

EMAIL OVERLOAD
ZUMBA
THE MYSTIC: A RIVER JOURNEY

ONE-NIGHT COMPUTER WORKSHOPS

MASTER YOUR IPAD
PRUNING WORKSHOP

TAI CHI
TRAVEL JOURNALS
HOLIDAY PIES
WALKING TOURS
MEDITATION
INDIAN COOKING
YOGA @NOON
EDIBLE GARDENS
BALLET TONE AND STRETCH

LOVE TO SING!
DIGITAL PHOTO EXCURSIONS

PARKOUR
CAKE DECORATING
FREELANCE WRITING

SPANISH, ITALIAN AND FRENCH
HAM-LET
HULA
SWING
WEB MARKETING

ANYONE CAN DRAW

KidZone
After-School Classes...page 49



What's on your wish list?

Chances are we're offering it this fall!

Our new courses include:

- Digital Photo Excursions
- Drawing 2
- Needle-Felted Wool Sculptures
- One-hour Life Stories
- Effective Job Searches
- Network for Results
- Market Your Business on the Web
- How to Purchase/Sell a Home
- One-night Computer Workshops
- Master Your iPad 1 and 2
- Free Parkour Clinic
- Caribbean Dance Workout
- Ballet Stretch & Tone
- Yoga @ Noon
- Small Plates: Empanadas & More
- Spanish on the Job
- Sustainable Agriculture
- Pruning Workshop
- Bones for Life
- Mindful Running
- Cake Decorating
- Truffles
- Zuppe Italiane

...and so much more.


About the Cover

We love Arlington designer Jan Streitburger's contemporary take on the *Menotomy Indian Hunter* by sculptor Cyrus E. Dallin. This 1911 sculpture is located in Robbins Park, between Robbins Library and Town Hall, in Arlington. See Jan's design work at cre8stuf.com.

To Register for Classes:

Five Easy Ways: See page 60.

Daytime & Weekend Classes

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

Welcome to KidZone

Our creative after-school classes are open to students entering grades K-5. Classes begin in late September. See page 49.

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Arlington Community Education...

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

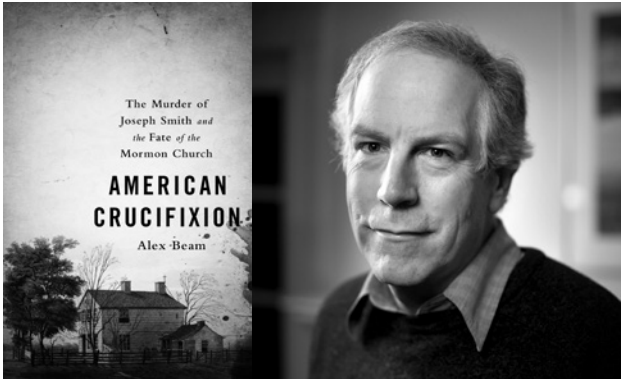
- Donna Eidson, *Director*
- Nina Coles, *Office Manager*
- Mary Ellen DeNatale, *Roving Course Developer*
- Tracey Dramstad, *Registrar*
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CONVERSATIONS WITH DAVID WHITFORD

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



American Crucifixion: The Murder of Joseph Smith and the Fate of the Mormon Church A conversation with author Alex Beam

"American Crucifixion paints a brilliant picture of religious experimentation, public intolerance and the making of a martyr."—*Chicago Tribune*

"...at heart a journalistic account of a murder that tells us as much about religious intolerance and the low flash point of mob violence as it does about Mormonism."—*LA Times*

On June 27, 1844, a mob stormed the jail in the dusty frontier town of Carthage, Illinois. Clamorous and angry, they were hunting down a man they saw as a grave threat to their otherwise quiet lives: the founding prophet of Mormonism, Joseph Smith. They wanted blood. At thirty-nine years old, Smith had already lived an outsized life. In addition to starting his own religion and creating his own "Golden Bible"—the Book of Mormon—he had worked as a water-dowser and treasure hunter. He'd led his people to Ohio, then Missouri, then Illinois, where he founded a city larger than fledgling Chicago. He was running for president. And, secretly, he had married more than thirty women. In *American Crucifixion*, Alex Beam tells how Smith went from charismatic leader to public enemy; how his most seismic revelation—the doctrine of polygamy—created a rift among his people; how that schism turned to violence; and how, ultimately, Smith could not escape the consequences of his ambition and pride. *Alex Beam is a columnist for The Boston Globe. Before joining the Globe as a business reporter in 1986, he worked for Newsweek magazine and Business Week. Beam has authored several other books and was a Knight Journalism Fellow at Stanford University.*

CODE: SE037 Thursday, 10/9 7:30-9pm \$10



An Evening with Ambassador R. Nicholas Burns

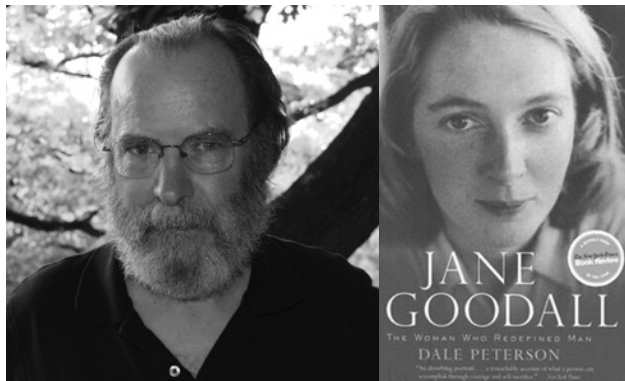
A 27-year career foreign service officer, Nicholas Burns served in leadership positions in the administrations of three US presidents: George H.W. Bush, Bill Clinton and George W. Bush. As Under Secretary of State for Political Affairs from 2005-2008, he was the State Department's third-ranking official and the nation's top career diplomat and oversaw the bureaus responsible for US policy in each region of the world. From 1990-1995, he served on the National Security Council staff at the White House, where he was Special Assistant to Bill Clinton and Senior Director for Russia, Ukraine and Eurasia Affairs. He was also Ambassador to Greece and Ambassador to NATO and played a leadership role in US policy in the Middle East. Now a professor of diplomacy and international politics at Harvard's Kennedy School of Government, he speaks with candor and passion about his position at the forefront of American foreign relations and policy.

CODE: SE038 Thursday, 10/23 7:30-9pm \$10

"The Conversations series is incredible. I can't believe I can just walk down the street and see speakers of this caliber."

Conversations with David Whitford

CONVERSATIONS, *cont.*



Celebrating Jane Goodall *An evening with biographer Dale Peterson*

“Peterson has achieved the tour de force of conveying Goodall’s charisma while explaining the significance of her science—and indeed, why neither would exist without the other.”—*American Scientist*

Jane Goodall’s celebrity came early, starting in 1963 with the first *National Geographic* magazine article featuring a young Englishwoman living among the apes. That was followed by more articles, television features and lecture tours soon reaching large and rapt audiences across the country. Her 1971 book, *In the Shadow of Man*, became an international best-seller and was translated into close to 50 languages. And a half-century later, her research site at Tanzania’s Gombe Stream National Park, on the shore of Lake Tanganyika, is still organizing studies on the behavior of chimpanzees, as well as several other species, the longest-running scientific field station in history. Her scholarly tome summarizing the first 25 years of research at Gombe, *The Chimpanzees of Gombe* (1986), remains a primary resource for anyone wishing to understand chimpanzees or to know what happened in primatology during the 20th century. She has been honored throughout the world for her achievements as a scientist and for her later work in conservation and peace. To commemorate Goodall’s 80th birthday, we welcome Arlington’s own Dale Peterson, friend and biographer of the famed primatologist. His 2006 book *Jane Goodall: The Woman Who Redefined Man* was named a Notable Book of the Year by *The New York Times*, and a Best Book of the Year by the *Boston Globe* and the *Denver Post*. His second book on this subject, *The Jane Effect: Celebrating Jane Goodall*, which he co-edited with Marc Bekoff, is due out in January 2015.

CODE: SE039 Thursday, 11/6 7:30-9pm \$10

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.



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.



The Mystic: A River Journey & History

Richard Beinecke

The Mystic River is the best unknown river in the Boston area. It begins in Arlington and Winchester and flows through Cambridge, Medford, Malden, Somerville and Everett before reaching Boston Harbor at Charlestown and Chelsea. Join Richard Beinecke, author of *The Mystic River: A Natural and Human History and Recreation Guide*, as we take a virtual journey down the river to learn about the history of this waterway and the communities along its banks, from the time of the native Americans to present day. The book will be available for purchase or go to www.mysticriverrick.com for more information. *Co-sponsored by Sustainable Arlington, www.sustainablearlington.org.*

CODE: SEo41 Tuesday, 9/30
7-8:30pm \$10



Tame Your Email Overload

Pam Kristan

Email—curse and blessing! It's how we work today, yet for many of us, it's out of control. This session will help you restore email to its proper place—as willing servant, not overwhelming taskmaster. You'll learn how to pay proper attention to email within a protected time frame; structure your system so you know what to do with every message; and give and get quality messages. Let these insights and tools unleash your creativity so you can navigate email with ease and effectiveness. Although this class won't provide training in how to use your email program, we will have a tip-swap. Bring a screenshot of your inbox for some hands-on work.

CODE: SEo40 Wednesday, 10/8
7-8:30pm \$20



Trapped in America's Safety Net: One Family's Struggle

*An evening with author
Andrea Louise Campbell*

When MIT political scientist Andrea Campbell's sister-in-law Marcella Wagner was run off the freeway by a hit-and-run driver, she was seven-and-a-half months pregnant. She survived—and, miraculously, her baby was born healthy. But Marcella was left paralyzed from the chest down. And since, like 50 million Americans, neither Marcella nor her husband had health insurance, the accident plunged the young family into the tangled web of means-tested social assistance, which will require them to live at near-poverty level for the rest of their lives. As a social policy scholar, Campbell quickly learned from her family's experience that missing from most government manuals and scholarly analyses was an understanding of how these programs actually affect the lives of the people who depend on them. Behind the statistics and beyond the ideological battles are human beings whose lives are stunted by policies that purport to help them. In her new book, *Trapped in America's Safety Net*, Campbell offers a recipe for change.

CODE: SEo46 Tuesday, 10/14
7:30-9pm \$10

SPECIAL EVENTS, *cont.*



A Year in the Life of a Beekeeper

Birgit deWeerd

Local beekeeper Birgit deWeerd's engaging presentation illustrates the seasonal activities in and around a beehive, from January through the fall honey harvest, with special emphasis on the many pollen and nectar producing blossoms that bees visit on their foraging trips throughout the seasons. For gardeners, those considering beekeeping as a hobby, and anyone interested in learning about the importance of honeybees in the natural environment. *Sponsored by Sustainable Arlington, www.sustainablearlington.org.*

CODE: **SEo24** Wednesday, 10/15
7-8:30pm \$10



Talking about Cancer

Robin Schoenthaler, MD

Join a MassGeneral oncologist as she employs wit, wisdom and deep knowledge to explore what's new—and old—in cancer diagnosis, causes, and treatment—including myths, misconceptions and headline news. She'll also discuss how to work through the scary days of a potential diagnosis, how to be a good and helpful friend when family or friends are diagnosed with a life-altering illness, and what one can learn on this journey that is so much a part of our lives.

CODE: **SEo42** Wednesday, 10/29
7:30-9pm \$10



After-school enrichment classes open to students in grades K-5

- Classes meet at elementary schools throughout Arlington once per week.
- Feel free to enroll in programs at any school.
- Classes begin the week of September 29.

KidZone catalog begins on page 49.

INSTRUCTOR BIOGRAPHIES BEGIN ON PAGE 44.

Local historian **Dee Morris** has a knack for digging up little known but fascinating stories from the past rich with personal details that make history come alive. Her programs establish a tangible connection between past and present and reveal for us our unique civic heritage.



Walking Tour of Mystic Hill: A Congenial West Medford Neighborhood

Dee Morris

Beginning in 1845, two major landowners—Edmund T. Hastings and Samuel Teel Jr—opened up new avenues in this area abutting the well-traveled High Street. It became a neighborhood of well-educated, public-spirited residents who valued the short commute to Boston. Amelia Earhart spent a few years here while her sister Muriel Morrissey lived for decades near Hastings Park, the public green space at the top of the hill. Mystic Hill was home to activists who loved their quality time in the country. **Meet at the Brooks Elementary School**, 388 High Street, West Medford.

CODE: **SEo45** Sunday, 9/21 2-4pm
\$20

Mt Auburn, America's First Garden Cemetery: A Virtual Tour

Dee Morris

In 1831, Mount Auburn Cemetery was created as the first garden cemetery in America, founded not only as a premier burial ground but also as a meditative park for the enjoyment of the living. Complete with winding paths, stunning natural vistas and beautiful sculpture, visitors to "Sweet Auburn" have the opportunity to enjoy the surroundings while reflecting upon life. Still an active cemetery, it is a great cultural resource waiting to be explored. Attend this program to hear fascinating stories of people buried at Mount Auburn and deepen your appreciation of this special place.

CODE: **SEo43** Wednesday, 10/1
7-8:30pm \$10

Medford & the African American Experience

Dee Morris

Medford has long been home to African Americans, and this program explores that rich and varied history. In the 18th century, the town was second only to Boston in its number of enslaved inhabitants. Learn about two reminders of slavery still visible in town: the "slave wall" on Grove Street and the Old Slave Quarters of the Royall House, a National Historic Landmark. Later, West Medford became the center of a thriving African American community. Settling around Jerome, Arlington and Lincoln Streets during the latter half of the 19th century, these citizens worked on Boston railroads and for wealthy white families and also founded businesses. And in the 20th century, a Medford resident shared stories of his life as chief butler in the White House! Dee Morris will bring this local history to life.

CODE: **SEo44** Wednesday, 11/5
7-8:30pm \$10

Take all 3 with Dee & SAVE!

Take all of Dee Morris's programs:
2 talks and 1 walk.

CODE: **SEo12** \$35

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 staff@arlingtoncommunityed.org for more information.



AROUND TOWN

Arlington Friends of the Drama New Season

A hidden gem in the heart of Arlington Center, Arlington Friends of the Drama mounts four plays each season. Discover AFD this fall and winter as they bring two productions to life. You can attend the plays or volunteer to build sets, sell refreshments, or usher. AFD Theatre is at 22 Academy Street; visit www.afdtheatre.org or call 781.646.5922 for more information.

Avenue Q by Robert Lopez and Jeff Marx, book by Jeff Whitty
This Tony Award Winner for Best Musical is part flesh, part felt, and packed with heart.

Fridays, 10/17, 24 & 31, 8pm

Saturdays, 10/18, 25 & 11/1, 8pm

Sundays, 10/19, 26 & 11/2, 4pm

“Of all the musicals hatched in this age of irony, the freshest and funniest.” —*Variety*

Good People by David Lindsay-Abaire

A tough and tender play about the class divide between those who make it out of their blue-collar Irish neighborhood in South Boston, and those who find themselves left behind.

Fridays, 1/9 & 16, 8pm

Saturdays, 1/10 & 17, 8pm

Sundays, 1/11 & 18, 4pm

“Maps the fault lines of social class with a rare acuity of perception while also packing a substantial emotional wallop.”

—*Boston Globe*

AROUND TOWN

St. John's Episcopal Church Presents...

St. John's Coffeehouse

Enjoy great live music and the fabulous acoustics of St. John's Episcopal Church. Most concerts begin at 7:30pm at 74 Pleasant St and benefit the community outreach missions of St John's, including the Arlington Food Pantry and affordable housing (Housing Corporation of Arlington). Visit facebook.com/stjohnsconcerts for more information. Upcoming shows include:

John Shain

Saturday, 9/13, 7:30pm

North Carolina bluesman with a devoted New England following

Joel Karabo Elliot

Saturday, 10/11, 7:30pm

All the way from South Africa with his guitar and roots grown deep in musical stories

Singer-Songwriter Showcase

Saturday, 10/25, 7:30pm

A special event in the ArlingTunes locally-sourced music series

Stefilia's Little Stones

Saturday, 11/8, 4pm

Fabulous kid-friendly originals and favorites by this children's band from Western Mass.



AROUND TOWN

Arlington Council on Aging

Welcome to our newest community partner, the Arlington Council on Aging (COA), co-sponsor of several of this fall's courses. COA develops and implements services and programs that help Arlington seniors live dignified and healthy lives. Their offices are on the ground floor of the Arlington Senior Center, 27 Maple St., Arlington, behind Town Hall. Check out their programs and other news at www.arlingtonma.gov/coa.



AROUND TOWN

Arlington International Film Festival

Regent Theatre

The 4th annual Arlington International Film Festival (AIFF) will screen narrative, documentary, experimental and animated features and shorts from around the world and present juried awards in all categories. AIFF is an award-winning organization with a mission to foster appreciation for different cultures by exploring the lives of people around the globe through independent film. In 2013, AIFF was awarded the Alan McClennen Community Arts Award by the Arlington Center for the Arts and the Gold Star Award by the Massachusetts Cultural Council. AIFF engages students, volunteers, businesses and town leaders, fellow arts organizations and filmmakers from around the world. For more information, visit www.aiffest.org or www.regenttheatre.com.

Wednesday-Sunday, 10/15-19



AROUND TOWN

Arlington Writes!

Arlington Writes! is a town-wide project that invites writers and non-writers of ALL ages to submit a one page piece of writing about a life experience, starting with the word: ONCE. These pieces will be collected, lightly edited and published in an online book this fall. Designed by Kendall Dudley, a writing and personal coach, teacher and travel leader, this program is supported by a grant from the Massachusetts Cultural Council and the Arlington Cultural Council. To submit your essay, sign your name, add a three-word autobiography, and send it to www.ArlingtonWrites.org. On Town Day, Saturday, September 13, visit the Arlington Writes! booth and listen for readings from Center Stage. Need help jump-starting your ONCE essay? Attend one of Kendall's writing workshops during September and October, including those listed on page 20 of this catalog and a workshop from 7-9pm on October 1 at First Parish Unitarian Universalist Church. Visit the Arlington Writes! site for more information and learn more about Kendall at www.KendallDudley.com.



MUSIC AND LITERATURE

NEW Poetry of William Blake

Professors Laura Quinney @ Billy Flesch

William Blake is sometimes the easiest and sometimes the hardest of the English Romantic poets. Over two evenings, we'll study mainly his very accessible *Songs of Innocence and of Experience*, including his own illustrations for those poems. But we'll end with a look at some sublime moments in his later *Prophetic Books* (Rutger Hauer quotes from one of them in the movie *Blade Runner*) to get a hint of the exciting directions Blake was going and what was so revolutionary about his thinking and writing. **Meet at Jefferson Cutter House**, One Whittemore Park in Arlington Center (the building occupied by Arlington Chamber of Commerce), corner of Rt. 60 and Mass. Ave. Enter rear door off parking lot.

CODE: **MUo26** 2 Mondays, 10/27 & 11/3 7-9pm \$35

NEW 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 other 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, Charles Baxter, Antonya Nelson, Dan Chaon and Lorrie Moore.

CODE: **MUo27** 9 Thursdays, 10/2- 12/4 (no class 11/27)
6:30-8pm \$110

NEW *Hamlet: The Play Is the Thing*

Kim Carrell

Ben Jonson famously said of his fellow playwright William Shakespeare, "...he was not of an age, but for all time." While that is a lovely sentiment, this examination of *Hamlet* will demonstrate that Shakespeare was very much of his own age, place and profession—the early modern English theatre. We will read, discuss and deconstruct *Hamlet* not as "the pinnacle of English literature" or as "the most innovative play ever written," but as a play intended for performance during the infancy of the professional theatre. As one of many plays in the popular genre of "revenge tragedy," it features that genre's signature tropes; and it is the most meta-theatrical of all Shakespeare plays, one in which actors portray characters busily playing roles for each other as they tell a story that comments on theatre as much as on life itself. Experience a different view of *Hamlet*—through a 400 year-old lens. Use of the Arden edition is preferred, but any edition of the play will suffice.

