3:40 pm \$135

---

### Engineering FUNDamentals: Mine, Craft, Build using LEGO®

*Play-Well Tek staff*  
Grades 3-5

Bring Minecraft to life using tens of thousands of LEGO®! Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and LEGO or a seasoned veteran, you'll be hooked on the endless creative possibilities. A strict non-violence policy is enforced. Limited to 16.

---

CODE: **TH31** 8 Thursdays, September 24 - November 12  
2:40 - 3:40 pm \$195

---

## Nathan's Ninjas

*Nathan Porter*  
Grades K-5

New for Thompson and hugely popular at other schools! This dynamic class is known for its fun games and teamwork-oriented environment. You will learn a mix of traditional Kempo Karate with elements of sport karate, tumbling and grappling. This class will give you a true self-defense perspective, all while you're having fun and building confidence. New students will receive a belt at the beginning of the class. Tuition includes a \$10 fee for belt. *Nathan Porter is a certified black belt and runs New England Movement Arts, voted Best of Burlington 2015. Visit [nemovementarts.com](http://nemovementarts.com)*

---

CODE: **TH29** 10 Tuesdays, September 22 - November 24  
1:10 - 2:10 pm \$165

---

## Yarn Play

*Hui Ru Liang @ Tanya Serrao*  
Grades 2-4

Want to play with string, sticks and hooks? This class will teach you a bunch of yarny crafts including dyeing yarn, knitting, crochet, weaving, making tassels and pompoms. Projects will be small and easy to complete, using tools and materials that students will keep. We hope to give you lots of inspiration and new skills. If you have a project in mind, we will help you figure out the best way to make it. No experience necessary. Tuition includes a \$10 materials fee; limited to 10. *Hui Ru Liang and Tanya Serrao are Thompson teaching assistants with the desire to share their great love of fiber arts.*

---

CODE: **TH30** 8 Wednesdays, September 30 - December 2  
(no class 11/11 and 11/25) 2:40 - 3:40 pm \$110

---

“My daughter LOVED the class. Great age-appropriate recipes and the chef was very accommodating to her dairy allergies. Couldn't be happier!!!”

*Cooking with Chef*



## Now Enrolling: GoLingo! After-School Language Classes

Arlington Public Schools partners with GoLingo! to integrate music and movement into Spanish, French, Italian, and Mandarin Chinese after-school language classes. By introducing vocabulary and grammar through skits, songs, art and stories, learning a new language becomes fun.

- Classes meet 2:40-3:40 (1:10-2:10 Tuesdays)
- 12 weeks @ \$210
- Classes begin in October

Registration form can be found at  
[www.golingo.org](http://www.golingo.org)

### Beginner Spanish / French / Italian / Chinese

New language learners participate in a wide variety of fun and active games and activities. Students “travel” to a foreign country where new grammar and vocabulary serve as a vehicle for experiencing that nation’s culture, cuisine, music, drama and visual arts. Students learn common phrases and expressions to use in daily communication, such as greetings, self-descriptions, and likes and dislikes.

### Intermediate Spanish / French / Italian / Chinese

More experienced language learners learn to create new and more complex sentences using their ever-expanding vocabularies. Students will learn to ask and answer questions, express their needs and emotions, and exchange information and knowledge. We work on reading and writing in the target language, including writing and illustrating our own short stories. Art, music, and movement continue to be important components of our curriculum.

### Fall/Winter 2015 Schedule

*Classes meet once per week from 2:40-3:40 (1:10-2:10 Tuesdays) for 12 weeks @\$210*

**Bishop School**—Mondays, September 28 - January 11 (no class 10/12, 11/2 and 11/23)

- Spanish
- French
- Chinese

**Hardy School**—Mondays, September 28 - January 11 (no class 11/23)

- Spanish
- Italian
- Chinese

**Dallin School**—Tuesdays, October 6 - January 12 (no class 12/8 and 12/15)

- Spanish
- Italian
- Chinese

**Peirce School**—Wednesdays, October 7 - January 13 (no class 11/11 and 11/25)

- Spanish
- Chinese

**Brackett School**—Thursdays, October 8 - January 14

- Spanish
- French
- Chinese
- Italian

**Stratton School**—Thursdays, October 8 - January 14

- Spanish
- Chinese

**Thompson School**—Fridays, October 9 - January 15

- Spanish
- Chinese



## Instructor Bios

**David Adams, Esq.** is a partner at Pathway Law LLC, PathwayLaw.com where he specializes in estate planning.

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

**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 [homeharvest.biz](http://homeharvest.biz)

**Richard Belofsky, CLU,<sup>®</sup> ChFC,<sup>®</sup> CFP<sup>®</sup>** has more than 25 years of experience in financial services. Richard is an Arlington resident and Five-Star Wealth Manager recipient. He is a Certified Financial Planner<sup>®</sup> and Financial Advisor with The Bulfinch Group LLC.

