



Concord Carlisle
Adult & Community Education

Fall 2018



Check us out!
Adult Programs
Driver Education
IMSCC

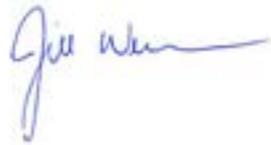
Welcome to our Fall 2018 offerings!

I am thrilled to share so many of your favorite classes along with a great selection of new classes this semester. We are also excited to present our Fall 2018 Can We Talk event: The Defamation Experience on November 7th. This participatory play is appropriate for audiences of all ages and will be the must-see event of the fall! See page 14 for more information.

The Concord-Carlisle Adult & Community Education Department is a program of the Concord-Carlisle Public Schools that is completely supported by tuition received from our courses. Established in 1954, we provide affordable education and enrichment opportunities for students of all ages. Community Education is much more than our classes - it's a process whereby citizens make wise use of after-hours space in public facilities, in order to foster continuous learning and a sense of community. Thank you for your continued support.

Do you have a skill or special knowledge to share with your community? We want to hear from you!

I look forward to seeing you soon!



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Unless otherwise noted, CCACE will not hold classes on the following dates:

October 8 (Columbus Day)

November 8 (no evening classes only)

November 12 (Veteran's Day)

November 21-23 (Thanksgiving Break)



How to Register

1. **Online** at www.concordcarlisleace.org.
2. **Call** 978-318-1432 to register by phone.
3. **Mail** to Concord-Carlisle Adult & Community Education, 500 Walden St, Concord, MA 01742.
4. **Visit** our office!

Scholarships



A grant from the Concord-Carlisle Community Chest makes lifelong learning a reality for many local citizens who require some financial assistance. Your application for assistance is confidential. Please contact the office. The Community Chest opens the doors of learning for everyone. For more information or to donate, visit www.cccommunitychest.org.

Refunds & Course Changes

Refunds will be given if a student withdraws at least one week prior to the start of the course, less a processing fee of \$10. No other refunds will be granted - fees are committed to your class once it starts. Note: 3rd party providers noted in the catalog have their own refund policies that apply to students. Refunds will be granted for any course that is cancelled due to low enrollment or the fee may be transferred to another class.

New & Notable Classes

Sharpen Your Internet Skills
Microsoft Excel for Beginners
I Took Photos on My iPhone: Now What??
Welcome the Season Door Baskets
Autumn's Arrived Signature Arrangement
Stress-Proof Yourself: Emotional First Aid & Beyond
Gathering Places
Concord Fall Walks
Problem-solving Your Problem Animal
How to Survive Downsizing
Music Theory
The New Tax Law
Building a Strong Financial Foundation
Understanding Cryptoassets, Blockchain, & "Bitcoin Fever"
Talking and Walking Transcendentally
The Five Invitations: Discovering What Death Can Teach Us
About Living Fully
Unstuck: Express yourself
Attitudes for Success
Bridge for Beginners
Intro to Contra Dancing



Cover art: Helena Lepre, CCHS 2021, Concord. This photo, a close up of a once flowering rhododendron bush, was taken back in February, when most of the trees and bushes around my house carried nothing but a few dead leaves. Since I am a photographer that enjoys taking close up shots of nature, I was intrigued by this rhododendron bush and how the close ups of this part of the bush turned out. I initially did not think the photos would turn out as well as

they did because of the barren state of the rhododendron, but I was very pleased with the result of the photo.

Do you get frustrated when your class is cancelled due to low enrollment?

So do we!

Register early to avoid this - waiting till the last minute can result in cancellations if we don't think we have enough students! We encourage you to register at least one week prior to the class start date.





The Concord-Carlisle Adult & Community Education Advisory Committee invites you to attend the popular, long-running Armchair Travel Series on Monday nights.

There is no charge for the Armchair Travel programs, however we recommend you register ahead of time so we can alert you of any date changes or cancellations.

Cuba Revealed: A visit after the opening of the border to this island nation with Ralph Shanner

Ralph traveled to Cuba in the spring of 2016. He started in the south and headed north to Havana, stopping along the way to visit many towns. The people were very friendly and eager to share their culture.