CODE: **MUo28** 5 Wednesdays, 10/1-10/29, 7-9pm \$80

Love to Sing! Love Your Voice

Amanda Sindel-Keswick

For those who want to take their voice to the next level or simply get more comfortable singing along with the radio—or in the shower. Our skilled and patient instructor will help develop your voice and unleash your potential. Discover your true voice by learning the basics of breathing, tone and performance. These time-tested techniques not only improve your singing but also help you feel more relaxed and confident in your daily life. Instruction includes group exercises and personal attention. No prior musical experience necessary, just an open mind and a love of singing.

CODE: **MUo02** 6 Tuesdays, 9/23-10/28 7-8:30pm \$80

“I liked everything about this class—a great introduction to embroidery.”

Embroidery classes with Joetta Maue, page 17

GLEE for Grown-ups: Sing Your Heart Out!

Sylvia Stevens

Join this fun chorus for people who love to sing and move. Inspired by the hit Fox TV show *Glee*, the group's lively repertoire features a mix of musical styles and eras along with simple movements. Our last class is a "show" for families and friends to celebrate all that we've learned and all the fun we've had! We learn music and movement through practice both in class and at home. You don't need to read music to participate. If you can carry a tune, come and join the fun!

CODE: **MU001** 9 Thursdays, 10/9-12/18, and Tuesday, 12/16 (no class 11/27 & 12/11) 7-9pm \$135

Beautiful Music: Singing in Harmony

Amanda Sindel-Keswick

Experience the power and pleasure of voices raised in harmony. Through group singing, we will practice the fundamentals of two-part harmony using by-ear techniques (no music reading necessary). This class is all about singing together, finding your voice and having fun. We will learn to understand harmonies and how they work by making beautiful music together. All abilities and experience levels are welcome.

CODE: **MU019** 6 Thursdays, 10/23-12/4 (no class 11/27) 7-8:30pm \$80

Introduction to Guitar

Anthony Rizzotto

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

CODE: **MU023** 8 Tuesdays, 9/23-11/18 (no class 11/11) 7-9pm \$140

Ukulele for Beginners

Tim Mann

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 for beginners, it's easy to learn. Through familiar song examples, no frills explanations and demonstration of basic techniques, our instructor will have you picking and strumming in no time - playing your favorite music and maybe even leading the next sing-along. The ukulele revival is bringing people together worldwide and the instrument is growing more popular each day. Whether you are brand new to musical performance or looking to add a new twist to your act, it's time to get in on the fun. Bring a ukulele and, if you have one, a music stand. Aloha!

CODE: **MU022** 6 Tuesdays, 9/23-10/28 7:30-9pm \$90

Winds for All

Todd Brunel

Dust off that flute or clarinet or trumpet and come join us for an exciting music immersion class. Play with other students in an ensemble and learn all kinds of music from Ellington to Mozart. Open to adults who have some musical proficiency on a wind instrument and who are longing for a chance to play again. Please bring a music stand if you have one.

CODE: **MU016** 8 Wednesdays, 9/24-11/12 7-9pm \$120

“Dorine provided the perfect mix of exercises, discussions and fact. A great experience. I am 100% satisfied.”

Find Work that Matters with Dorine Overmars,
page 21



NEW Basic Photography I

Domenico Pino

This class takes beginners from snapshots to great shots, using any kind of camera—whether it's a point & shoot, a digital SLR, a film camera or even a cell phone. Learn the most common errors new photographers make, and how to avoid them. You'll also get tips for taking better pictures and capturing special moments, and learn composition, what makes a compelling photograph, and how to work a scene or subject and make the best use of light. You'll be directed to some great locations for taking pictures, and we'll review, compare and critique results in class. This course will set you on the path to capturing beautiful images. Limited to 10.

CODE: **APo36** 4 Wednesdays, 9/24-10/15 6:30-8:30pm \$65

NEW Basic Photography II

Domenico Pino

"How did you do that?" That's what others will ask after you take this class. You'll learn how to extend your photographic style, using any kind of camera, by understanding basic camera principles and applying them to specific situations, such as shooting flowers, fireworks, landscape, running water, sports, and more. If you're up for it, accept a challenge and we'll review your progress in class. The instructor will also share methods to improve images AFTER you take them. Pre-requisite: an understanding of basic photography. All students will receive a calculator that greatly simplifies understanding exposure. Limited to 10.

CODE: **APo40** 4 Wednesdays, 10/22-11/12 6:30-8:30pm \$65

NEW Tell a Story with Your Digital Camera

Sarah Bettencourt

There are many benefits to digital photography, but one of its drawbacks is that we put less thought into the images we take. This course is for those who want to spend time taking photos that tell a story, communicate something meaningful and engage the viewer. Our stories can be something as complex as a social commentary or as simple as a chronicle of everyday life—a dear family member working in their garden or a child getting ready for their first big game. What story do you want to explore through the medium of digital photography? We'll take time to explore your ideas and the story you want to convey, take photographs during the week and spend the majority of class time reviewing and discussing these photographs. This is a great follow-up class for those who have taken *Photographing People* or *Beyond Auto Setting* in previous terms.

CODE: **APo38** 8 Tuesdays, 9/23-11/18 (no class 11/11)
6-7:25pm \$95

NEW Digital Camera Photo Challenge

Sarah Bettencourt

This class is based on the popular photo-a-day challenges found everywhere online. Each week, the instructor will assign a different challenge to complete during the week using your digital camera, such as photographing the changing seasons or shooting in a low-light situation without flash. The instructor will provide guidance on how to set your camera for maximum success for each challenge. Class time also will be spent looking at, discussing and learning from your photographs. This is a great course for beginners who want to learn how to use their camera and also more advanced students who are looking for the motivation to get out there every week and take photos. After enrolling, please email the instructor at bettencourt.sarah@gmail.com for your first assignment.

CODE: **APo39** 8 Tuesdays, 9/23-11/18 (no class 11/11)
7:35-9pm \$95

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 introductory course, we explore the basics of photography and photographic composition and settings common to most digital cameras. We use short assignments both in class and between classes to help get you comfortable with your new skills, and we review your photographs as a group. Our discussions 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: **APo07** 8 Thursdays, 10/2-11/20 7-9pm \$130

NEW Digital Photography Excursions WEEKEND CLASS*Emily Belz*

Join one of our most popular instructors for a series of Sunday photography outings! Over this two-Sunday workshop we will meet at different outdoor locations; during class time we will take pictures, share images and troubleshoot technical concerns as they arise. This workshop is a great opportunity to discover new landscapes while sharing structured shooting time with a knowledgeable instructor. Limited to 10. Please bring your digital camera to class sessions. Locations will be sent to students after they register.

CODE: **APo37** 2 Sundays, 10/19 & 26 9am-noon \$50

NEW Behind The Mask Studio:
Free Open House WEEKEND CLASS*Eric Bornstein*

In a 2010 *Boston Globe* article, artist Eric Bornstein's studio was described as "stuffed to the gills with...massive, gorgeous masks of all different kinds of creatures with 6-foot sun faces and dragons and monsters and princesses and you just want to touch them all and play with them all." Don't miss this opportunity to visit Boston's pre-eminent theatrical mask maker whose works have appeared at the Museum of Fine Arts, the Isabella Stewart Gardner Museum, the Boston Lyric Opera, King Richard's Faire, Revels, and the Kennedy Library/Museum at his Davis Square studio, Behind the Mask, as he demonstrates mask making techniques and answers questions about his upcoming Halloween mask making class (see below). **Meet at Behind the Mask Studio**, 6 Campbell Park Place, West Somerville. See the instructor's artistry at www.behindthemask.org.

Sunday, 9/14 2:20-5:30pm FREE; no registration necessary

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

NEW Art of the Mask: Free-building*Eric Bornstein*

Just in time for Halloween! In this introductory class taught by a master mask maker in his Davis Square studio, learn “free-building,” a versatile approach to mask construction using simple materials, found objects and other easy-to-find components. We will learn to build a basic face/helmet mask that straps under the chin. If you've ever dreamed of making a Medusa, a green man, or any character that requires an encompassing headpiece design, here is your chance! A materials list will be emailed to students after they register. **Meet at Behind the Mask Studio**, 6 Campbell Park Place, West Somerville. See the instructor's artistry at www.behindthemask.org.

CODE: **APo44** 7 Wednesdays, 9/17-10/29 7:30-9:30pm \$225

Anyone Can Draw*Charlotte Kaplan*

It's true—anyone can draw! Learning to draw is about learning to see. In this class we will learn and practice basic techniques as we draw objects and scenes using charcoal—a very forgiving and malleable medium—on newsprint. 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 ideas. All levels are welcome, especially beginners. Please bring vine charcoal; 18" x 24" rough newsprint pad; a kneaded eraser; and a paper stump for blending.

CODE: **APo41** 8 Tuesdays, 9/30-12/2 (no class 11/11 & 11/25) 7-9pm \$130

NEW Drawing II*Adrienne Landry*

This course is for students who have some drawing experience either through a basic drawing course or through personal exploration. We will continue to develop our observational drawing skills and learn what makes a complete drawing or one to be used as a study for painting. We will use mostly dry media: pencil, charcoal and conte chalk. If time permits, we will use pen and ink and some color. A materials list will be emailed to students upon registration.

CODE: **APo46** 8 Wednesdays, 9/24-11/12 7-9pm \$130

NEW Mixed Media: More Ways to Make Art*Charlotte Kaplan*

Why limit yourself to paint, pencil, and charcoal for your picture making? Add collage, hand-printing and image transfer to help express your ideas. We will make our own stamps, printing plates and stencils to print multiple images by hand and enhance these images with collage, color and any other (non-toxic) media available to us. We'll look at some artists who have gone in this direction, such as Robert Rauschenberg, Kurt Schwitters, and Saul Steinberg. This is a class for (controlled) experimentation! No experience necessary. Bring a 14" x 17" bristol pad to class. A \$10 materials fee is due the instructor at the first class.

CODE: **APo42** 8 Wednesdays 10/1-12/3 (no class 11/19 & 26)
7-9pm \$130

Watercolor Painting*Dan Moynihan*

Watercolor is a versatile 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'll learn to mix colors and apply paint with techniques like wet-into-wet, glazing and dry-brush. From this foundation, you'll explore your interests and develop your own style, whether you prefer to paint from life, photo-reference or your imagination. As the course progresses, we'll cover composition, color theory and value studies to help improve your paintings. Each class will include demonstration, examples, painting time and individual instruction. No prior art experience is necessary, but basic drawing skills are helpful. A materials list will be sent to students before the first class.

CODE: **APo03** 6 Thursdays, 10/2-11/6 7-9pm \$95

“A great class and great experience. I would highly recommend this class to others.”

Woodworking with Frank Rizzo & Frank Tassone,
page 15

Chinese Brush Painting *Cora Pucci*

Learn the basic techniques of this ancient and timeless art form. Using the methods of both classic and modern Chinese masters, students will learn to paint flowers, birds and landscapes while being guided individually and encouraged to progress at their own speed. After registering, email staff@arlingtoncommunityed.org for a materials list. **Meet at Arlington Senior Center, 27 Maple St.** *This course is co-sponsored by Arlington Council on Aging, and open to students of all ages.*

CODE: **APo16** 8 Tuesdays, 9/23-11/18 (no class 11/11)
2-3:30pm \$95

Draw Your Home Sweet Home *Sue Funk*

Working from a photograph, you will create a lovely piece of art—with your home as the main subject. We will explore through pencil work basic perspective principles as well as composition, shading and a bit of landscape drawing. Don't worry if you have never done this before! Each week we will work on skill areas to culminate in a final drawing of your home. Please bring to class a photograph of your home, a sketch book (8x10), #2 pencils and erasers, colored pencils and illustration board or bond for final drawing. **Meet at Theosophical Society building, 21 Maple St.** (behind 19 Maple St.), Arlington.

CODE: **APo29** 4 Mondays, 10/20-11/10 10am-noon \$65

NEW Draw Your Pet *Sue Funk*

In this class, we will focus on the “how to’s” of drawing your pet or an animal you love. Each weekly lesson focuses on one of the following areas: drawing basic animals, texture (fur), shading, facial features and combining it all into a pleasing composition. We will also experiment with color using colored pencils. Please bring in a photo of a pet/animal that you would like to master. If you prefer to work with color using other than pencils, feel free to do so. No experience necessary, just a need to have fun and relax with drawing! Please bring to class a sketch book (8x10), #2 pencils and erasers, colored pencils, and illustration board or bond for final drawing. **Meet at Theosophical Society building, 21 Maple St.** (behind 19 Maple St.), Arlington.

CODE: **APo43** 4 Mondays, 11/17-12/8 10am-noon \$65



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** 9 Tuesdays 9/23-12/2 (no class 11/11 & 25)
7-9:30pm \$180

NEW 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).

CODE: **CN026** 2 Tuesdays, 9/23 & 30 7-8:30pm \$30

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 for projects and supply list. Limited to 10.

CODE: **CN008** 6 Wednesdays, 10/8-11/12 7-9pm \$95

Handmade Tuesdays with Jess

Enjoy these one-night creative evenings. Crafter Jess Jaeger provides all the materials you need to complete your project that same night. You'll laugh, you'll create. A great night out for friends—or mothers and daughters!

NEW Decoupage Frame

Decoupage—from the French word découper, meaning to cut out—is a fun and easy way to decorate just about any object. The process entails pasting varied shapes of paper to an object and then covering them with several coats of lacquer. The result is depth and patterns that look as though they are actually painted on the decoupage object. Together we will create a picture frame (approximately 4x6-inches) using a selection of colored papers. Once you learn this fun and easy way to decorate just about any object, you won't be able to stop. Get a head start on your handmade holiday gifts! A \$12 materials fee is payable to instructor at class.

CODE: **CN027** Tuesday, 10/14 7-9pm \$25

Handmade Cards

In May, one of Jess's handmade cards appeared in *Martha Stewart Living* magazine, so we are not fooling around when we say that she is a local gem. Come join her for an evening of handmade fun. In time for the holidays, learn to create cards that express your creativity by using rubber stamps, embossing powder, paper punches and more. Once you learn how simple and pleasurable it is to make your own cards, you'll never again settle for store-bought. We will make at least two cards each. A \$10 materials fee is payable to instructor at class.

CODE: **CN015** Tuesday, 10/21 7-9pm \$25

NEW Gift Wrap & Gift Tags

You spend so much time and energy finding just the right gifts for the holiday season, it's only right to wrap them in something equally personal. You'll be delighted with how fun, easy and satisfying it is to make your own gift wrap and gift tags. We will focus on holiday-themed paper and tags, but once you learn the process, you'll be able to continue the fun at home for any occasion. A \$10 materials fee is payable to instructor at class.

CODE: **CN028** Tuesday, 10/28 7-9pm \$25

Take all 3 with Jess & SAVE!

CODE: **CN020** \$68

Mosaic Jewelry Workshop

Mosaic Oasis Staff

Design your own piece of jewelry. In one morning, you can walk away wearing a new pair of earrings or a pendant. You may instead choose to make a pin, key chain, letter opener or wine bottle stopper. **Class meets at Mosaic Oasis Studio & Supply**, 1189B Massachusetts Ave, Arlington. Tuition includes all materials.

CODE: **CNo29** Saturday, 9/27 10am-12:30pm \$40

Quilting for the Beginner

Nancy Linde

If you like working with color, then quilting is the craft for you. In this class, you will complete a small lap/crib size quilt in a traditional log cabin pattern while learning all of the basic techniques: cutting fabric, designing the quilt, piecing the blocks, sewing the quilt top, putting the layers together and binding the edges. The last class will include a demonstration of various hand- and machine-quilting techniques. A sewing machine (in good working order) along with its manual is required for each class. You must know the basics of how to use your machine (threading it, winding a bobbin, etc.) The Cambridge Quilt Shop has generously offered a 30% discount on a beginner's quilting kit to students enrolled in this class. The kit, which includes a rotary cutter, self-healing mat, cutting ruler, fabric (for top and back), and cotton batting, has been reduced from \$125 to \$87.50. Kits will be available for pick up at the Cambridge Quilt Shop, 95 Blanchard Rd, Cambridge (on the Cambridge/Belmont line) one week before the first class. A list of other supplies (pins, thread, scissors, etc.) will be sent to students via email prior to the first class. **Class meets at Arlington High School.** Limited to 7.

CODE: **CNo21** 5 Tuesdays, 10/7-11/4 6:30-9pm \$100

DIY Upholstery

Kevin Kennedy @ Pamela Powell, Upholstery on Broadway

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

CODE: **CNo01.1** 8 Wednesdays, 9/24-11/12 5:30-8:30pm \$390

CODE: **CNo01.2** 8 Fridays, 9/26-11/14 5:30-8:30pm \$390

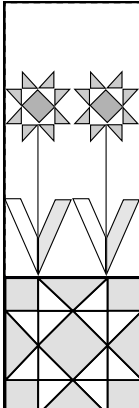
Get to Know Your Sewing Machine

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.

CODE: **CNo05.1** Wednesday, 9/24 7-9pm \$35

CODE: **CNo05.2** Wednesday, 12/3 7-9pm \$35



Cambridge Quilt Shop
95 Blanchard Rd.
Cambridge, MA 02138
Located on the Cambridge/Belmont line near the Pepperidge Farm store.

Save 20%
on all fabrics, notions, and books and patterns with this ad.
Offer expires October 31, 2014

617-492-3279
Email: quilters@cambridgequilts.com
Web: www.cambridgequilts.com

“Dan was very helpful and careful to work with everyone regardless of initial painting skill.”

Watercolor with Dan Moynihan, page 14

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 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 to the first class.

CODE: **CNo11** 7 Wednesdays, 10/1-11/12 7-9pm \$110

Cane a Chair

Kevin Smith

“One of the best classes I have ever taken, thanks to the wonderful, patient instructor.” Create a family keepsake or rescue a chair from the trash. You will learn to re-cane and complete a chair over six weeks. For the first class, bring the chair you want to re-cane; it should be light enough to carry and have a series of holes in the wood rail around the seat opening. We'll prepare the chair, determine the cane size you need to purchase, discuss how to order materials and begin our journey. We will complete our projects over the remaining weeks.

CODE: **CNo09** 6 Thursdays 10/16-11/20 6:30-8:30pm \$95

Hand Embroidery

Joetta Maue

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

CODE: **CNo23** 2 Thursdays, 10/9 & 16 6:30-9pm \$40

NEW Photo Embroidery

Joetta Maue

In this class, you will learn to use basic stitches to create a detailed embroidered drawing from an original photograph. Using a photograph of your own we will learn to transcribe it onto fabric through a variety of techniques, then choose the best lines and approaches for turning the photograph into a drawing, and bring the image alive through embroidery stitches. Experienced or new embroiderers welcome. A materials list will be emailed to the students prior to the first class. See the instructor's work at www.joettamaue.com.

CODE: **CNo30** 2 Thursdays, 11/20 & 12/4 6:30-9pm \$40

NEW Wool Sculptures: Fun & Easy Needle Felting

Anastasia Semash

Sculptural needle felting is fun and easy to learn. Also called dry felting, it is a popular fiber arts craft in which special needles are used to turn unspun wool into a 3D object. Using a few simple techniques, you can create beautiful, soft and warm miniature animals and people, toys, jewelry, home decor and more. Experience the pleasures of transforming a pile of fluffy wool into a real sculpture. In this class, we'll create various felted objects, for yourself or to give as gifts: small wool pets, decorative items and, finally, a felt character doll. A \$15 materials fee is due instructor at first class. See instructor's work at www.artsemash.com.