**Emily Belz** has a BA in photography and history from Hampshire College and an MA in art and design education from the Rhode Island School of Design. She has taught at Boston University's Center for Digital Imaging Arts.

**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.

**Jeanne Bohan Simard** is a career strategist with a national client base with extensive experience recruiting, training, leading multi-million dollar negotiations, career mentoring and coaching.

**Amber Breimeir** is an Indiana University and New England School of Law alum. She believes it is important to focus on fitness and one's physical well being no matter how busy life gets! She has completed three marathons and loves helping others relieve the stresses of life through teaching barre and spin.

**Roblyn Brigham** is a running enthusiast and Arlington FitGirls founder and coach. She is inspired by runners of all ages who cross the finish line with a smile.

**Madeleine Buehler** is a native of France and an experienced language teacher.

**Meagan Burke** is a lifelong athlete who has run several half and full marathons. She introduced yoga into her life as a balance to her high impact exercise routine. She completed a 200-hour Vinyasa training and is almost through her 500-hour Yoga of Energy Flow training. Meagan has been a yoga instructor in Arlington, Cambridge and the Back Bay.

**AC Calcaterra** is a second generation belly dancer with over 20 years of teaching and performing experience. She is a founding member of The Goddess Dancing school of dance and was a master teacher for the Boston University Dance Department for over five years. She has a master's in education and can be seen teaching on the dvd *Belly Dancing the Sacred Shapes<sup>™</sup>*. Her welcoming approach is infused with knowledge of the dance and the joy of movement!

**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.

**Kaitlin Carter** is a graduate of the Middlebury College Italian Language School and has been teaching Italian at Stoneham High School since 2007.

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

**Patricia Crotty** is an artist and educator with a master's degree in fine art from the Sorbonne University in Paris. Her work explores the territory between nature and abstraction, in oil and acrylic paint as well as mixed media collage. Visit [patriciacrotty.com](http://patriciacrotty.com)

**Linda Del Monte** is a 30-year yoga practitioner, with 14 years of teaching experience. She brings joy and spirituality into her classes. Visit [lindadelmonte.com](http://lindadelmonte.com)

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

**Donna Eidson** thinks biking is as close as mortals can get to flying. A lifelong cyclist, she loves sharing her rides with others. She is director of Arlington Community Education.

**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.

**Sandra Flanagan** holds a master's degree in education and has seven years of professional teaching experience. As a recent career changer, she has designed websites and is active on social media. [linkedin.com/in/sandraaflanagan](http://linkedin.com/in/sandraaflanagan)

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

**Ellie Foster** studied music therapy at Berklee College of Music and is completing a nine-month music therapy internship at Boston Children's Hospital. A trained vocalist, Ellie has served as music director for several a capella groups, conducted choirs and taught music to students ranging in age and ability. She creates singing experiences that are both accessible and fun.

**Brad Goff** studied music at the University of Massachusetts Dartmouth with a focus on classical singing and jazz composition. With equal comfort on the guitar or piano, Brad has spent the past three years teaching music and performing with various musical groups in and around Boston. It is through his comprehensive knowledge and excitement for music that Brad is able to help so many find their voice. Find out more at [playoutloudmusiclessons.com](http://playoutloudmusiclessons.com)

**Sue Funk** is an exhibiting artist and a Massachusetts certified teacher. She has taught art classes in community education programs in Newton, Acton, Sudbury and Littleton.

**Severina Gates** is a former dancer and the first certified Esstrics instructor in Massachusetts, training under creator Miranda Esmonde-White.

**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. She is also a license and board certified massage therapist and has a private practice in Lexington [kimbergreentherapies.com](http://kimbergreentherapies.com)

**Suzi Grossman** received her BFA from the School of the Museum of Fine Arts, Boston and her BA in English Literature from Tufts University. Her photographs explore family and group dynamics as well as living environments, often through the use of the multi-paneled image. Her work has been shown at throughout New England, including the Vermont Center for Photography's "30 Under 30" in 2015 and the Arsenal Center for the Arts' "30 Under 30: Spotlight Six" in 2015. She is currently living and working in Medford, MA and is active in Boston's emerging artist scene. [SuziGrossman.com](http://SuziGrossman.com)

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

**Sharon Heermance** is a psychologist in Arlington. Her practice emphasizes developing a compassionate, mindful stance toward the many parts of ourselves.