CODE: **CNo31** 9 Tuesdays, 9/23-12/2 (no class 11/11 & 25)
7-9:30pm \$150

“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!”

Guitar with Tony Rizzotto, page 11



COLLEGE AND SAT PREP

ALL SAT PREP COURSES END IN TIME FOR November 8 TEST DATE.

Arlington teachers lead the following SAT Verbal and Math Review courses. These are the top-rated SAT prep courses among AHS graduating seniors. Please register early for these popular classes. Limited to 25.

SAT Math Review

Lindsey McPherson

This six-session 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: **CS002.2** 6 Tuesdays, 9/23-10/28 3-5pm \$160

SAT Verbal Review

Paul McKnight

This six-session 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** 6 Thursdays, 10/2-11/6 7-9pm \$160

Kaplan SAT Prep

Prepare for the November 8 SAT with Kaplan's 10-session course, including 18 hours of instruction, 4 full-length practice tests in class (plus 6 timed, online tests), and Kaplan's print and online study materials. Tests are 4 hours in length and instructional sessions are 3 hours long for a total of 34 hours of classroom time. **Call 1-800-KAP-TEST or go to www.kaplanatschool.com/arlington for information and to register.**

CODE: **SAKA14424** Tuesdays and Thursdays, 9/23-11/06 (no class 9/25) 2:45-5:45pm (until 7pm on practice test nights) \$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 www.collegefundingadvisors.com.

CODE: **CS003** Thursday, 10/2 7-9pm \$20

Would you like to teach?

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

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



WRITING AND COMMUNICATION

College Admissions for the Student Athlete

Nick Michael, Odyssey College Search

Nick Michael is the father of two student athletes. While helping them apply for college, he gained so much knowledge that he decided to share this information so others could benefit. 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 sophomore year is the ideal time to set this process in motion.

CODE: **CSoo8** Tuesday, 10/7 & Thursday, 10/9 7-9pm \$45/family

Improve Your College Application Essay

Mindy Pollack-Fusi

Are you a high school senior who needs to write your Common Application essay this fall? Come learn important tips from a college essay expert that will help you feel prepared to begin your first draft by the end of this class! You will learn do's and don'ts, topics to avoid and ways to shape the essay to make it not only informative, but lively. This class will help you break through your fear or frustration and complete your essay with passion. This is a group class but each student will have a few minutes of private consultation with the teacher about the essay topic.

CODE: **CSoo7.1** Wednesday, 10/15 7-9pm \$30

CODE: **CSoo7.2** Thursday, 11/13 7-9pm \$30

ALL CLASSES MEET AT ARLINGTON HIGH SCHOOL UNLESS OTHERWISE NOTED.

Ease the Fear of Public Speaking

Julie Kitayama

There was a time when speaking in public was Julie Kitayama's biggest fear. Today, she's a successful business analyst by day and stand-up comic by night. She knows the dread of public speaking, *and* she knows how to get over it. Come learn from someone who's been there how to leave your fears behind! Through simple and fun exercises, practice, encouraging feedback and proven tips, you'll become much more comfortable with public speaking. You may even come to enjoy it! This course focuses on building confidence rather than on specific presentation skills.

CODE: **WCoo6** 6 Tuesdays, 9/30-11/4 6:30-8:30pm \$90



Writing as Centering

Cathie Desjardins

Writing is uniquely human, enabling us to record, reflect and report on our experience and the world at large. As E.M. Forster said, "How do I know what I think until I see what I say?" Writing creates a space for our stories, memories, reflections and observations. Putting pen to paper (or fingers to keyboard) can bring order to what may seem a disorderly life, creating something that didn't exist before. Our goal is to develop a mini-writing community, sharing responses to weekly exercises and seeing what we have to say.

CODE: **WCoo4** 8 Thursdays 10/2-12/4 (no class 10/23 & 11/27) 7-9pm \$130

Become a Freelance Writer

Cindy Cantrell

In this two-part workshop, *Boston Globe* columnist Cindy Cantrell will share successful techniques for writing articles for newspapers, magazines, newsletters and the web. Learn how to develop original story ideas, find the right market, customize your pitches for specific publications and develop long-term relationships with editors. This is not a writing class; however, attendees are invited to bring to class pitches or brief articles to share in a supportive and constructive environment.

CODE: **WCoo9** 2 Thursdays, 10/23 & 30 7-9pm \$35

WRITING WORKSHOPS with KENDALL DUDLEY

Kendall Dudley has been teaching autobiography and journal writing for more than 20 years at the Cambridge Center for Adult Education and at national conferences and retreat centers. Try one or more of these writing workshops and let him be your guide!

NEW Arlington Writes! Add Your Story to the Book

Kendall Dudley

Arlington Writes! is a Mass Cultural Council-funded project that invites everyone in Arlington to contribute a story from their life to an ebook that will be published this fall. This class will help you get your story on the page! Using simple writing exercises, you'll come up with story ideas, practice new ways to tell your story and then put it down on paper. You'll come away with a draft of a story plus really useful writing tricks that will keep you writing even after your story is done. You don't need to be a writer to get your story down, nor do you need a blockbuster life! Bring your memory and the rest will be easy. For more information, check out www.arlingtonwrites.org or contact kendall@kendalldudley.com. **Meet at 50 Grafton St, Arlington.**

CODE: **WC020** Wednesday 9/17 7-9:30pm \$20


NEW Write Your Life Story—in One Hour

Kendall Dudley

No writing experience necessary! Some people take years, others don't do it at all. In this class, you'll have a chance to practice a one-hour version of a memoir, learning ways of seeing your life that open you to creative risk-taking, discovering themes, and making connections between seemingly unrelated events. Whether as a creative experience, an aid in career or transition, or as a way of making meaning, this process will spark your memory

and imagination and give life to your own story. You can use these approaches to create family, community and workplace histories, too.

CODE: **WC018.1** Wednesday, 9/24 6:30-9:30pm
Meet at 50 Grafton St, Arlington \$25

CODE: **WC018.2** Wednesday, 10/1 10am-1pm
Meet at Jefferson Cutter House, One Whittemore Park in Arlington Center (the building occupied by Arlington Chamber of Commerce), corner of Rt. 60 and Mass. Ave. Enter rear door off parking lot. \$25 

Keeping 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, and things that smell, taste and create marks. 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 50 Grafton St, Arlington.**

CODE: **WC016** 2 Mondays, 10/27 & 11/3 7-9:30pm \$40

Daytime Memoirs: Discovering Your Life Stories

Kendall Dudley

Writing memoir is essentially a creative act because, while you may know the "facts" of your life, the meaning you assign to them often changes as new "facts" emerge. You don't need to have a dramatic or scandal-riddled life to have a life worth writing about! All you need is a willingness to explore the adventure that is your life and to discover your unique vision of the experiences that make us human! Fun writing prompts will jog your memory while offbeat homework will stimulate your hunt for stories and the juice to keep them going. **Meet at 50 Grafton St, Arlington.**

CODE: **WC013** 5 Wednesdays, 11/5-12/10 (no class 11/26)
1-3pm \$80

KidZone

KidZone After-School Enrichment

KidZone after-school enrichment classes begin at APS elementary schools the week of September 29. See page 49 of this catalog for complete KidZone course listings, and check your child's backpack in mid-September. For grades k-5.



NEW Negotiation Workshop

Jeanne Bohan Simard

Negotiation is an essential part of life. Effective negotiating can help you manage many different kinds of situations, both at work and in your personal relationships: how to prepare for a job offer or salary negotiation, spend or invest your family's money, or choose a vacation destination. This course is taught by a highly skilled career strategist specializing in negotiations, leadership and career transitions. Over two nights, you will learn how to prepare for a negotiation and put together a strategy that increases your likelihood of success. Course consists of discussions, interactive breakouts, handouts and recommended reading.

CODE: **BFo24** 2 Wednesdays, 10/1 & 8 6:30-8:30pm \$40

NEW How to Conduct an Effective Job Search

Jeanne Bohan Simard

Are you ready for a job change or looking for your first job? Job seekers of every level will learn valuable skills from our instructor, a highly experienced career strategist. After two nights, you will have a step-by-step approach to launch your job search and know how to strengthen your resume, write a compelling cover letter, use the internet to find and contact hiring managers, use your network and learn effective interview techniques. Course consists of discussions, interactive breakouts, handouts and recommended reading. Come prepared to take notes.

CODE: **BFo25** 2 Wednesdays, 10/15 & 22 6:30-8:30pm \$40

Find Work That Matters

Dorine Overmars

For most of us, work is a financial necessity. Yet as we age, it becomes more difficult to ignore our desire for work that also brings us joy and value. In his book *Outliers: The Story of Success*, Malcolm Gladwell writes that “meaningful work” heightens people’s possibilities for success when they find their efforts freeing, thought-provoking and fulfilling. This interactive and energizing three-session workshop will help you bridge the gap between the economic and social benefits of work and personal fulfillment. Through both discussion and exercises, you will learn more about your talents, prioritize your values, address your fears and limiting beliefs and begin to see the possibilities before you. The experience promises to be results-oriented and fun!

CODE: **MB013** 3 Thursdays, 11/6-11/20 7-9pm \$60

NEW Establish Your Brand on the Web

Bessie King


This course is taught by a social media professional specializing in digital media and web marketing. You will be introduced to key concepts and practices for using and managing social media to promote your personal or business brand by reading and analyzing blogs or articles and practicing with posts, discussions and projects. By the end of this course, you will know how to use all the major social media sites and practice responsible, educated, effective promoting, writing or editing. Course will consist of discussion, hands-on assignments and reading.


CODE: **BFo22** 3 Tuesdays, 9/23-10/7 6-7:30pm \$45

NEW Make Google+ Work For Your Business: Live Webinar

Stephan Hovnanian

You’ve tried Facebook, Twitter, maybe even Pinterest, and just can’t seem to get social media to “work” for your business. Get ready to learn why Google+ might just be the place for you, because it extends beyond “social” and into search results, YouTube, even Gmail. There is something on Google+ that every type of business can use regardless of how “social” they want to be. We will explore the effect of Pages, Communities, Authorship and Hangouts on business to give you purpose from Day 1 should you decide to incorporate Google+ into your social marketing mix. *IMPORTANT NOTE: This course is being taught virtually—over the internet as a live webinar—not in our classrooms. Upon enrolling, students will receive registration and login instructions for the webinar. You will not need to download any special software to participate in the webinar; just be sure to have a good internet connection. There will also be a replay available to all enrolled students within 3 business days following the class.*

CODE: **BFo21.1** Tuesday, 9/30 9:30-11am \$40 

CODE: **BFo21.2** Thursday, 10/9 12:30-2pm \$40 

CODE: **BFo21.3** Wednesday, 11/5 6:30-8pm \$40

NEW Network for Results

Ellen Keiley

This interactive workshop will cover networking in a variety of settings, including how to build and maintain a network. Following the presentation, you will have a chance to practice what you learned and leave with practical tips you can put to use immediately to network effectively.

CODE: **BFo18** Tuesday, 10/7 6:30-8pm \$25

NEW Market Your Business on the Web*Bessie King*

This course is taught by a social media professional specializing in digital media and web marketing. Learn to analyze, understand, critique and create original web content individually and in groups. By the end of this course, you will feel comfortable and able to create and maintain your personal or business brand on the web using the best applicable social media tools, including analytics and advertising. Course will consist of discussion, hands-on assignments and reading.

CODE: **BFo23** 3 Tuesdays, 10/14-28 6-7:30pm \$45

Maximize Your Social Security Benefits*Richard Belofsky CLU,® ChFC,® CFP®*

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, 10/1, 7-9pm \$25

Long-Term Care Planning*Richard Belofsky CLU,® ChFC,® CFP®*

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, 10/8 7-8:30pm \$20

Financial Strategies for a Secure Retirement*Richard Belofsky CLU,® ChFC,® CFP® and Amy Lampert, Financial Advisor*

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

CODE: **BFo05** 2 Wednesdays, 10/15 & 22 7-8:30pm \$35

NEW How to Purchase a Home*Laurie Crane*

A real estate agent, attorney and mortgage lender present this interactive introduction to home buying. They will review each step of the process to help you feel knowledgeable and ready to purchase your first or next home. Bring your questions.

CODE: **BFo19** Tuesday, 11/4 7:30-9pm \$20

NEW How to Sell a Home*Laurie Crane*

A real estate agent and attorney will walk you through ways to maximize the sale price of your home, including how to determine the property's worth, whether to paint, upgrade or stage your home and more. They will review each step of the process. Bring your questions.

CODE: **BFo20** Thursday, 11/20 7:30-9pm \$20

“I loved everything about this class: the instructor, fellow students, the venue.”

Keeping a Travel Journal with Kendall Dudley, page 20



NEW Microsoft Office Computer Workshops

Tony Holowitz, The John Anthony Group

Join “Tony the Teacher” for these information-packed sessions. In these 90-minute workshops, Tony will discuss and demonstrate ways to make you a more productive and efficient computer user. This class is for computer users of all levels of experience; however, you must be familiar with the basics of how to use a computer. Register for one, two or more! **Tony Holowitz** is a small business owner, computer trainer, software and business consultant, and web designer based in Arlington. Find him at tonytheteacher.com

MS Word Top 20 Tips

Become more productive and efficient in the use of this powerful word processor to write papers, create flyers and resumes and more.

CODE: CU020 Tuesday, 10/21 6-7:30pm \$25

MS Excel Top 20 Tips

Become more productive and efficient as you create spreadsheets and then graphs using the data in your spreadsheets.

CODE: CU021 Tuesday, 10/28 6-7:30pm \$25

MS Outlook Top 20 Tips

Become more productive and efficient as you manage and search your email, contacts, and calendar and keep up with social networks with this free personal email service from Microsoft.

CODE: CU022 Tuesday, 11/4 6-7:30pm \$25

MS PowerPoint Top 20 Tips

Become more productive and efficient as you create interesting, colorful and interactive presentations.

CODE: CU023 Tuesday, 11/18 6-7:30pm \$25

Take All 4 Top Tip Computer Workshops

Save 15%!

CODE: CU024 \$85

Create a Website—Simply!

Margy Rydzynski

You don't need to know software programming to create a web site; all you need is a computer, an internet connection and an email address. This course will teach you how to create simple personal or business websites by using Weebly, a free, easy-to-use web-based software platform. You'll learn how to add text, photos, videos, music, a blog, e-commerce, maps, games and more. We'll also talk about ways to increase the visibility of your website in search engines. When you register, please note if you do not have an email account so that the instructor can help you set one up before the first class. Participants must have basic computer skills, including using a mouse, creating and saving to file folders and surfing the web. We work on PCs but the skills taught apply to Macs as well; Mac users must be comfortable using PCs. After registering, email instructor at margy@brave-new-web.com to get a class account set up. Wireless access may be available if you want to bring your fully-charged laptop to class.

CODE: CU004 4 Tuesdays, 9/23-10/14 7-9pm \$80

Build a Blog or Website with WordPress

Margy Rydzynski

Blogging is the foundation of social media activities, whether professional or personal. It lets you paint a fuller picture of yourself than do other social media, brand yourself as an expert and increase your visibility on the web. WordPress is the most powerful blogging and content management system around, and can be used to build a website without technical expertise. This course provides an introduction to WordPress.com (the free, hosted version of WordPress) and goes “under the hood” to show you how to create a blog; turn your blog into a website; add, edit and categorize text, photos, videos and recordings; change your blog template; optimize your site for maximum visibility and find and analyze your site statistics. We'll also touch on blogging best practices and show you how to migrate your site to a self-hosted site if desired. Participants need an email account and must have basic computer skills, including using a mouse, creating and saving to file folders and surfing the web. We work on PCs, but the skills taught apply to Macs as well; Mac users must be comfortable using PCs. Wireless access may be available if you want to bring your fully-charged laptop to class. Email instructor at margy@brave-new-web.com after registering to get a class account set up. Required textbook for this class is *WordPress: The Missing Manual*, published by O'Reilly and available for purchase at The Book Rack, 13 Medford Street, Arlington.

CODE: CU008 5 Thursdays, 10/2-30 7-9pm \$100

MASTER YOUR iPad with STEPHEN WEIL

Stephen Weil has been teaching friends, colleagues, and clients how to make the most of their Apple devices for 15 years. Are you ready to master your iPad?

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 the following topics:

Part I

- Physical Controls (on/off, volume, rotation vs mute, Home)
- Basic Hand Gestures
- Navigating Screens/apps/folders
- Basic Device Settings
- Keyboard Shortcuts
- Getting Online
- Browsing the Internet

Part II

- Adding Contacts
- Sending & Responding to Texts
- Sending & Responding to Email
- Adding Calendar Events
- Making Voice Memos
- Taking Notes
- Setting Reminders

Students must bring an iPad to class. If you have questions about whether this course is right for you, email the instructor at service@macingenius.com. Limited to 10.

CODE: **CUo25.1** 2 Tuesdays, 9/30 & 10/7 7-8:30pm \$40

CODE: **CUo25.2** 2 Tuesdays, 11/4 & 11/18 7-8:30pm \$40

Master Your iPad—Entertainment & Apps

Stephen Weil

What really makes the iPad special is all the fun you can have with it. Listen to your favorite music or radio stations, read books, look at family pictures, watch movies, play games, communicate with friends on Facebook, and much more. This class will show you how and even recommend some apps that can improve upon the experience. You'll learn how to:

- Use the iTunes Store to Download Music, Movies, TV Shows & Podcasts
- Use the App Store to Download Games and Other Useful Apps
- View Photos
- Download a Book, Magazine, or Newspaper
- Sharing on Facebook

Pre-requisite: a solid understanding of Master Your iPad: The Basics, Part I. Students must bring an iPad to class. Students enrolling in this course must have an iTunes account and know their password. Those who need help setting up an iTunes account should email the instructor at service@macingenius.com before enrolling in the class. Limited to 10.

CODE: **CUo26.1** Thursday, 10/16 7-9pm \$30

CODE: **CUo26.2** Thursday, 12/4 7-9pm \$30

Introduction to Excel

Susanne Agerbak

Microsoft Excel is a powerful application for working with and understanding the numbers in your life. We will cover what you need to know to be able to make a budget and track spending, compare the options for a car purchase or forecast your favorite team's performance this season. In this course you will learn the essential basics of Excel: how to put data in, do calculations, make charts and do formatting to help show the meaning in the numbers. We will talk about the uses of Excel, look at example spreadsheets and create your own using Microsoft Excel 2010. 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: **CUo10** 4 Tuesdays, 10/7-28 7-9pm \$80

“The assignments were unusual and thought-provoking, allowing me to expand my writing in many different ways. A most enjoyable and elevating experience!”

Writing with Cathie Desjardins, page 19



NEW Parkour in the Park:

Free Clinic & Demo WEEKEND CLASS

Scott Maxson, New England Sports Academy

Look! Up in the sky. It's a sport, it's a hobby. It's Parkour! Parkour is the French multidisciplinary art of movement that coaches its practitioners to move in the most effective, efficient and/or creative way possible, often using pre-existing structures like walls, rails, benches and other urban objects. It draws heavily on gymnastics, rock climbing, acrobatics and martial arts. Come to this free demo and clinic to play or just watch; participation open to ages 16 through adult. If you love what you see, join our ongoing Parkour class (see below). **Meet at Summer Street Field**, 422 Summer St., adjacent to the Ed Burns Arena (rink) at the corner of Forest St., Arlington.

CODE: **DE052** Sunday, 9/7 (rain date: 9/14) 1-2:30pm
Free with \$5 registration fee; pre-registration required

Parkour (ages 16 to adult)

Scott Maxson, New England Sports Academy

Imagine yourself being chased by someone. The trick is to use as little wasted movement while getting past physical obstacles that can slow you down. That's the gist of parkour, the noncompetitive training program developed in France. Aspiring action heroes—and those who just want to jump-start their workouts—will learn movements developed from obstacle course training. Combining gymnastics, break-dancing and running, parkour improves your strength, agility and speed. This series is designed to ease you into the sport and help you find the level with which you are comfortable. We meet in an Arlington High School gym and outdoors. Wear loose-fitting workout clothes and sneakers (no slip-ons). Participants will have access to Project Freerunner and Hub Freerunning events, clinics and tutorials.

CODE: **DE041** 9 Tuesdays, 9/23-12/2 (no class 11/11 or 11/25)
7:30-8:45pm \$115

“Kendall was very instructive and encouraging. It was perfect!”

Daytime Memoirs with Kendall Dudley, page 20

From Couch Potato to 5K

Connie Mooney

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! Join this 10-week training program designed to build up your muscular and cardiovascular endurance at a challenging, yet attainable, pace. Join others on a rewarding journey that explores your motivations, nutrition and running technique in a supportive team environment. All ages, genders, sizes and athletic abilities are welcome! Discussions will include advice on footwear, clothing, pacing and race-day expectations. The first class meets in the Arlington High School cafeteria, 869 Mass. Ave., and will be discussion only. Thereafter, please come prepared to run outdoors with our upbeat and motivating instructor. We will finish our journey together by registering for and running a 5K before the end of November. Details to be worked out along the way.

CODE: **DE005** 10 Wednesdays, 9/17-11/19 6-7pm \$99

20/20/20: Total Body Workout

Jacqui Griffin

This 8-week class helps you build a leaner body, improve posture and balance and reduce the risk of bone loss. Start with 20 minutes of fun aerobics, followed by 20 minutes of strength training using exercise bands and light weights and end with gentle stretching that leaves you energized and refreshed. This class is geared to all fitness levels, ages and abilities. Wear comfortable clothing and sneakers. Bring a set of 3-5 lb. weights, a mat or towel and water.

CODE: **DE011** 8 Wednesdays, 9/24-11/12 6:15-7:15pm \$80

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! Our new instructor is great at cueing dances so they are easy to learn, fun to follow and gentler 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: **DE002.1** 10 Mondays, 9/22-12/1 (no class 10/13)
6:45-7:45pm \$99

NEW Caribbean Dance Workout: One-Night Workshop

Katina McClain

A great switch-up or add-on to your Zumba class! This hour-long class introduces you to our newest dance workout, combining dance movements from the Caribbean into a fun, high-energy cardio workout. Lose weight, get toned and move that body to great music! The instructor will cue movements for both beginning students and those who want to ramp it up to the next level. Wear sneakers.

CODE: **DE053** Thursday, 10/2 6-6:50pm \$15

NEW Caribbean Dance Workout: The Class

Katina McClain

Our newest dance workout combines dance movements from the Caribbean into a fun, high-energy cardio workout. Lose weight, get toned and move that body to great music! The instructor will cue movements for both beginning students and those who want to ramp it up to the next level. Wear sneakers.

CODE: **DE054** 8 Thursdays, 10/9-12/4 (no class 11/27)
6-6:50pm \$80

NEW Ballet Tone & Stretch: One-Night Workshop

Katina McClain

The instructor created this class when looking for a workout that offered a mix of flexibility, toning and strength. She says you will be an inch taller after the class! This workshop turns traditional ballet technique into a fun, intense tone and stretch workout for the entire body. Wear flexible dance shoes or ballet slippers or go barefoot. Note: this is not a Barre workout.

CODE: **DE055** Tuesday, 9/23 7:30-8:20pm \$15

NEW Ballet Tone & Stretch: The Class

Katina McClain

You'll be an inch taller when leaving this class! This class turns traditional ballet technique into a fun, intense tone and stretch workout for the entire body. Wear flexible dance shoes or ballet slippers or go barefoot. Note: this is not a Barre workout.

CODE: **DE056** 6 Tuesdays, 9/30-11/4 7:30-8:20pm \$80

Kickboxing

Brazilian Jiu-Jitsu Academy

Are you ready to sweat? Mix up your routine with flexibility and strength building moves in this beginner kickboxing class. You'll enjoy high-intensity drills while burning 400-600 calories. This class is a cardiovascular workout consisting of jabs, crosses, uppercuts and kicks designed to get you on your way to a leaner body and a healthier state of mind. Class consists of jumping rope, heavy bag work, pad work and technical instruction. There is no sparring and no experience required. All fitness levels are welcome! Students will receive a free pair of boxing gloves with this program. Please note that this class teaches the fundamentals of kickboxing, and not high tempo cardio with music. This amazing workout focuses on kickboxing technique. **Meet at Mass Brazilian Jiu-Jitsu Academy, 965 Mass. Ave., Arlington.**

CODE: **DE032.1** 6 Mondays and 6 Wednesdays, 9/22-11/3
(no class 10/13) 6-7pm \$100

CODE: **DE032.2** 7 Mondays and 5 Wednesdays, 11/10-12/22
(no class 11/26) 6-7pm \$100

Brazilian Jiu-Jitsu

Brazilian Jiu-Jitsu Academy

This beginners' program is a great way to get in shape while learning a practical approach to self-defense. The techniques allow for a smaller, weaker person to successfully defend against a larger, stronger assailant by using leverage and proper technique. Brazilian Jiu-Jitsu has proven so effective that it is being used by UFC fighters, the military and law enforcement as a staple of defensive training. Students will receive a free Gi (traditional martial arts uniform) with this program. **Meet at Mass Brazilian Jiu-Jitsu Academy, 965 Mass. Ave., Arlington.**

CODE: **DE033.1** 6 Tuesdays and 6 Thursdays, 9/23-10/30
6-7pm \$100

CODE: **DE033.2** 7 Tuesdays and 5 Thursdays, 11/4-12/16
(no class 11/27) 6-7pm \$100

“Marta is the best and the course was awesome! Please offer hula again!”

Hawaiian Hula with Marta Moussa, page 31

NEW Jujitsu: Free Open House *Eric Bornstein*

Are you curious about jujitsu and considering enrolling in classes with our instructor Eric Bornstein this fall? Come to this free open house at his Mass Ave studio, where you can observe a typical class and all the exercises, drills and scenarios you would encounter. Eric will be available to answer all your questions about his background in the martial arts and his approach to jujitsu training. **Meet in the third floor martial arts studio at 1100 Mass. Ave., Arlington.**

Sunday, 9/21 11am-1pm FREE; no registration necessary.

Jujitsu: The Ultimate Self-Defense*Eric Bornstein*

Jujitsu, or “the gentle art,” is the parent of aikido, judo and several styles of karate. Often called the ultimate self-defense, jujitsu techniques can be used for successful defense against unarmed and armed attacks. In this two-hour class for men and women, students will practice blocks, strikes, kicks, joint-locks and falls, and use of pressure points in various self-defense scenarios. Learn simple, easy-to-remember tips and techniques for self-defense. Increase your confidence and fitness level. All levels of experience and styles of practice welcome. Wear comfortable workout clothing or judo gi. **Meet in the third floor martial arts studio at 1100 Mass. Ave., Arlington.** Classes meet on Sundays, 11am-1pm and Tuesdays, 7:15-9:15pm.

CODE: **DEo47.1** 8 Sundays and Tuesdays, 9/1-9/30 \$100

CODE: **DEo47.2** 8 Sundays and Tuesdays, 10/1-10/31 \$100

CODE: **DEo47.3** 8 Sundays and Tuesdays, 11/1-11/30 \$100

CODE: **DEo47.4** 8 Sundays and Tuesdays, 12/1-12/31 \$100

Enroll in 3 months of Jujitsu with Eric Bornstein and get the 4th month free.

For students new to Eric's jujitsu studio.

CODE: **DEo47.5** 32 Sundays and Tuesdays, 9/1-12/31 \$300

“A wealth of information.”


Maximize Your Social Security Benefits with
Richard Belofsky, page 22


Tai Chi: Meditation in Motion*Judith King / Zhantao Lin*

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

CODE: **DEo12.1** 9 Wednesdays, 9/24-12/3 (no class 11/19 or 26) 6-7pm \$105 with Judith @ **Arlington High**

CODE: **DEo12.2** 9 Wednesdays, 9/24-12/3 (no class 11/19 or 26) 7:10-8:10pm \$105 with Judith @ **Arlington High**

CODE: **DEo12.3** 4 Tuesdays, 9/9-9/30 9-10am \$45 with Zhantao @ **Calvary Church**, 300 Mass Ave., Arlington. Enter far-right side door on Linwood Street, turn right and go up one flight. 

CODE: **DEo12.4** 7 Tuesdays, 11/4-12/16 9-10am \$80 with Zhantao @ **Calvary Church**, 300 Mass Ave., Arlington. Enter far-right side door on Linwood Street, turn right and go up one flight. 

Tai Chi: Level 2 *Zhantao Lin*

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

CODE: **DEo35.1** 4 Tuesdays, 9/9-9/30 10-11am \$45

CODE: **DEo35.2** 7 Tuesdays, 11/4-12/16 10-11am \$80

Tai Chi: Level 3

Zhantao Lin

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

CODE: **DEo48.1** 4 Tuesdays, 9/9-9/30 11am-noon \$45

CODE: **DEo48.2** 7 Tuesdays, 11/4-12/16 11am-noon \$80

Restorative Yoga Workshop

Ruth Lieberherr

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

CODE: **DEo37** Wednesday, 12/3 7-9pm \$25

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.

CODE: **DEo15.1** 9 Mondays, 9/15-12/8 (no class 10/6, 10/13, 11/3 or 12/1) 7:15-8:30pm \$130 with Bettina @ **Arlington Senior Center**, lower level, 27 Maple St. Arlington.

CODE: **DEo15.2** 9 Thursdays, 10/2-12/4 (no class 11/27) 7:30-8:45pm \$120 with Ruth @ **Arlington High**, 869 Mass. Ave.

Morning Yoga

Linda Del Monte / Haley Belofsky

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: **DEo10.1** 7 Wednesdays, 9/10-10/22 9-10:15am \$85 with Linda

CODE: **DEo10.3** 7 Wednesdays, 10/29-12/17 (no class 11/26) 9-10:15am \$85 with Linda

CODE: **DEo10.2** 10 Fridays, 9/26-11/28 9-10:15am \$120 with Haley

Yoga @ Noon

Eric Bornstein

A sensible yoga practice will create a body that is strong, flexible and in balance. Our spine and the muscles around it must be kept healthy for us to sustain a thriving and mobile physical lifestyle. Our instructor will guide you through poses (asanas) in a mindful flow designed to discover the beauty in our movement. We will practice strategies to lengthen stubborn hamstrings and hips, eliminate pain and compression in your lower back and neck, and create opening and flexibility in your upper back and shoulders. Bring a mat, straps, blocks (if you have them) and a blanket. Suitable for all levels. **Meet at St. John's Episcopal Church, 74 Pleasant St, Arlington;** enter rear door.

CODE: **DEo51** 9 Thursdays, 9/25-11/20 noon-1:15pm \$110

ALL CLASSES MEET AT ARLINGTON HIGH SCHOOL UNLESS OTHERWISE NOTED.

NEW Yoga for Every Body: One-Night Workshop*Ruth Lieberherr*

You've been curious about yoga, and friends may have suggested giving it a try. This one-night workshop is a perfect way to take that first step. People of every fitness level, age, physical challenge or shape will benefit from this class. Movements will help stretch and strengthen muscles and limber joints. The breathing and meditation exercises will calm the mind and leave you feeling both invigorated and relaxed. In addition to standing poses and mat exercises, the class offers 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, if you have them.

CODE: **DEo14.1** Thursday, 10/2 6-7:15pm \$15

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, if you have them.

CODE: **DEo14.2** 7 Thursdays, 10/9-11/20 6-7:15pm \$85

Prenatal Yoga *Endurance Pilates*

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

CODE: **DEo49** 10 Sundays, 9/21-12/7 (no class 10/12 or 11/30)
5-6:15pm \$130

Intro To Pilates Mat*Endurance Pilates*

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

CODE: **DEo21.1** 10 Saturdays, 9/20-12/6 (no class 10/11)
8:15-9:10am \$130 

CODE: **DEo21.2** 10 Tuesdays, 9/23-12/2 (no class 11/11)
5:30-6:25pm \$130

CODE: **DEo21.3** 10 Wednesdays, 9/24-12/3 (no class 11/26)
9-9:55am \$130 


CODE: **DEo21.4** 10 Wednesdays, 9/24-12/3 (no class 11/26)
7:30-8:25pm \$130

CODE: **DEo21.5** 10 Thursdays, 9/25-12/4 (no class 11/27) 6:30-7:25pm \$130

Basic Pilates Mat*Endurance Pilates*

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

CODE: **DEo18.1** 10 Thursdays, 9/25-12/4 (no class 11/27)
9-9:55am \$130 

CODE: **DEo18.2** 10 Sundays, 9/21-12/7 (no class 10/12 or 11/30)
10-10:55am \$130 

Intro to Barre Boston™

Endurance Pilates

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

CODE: **DEo43.1** 10 Saturdays, 9/20-12/6 (no class 10/11)
10:15-11:10am \$130 

CODE: **DEo43.2** 10 Thursdays, 9/25-12/4 (no class 11/27)
7:30-8:25pm \$130

Barre Boston™ Basics

Endurance Pilates

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

CODE: **DEo06.3** 10 Mondays, 9/22-12/1 (no class 10/13)
9-9:55am \$130 

CODE: **DEo06.2** 10 Mondays, 9/22-12/1 (no class 10/13)
7:30-8:25pm \$130

CODE: **DEo06.4** 10 Tuesdays, 9/23-12/2 (no class 11/11)
6:30-7:25pm \$130

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 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** 8 Tuesdays, beginning 9/23
9:30am-noon \$99

CODE: **DEo09.2** 8 Thursdays, beginning 9/25
9:30am-noon \$99

CODE: **DEo09.3** 8 Fridays, beginning 9/26
9:30am-noon \$99

Beginner Swing Dance

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** 8 Wednesdays, 9/24-11/12 6:30-7:45pm \$95

Swing Dance Plus

Julie Kaufmann

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

CODE: **DEo13** 8 Wednesdays, 9/24-11/12 7:45-9pm \$95

“Learning made fun! More please. I was amazed at how quickly we were singing well together. Amanda is a gifted instructor.”

Singing in Harmony with Amanda Sindel-Keswick,
page 11



Social Dance I: Smooth Moves

Bob @ Anita Beloff

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

CODE: **DE007** 8 Thursdays, 10/2-11/20 8:15-9:15pm \$90

Social Dance II: Fancy Footwork

Bob @ Anita Beloff

For those with some dance experience. Maybe you learned a few steps for your wedding dance many years ago? Or maybe you just want to take your footwork to the next level. We'll 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: **DE008** 8 Thursdays, 10/2-11/20 7:15-8:15pm \$90

Hawaiian Hula

Marta Moussa

Hula is an expressive and beautiful Hawaiian art that uses the body to tell a story. Graceful body and hand motions represent words or aspects of nature, such as the swaying of a tree in the breeze or a wave in the ocean, or a feeling or emotion, such as fondness or yearning. This beginners class is taught by a Hawaiian-trained instructor with a deep appreciation for the cultural and historical importance of hula. Each class includes warm-up, learning basic steps and then dancing to classic songs of the islands. Absolutely no dance experience is needed to enjoy this class. Please wear loose, comfortable clothing. We dance in bare feet.

CODE: **DE044** 6 Tuesdays, 10/14-12/2 (no class 11/11 and 11/25) 6-7:15pm \$80

Wild Food in Arlington

Pam Kristan

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

CODE: **FDo08** Sunday, 10/5 2-4pm \$25

Mediterranean Cooking

Toni Galasso

In this hands-on cooking class, we will explore the countries, cultures and food of the ancient Mediterranean region. Together we will prepare delicious and healthy dishes like shrimp with feta, grilled calamari with cherry peppers, Turkish-style lamb chops, Spanish tapas and more. We will eat what we make; bring some small containers in case there are leftovers. If you would like to have a glass of wine with the meal, bring a bottle to class to share. All food and equipment will be supplied by the instructor, but bring an apron if you'd like! Limited to 6. A food fee of \$80 (\$20 per class meeting) is due instructor at class. **Meet at 6 Campbell Park Pl., W. Somerville.**

CODE: **FDo46** 4 Tuesdays, 9/23-10/14 6:30-8:30pm \$80

“I learned I can draw!
Who knew?”

Anyone Can Draw with Charlotte Kaplan, page 13

NEW Zuppe Italiane*Toni Galasso*

Italian soups are hearty and healthy. Just in time for the cooler months, we will learn to create quick and easy soups from all over Italy, like ribollita—a Tuscan soup made with bread and vegetables; papazoi—a corn, barley and bean soup from Trento; roasted garlic and onion soup from Marche; minestra from Naples—and more. We will eat what we make, with bread and cheese as accompaniments. Bring some small containers in case there are leftovers. If you would like to have a glass of wine with the meal, bring a bottle to class to share. All food and equipment will be supplied by the instructor, but bring an apron if you'd like! Limited to 6. A food fee of \$80 (\$20 per class meeting) is due instructor at class. **Meet at 6 Campbell Park Pl., W. Somerville.**

CODE: **FD047** 4 Wednesdays, 10/29-11/19 6:30-8:30pm \$80

The Art of the Crêpe*Olivia Bare*

Crêpes are a simple yet versatile staple of French cuisine that can be served at any meal. In this class, we will make an assortment of crêpes, both sweet and savory. You will choose from a variety of European-inspired ingredients to craft your own and explore delicious combinations of fillings. At the end of class, you will take home not only your creations but also a new skill for your next brunch party. Happy taste buds guaranteed! A food fee of \$10 is included in tuition.

CODE: **FD031** Wednesday, 10/1 6-8pm \$30

NEW Belgian Waffles & Chocolate: An Irresistible Combination*Olivia Bare*

Among the many varieties of Belgian waffles, we will taste the renowned Liege waffle with caramelized sugar. And since we can't talk about Belgium without evoking chocolate, we will sample and find our favorite among several imported brands, ranging from white to extra dark. While your palate will be fully involved, this class is more demonstration than hands-on. A food fee of \$12 is included in tuition.

CODE: **FD041** Thursday, 10/9 6-8pm \$30

NEW Small Plates: Empanadas, Pot Stickers & Samosas*Hema Gopalan*

Learn to make empanadas, pot stickers and samosas with accompaniments that will thrill your family and guests. Using fresh spices and easy to find ingredients, we will turn these finger foods into inspired, healthful mini-meals. There will be some hands-on cooking in this class, and we will eat what we make. Bring an apron, notebook and pencil to class. Tuition includes a \$12 food fee.

CODE: **FD038** Tuesday, 10/7 6:30-9pm \$40

The Splendid Pleasures of Tea*Paul Angiolillo*

Quick, what's the second most popular drink in the world, after water? (Hint: not craft beer.) It's tea, of course. And its popularity keeps growing as more people discover its rich aromas, stimulating qualities and healthful benefits. Like wine, all tea comes from a single plant (*camellia sinensis*); herbal teas are properly called infusions. We'll taste at least nine top-quality teas from the finest tea-growing regions in the world. You'll also take home samples. Teas are provided by local importer Upton Tea Imports. Snacks will complement the tastings. Please bring a porcelain tea cup. A \$5 food fee is included in the tuition. Limited to 12.