**Mary Hurley** is a beloved leader of on- and off-road biking and walking adventures.

**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.

**Jess Jaeger** writes the lifestyle blog [styledbyjess.com](http://styledbyjess.com) where she writes about her passions: her family, crafting, cooking, style, and life! She lives in Arlington with her husband and two young children.

**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*.

**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)

**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.

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

**Amy Lampert** is a multi year recipient of the Five Star Wealth Manager Award as published in the February 2013 issue of *Boston Magazine*. Amy has developed and delivered financial literacy workshops to over 10,000 people and recently developed a series of educational materials and workshops on the "10 Dimensions of Financial Literacy."

**Peter Lehman** has been a working designer for the past 20 years—from early print days as a graphic designer to a user experience designer in the software industry. He has taught at the Art Institute of Boston, and at UMass Dartmouth in their design programs

**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 native of China, professional Tai Chi teacher, sixth-generation disciple of Yang Style Tai Chi, and president of the Yang Style Tai Chi Association.

**Nancy Linde** has been quilting for more than twenty years. She's a member of the Quilter's Connection, one of the oldest and largest quilting guilds in the country, and lives in Belmont.

**Howard Loewinger** has been working with computers since the days of the Commodore PET. He has worked as a programmer and database administrator, and as a systems and user support specialist, mostly in higher education. Howard was the technology coordinator of a school district for 15 years. Since retiring from that position in 2010 he has taught IT courses at a community college on the West Coast, and classes for adults and kids.

**Jeremy Marin** is an avid vegetable gardener and compost-maker, letting the bacteria do most of the work in the garden and in the compost bin. This frees him up to experiment with and learn more about compost.

**Tracy Marks** is a Photoshop, Powerpoint and computer skills trainer who has been selling on eBay and Amazon since 1999. She has 40 years teaching experience, is a mental health counselor and has authored four self-help and metaphysical books.

**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.

**Jeanne Mayell** is a Boston-area psychic and psychotherapist. With masters' degrees in public health and education from Harvard University and a master's in counseling psychology, Jeanne bridges conventional and alternative fields. She has been featured on radio and television programs and regularly blogs about intuition, the Tarot, mindfulness, positive psychology and her visions for society. Visit [jeannemayell.com](http://jeannemayell.com)

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

**Cheryl McNeil** is a multi-instrumentalist whose favorite instruments to gig on are ukulele, voice and piano. Cheryl is a graduate of Berklee College of Music and has an undergraduate degree in voice & music therapy. She also holds a master's in education from Endicott College in International Education. Cheryl directs a music program in a dual language K-8 school in East Boston. She also trains student music therapists at Berklee College of Music.

**Shruti Mehta** is a native of India and a cooking enthusiast. Shruti enjoys teaching others how to prepare Indian vegetarian dishes, and has taught cooking courses for several adult education programs.

**Dee Morris** is an independent scholar and educational consultant specializing in the nineteenth-century history of Greater Boston. She presents walking tours at Forest Hills Cemetery (Jamaica Plain) and programs at libraries, schools and historical societies. Her goal is to connect people with their civic ancestors.

**Mosaic Oasis Studio & Supply** co-owners Suzanne Owayda and Betsy Rodman offer mosaic classes and workshops, and sell tools, supplies and materials. Visit [mosaicoasis.com](http://mosaicoasis.com)

**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.

**Eileen Murphy-McNamara** is an artist and designer with a love for teaching both art and architecture. She lives in Arlington with her husband and three children.

**Sally Naish** is a certified landscape designer, an accredited organic land care professional and an active member of the Arlington Tree Committee. Visit [lightandshadegardens.com](http://lightandshadegardens.com)

**Oakes Plimpton** is a life-long birder and a co-founder of the Menotomy Bird Club. He has compiled two volumes about Arlington history: *Robbins Farm Park, a Local History* and *Stories of Early 20<sup>th</sup> Century Life, an Oral History of Arlington*.

**Mindy Pollack-Fusi** is the owner of [CollegeApplicationEssayCoach.com](http://CollegeApplicationEssayCoach.com) and [The Place for Words & Workshops](http://ThePlaceforWords&Workshops.com) in Bedford, MA. After a career in public relations, she now focuses on coaching students on the college application essay and supplements, teaching creative writing, and freelance writing. She has published more than 50 articles and essays in *The Boston Globe* and *The Boston Globe Magazine*. Visit [collegeapplicationessaycoach.com](http://collegeapplicationessaycoach.com)

**Rosemary Previte** has a master's degree in reading and language and several years of experience teaching English as a Second Language. She is also a published editor, with nearly 20 years of experience as a writer, an editor, and a proofreader.