CODE: **FD028** Tuesday, 10/14 6:30-8pm \$20

NEW Cake Decorating Basics*Pam Kanavos*

In this fun class for beginners, you'll become adept at the fundamentals of decorating a cake, preparing frosting and using a piping bag. You'll learn to level, tort, fill and frost a cake without crumbs. After three sessions, you'll know how to hand write on cakes and make rosettes, shells, drop flowers and a ribbon rose. Take home recipes, helpful hints, new decorating skills and, of course, your beautiful creations! Bring six unfrosted cupcakes to the second class and an 8" unfrosted cake to the last class. Also, please bring a 9" (flat) spatula and a serrated knife to each class. A \$10 food fee is payable to instructor at the first class.

CODE: **FD043** 3 Thursdays 10/16-30 6:30-9:00pm \$65

NEW Fine Chocolates: A Tasting Tour*Walter Plante*

Deepen your appreciation of premium and artisan chocolates with this evening workshop. First we'll learn where cocoa is grown, how chocolate is made, how to care for it and factors that influence its flavor and texture. Then we'll move to guided tasting of exquisite chocolates from around the globe, sharing our impressions and choosing the best of the bunch. A materials fee of \$10 is due instructor at class.

 CODE: **FD037** Thursday, 10/23 6:45-9pm \$20

NEW Life is a Box of Chocolate...Truffles*Pam Kanavos*

Some consider truffles the essence of chocolate concentrated in one bite—the brittle shell splitting open with a satisfying crack, revealing a melty, smooth ganache filling. Truffles are made in two steps: first you make the chocolate ganache centers, then you dip them into tempered chocolate. Come learn a no-fail technique for achieving perfect, luxurious truffles. During class, you'll make basic chocolate, raspberry, milk chocolate spice, and milk chocolate nutella truffles. A \$15 food fee is due instructor at class.

 CODE: **FD044** Thursday, 11/6 6-9pm \$30

Tour Chinatown *Rose Lee*

Join cookbook author and master chef Rose Lee as she guides you through the delights of Chinese culture and foods in Boston's Chinatown. During this tour you will visit Chinese markets, learn about essential cooking ingredients; smell and taste an array of Chinese greens and exotic fruits; learn about and sample traditional Chinese bakery products and Chinatown's best BBQ; visit the oldest Chinese herbal shop in Chinatown and learn about the use of herbs in traditional Chinese medicine; discover where you can purchase Chinese kitchen and food products at wholesale prices; and visit eye-opening arts and crafts gift shops, traditional Chinese fabric stores and jade and jewelry shops. The tour culminates in an optional guided tea meditation and meal in a local restaurant; cost of meal (\$15-\$20) is *not* included in tuition. Please wear comfortable shoes, and bring shopping bags or cooler. Chinatown is near South Station and Orange/Green Line T stops. **Meet at Chinatown Gate**, located at the intersection of Beach Street and Surface Road in Boston's Chinatown, at 10am sharp.

 CODE: **FD005** Sunday, 10/19 10am-2pm \$50

NEW Parents & Kids Cooking Together: Mexican Fiesta*Carlos Mendez*

Everyone loves nachos! Join us as Jose's Mexican Grill owner and chef Carlos Mendez teaches you how to make fresh guacamole, pico de gallo, grilled quesadillas, and Mexican rice. Kids will learn techniques to help them gain confidence in the kitchen and learn how to make foods the whole family will enjoy! Class limited to 10 adult/child pairs. A \$15 food fee (per pair) is due instructor at class.

 CODE: **FD045** Wednesday, 10/29 5:30-8pm \$25

NEW Meat 101*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 this weekend, the fast-approaching holiday meal or just a family weeknight meal? Or 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, a Q & A and tasty samples. **Meet at Prime Butcher Shop** (formerly the Meat House), 1398 Mass Ave., Arlington.

 CODE: **FD049** Tuesday, 10/21 7:30-9pm \$35

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 and have a meal. The class will end with sweet Lassi or Mango Lassi, a sweetened yogurt drink. Tuition includes \$15 food fee.

 CODE: **FD020** Wednesday, 10/22 6:30-9pm \$50

NEW Street Fare of India*Shruti Mehta*

Close your eyes! Now imagine you are on one of the crowded streets of Mumbai. Let a few seconds pass and allow yourself to be enveloped by sweet, spicy, pungent and flavorful aromas of all kinds wafting through the air. This is the street fare of India. Every street is filled with small vendors selling a variety of savory dishes prepared on site. There are no tables or chairs; you are expected to stand in the street while you consume your food. But the inconvenience of it all is more than made up for by the delicious food at your fingertips. This class will replicate a sampling of these foods like Ragda-pattis (yellow pea stew with potato patties), Aloo-chaat (medley of potato, onion and crispy wafers smeared with yogurt and pungent spices), Bhel-puri (puffed rice and chick-pea noodles mixed with sweet and hot chutneys) and Falooda (rose flavored milk with rice noodles and topped with ice cream). Come join us for a walk through the street fare of India. Tuition includes \$15 food fee.

CODE: **FD042** Wednesday, 11/5 6:30-9pm \$50

NEW Eat, Drink & Be Healthy*Cathy Zolner*

Surviving the holidays healthfully can be tricky! The season often features too much food, too much activity and too little sleep. There is a way to avoid the annual weight gain. All you need is a plan of action that's easy to follow. In this one-night workshop, you will discover a plan that helps you live a healthier lifestyle during one of the busiest times of the year. Holistic health coach Cathy Zolner will provide you with tricks and tools to survive the holidays more healthfully, including healthy holiday recipes, quick meals to feed the family during the holiday season and a plan for negotiating the buffet and bar without adding extra pounds.

CODE: **FD050** Tuesday, 11/4 7-8:30pm \$20

NEW Roasted to Perfection*Scott Carta, Prime Butcher Shop*

If you're investing all that time and money in 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** (formerly the Meat House), 1398 Mass Ave., Arlington.

CODE: **FD048** Tuesday, 11/11 7:30-9pm \$35

Can & Preserve Fruits & Veggies*Robin Cohen*

Would you like to capture the fresh taste and smell of seasonal fruits and vegetables and keep them in your home all year long? You **CAN!** Many people still have warm memories of working alongside aunts and cousins "putting up" the season's produce. It's time to revive this lost art. This class will teach the fundamentals of preserving produce through delicious and easy recipes. Make seasonal jam and mixed pickles as you learn how to can food safely using the most up-to-date techniques. Learn to freeze fruit correctly and how to best use your preserved produce in recipes. This fun and informative course will help you fill your pantry shelves. Food fee of \$15 is due instructor at class.

CODE: **FD002** Wednesday, 11/12 6:30-9:30pm \$25



NEW Incredible Cookies

Susan Callahan

Making cookies is America's favorite kind of baking project, and some days a homemade cookie and a glass of milk are all it takes to remind us how sweet life is. But baking an incredible cookie takes a few special steps. In this one-night baking class, Susan Callahan of GOODIES Homemade will share her tips and techniques for making a perfect and perfectly delicious plump and chewy cookie. We will create a versatile oatmeal dough that can be used to make several variations of this old fashioned favorite. This is a hands-on cooking class. Before the class, students will receive via email a list of small utensils to bring. Tuition includes a \$7 food fee. Visit www.goodieshomemade.com.

CODE: **FD036** Thursday, 11/13 7-9pm \$30

Easy as Pie!

Jeannette Pothier

Get ready to wow friends and family this holiday season. Making tender, flaky pie crust is easier than you think. In this hands-on class you'll learn how to bake double-crust pies. Each student will take home their fully assembled pie, ready to bake or freeze for a special occasion. Tins and freezer boxes will be provided. Bring a paring knife, rolling pin and apron, and get ready for a fun class. Food fee of \$10 is included in tuition.

CODE: **FD012** Tuesday, 11/18 6:30-9pm \$50

“An excellent course—the best I've ever taken. The instructor is wonderful—knowledgeable and always willing to help.”

Cane a Chair with Kevin Smith, page 17

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, www.sustainablearlington.org.*

CODE: **HG003** Tuesday, 9/23 7-9pm \$25

Kitchen Design with a Pro

Mary Courville

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

CODE: **HG008** Tuesday, 9/30 7-9pm \$25

Soil Health for Edible Gardens

Ben Barkan

With an edible backyard garden, you can grow sweeter and more nutritious produce than anything you can buy in the supermarket—as long as your soil is healthy and rich in micro-life. In this workshop, you will learn what it takes to develop and maintain soil health and how it relates to plant growth. We'll discuss fundamental physical and chemical properties of soil, including differences in soil texture, the behavior of water in soil, nutrient holding capacity of soil, pH, plant nutrients and organic matter. You will learn how to properly take a soil test and interpret the results and how to deal with lead contamination. The class is especially suitable for those interested in growing food in an urban/suburban landscape while using sustainable and organic practices. *Co-sponsored by Sustainable Arlington, www.sustainablearlington.org.*

CODE: **HG019** Tuesday, 9/30 7-9pm \$25

Designing an Edible Garden

Ben Barkan

In this workshop, you will learn how all the concepts presented in the Soil Health workshop apply to designing and growing attractive gardens filled with both ornamental plants and nutrient-dense edibles. We will 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 Soil Health for Edible Gardens workshop provides lots of useful background for this class, but is not a pre-requisite. *Co-sponsored by Sustainable Arlington, www.sustainablearlington.org.*

CODE: **HGo20** Tuesday, 10/7 7-9pm \$25

Understanding Sustainable Agriculture

Ben Barkan

Is organic or “natural” agriculture always more sustainable? Is conventional agriculture *not* sustainable? What does sustainability even mean? The answers are not always clear. In this provocative discussion-based class, we’ll talk about principles of sustainability, analyze different farming systems and challenge our understanding of sustainability as we consider a variety of perspectives on this topic. We will also talk about growing one’s own food and how this fits into the big picture. The class will tie together concepts presented in our Edible Garden workshops, but those workshops are not prerequisites. Come to this class prepared to ask questions and be part of the conversation. *Co-sponsored by Sustainable Arlington, www.sustainablearlington.org.*

CODE: **HGo23** Tuesday, 10/14 7-9pm \$25

You Can Fix It, Too!

Marie Leonard

Spend an evening with professional “Handywoman” and author Marie Leonard and learn how to successfully complete many of the projects on your own “to-do” list. Marie will introduce you to a basic tool kit, explaining how to use the most common tools you’ll need to fix everything in your home. Learn how to use a drill and how to install the right wall anchors for hanging curtain rods, towel bars and more. See what is inside your toilet tank and how simple it is to fix without calling a plumber. Take a faucet apart and discover the basics of how to repair or replace it. Learn how to patch holes in a wall and use a caulking gun. You will leave with the information and practical advice you need to successfully take on and complete basic home improvement and repair projects. Tuition includes a signed copy of Marie’s book, *Marie’s Home Improvement Guide*.

CODE: **HGo15** Tuesday, 10/21 6:30-9pm \$40

Fall Centerpiece

Derby Farm Flowers @ Gardens

You can learn to transform the season’s flowers and greens into stunning arrangements, whether you gather material from your garden, a florist, or even a supermarket. In this single-session class, you will learn the essential elements and principles of floral design, as you create a lush, garden-like seasonal centerpiece. We will also discuss how to maintain flower freshness and select flowers and containers that complement each other. A \$25 materials fee is due instructor at class. **Meet at Derby Farm Flowers & Gardens, 454 Mass. Ave., Arlington.** Visit www.derby-farm-flowers.com.

CODE: **HGo24** Wednesday, 10/15 6:45-8:15pm \$25

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 sweet-smelling and nutritious soil 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** Wednesday, 10/29 7-8:30pm \$10

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: **HGo22** Saturday, 11/1 9-11am \$25
Raindate: Sunday, 11/2



Beginner/Early Intermediate ESL: Learn English as a Second Language

Betsy Singer

This course is for adults with little or no knowledge of English. The focus is on speaking and listening. Emphasis will be on language for everyday situations such as asking for directions, completing forms, making appointments and communicating at work or at school. The goal is to have fun while practicing communication skills. A \$15 materials fee is due instructor at first class. Financial aid is available; call 781-316-3568 for information.

CODE: **LA017** 9 Wednesdays, 9/24-12/3 (no class 11/19 or 26)
6-7:30pm \$99

Intermediate / Advanced ESL

Betsy Singer

This course is for adults with some knowledge of English. The focus will be on speaking and listening as well as some reading and writing. Topics will include current events and will follow the interests of the class participants. The goal is to improve communication skills in a relaxed environment. Some homework may be given. A \$15 materials fee is due instructor at first class. Financial aid is available; call 781-316-3568 for information.

CODE: **LA022** 9 Wednesdays 9/24-12/3 (no class 11/19 & 26)
7:30-9pm \$99

Spanish for Travelers

Tania Thal-Farfan, Native Speaker

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

CODE: **LA014** 4 Tuesdays, 9/23-10/14 7-8:30pm \$60

ALL CLASSES MEET AT ARLINGTON HIGH
SCHOOL UNLESS OTHERWISE NOTED.

Spanish for Beginners

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 Tuesdays, 9/23-11/18 (no class 11/11)
7:10-8:40pm \$120

Daytime Spanish for Beginners I

Kiera Gordon

Aprende español in a relaxed and supportive atmosphere. Structured exercises from our textbook, emphasizing grammar, vocabulary and simple idioms and phrases, will help students develop basic conversation and comprehension skills. Periodicals, maps, children's books and artwork from the Latin world will provide relevant topics for simple discussions and help broaden our cultural understanding of the Spanish-speaking world. We will also work to refine our pronunciation and sound more authentic. The title of the required textbook will be emailed to students after they register. **Meet at Arlington Senior Center**, 27 Maple St. *This course is co-sponsored by Arlington Council on Aging and open to students of all ages.*

CODE: **LA015** 9 Thursdays, 9/25-11/20 10-11:30am \$125

Would you like to teach?

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

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

Italian for Beginners I

Teresa Soccio, Native Speaker

Cominciamo con l'ABC!—Let's start with the ABC's! This course, taught by a native speaker, is perfect for students with little or no previous experience with the Italian language. We will learn how to read, write and communicate in Italian with simple sentences. We will learn Italian greetings, the alphabet, the present tense of verbs, nouns, adjectives, pronouns and gender agreement. Simple reading, games and conversation will be used to learn weekly material.

CODE: **LA012** 8 Wednesdays, 9/24-11/12 6-7:30pm \$120

Italian for Beginners II

Teresa Soccio, Native Speaker

Andiamo! Parliamo Italiano!—Let's go! Let's speak Italian! This course, taught by a native speaker, is for students who have completed Italian for Beginners I or who have a basic knowledge of Italian grammar and who want to improve their skills. We will continue to focus on simple grammar and proper pronunciation, while expanding our everyday vocabulary and learning the past tenses of verbs. More complex reading, songs and videos will be used to help us master the material.

CODE: **LA024** 8 Wednesdays, 9/24-11/12 7:45-9:15pm \$120

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

Dorothee Van Thong

Bonjour! This course is an introduction to the French language. It is for students with no previous knowledge of French or for those who want a refresher. We focus on developing listening and speaking skills through situational activities. With the help of a native speaker, you will learn common everyday expressions and phrases such as greeting people, 'vous' vs. 'tu' courtesy, asking for information, talking about yourself, weather, time, seasons, food and more. This course will also provide a glimpse into French traditions and habits, including amusing idiomatic expressions, in a relaxed atmosphere. *A bientôt!—See you soon!*

CODE: **LA020.1** 8 Tuesdays, 9/23-11/18 (no class 11/11)
6:30-8pm @ **Arlington High**, 869 Mass. Ave. \$120

CODE: **LA020.2** 8 Wednesdays, 9/24-11/12 10:30am-noon
@ **Calvary Church**, 300 Mass. Ave., Arlington. Enter far-right side door on Linwood Street, turn right and go up one flight.

\$120 

NEW French for Travelers: *Allons-y!*

Dorothee Van Thong

Planning a trip to France or a French speaking country? Join us and boost your communication skills through a variety of interactive activities. This course, taught by a native speaker, will give you handy tips and tricks with an emphasis on listening and speaking. Each session focuses on real-life travel situations, using visual media and role-playing activities in the following areas: asking information, getting around, ordering at a restaurant, going shopping, visiting places and expressing requests, complaints and personal likes and dislikes. The course also includes basic grammar as well as a touch of French culture, with funny idiomatic expressions that will make you sound like a native speaker. *Et voilà!* This class will set you on your French travel path while having lots of fun!

CODE: **LA025** 8 Thursdays, 10/2-11/20 7-8pm \$100

Conversations en Français

Madeleine Buehler

This class offers conversation and culture for those who want to refresh their French or take it to the next level or 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: its literature, music, cuisine and—if we dare—politics! To enjoy this class, students should have some experience with conversational French. A \$5 materials fee is due at the first class. **Meet at Theosophical Society building**, 21 Maple St. (behind 19 Maple St), Arlington.

CODE: **LA026** 8 Thursdays, 10/9-12/4 (no class 11/27)
2:30-4pm \$120

“Every single person in this class was pleased with their progress and results.”

Anyone Can Draw with Charlotte Kaplan, page 13



MIND, BODY AND STYLE

Boost Your Immune System & Beat the Flu!

Adam Stark

Most of us accept colds and flus as an inevitable—and incurable—part of winter. We might have a vague idea that vitamin C and echinacea will “strengthen the immune system”, but half the time, they don’t seem to help. We’ll start by looking at what the immune system is and how it works—and why it sometimes *doesn’t* work. We’ll look at what viruses are, and why they provide a special challenge both to our own immunity and to pharmaceutical drug development. Finally, we’ll look at what to do about it. You do not have to get sick every winter! The class will touch on both lifestyle and pharmaceutical approaches, but will focus mainly on herbal medicine.

CODE: **MB026** Tuesday, 10/28 7-9pm \$20

Mindfulness Meditation: One-Night Workshop

Kimber Green

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

CODE: **MB017** Wednesday, 9/24 6:30-8:30pm \$20

Mindfulness Meditation

Kimber Green

“Presence is a state of inner spaciousness”

—Eckhart Tolle

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

CODE: **MB019** 6 Thursdays, 10/9-11/13 7-8:30pm \$80



Mindful Running: Train Your Mind & Body

Kimber Green

Learn to increase your success with and enjoyment of running through the principles of meditation. Trail running—running on nature or dirt-packed trails—is increasing in popularity; its many pleasures include the mental focus it requires. This mental focus reduces worry, stress and thoughts that can negatively affect performance and is very similar to that used in mindfulness meditation. Our instructor has run more than 15 marathon and ultra distances in the last five years. She credits much of her enjoyment of and success during these runs to the use of meditation techniques. Join our group and learn how to incorporate the principles of mindfulness meditation into your running regimen. Participants should be able to comfortably run at least three miles. We will run on local Arlington/Lexington trails. Some of the running will be at dusk, which can enhance mindfulness. A portion of our first session meets in a classroom at Arlington High on 10/1 from 6-7:30pm; come prepared to run.

CODE: **MB027** 6 Wednesdays, 10/1-11/5 5:30-6:30pm (Note: class on 10/1 meets at Arlington High, 6-7:30pm) \$70

Walking Meditation

Kimber Green

The word “meditation” is likely to conjure up an image of a cross-legged person sitting still in a quiet room. While this is the method of choice for many who meditate, others choose a more active route to mindfulness called walking meditation. Many practitioners say that walking meditation actually helps them achieve even greater awareness than conventional meditation, and that it’s even easier to reach a state of mindfulness and awareness while walking, as opposed to sitting still. Join us as we learn about and practice mindfulness while walking in nature. Together, we will walk a slow pace, eyes open, through the beautiful trails of Whipple Hill Conservation Area (Arlington/Lexington) and Arlington’s Great Meadow (Lexington). Sessions include handouts and suggestions for home practice between classes. A portion of our first session meets in a classroom at Arlington High to review our schedule, meeting places and opportunities to carpool; come prepared to walk. For outdoor sessions, please dress for the weather so that you can most enjoy fall in all its variety!

CODE: **MBozo** 6 Wednesdays, 10/1-11/5 4-5pm
(Note: class on 10/1 meets at Arlington High, 4-5:30pm) \$70

Ease the Fear of Public Speaking

Julie Kitayama

There was a time when speaking in public was Julie Kitayama’s biggest fear. Today, she’s a successful business analyst by day and stand-up comic by night. She knows the dread of public speaking, *and* she knows how to get over it. Come learn from someone who’s been there how to leave your fears behind! Through simple and fun exercises, practice, encouraging feedback and proven tips, you’ll become much more comfortable with public speaking. You may even come to enjoy it! This course focuses on building confidence rather than on specific presentation skills.

CODE: **WCoo6** 6 Tuesdays, 9/30-11/4 6:30-8:30pm \$90

Become Genuinely Happier

Jeanne Mayell

The Dalai Lama said, “Happiness is not ready made. It comes from your own actions.” And now neuroscientists agree! We used to think that we were stuck with the brains we had, and that if we were melancholy or anxious, we just had to accept it. We’d admire the upbeat, positive Oprah Winfreys of the world, and wish we had their brains. Now neuroscience reveals that we can change our brains with simple practices the way we can change our bodies with a daily workout. We can, in fact, become happier, more positive people, not by repressing our negative thoughts, but by building up the positive pathways in our brain. Before long we find a natural buoyancy in our thinking and, along with it, a boost in our creativity, intuition, immune system, love lives and careers. In this class you’ll try out eight simple practices for becoming happier; choose the ones you like, and leave with a plan for a genuinely happier life. Read about the instructor at www.jeannemayell.com.

CODE: **MBz8** Tuesday, 10/7 6-8:45pm \$35

Learn the Tarot: Mirror of the Soul

Jeanne Mayell

Learn to use one of the most powerful and ancient divination tools—the Tarot. 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 building, 21 Maple St. (behind 19 Maple St), Arlington.** Read about the instructor at www.jeannemayell.com.

CODE: **MBo11** Saturday, 10/25 9:30am-3:30pm \$70



Find Work That Matters

Dorine Overmars

For most of us, work is a financial necessity. Yet as we age, it becomes more difficult to ignore our desire for work that also brings us joy and value. In his book *Outliers: The Story of Success*, Malcolm Gladwell writes that “meaningful work” heightens people’s possibilities for success when they find their efforts freeing, thought-provoking and fulfilling. This interactive and energizing three-session workshop will help you bridge the gap between the economic and social benefits of work and personal fulfillment. Through both discussion and exercises, you will learn more about your talents, prioritize your values, address your fears and limiting beliefs and begin to see the possibilities before you. The experience promises to be results-oriented and fun!

CODE: **MB013** 3 Thursdays, 11/6-20 7-9pm \$60

NEW Bones for Life®

June LaPointe

Refresh yourself, move with greater ease and put a spring back in your step. This two-hour class is a fun and informative introduction to the *Bones for Life*® program for osteoporosis prevention. Learn simple practical movements you can repeat at home every day—and share with friends—that align your spine, strengthen your bones, reduce pain and improve balance and coordination to make sitting, standing, walking, running and jumping easier. People who practice the *Bones for Life*® program say it contributes to their vitality, youthfulness and optimism. Leave this intro class feeling taller, calmer, and more like yourself on a very good day. Wear comfortable clothes; no sweating necessary.

CODE: **MB029** Thursday, 11/13 6:30-8:30pm \$20

ALL CLASSES MEET AT ARLINGTON HIGH SCHOOL UNLESS OTHERWISE NOTED.

Intro to Kayaking

Charles River Canoe & Kayak

Touring kayaks are versatile boats, well suited to exploring everything from calm lakes and rivers to remote coastlines. This course is designed for both the casual paddler and those interested in ocean touring, and will introduce paddlers to proper technique and safety skills required to enjoy kayak touring. While the course is perfect for the beginner, anyone who has never had formal instruction will benefit from this class. Tuition includes four hours of instruction, two weeks of unlimited on-site practice time and wetsuit rentals. **Meet at Charles River Canoe & Kayak’s Newton Boathouse, 2401 Commonwealth Ave (Route 30) in Newton, right next to the Newton Marriott.** There is plenty of free parking. Go to http://www.paddleboston.com/paddle_school/introkayak.php for more information. Limited to 6.

CODE: **FG017** 2 Saturdays, 9/20 & 27 9-11am \$115

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 four to five miles, rain or shine. Enjoy the camaraderie of fellow walkers as we learn and have fun. After registering, email maryhurley@comcast.net for meeting locations. Weather cancellations are made up at end of session as needed.

CODE: **FG003** 8 Wednesdays, 9/24-11/12 9:30am-noon \$99


Poker: Texas Hold’em & More

D. Chavis

A great class to take with a friend! Become comfortable playing casino-rules no-limit Texas hold ‘em and learn the basics of Omaha, seven-card stud and five-card draw. By the end of the course, you will be able to host your own home game with confidence. Our focus will be hold ‘em, poker vocabulary, table etiquette, strategy and calculating outs and odds. A \$5 materials fee is due instructor at first class.

CODE: **FG024** 5 Wednesdays, 9/24-10/22 7-8:30pm \$60

WALKING TOURS

NEW Walking Tour of Mystic Hill: A Congenial West Medford Neighborhood *Dee Morris*

Beginning in 1845, two major landowners—Edmund T. Hastings and Samuel Teel Jr—opened up new avenues in this area abutting the well-traveled High Street. It became a neighborhood of well-educated, public-spirited residents who valued the short commute to Boston. Amelia Earhart spent a few years here while her sister Muriel Morrissey lived for decades near Hastings Park, the public green space at the top of the hill. Mystic Hill was home to activists who loved their quality time in the country. **Meet at the Brooks Elementary School, 388 High Street, West Medford.**

CODE: **SEo45** Sunday, 9/21 2-4pm \$20

NEW The North Slope of Beacon Hill: A Walking Tour *Boston By Foot*


Explore the narrow streets and alleyways of the North Slope of Beacon Hill. This colonial port district with a once unsavory reputation evolved into a significant force in the abolitionist movement, an important station on the Underground Railroad and home to many immigrant families. Unlike the historically more fashionable South Slope that has always defined the Hill's character, the steeper, less accessible North Slope began with a 19th-century free black population and an integrated working-class community that has evolved into today's gentrified sub-neighborhood. **Meet at the Ashburton Park entrance to the Massachusetts State House (Bowdoin Street).**

CODE: **FGo3o** Sunday, 10/12 1-3pm \$25

NEW Beginner Chess*Brooks Harrelson*


Chess is a great game whose difficulty is greatly exaggerated. It's engaging, intelligent and keeps your mind sharp. In this class, you will learn how each of the chess pieces move, piece by piece, each week building on the previous lesson, until—voilà!—you know how to play chess. Get ready to have fun, meet your fellow players and learn how to make chess a life-long source of enjoyment.

CODE: **FGo13** 7 Thursdays, 10/2-11/20 (no class 11/13)
6:30-7:30pm \$70

NEW MIT Architecture: A Walking Tour *Boston By Foot*

Join us for a close encounter with the architecture and public art of MIT. Our guided walk traces MIT's evolving campus. From the 1950's through the 1970's, MIT attracted such internationally famous designers as Aalto, Saarinen, Pei and Catalano. Today, the school is nearing the end of a major building program with the completion of projects by Gehry Partners with Cannon Design; Steven Holl Architects with Perry Dean Rogers & Partners; and Kevin Roche, John Dinkeloo & Associates and Sasaki Associates. **Meet on the steps in front of 77 Massachusetts Ave, Cambridge.**

CODE: **FGo28** Sunday, 10/5 10am-noon \$25

Tour Chinatown *Rose Lee*

Join cookbook author and master chef Rose Lee as she guides you through the delights of Chinese culture and foods in Boston's Chinatown. During this tour you will visit Chinese markets, learn about essential cooking ingredients; smell and taste an array of Chinese greens and exotic fruits; learn about and sample traditional Chinese bakery products and Chinatown's best BBQ; visit the oldest Chinese herbal shop in Chinatown and learn about the use of herbs in traditional Chinese medicine; discover where you can purchase Chinese kitchen and food products at wholesale prices; and visit eye-opening arts and crafts gift shops, traditional Chinese fabric stores and jade and jewelry shops. The tour culminates in an optional guided tea meditation and meal in a local restaurant; cost of meal (\$15-\$20) is *not* included in tuition. Please wear comfortable shoes, and bring shopping bags or cooler. Chinatown is near South Station and Orange/Green Line T stops. **Meet at Chinatown Gate, located at the intersection of Beach Street and Surface Road in Boston's Chinatown, at 10am sharp.**

CODE: **FDoo5** Sunday, 10/19 10am-2pm \$50

NEW Chess 2*Brooks Harrelson*

Join us to expand your chess playing skills in a relaxed setting. Designed for chess players of all levels, we will focus on techniques, advanced moves and strategies to increase your enjoyment of the game. Chess puzzles will be used as teaching examples. Have fun and learn at the same time. What could be better? Prerequisite: ability to play a basic game of chess.

CODE: **FGo21** 7 Thursdays, 10/2-11/20 (no class 11/13)
7:30-8:30pm \$70

Moonlight Canoe Tour

Charles River Canoe & Kayak

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

CODE: **FG015** Saturday, 10/4 6-9pm \$39

Introduction to Birding: Fall Migration

Oakes Plimpton

Come along on early-morning guided walks with an “old hand at birding.” Fall migration is more diffuse than spring, and many birds are not in their colorful breeding plumage, hence the expression “confusing fall warblers.” We should see such migrating ducks as Wood Ducks, Teale, Pintails, Canvasbacks, Common and Hooded Mergansers. We'll visit the Arlington Reservoir (10/18), Mystic Lakes (10/25), Horn Pond in Woburn (11/1), Whipple Hill (11/8) and Fresh Pond (11/15). We'll learn some bird songs, too. 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 or 781-648-5117 for additional information. Registrants will be notified of specific meeting locations via email. Locations subject to change due to whim or weather.

CODE: **FG016.1** 5 Saturdays, 10/18-11/15 8-10am \$50

CODE: **FG016.2** 5 Saturdays, 10/18-11/15 8-10am
\$75/2-member family

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

Keeping 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, and things that smell, taste and create marks. 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 50 Grafton St, Arlington.**

CODE: **WC016** 2 Mondays, 10/27 & 11/3 7-9:30pm \$40

Morocco Calling: A One-Night Immersion

Kendall Dudley

Whether you've been or wonder about going, this night will kindle your fires for Morocco. Through pictures, objects, and the stories of travelers, you'll walk through old Marrakech, the Atlas Mountains, UNESCO villages and Fes. The desert will give you pause, and the history, folk culture, architecture and food will open you to a different way of seeing life. If you've been, bring your own journals, books and materials to share. The instructor leads life design/journal writing trips to Morocco.

CODE: **FG031** Wednesday, 11/12 6-9pm \$25

Paris for the Savvy Traveler

Sally Peabody

Paris can be marvelous, or it can be overwhelming. An avid traveler shows you how to gain the most from a visit to this richly textured city. Learn about indispensable museum and metro passes, choosing hotels, short-term apartments and both on-and off-the-radar vibrant neighborhoods. Prepare for your trip with information on best food markets, museums, recommended walks, restaurants and wine bars. Learn more at the instructor's website www.yourgreatdaysinparis.com

CODE: **FG032** Tuesday, 11/18 7-8:30pm \$20

COMMUNITY EDUCATION INSTRUCTOR BIOS

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

Paul Angiolillo is a long-time tea connoisseur who has also worked at Upton Tea Imports in Holliston, MA, a major purveyor of fine loose-leaf teas. He has lectured on The Tea Route, and stocks his pantry with many varieties of black, oolong, green and white teas, as well as herbal infusions.

Olivia Bare is a native of Belgium and owner of Carré Sucré, a catering business offering fresh Belgian waffles. Visit www.carre-sucre.com.

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

Richard Beinecke is a professor and Chair of the Suffolk University Institute for Public Service. He has led historic/birding canoe and kayak trips for over thirty years on area rivers and was a board member of the Massachusetts Audubon Society for more than 10 years. www.mysticriverrick.com

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

Haley Belofsky grew up in Arlington and received her yoga instructor certification in Honolulu, HI, where she discovered the practice of yoga as a tool for transformation through mind-body connection.

Richard Belofsky has more than 25 years of experience in financial services. He is a Certified Financial Planner® 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.

Sarah Bettencourt is a freelance photographer, artist and art educator with ten years teaching experience. She received a Masters of Education degree from Harvard University. View her photographs at www.bettencourtphoto.com.

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

Eric Bornstein is a master-mask maker with an MLA in Fine Arts from Harvard, a nationally-certified jujitsu instructor, and a Kripalu-certified yoga instructor. Visit www.behindtheface.org.

Boston By Foot is an educational non-profit organization committed to promoting public awareness of Boston's rich history and architectural heritage through its guided tours, lecture series, and other activities. Since its founding in 1976, Boston By Foot has presented tens of thousands of architectural and historical walking tours, all given by highly trained volunteer guides. Visit www.bostonbyfoot.org.

Todd Brunel is professor of saxophone and clarinet at Wheaton College. Visit www.clarinetconspiracy.com.

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

Susan Callahan is the owner of Goodies Homemade, a mail-order company that ships fresh, all-natural, made-from-scratch cookies all over the country. Visit www.goodieshomemade.com

Andrea Campbell is a professor of political science at the Massachusetts Institute of Technology.

Cindy Cantrell is a *Boston Globe* columnist and freelance writer for newspapers, magazines and companies.

Kim H. Carrell is an actor, director and teacher specializing in Shakespeare and the early modern theatre. He has played lead roles in more than half of the Shakespeare canon in the US and the UK, and worked as a guest artist or guest lecturer at Harvard University, Clark University and the University of Exeter.

D. Chavis has played poker in home games for the past 20 years and has taught group lessons at the Cambridge Center for Adult Education.

Robin Cohen is an artisan jam maker who has won multiple awards for cooking and canning. She shares fun and easy recipes with a focus on local food on her popular food blog at dovesandfigs.wordpress.com.

Mary Courville is an interior designer/kitchen designer and principal of Mary Courville Designs in Winchester. She is a member of the National Kitchen & Bath Association and has worked as a designer at Weston Kitchens in Wellesley.

Laurie Crane is an agent with Coldwell Banker in Arlington. She is a member of the Massachusetts Association of Realtors and is a Certified Relocation Agent and Accredited Buyers Representative.

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

Cathie Desjardins is a published journalist and writer who has taught writing to people of all ages. She taught the most consistently popular writing course at the Boston Center for Adult Education for more than 12 years.

Birgit deWeerd is a chemist by profession and has been a beekeeper for many years. She lectures extensively on the subject.

Kendall Dudley, MA, has been teaching autobiography and journal writing for more than 20 years at the Cambridge Center for Adult Education, national conferences and retreat centers. He leads journal and life-direction trips to Morocco and works with individuals and organizations through the Grafton Street Writing Center in Arlington. Visit www.kendalldudley.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.

Toni Galasso was born in Italy and raised in the United States. Her paternal grandfather was a chef who briefly worked for the Italian royal family. Toni received her training in cooking from family and in Italy as an apprentice. She enjoys sharing her passion and love for cooking with all.

Ben Gerson has a master's degree in Spanish and secondary education, with a focus on Spanish literature, history and culture along with best methods for teaching foreign language. He has taught high school Spanish for six years.

Hema Gopalan is a finance professional and the chef and owner of the Spice Canteen.

Kiera Gordon has a master's degree to teach Spanish from Tufts University and has been teaching adults, teens and elementary students for 15 years.

Kimber Green has been a speech-language pathologist for more than 20 years, working primarily in the area of cognition: attention/concentration, processing of information and memory. This work provided the foundation for her practice and teaching of mindfulness meditation. She is passionate about trail running and has experienced increased enjoyment and success in long distance running by using the principles of meditation.

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

Brooks Harrelson has been playing chess since he was 12, a loooong time ago. While never a 'serious' chess player, he loves to solve multiple chess puzzles most days. His teaching background is primarily in the field of Computer Science, but he's thrilled to be teaching others a game he loves to play.

Tony Holowitz is a small business owner, computer trainer, software and business consultant and web designer based in Arlington. Find him at tonytheteacher.com

Stephan Hovnanian is author of the *Google+ Pro Tips* series of ebooks.

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

Jess Jaeger writes the lifestyle blog stylebyjess.com where she likes to add style to everything she enjoys—cooking, crafting, decorating and fashion. She lives in Arlington with her husband, sweet baby girl, and pleasantly plump cat.

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 www.jkdance.com.

Cheryl Keane is a certified Zumba instructor.

Kevin Kennedy is co-owner of Upholstery on Broadway in East Arlington, where he uses his many talents as Master Upholsterer on custom projects and as a gifted upholstery teacher in the shop. Kevin is also an avid pursuer of historical truths, particularly American history; he loves to connect lore with reality, as in his discovery of the Babe Ruth piano. **Pamela Powell** is co-owner of Upholstery on Broadway, where she uses her training as a ship's captain to run a tight ship. She manages the business, the classes, the website and fabric and tool sales, and co-teaches with Kevin in many of the upholstery classes.

Ellen Keiley is president of EMK Consulting Group, a provider of business development and brand building consulting services. Ellen also writes for several publications, is frequently quoted in the media, speaks at National Conferences and events and appears on radio.

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.

Bessie King is a PR and communications professional with particular experience in digital media and web marketing. She is currently a consultant and social media specialist for Olympus Scientific Solutions America.

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

Julie Kitayama is an Arlington native who has conquered her fear of public speaking and uses her skills by day as a successful business analyst and by night as a stand-up comic.

Pam Kristan is the author of *Awakening In Time: Practical Time Management for Those on a Spiritual Path*. Pam has helped thousands improve their lives through retreats, workshops, talks and consultations. As a recognized expert, she moderated speak-outs for National Take Back Your Time Day events. In the early 1990's, she ran the adult spiritual education program at the Paulist Center in downtown Boston. Visit www.pamelakristan.com.

June LaPointe is a *Bones for Life® Trainer, Guild Certified Feldenkrais Practitioner®* and voice teacher. She teaches movement intelligence classes and private sessions in Arlington to seniors, musicians, actors and people concerned with bone health and those recovering from injury.

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."

Adrienne Landry is an Arlington artist who is best known for her Arlington Street Scenes. She studied studio art at Concordia University in Montreal and art education at Mass Art. Visit her website at adriennelandry.com

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

Marie Leonard is the owner of her own home repair business, Marie's Home Improvement, a company committed to empowering homeowners by giving them the skills and confidence to do basic home improvement projects.

Ruth Lieberherr is registered with the Yoga Alliance as an experienced yoga teacher on the 200-hour level. Visit www.ruth-yoga.com.

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

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.

Tim Mann has been teaching ukulele to children and adults since 2005. He has played tenor ukulele as part of a ukulele trio fronted by Greg Hawkes, keyboardist for The Cars and ukulele virtuoso. Tim recently opened for ukulele wizard Jake Shimabukuro.