**Laura Quinney & Billy Flesch** are professors in the English Department at Brandeis University. She teaches and studies British literature, especially poetry, of the late -18th century and Romantic periods. His expertise is in poetry, the Renaissance, Romanticism, theory, literature and philosophy and film.

**Jennie Rathbun** is a short story writer and book reviewer who lives in Arlington. She has published stories in ten journals and holds an MFA from the Bennington Writing Seminars.

**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 [tone.with.rindone.com](http://tone.with.rindone.com)

**Frank Rizzo and Frank Tassone** are veteran woodworking teachers at Arlington High.

**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.

**John Sadoff** is an experienced tournament chess player and teacher who holds a master's degree in education from Harvard University. He is presently vice president of the Massachusetts Chess Association and has taught chess with the U.S. Chess Center in Washington, D.C. He loves playing and teaching this dynamic game.

**Karen Samuelson** is a career and life coach with a private practice in Arlington. She has advanced degrees in teaching and communication and is a certified global career development facilitator and a life coach.

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

**Amanda Sindel-Keswick** holds a master's degree in vocal performance from the Longy School of Music and teaches voice lessons in Boston.

**Anastasia Semash** is an artist and teacher with a degree in philosophy from St Petersburg State University, Russia. She currently teaches art at the Russian Center of Languages and Arts in Brookline. Visit [artsemash.com](http://artsemash.com)

**Janet Smith** worked in the computer industry for 16 years as a technical writer, documentation architect and trainer.

**Cintha Soto**, a native Spanish speaker of Peru, is an experienced instructor and trainer with an MS-MBA from Boston University. She enjoys connecting people to her Latin American roots through the exploration of language and cultural expressions. Cintha has lived and worked in Peru, and traveled in Chile, Uruguay, Panama, Venezuela, Dominican Republic and Spain.

**Joy Spadafora** has more than 20 years of knitting experience. She designs scarves, mittens and hats and regularly donates knitwear to local charities.

**Doug Stewart** writes frequently about history and the arts for *Smithsonian Magazine*, which has published more than 60 of his stories. His writing has also appeared in *Time*, *Geo*, *Muse*, *Discover*, and *Connoisseur*. Stewart has worked as a book editor, a freelance writer, and a journalist.

**Holly Thompson** is the author of three verse novels for young people: *Falling into the Dragon's Mouth*, *The Language Inside* and *Orchards*, winner of the Asian/Pacific American Award for Literature. She is also author of the picture books *The Wakame Gatherers* and *Twilight Chant* (forthcoming) and the novel *Ash*, and editor of *Tomo: Friendship Through Fiction—An Anthology of Japan Teen Stories*. A native of Massachusetts and longtime resident of Japan, she teaches writing in the US, Japan and places in between. Visit [hatbooks.com](http://hatbooks.com)

**Dorothee Van Thong** is a French native, born and raised in Paris. French language and culture has always been her passion and she has been teaching for more than 15 years in the US.

**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.

**Shwarya Viboonlarp** is a native of Thailand who prepares spicy, light and healthy food.

**Sue Wachter** is founder and president of Acton College Consulting. For the past ten years she has worked with students and families on the complex and ever changing college admissions process. She served as an admissions officer at New York University and Boston University among others.

**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.

**Bruce Wenning** is horticulturalist at The Country Club in Brookline. He has used eco-conscious gardening and landscaping practices for more than 25 years.

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

**Ann Wynne** is a preschool teacher and runs after school classes for K- middle school students in her home studio, *A Room for Art*. She is a bookbinder, likes to make cartoons and experiments with a wide range of media including watercolor and printing.

**Konwen Yuen** is a native of China who has lived in the area for 30 years. She teaches Mandarin at Arlington High.

# 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.
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. Email address required for confirmation.

## Registration Fee

A \$6 registration fee is charged once per person, per term. Fee waived for courses under \$20

## How Credit Card Charges Work

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

## Scholarships & 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 & 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.

## Gift Certificates Now Available!



Perfect for any occasion. It may come in an envelope, but it's truly a box of possibilities to learn and create. To purchase, please call our office at 781-316-3568.

We also accept "Shop Arlington First" Gift Certificates.

Name \_\_\_\_\_

Address \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_

Parent Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Cell \_\_\_\_\_ Email (required) \_\_\_\_\_

Parent Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Cell \_\_\_\_\_ Email (required) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_

Cell \_\_\_\_\_ Home Phone \_\_\_\_\_

I authorize my child to walk home alone.

CLASS CODE	CLASS TITLE	DAY & SCHOOL	FEE
		Registration Fee	\$6.00
		Donation to Scholarship Fund	
		<b>TOTAL</b>	

Are there special considerations we should know about so that your child will have a positive experience in their class? Please describe any special needs, including medical, emotional, behavioral and/or allergies that we should be aware of. **Note: there is no nurse on duty during classes and staff do not have access to medications.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I/We, the parents/guardians of \_\_\_\_\_ a minor, hereby consent to his/her participation in the Arlington Community Education Youth program, the taking of photos of my/our child for promotion of the program via print and web, and to his/her use of the Arlington Public Schools facilities and equipment. I/We further agree to release and hold harmless the Town of Arlington, Arlington Public Schools and the employees, agents and assigns from all liability or expenses arising out of any incident involving, or any account of any injury to the above named minor in connection with this program. I/We further consent to treatment by emergency personnel in the event of injury to, or illness of our child during his/her participation in this program. I/We accept full responsibility for all costs for any such emergency treatment. I/We agree to abide by APS policies.

Parent/Guardian Signature (required) \_\_\_\_\_ Date \_\_\_\_\_

## To Register:

- Pay by Check:** Please make payable to Arlington Community Education and mail with this registration form to **Arlington Community Education**, 869 Mass. Ave., Arlington, MA 02476
- Pay by Charge:** at [ArlingtonCommunityEd.org](http://ArlingtonCommunityEd.org), by fax 781-316-3381, or by mail. Charge will appear on your credit card statement as "Town of Arlington."  
**Sorry, no phone registrations accepted for youth programs.**

**Charge:**  VISA  MasterCard

Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

Cardholder Signature \_\_\_\_\_



# Adult Registration Form

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell \_\_\_\_\_ Email (required) \_\_\_\_\_

COURSE CODE	COURSE TITLE	FEE
	Registration fee*	\$6.00
	Donation to Scholarship Fund	
	<b>TOTAL:</b>	

**To Register:**

- 1. **Pay by Check:** Please make payable to Arlington Community Education and mail with this registration form to **Arlington Community Education**, 869 Mass. Ave., Arlington, MA 02476
- 2. **Pay by Charge:** at ArlingtonCommunityEd.org, by fax 781-316-3381, or by mail. Charge will appear on your credit card statement as "Town of Arlington."

**Charge:**  VISA  MasterCard

Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

\*Registration fee waived for courses under \$20.



# Adult Registration Form

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell \_\_\_\_\_ Email (required) \_\_\_\_\_

COURSE CODE	COURSE TITLE	FEE
	Registration fee*	\$6.00
	Donation to Scholarship Fund	
	<b>TOTAL:</b>	

**To Register:**

- 1. **Pay by Check:** Please make payable to Arlington Community Education and mail with this registration form to **Arlington Community Education**, 869 Mass. Ave., Arlington, MA 02476
- 2. **Pay by Charge:** at ArlingtonCommunityEd.org, by fax 781-316-3381, or by mail. Charge will appear on your credit card statement as "Town of Arlington."

**Charge:**  VISA  MasterCard

Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

\*Registration fee waived for courses under \$20.

Residential Customer  
Arlington, MA

**Try Something New Today!** ■ 781.316.3568 ■ Fax 781.316.3381  
ArlingtonCommunityEd.org

PAGE  
**3**



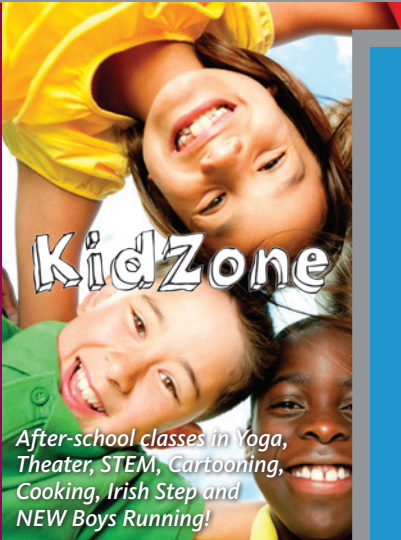
**Becoming Steve Jobs**  
*In conversation with co-author Rick Tetzeli*

PAGE  
**40**




**Teen Zone**  
*After-school classes in Computer Programming, Public Speaking, Running, Cooking @ Photography*

PAGE  
**42**



**Kidzone**  
*After-school classes in Yoga, Theater, STEM, Cartooning, Cooking, Irish Step and NEW Boys Running!*

PAGE  
**6**



**Sing, Sing, Sing!**  
*Join us on 10/29 for a drop-in, no-commitment evening of singing contemporary songs. Open to all 14 and up!*