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.

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

Jeanne Mayell is a Boston-area psychic and psychotherapist. With master's degrees in public health and education from Harvard University and a masters 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 www.jeanneamayell.com.

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

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.

Carlos Mendez has owned and operated Jose's Mexican Grill in Cambridge for over ten years. He grew up in southern Mexico, and came to the US as a teenager. After working his way through school as a cook, he spent a couple of years in high tech before realizing that his real passion was in the restaurant business. Jose's is a local favorite offering fresh traditional Mexican fare that Carlos enjoyed growing up in Mexico.

Constance Mooney has more than 10 years of running experience including 8 marathons (including 4 Boston marathons) and was an active member of the L Street Running Club in South Boston from 2002–2010. She is also a Registered Dietitian/Licensed Dietitian/Nutritionist.

Dee Morris is an author and historian specializing in Greater Boston lore.

Dan Moynihan is a graphic designer, illustrator, and cartoonist. He has a BA in art/semiotics from Brown University.

Marta Moussa has more than 30 years of experience in ethnic dance as a performer, teacher and choreographer. She co-founded and directed the International Academy of Ethnic Dance, the only dance studio in New England to offer Hula and Tahitian dance. In 1985, Marta founded Polynesian Dance Arts. She continues to direct the professional performance groups and teach PDA's Polynesian dance classes.

Dorine Overmars has a background in corporate law. Ten years ago she made a dramatic shift into the field of psychology, counseling and coaching.

Sally Peabody, owner of Your Great Days in Paris, designs and leads custom tours to France, Istanbul and Spain. Visit www.yourgreatdaysinparis.com.

Domenico Pino enjoys portrait photography, capturing corporate and public events and private functions, and conducting photo shoots. He is an active member of the Boston Fashion Group, Boston Photography Center and Boston Portrait Photographers and organizer of Boston Creative People.

Walter Plante is a chocolate importer, educator, world traveler and chief tasting officer at NewLeaf Chocolates.

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 20th Century Life, an Oral History of Arlington*.

Mindy Pollack-Fusi is the owner of CollegeApplicationEssayCoach.com and The Place for Words & Workshops 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 www.collegeapplicationessaycoach.com.

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

Cora Pucci has taught Chinese brush painting for ten years. She is a student of Chinese brush painting master Ma Qingxiang, and her work has been exhibited throughout greater Boston.

Laura Quinney and Billy Flesch are professors in the English Department at Brandeis University. She teaches and studies British literature, especially poetry, of the late-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.

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.

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

Robin Schoenthaler, MD, is an MGH radiation oncologist who has spent her career working with patients with a wide range of malignancies. For the last 15 years she's been working primarily with women with breast and gynecologic cancers.

Anastasia Semash is an artist and teacher with a university degree in philosophy from St Petersburg State University, Russia. She currently teaches art at the Russian Center of Languages and Arts in Brookline. View her work at www.artsemash.com.

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

Betsy Singer teaches beginner English language learners at Harrington Elementary School in Lynn.

Kevin Smith has been an elementary teacher for more than 35 years. He has been caning chairs even longer and still loves it!

Teresa Soccio is a licensed Italian teacher and a native Italian speaker. She is a public school teacher and has been teaching Italian for five years.

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

Adam Stark is an herbalist, the founder of Adam Herbs and a co-owner at Debra's Natural Gourmet in West Concord. Visit www.adamherbs.com and www.debrasnaturalgourmet.com

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

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

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.

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.

Cathy Zolner is a holistic health coach and owner of Nourish to Flourish in Arlington.



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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.

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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.
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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.

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

AFTER-SCHOOL ENRICHMENT
CLASSES FOR GRADES K-5

Arlington  Community
Education

KidZone

After-school enrichment classes open to students in grades K-5

- Classes meet at elementary schools throughout Arlington once per week.
- Feel free to enroll in programs at any school.
- Classes begin the week of September 29.

Register early. Some classes fill quickly!

- Visit arlingtoncommunityed.org to register online.
- See page 62 for a registration form.

**Please note we need a
minimum of six or more
students to run a class.
Sign up with friends!**

**New KidZone
Phone Number:
339-368-4978**

Welcome to KidZone!

We have some great new offerings so please take a moment to look over our fall catalog. We are sure you will find something fun and different. See you soon!

— Mora Rothenberg, KidZone Coordinator

KidZone General Information

- KidZone classes begin 10 minutes after the end of the school day and generally last for one hour, from 2:25–3:25 (or as noted).
- We want every child to have a positive learning experience in our program. Please make sure your child shows an interest in the particular class before enrolling.
- There will be a KidZone on-site coordinator to gather the children in a designated waiting area, take attendance and ensure they find their instructor. Students will be dismissed by their instructor according to the pick-up plan you have identified for your child. The coordinator will be aware of any medical issues and special needs but there will not be a nurse on the premises.
- If your child attends your school's after-school daycare program, please notify that program's director and fill out any necessary paperwork.
- Prompt pick-up: Parents/guardians need to arrange for their child to be picked up immediately after the program. Children must be dismissed to an adult by the instructor. If you are delayed, there is a 10-minute grace period before late charges begin. Delays beyond 10 minutes will result in a charge of \$5/each additional 5-minute period that the on-site coordinator waits with your child, payable immediately.
- If your child will be absent, please call the KidZone director Mora Rothenberg at 339-368-4978.
- If the Arlington Public Schools are closed or released early due to inclement weather, after-school classes will be cancelled. Make-up classes will be scheduled if possible.

Youth Program Registration Information

- Registration form for GoLingo! language classes can be found at www.golingo.org.
- Tuition for KidZone is due in full with registration.
- Classes may be cancelled due to low enrollment, so please register early.
- Tuition will be refunded if a class is cancelled. No refunds will be made for classes missed or dropped. Students withdrawing from a class at least five full business days before the start date will receive a voucher minus a \$15 processing fee. No other refunds will be granted. A \$15 switch fee is assessed for each requested change in a child's registration.
- Scholarship assistance is available to students who are eligible for free or reduced lunch; call 781-316-3568 for more information.
- Please note that no nurse will be on duty during the KidZone program, and staff members have no access to medications, including EpiPens and inhalers.

Please visit us at arlingtoncommunityed.org



Language Classes
for grades K-5

GoLingo integrates music and movement into after-school language programs in Spanish, Chinese, French & Italian. Classes meet at the end of the school day at Arlington elementary schools, and begin the end of September. Look for fliers at your child's school or email info@golingo.org for more information.



AFTER-SCHOOL ENRICHMENT
CLASSES FOR GRADES K-5

Bishop School

Classes run from 2:25-3:25pm, unless otherwise noted

Solar System Sleuths

Wicked Cool for Kids Staff
Grades 1-3.

Solve the mysteries of the Solar System as we embark on an eight-planet expedition. We will explore icy dwarf planets, gas giants and find out why Pluto is no longer considered a planet. Journey to the rocky planets and create a 3D model solar system. Make a stop on the moon, create some craters and build a model satellite as we learn about the pull of gravity. 8 student minimum.

CODE: **BP01.F14** 6 Wednesdays, 10/1-11/5 \$125

Knucklebones Multisport

Knucklebones Staff
Grades K-3.

This is not your average sports class! Knucklebones Multi-Sport Class focuses on strategy, fitness, and fun, allowing everyone to get involved and have a good time. Bringing all our own unique equipment, we'll play traditional games such as hockey, soccer and basketball and add some outside the box games like Poison, Gaga and Castleball. Ever tried to score points using a four-foot-tall ball on a six-foot-high inflatable tube? Welcome to Powerball! Everyone will be challenged, learn new skills and have a blast! Proper clothing and sneakers are required. 8 student minimum.

CODE: **BP02.F14** 8 Fridays, 10/3-11/21 \$130

Pre-Engineering With LEGO

Play-Well Tek Staff
Grades K-2.

We will build cities, bridges, and motorized cars/planes and explore the many creative possibilities of engineering with the LEGO system. With access to over 100,000 pieces of LEGO, you'll have the opportunity to build what you've only dreamed of with the support of an experienced Play-Well Engineering instructor to guide you. 8 student minimum.

CODE: **BP03.F14** 8 Thursdays, 10/2-11/20 2:25-3:55pm (note longer class time) \$170

Adventure Club for Girls

Hannah Borden
Grades 3-5.

Come join us for a fun afternoon of exercise, games, and team building activities. You will gain self-esteem as you work closely with a team of your peers to complete group initiatives, games, and physical fitness activities on the Bishop playing fields. You will also learn basic yoga postures, how to meditate, and will be guided through relaxation exercises. Our afternoons will be filled with a lot of fun, fresh air, exercise, and laughter. *Hannah Borden is a social worker at Bishop School.*

CODE: **BP04.F14** 8 Thursdays, 10/2-11/20 2:25-3:55 (note longer class time) \$130

Needle Felting

Anastasia Semash
Grades 3-5.

Needle Felting is a fun and calming handiwork activity! 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! Once you start, you won't want to stop! \$12 materials fee is due instructor at the first class. 6 student minimum. *Anastasia Semash is an art teacher at the Russian Center of Languages and Arts in Brookline. She has been teaching students of different ages for nine years.*

CODE: **BP05.F14** 8 Tuesdays, 9/30-12/2 (no class 11/4 or 11/11) \$105

Shakespeare, Music and Words

Kateri Chambers
Grades 3-5.

Dive into the world of Shakespeare and Renaissance England! In this class we will sing Renaissance songs, play games, rewrite *The Tempest* in our own words, draw character depictions and costumes, play theatre games, act out pieces of plot and learn medieval tunes on the recorder. \$5 materials fee is due instructor at the first class. 6 student minimum. *Kateri Chambers has English and Historical Performance degrees. She melds her classroom teaching with her musical, theatrical and literary background of Renaissance material.*

CODE: **BP06.F14** 8 Tuesdays, 9/30-12/2 (no class 11/4 or 11/11) \$105



AFTER-SCHOOL ENRICHMENT
CLASSES FOR GRADES K-5

Brackett School

Classes run from 2:25-3:25pm, unless otherwise noted

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, you'll learn real techniques and skills to make food with recipes to bring home. \$10 materials fee is due instructor at the first class. 6 student minimum. *Chelsea Ekenseair has taught cooking and nutrition to children and has been in the hospitality industry for over a decade.*

CODE: **BR01.F14** 8 Mondays, 9/29-11/24 (no class 10/13) \$105

Make Your Own Toys

Barrett Grizzard

Grades 2-3.

Ever dream about making toys all by yourself? In this class, you will learn how to design and build your own creative toys! We will explore different types of toys from around the world and invent our own new toy designs too. We will learn how to create plushies, puppets, model boats, noisemakers, game boards, real flying kites and more! \$10 materials fee is due instructor at the first class. 6 student minimum. *Barrett Grizzard is an art teacher with 10+ years experience in public schools, museums, after schools and art centers.*

CODE: **BR02.F14** 8 Fridays, 10/3-11/21 \$105

Wicked Gross Science

Wicked Cool for Kids Staff

Grades 1-3.

Gross Science is not for the easily queasy! The gross yet fascinating things in life hide many science secrets. Discover acids and bases and make putrid potions. We will baffle bacteria and make model mucus, create alien slime and dissect owl puke! Guaranteed to be grossly amusing. 8 student minimum.

CODE: **BR03.F14** 6 Tuesdays, 9/30-11/18 (no class 11/4 or 11/11) \$125

Theater, Song and Dance

Jackie Theoharis

Grades K-2.

Save the Drama for the Stage! In this fun class, we will explore the basics of performing through improvisation, acting, singing, dancing, storytelling and dramatic play. We will engage in performance games and exercises and prepare for a rehearsed demonstration for family and friends at the end of our session. Students will build confidence, show off, play, learn to create a character and story for the stage, and have fun! 6 student minimum. *Jackie Theoharis has a double major in Theater Arts and Education and has been working with children in many different areas of performing for the last four years.*

CODE: **BR04.F14** 8 Fridays, 10/3-11/21 \$105

Knitting

Joy Spadafora

Grades 3-5.

Do you see others knitting and want to learn how? Did you learn to knit but want to learn other stitches? Come join our after-school knitting club! You will learn to cast on, knit, purl and bind off. You might even try to knit with your eyes closed! For your project, you can choose either a 3" soft squishy ball or a cup-cozy for your hot cocoa. \$5 materials fee due instructor at the first class. 8 student maximum. *Joy Spadafora has been teaching both boys and girls to knit cool things at Grossman Camp for the past eight summers.*

CODE: **BR05.F14** 8 Mondays, 9/29-11/24 (no class 10/13) \$65

Finding Your Way Outdoors: Maps, Hunts and More!

Mass Audubon/Habitat educators Sarah Huber and

Erika Whitworth

Grades 4-5.

Do you ever wonder how pioneers or pirates found their way around? What tools can we use to help us find our way outdoors? Join us to look at familiar spaces in a different way. Make and use maps, try your hand at compass reading and go orienteering as we explore outdoor areas near Brackett School. We might even hunt for treasure! 8 student minimum. *Parental permission to go to Robbins Farm Park and Menotomy Rocks Park is required.*

CODE: **BR06.F14** 4 Tuesdays, 9/30-10/21 2:25-3:40 (note longer class time) \$120



AFTER-SCHOOL ENRICHMENT
CLASSES FOR GRADES K-5

Dallin School

Classes run from 2:25-3:25pm, unless otherwise noted

Arlington Children's Theater

Matthew Lundeen
Grades K-2.

New and returning students are welcome in this popular class! We will continue to explore our 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 performance. 8 student minimum. *Matthew Lundeen is the artistic director of ACT.*

CODE: **DA01.F14** 8 Mondays, 9/29-11/24 (no class 10/13) \$125

Doll Making

Anastasia Semash
Grades 1-3.

Make dolls that look like you, or have fun creating a whole new character! In this class we will stretch our imaginations as we play with mixed media (clay, felt, yarn, wool) to come up with simple, expressive human-like figures. \$10 materials fee is due instructor at the first class. *Anastasia Semash is an art teacher at the Russian Center of Languages and Arts in Brookline. She has been teaching students of different ages for nine years.*

CODE: **DA02.F14** 8 Mondays, 9/29-11/24 (no class 10/13) \$105

Mini-Opera and Performance Ensemble

Jane Wong
Grades K-3.

This class is for kids who want to play instruments, sing and dance! We will learn rhythmic patterns and melodic excerpts and create our own mini-operas based on *Aesop's Fables* (*The Tortoise and the Hare*, *The Mouse and the Lion*, and *The Sun and the Wind*). No musical experience is necessary! 6 student minimum. *Jane Wong has taught in public and private schools and is in the Masters of Music Education Program at the Boston Conservatory.*

CODE: **DA03.F14** 8 Wednesdays, 10/1-11/19 \$105

Brazilian Jiu-Jitsu

Mass Brazilian Jiu-Jitsu Academy Staff
Grades 1-5.

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.

CODE: **DA04.F14** 6 Thursdays, 10/2-11/6 2:25-3:25pm \$115

Arlington Children's Theater

Matthew Lundeen
Grades 3-5.

Through the use of theatre games, and the important acting techniques of Stanislavski and Meisner, we will work together to create, rehearse and perform a play. The content of the play will be determined by the class, and is usually based on classroom curriculum. The class ends with a short performance. 10 student minimum. *Matthew Lundeen is the artistic director of ACT.*

CODE: **DA05.F14** 8 Thursdays, 10/2-11/20 \$125

Lego Animation

Empow Learning Staff
Grades 3-5.

Make movies with LEGO® pieces! Create stories, choose your mini figures and make movie magic! Our expert instructors work with students to develop story-telling skills, learn professional software, and capture the action of their LEGO movies. After filming, students work on the post-production process to add titles, transitions, sounds and make their movies complete! All final movies will be available for home viewing. Non-violence policy enforced. 8 student minimum.

CODE: **DA06.F14** 8 Fridays, 10/3-11/21 \$175

Please register early. Classes fill quickly and under-enrolled classes are cancelled.



AFTER-SCHOOL ENRICHMENT
CLASSES FOR GRADES K-5

Beginning Chess

Brooks Harrelson
Grades 3-5.

Chess is a great game whose difficulty is greatly exaggerated. It's engaging, intelligent and keeps your mind sharp. In this class, you will learn how each of the chess pieces moves, piece by piece, each week building on the previous lesson, until—voilà!—you know how to play chess. Get ready to have fun! 6 student minimum.

CODE: **DA07.F14** 6 Fridays, 10/3-11/7 \$65

Hardy School

Classes run from 2:25-3:25pm, unless otherwise noted

Yoga

Janine Duffy
Grades K-2.

Come along on a “yoga adventure.” Using your imaginations to take you to faraway lands, you will be guided through poses to represent all things that you encounter. A lion, a bear, a scarecrow! A storm, a shark, a big boat! Each class ends with rest and meditation, which are important aspects of the class. Children are natural yogis; you will have a blast exploring your new moves while building strong body and breath awareness, cooperative skills and self-confidence. Namaste, kids! Yoga mats will be provided. 6 student minimum. *Janine Duffy is a certified adult and children's yoga teacher.*

CODE: **HA01.F14** 8 Fridays, 10/3-11/21 \$105

Nature Detectives—Wake Up to Spring!

Habitat Staff Naturalists
Grades K-2.

Bugs, birds, leaves and more! Sharpen your detective skills this fall and discover what's up with plants and animals. Fruits and nuts have ripened, squirrels are scurrying, birds are flocking -- find out what's going on! Join us for active fun as we investigate the mysteries of wildlife.

CODE: **HA02.S14** 8 Thursdays, 10/2-11/20 \$125

Make Your Own Toys

Barrett Grizzard
Grades 2-3.

Ever dream about making toys all by yourself? In this course, students will learn how to design and build their own creative toys! We will explore different types of toys from around the world and invent our own new toy designs too. We will learn how to create plushies, puppets, model boats, noisemakers, game boards, real flying kites, and more! \$10 materials fee is due instructor at the first class. 6 student minimum. *Barrett Grizzard is an art teacher with 10+ years experience in public schools, museums, after schools, and art centers.*

CODE: **HA03.F14** 8 Thursdays, 10/2-11/20 \$105

Theater, Song and Dance

Jackie Theoharis
Grades K-2.

Save the Drama for the Stage! In this fun class, we will explore the basics of performing through improvisation, acting, singing, dancing, storytelling and dramatic play. We will engage in performance games and exercises and prepare for a rehearsed demonstration for family and friends at the end of our session. Students will build confidence, show off, play, learn to create a character and story for the stage, and have fun! *Jackie Theoharis has a double major in Theater Arts and Education and has been working with children in many different areas of performing for the last four years.*

CODE: **HA04.F14** 8 Wednesdays, 10/1-11/19 \$105

Knucklebones Multi-Sport

Knucklebones Staff
Grades K-3.

This is not your average sports class! Knucklebones Multi-Sport Class focuses on strategy, fitness, and fun, allowing everyone to get involved and have a good time. Bringing all our own unique equipment, we'll play traditional games such as hockey, soccer and basketball and add some outside the box games like Poison, Gaga and Castleball. Ever tried to score points using a four-foot-tall ball on a six-foot-high inflatable tube? Welcome to Powerball! Everyone will be challenged, learn new skills and have a blast! Proper clothing and sneakers are required.

CODE: **HA05.F14** 8 Tuesdays, 9/30-12/2 (no class 11/4 or 11/11) \$130



AFTER-SCHOOL ENRICHMENT
CLASSES FOR GRADES K-5

Yoga 2

Janine Duffy
Grades 3-5.

Come explore the physically challenging aspects of yoga as we build strength and balance. We will learn about partner yoga--a great source of fun and cooperative learning--and the basics of yoga philosophy will be introduced. Yoga mats will be provided. 6 student minimum. *Janine Duffy is a certified adult and children's yoga teacher.*

CODE: **HAo6.F14** 8 Mondays, 9/29-11/24 (no class 10/13) \$105

Art of Many Countries

Robin Levine
Grades 3-5.

Come learn about the art of Mali, Australia, India, Spain, Russian Federation, Japan, Egypt and Italy! Each class begins with a brief introduction to the country, examples of artworks and a geographic map. Through the use of sculpture, collage, drawing and painting, we will create Egyptian mummies from plaster wrap, sculpt Malian adobe architecture from modeling clay, build a 3-D model of the Leaning Tower of Pisa, design Indian Rangolis with colored rice, collage Spanish Guitars inspired by Picasso, paint St. Basil Cathedral in Russia with watercolor and colored pencil, construct Japanese Kio fish kites and make Australian aboriginal dot paintings. Bet your parents wish they could join us! \$6 materials fee is due instructor at first class. *Robin Levine is a Group Leader and Art Instructor who works in camps and after schools in the Boston area.*

CODE: **HAo7.F14** 8 Tuesdays, 9/30-12/2 (no class 11/4 or 11/11) \$105

“My son really loved *Nature Detectives* and looked forward to it every Monday. Thank you to the teachers who made his first KidZone experience so enjoyable.”

Pierce School

Classes run from 2:25-3:25pm, unless otherwise noted

Nature Detectives—Wake Up to Spring!

Habitat Staff Naturalists
Grades K-2.

Bugs, birds, leaves and more! Sharpen your detective skills this fall and discover what's up with plants and animals. Fruits and nuts have ripened, squirrels are scurrying, birds are flocking -- find out what's going on! Join us for active fun as we investigate the mysteries of wildlife.

CODE: **PRo1.F14** 8 Tuesdays, 9/30-12/2 (no class 11/4 or 11/11) \$125

Arlington Children's Theater

Matthew Lundeen
Grades K-2.

New and returning students are welcome in this popular class! We will continue to explore our 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 performance. 10 student minimum. *Matthew Lundeen is the artistic director of ACT.*

CODE: **PRo2.F14** 8 Tuesdays, 9/30-12/2 (no class 11/4 or 11/11) \$125

Knitting

Joy Spadafora
Grades 3-5.

Do you see others knitting and want to learn how? Did you learn to knit but want to learn other stitches? Come join our after-school knitting club! You will learn to cast on, knit, purl, and bind off. You might even try to knit with your eyes closed! For your project, you can choose either a 3" soft squishy ball or a cup-cozy for your hot cocoa. \$5 materials fee is due instructor at first class. 8 student maximum. *Joy Spadafora has been teaching both boys and girls to knit cool things at Grossman Camp for the past eight summers.*

CODE: **PRo3.F14** 8 Thursdays, 10/2-11/20 \$65



AFTER-SCHOOL ENRICHMENT
CLASSES FOR GRADES K-5

Solar System Sleuths

Wicked Cool for Kids Staff
Grades 1-3.

Solve the mysteries of the Solar System as we embark on an eight-planet expedition. We will explore icy dwarf planets, gas giants and find out why Pluto is no longer considered a planet. Journey to the rocky planets and create a 3D model solar system. Make a stop on the moon, create some craters and build a model satellite as we learn about the pull of gravity. 8 student minimum.

CODE: **PRo4.F14** 6 Fridays, 10/3-11/7 \$125

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! We will learn the fundamentals of object-oriented programming through video game design while creating our own game. We'll work at our own pace, making this a great workshop for both new and more experienced game makers. While creating the games, we'll 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. Our non-violence policy is enforced. 8 student minimum.

CODE: **PRo5.F14** 8 Mondays, 9/29-11/24 (no class 10/13) \$175

“My son really enjoyed
Arlington Children's Theater,
and we will sign up again
next year!”

Stratton School

Classes run from 2:25-3:25pm, unless otherwise noted

Knucklebones Multi-Sport

Knucklebones Staff
Grades K-3.

This is not your average sports class! Knucklebones Multi-Sport Class focuses on strategy, fitness, and fun, allowing everyone to get involved and have a good time. Bringing all our own unique equipment, we'll play traditional games such as hockey, soccer and basketball and add some outside the box games like Poison, Gaga and Castleball. Ever tried to score points using a four-foot-tall ball on a six-foot-high inflatable tube? Welcome to Powerball! Everyone will be challenged, learn new skills and have a blast! Proper clothing and sneakers are required.

CODE: **STo1.F14** 8 Mondays, 9/29-11/24 (no class 10/13) \$130

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. \$10 materials fee is due instructor at the first class. 6 student minimum. *Chelsea Ekenseair has taught cooking and nutrition to children and has been in the hospitality industry for over a decade.*

CODE: **STo2.F14** 8 Wednesdays, 10/1-11/19 \$105

Nathan's Ninjas

Nathan Porter
Grades K-5.

Back by popular demand! 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. \$10 materials fee is due instructor at the first class. 12 student maximum. *Nathan Porter is a certified black belt and runs New England Movement Arts in Burlington (nemovementarts.com).*

CODE: **STo3.F14** 8 Fridays, 10/3-11/21 2:25-3:25pm \$115

CODE: **STo4.F14** 8 Fridays, 10/3-11/21 3:35-4:35pm \$115

KidZone AFTER-SCHOOL ENRICHMENT CLASSES FOR GRADES K-5

Make Your Own Toys

Barrett Grizzard
Grades 2-3.

Ever dream about making toys all by yourself? In this course, students will learn how to design and build their own creative toys! We will explore different types of toys from around the world and invent our own new toy designs too. We will learn how to create plushies, puppets, model boats, noisemakers, game boards, real flying kites, and more! \$10 materials fee is due instructor at the first class. 6 student minimum. *Barrett Grizzard is an art teacher with 10+ years experience in public schools, museums, after schools, and art centers.*

CODE: **STo5.F14** 8 Mondays, 9/29-11/24 (no class 10/13) \$105

Arlington Children's Theater 2

Matthew Lundeen
Grades 3-5.

Through the use of theatre games, and the important acting techniques of Stanislowski and Meisner, we will work together to create, rehearse and perform a play. The content of the play will be determined by the class, and is usually based on classroom curriculum. The class ends with a short performance. 10 student minimum. *Matthew Lundeen is the artistic director of ACT.*

CODE: **STo6.F14** 8 Wednesdays, 10/1-11/19 \$125

Irish Dance

Rebecca McGowan
Grades 2-5.

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 unique program focuses on non-competitive Irish dance. We'll play lots of dance games, build technique and have fun exploring Irish music and dance! 6 student minimum. *Rebecca McGowan is a dancer who has taught sean-nos dance for children at Shannon Dunne Dance and teaches step dancing classes in afterschool programs and for adults.*

CODE: **STo7.F14** 8 Tuesdays, 9/30-12/2 (no class 11/4 or 11/11) \$105

Chorus and Performance Ensemble

Jane Wong
Grades 3-5.

This class is for kids to apply what they have learned in their general music classes to create music in a more relaxed environment. Students will be assigned to be a singer, recorder player, xylophone player or percussionist according to their interest. We will learn musical pieces--songs kids can relate to--pop songs, world music, and musical theater songs--tunes that will make you dance! We will create a small musical production that we will showcase in the last class. \$5 materials fee is due instructor at the first class. *Jane Wong has taught in public and private schools and is in the Masters of Music Education Program at the Boston Conservatory.*

CODE: **STo8.F14** 8 Fridays, 10/3-11/21 \$105

Thompson School

Classes run from 2:25-3:25pm, unless otherwise noted

Nature Detectives—Wake Up to Spring!

Habitat Staff Naturalists
Grades K-2.

Bugs, birds, leaves and more! Sharpen your detective skills this fall and discover what's up with plants and animals. Fruits and nuts have ripened, squirrels are scurrying, birds are flocking -- find out what's going on! Join us for active fun as we investigate the mysteries of wildlife.

CODE: **THo1.F14** 8 Mondays, 9/29-11/24 (no class 10/13) \$125

Theater Games

Hilary Rappaport
Grades K-2.

In this popular class we will develop our creative skills through games and exercises focusing on warm-ups and relaxation, observation and sense memory, concentration and cooperation, and improvisation. We will play and learn about techniques actors use while exploring movement, character, and imagination, and we'll create scenes and work with short scripts. Most importantly, we'll have a lot of fun! 6 student minimum. *Hilary Rappaport has led book clubs and theater classes in the Thompson school, has a B.A. in drama, and is a founder and president of Friends of the Fox Library.*

CODE: **THo2.F14** 8 Tuesdays, 9/30-12/2 (no class 11/4 and 11/11) \$105



AFTER-SCHOOL ENRICHMENT
CLASSES FOR GRADES K-5

Pre-Engineering With LEGO

Play-Well Tek Staff
Grades K-2

We'll build cities, bridges, and motorized cars/planes and explore the many creative possibilities of engineering with the LEGO system! With access to over 100,000 pieces of LEGO, you will have the opportunity to build what you have only dreamed of with the support of an experienced Play-Well Engineering instructor as guide.

CODE: **THo3.F14** 8 Wednesdays, 10/1-11/19 2:25-3:55pm (note longer class time) \$170

Autobiography of You!

Sue Funk
Grades 2-4.

How would you like to write a biography about YOU, who just happens to be a heroine, a hero, a superhero, or a flying-dog-superhero? In this class, you decide who and what kind of hero you will be, what your powers are, where you live (hmmmm, could Mars be a possibility?), who your super friends and enemies are and then, you dive into the adventure of a lifetime - all of which you create! We begin with sketches of characters and/or a storyline or both. Along with your own unique story, we will work on accompanying drawings that will further describe your adventure. \$10 materials fee is due instructor at first class. 6 student minimum. *Sue Funk is an artist and has been artist-in-residence at the Center School in Chelmsford.*

CODE: **THo4.F14** 8 Mondays, 9/29-11/24 (no class 10/13) \$125

“*Nathan’s Ninjas* is a fantastic class. My kids talk about the class and their teacher a lot!”

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! We will learn the fundamentals of object-oriented programming through video game design while creating our own game. We'll work at our own pace, making this a great workshop for both new and more experienced game makers. While creating the games, we'll 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. Our non-violence policy is enforced. 8 student minimum.

CODE: **THo5.F14** 8 Wednesdays, 10/1-11/19 \$175

Theater Games 2

Hilary Rappaport
Grades 3-5.

In this popular class, we will develop our creative skills through games and exercises focusing on warm-ups and relaxation, observation and sense memory, concentration and cooperation, and improvisation. Come play and learn techniques actors use to explore character development emphasizing speech and movement skills. We will participate in creating scenes and will also perform short scripts. Most importantly, we will work in an atmosphere of imagination and fun! 6 student minimum. *Hilary Rappaport has led book clubs and theater classes in the Thompson school, has a B.A. in drama, and is a founder and president of Friends of the Fox Library.*

CODE: **THo6.F14** 8 Thursdays, 10/2-11/20 \$105

“We hope you will offer *Nature Detectives* again. Our son was sad when he had his last day.”



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 2:30-3:30 at Arlington elementary schools
- 12 weeks @ \$210
- Classes begin in October

Registration form can be found at
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 2014 Schedule

Classes run from 2:30-3:30, once per week for 12 weeks @ \$210

Bishop School—10/20-1/12 (Mondays)

- Spanish
- French
- Chinese

Hardy School—10/20-1/12 (Mondays)

- Spanish
- Italian
- Chinese

Dallin School—10/7-1/20 (Tuesdays)

- Spanish
- Italian
- Chinese

Peirce School—10/8-1/21 (Wednesdays)

- Spanish
- Chinese

Brackett School—10/16-1/22 (Thursdays)

- Spanish
- French
- Chinese

Stratton School—10/16-1/22 (Thursdays)

- Spanish
- Chinese

Thompson School—10/10-1/16 (Fridays)

- Spanish
- Chinese

Important Information

How to Register

Five Easy Ways:

1. **ONLINE** registration is available at arlingtoncommunityed.org.
2. **CALL** 781-316-3568 to register by phone. (Not available for youth classes.)
3. **MAIL** 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. If you provide us with your email address, you will receive a confirmation.

Registration Fee

A \$5 registration fee is charged once per person per term to help fund scholarships so that all can participate.

Scholarships and Discounts

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

Handicapped Access

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

Refund Policy

1. Full refunds are given when a class is cancelled due to low enrollment OR the course requested is already full.
2. Students withdrawing from a class at least five full business days before the start date will receive a voucher minus a \$5 processing fee.
3. No other refunds will be granted.

How Credit Card Charges Work

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

Our Location and Hours

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

Parking

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

Room Assignments

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

Holidays & Closings

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

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Kidzone Registration Form ■ Fall 2014

Registration for KidZone classes is on a first-come, first-served basis. You may enroll in a class at any school. Some classes will fill very quickly. Please register as soon as possible.

PLEASE PRINT CLEARLY

First Name _____ Last Name _____
 Nickname _____ School _____ Grade _____
 Street Address _____ ZIP _____
 Home Phone _____ Email _____
 Parent Name _____ Work Phone _____ Cell Phone _____
 Parent Name _____ Work Phone _____ Cell Phone _____
 Emergency Contact _____ Relationship _____
 Emergency Work Phone _____ Emergency Cell Phone _____
 Name of Pick-Up Person _____ Contact Phone _____

CLASS CODE	TITLE OF CLASS	DAY & SCHOOL	PRICE
Registration Fee			\$5.00
TOTAL			

Are there special considerations we should know about so that your child will have a positive experience in their KidZone class? Please describe any special needs, including medical, emotional, behavioral and/or allergies that we should be aware of, and note that **no nurse is on duty during KidZone classes and staff have no access to medications, including EpiPens and inhalers:**

I/We, the parents/guardians of _____ a minor, hereby consent to his/her participation in the Arlington Community Education KidZone program, the taking of photos of my/our child for promotion of the program via print and web, and 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:

1. ONLINE registration is now available at arlingtoncommunityed.org.
2. Pay by check—payable to Arlington Community Education (1 check per class)
3. Pay by charge—by mail, Arlington Community Education, 869 Mass. Ave., Arlington 02476, or fax, 781-316-3381

NO PHONE REGISTRATIONS WILL BE ACCEPTED!

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

Make checks payable to: Arlington Community Ed, 869 Mass. Ave., Arlington, MA 02476 • 781-316-3568 • Fax 781-316-3381

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

Account Number _____ CCV Number _____ Exp. Date (Mo./Yr.) _____

Cardholder Name _____ Signature _____

Adult Classes Registration Form ■ Arlington Community Education

PLEASE PRINT

First Name _____ Last Name _____

Street Address _____

Town or City _____ ZIP _____

Email _____ Day Phone _____ Night Phone _____

COURSE CODE	COURSE TITLE	TUITION
Registration fee		\$5.00
TOTAL:		

You are officially enrolled upon payment.

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

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

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

FOR OFFICE USE ONLY

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

Cardholder Name _____ Signature _____

Adult Classes Registration Form ■ Arlington Community Education

PLEASE PRINT

First Name _____ Last Name _____

Street Address _____

Town or City _____ ZIP _____

Email _____ Day Phone _____ Night Phone _____

COURSE CODE	COURSE TITLE	TUITION
Registration fee		\$5.00
TOTAL:		

You are officially enrolled upon payment.

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

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

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

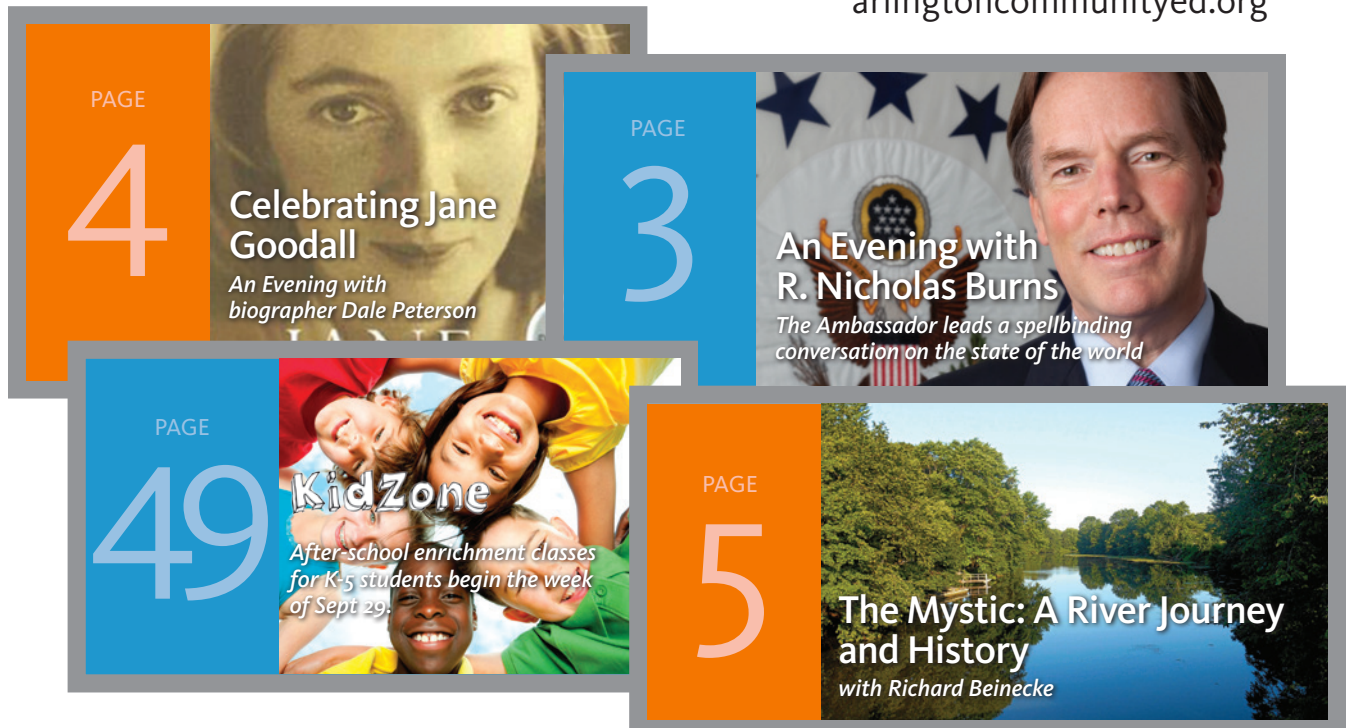
FOR OFFICE USE ONLY

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

Cardholder Name _____ Signature _____

Residential Customer
Arlington, MA

Try Something New Today! ■ 781.316.3568 ■ Fax 781.316.3381
arlingtoncommunityed.org



The image displays four overlapping promotional cards for community events. Each card features a page number, a title, and a brief description.

- Card 1 (Top Left):** Orange background. Page 4. Title: **Celebrating Jane Goodall**. Description: *An Evening with biographer Dale Peterson*. Image: Close-up of Jane Goodall.
- Card 2 (Top Right):** Blue background. Page 3. Title: **An Evening with R. Nicholas Burns**. Description: *The Ambassador leads a spellbinding conversation on the state of the world*. Image: R. Nicholas Burns in front of an American flag.
- Card 3 (Bottom Left):** Blue background. Page 49. Title: **KidZone**. Description: *After-school enrichment classes for K-5 students begin the week of Sept 29.* Image: A group of diverse children smiling.
- Card 4 (Bottom Right):** Orange background. Page 5. Title: **The Mystic: A River Journey and History**. Description: *with Richard Beinecke*. Image: A scenic view of a river flowing through a forest.