Mon, Sep 24, 7-8 pm, CCHS

Cruising the Balkan Peninsula from Bottom to Top with Mark Hopkins

Mark Hopkins' camera documents a two-week trip that begins in Athens, Greece and continues by small ship through the Gulf of Corinth and up the spectacular east coast of the Adriatic Sea, with many stopovers in Greece, Albania, Montenegro, and Croatia. After 8 days at sea, the tour continues overland to the Croatian capital of Zagreb. A final visit to the Julian Alps of Slovenia completes the adventure. Mark's photographs will bring you to the famed Acropolis in Athens, the site of the oracle at Delphi, the majestic mountains of Montenegro, and the historic port cities and islands of Croatia. Along the way, view Albania's struggles to right itself after years of stifling repression. We will end with some delightful discoveries in Zagreb, capped by scenes of the beautiful valleys of Slovenia. The talk includes discussion of the region's recent history of political upheaval.

Mon, Oct 1, 7-8 pm, CCHS

A Week on the Thames & Oxford Canal with Winslow Pettingel

Like a visit to The Land of Counterpane, the stately River Thames meanders for nearly 100-miles through the Oxfordshire countryside, its banks lined with forests, secluded meadows, castles, and opulent estates. Still, Winslow had a few facts to face while his wife and kids piled aboard the 50-foot narrow boat they rented: He had only ever piloted a little-lake outboard, knew nothing about river currents or navigation locks, and had better figure out who has the right of way in the face of oncoming commercial traffic....

Mon, Oct 15, 7-8 pm, CCHS

Patagonia: Hiking through the southern Andes with Jay Luby

Jay will show slides from his March 2017 hiking trip to Patagonia. During his travels through Chile and Argentina, Jay felt very fortunate to hike in some of the most beautiful and interesting parts of the southern Andes Mountains.

Mon, Oct 22, 7-8 pm, CCHS

Southwest Utah: Learn about this unique area the Anasazi Native Americans called home with Michele Grzenda

Journey into the Canyons of Cedar Mesa to admire Native American Cliff Dwellings and Rock Art from 1,000 years ago. Michele will share highlights from two trips made to Bears Ears & Natural Bridges National Monument, Dark Canyon, and Grand Gulch. Learn about this unique area of Utah which the Anasazi Native Americans called home until 1,200 A.D. Discover the beauty and mystery of this special place.

Mon, Oct 29, 7-8 pm, CCHS

Italy: Discover the difference 20 years can make with Manohar Panjabi

Manohar and his wife Kim traveled to Italy at the end of September 2017. They arrived in Venice, for Manohar exactly 20 years since his last visit. What a difference! Now Venice was crowded with tourists from all over the world. After four days, they took the train to Florence where there were fewer tourists and many more things to see. The next stop was Tuscany. They spent about 10 days driving around in a small Italian car to various places of interest including charming towns of Cortona, Montepulciano, Pienza, Montalcino, and San Gimignano. Finally, they drove to Cinque Terre: the five colorful hill-side coastal towns. Join them to hear about this memorable trip!

Mon, Nov 5, 7-8 pm, CCHS

National Parks of Colorado with Ron & Carol Reynolds

Join us as we explore the national parks and monuments of Colorado (and northern New Mexico). We'll walk among the towering rocks of Garden of the Gods and drive to the summit of Pikes Peak. We'll learn about the amazing 1000 year old structures of Chaco Canyon and Mesa Verde National Park and gaze into the depths of the Black Canyon of the Gunnison National Park. Then come along as we hike several trails in Colorado National Monument and Rocky Mountain National Park.

Mon, Nov 19, 7-8 pm, CCHS

Hidden Amsterdam with Neil Lynch

Old yet modern. Beautiful yet sordid. Sleepy yet energetic. International in outlook yet provincial in character. There are few other cities that arouse such contradictory feelings as Amsterdam. One thing everyone agrees on: it is the most exciting, sophisticated and alluring of the Dutch cities, a place sure to leave a lasting impression on anyone who visits. Take a stroll with Neil along the grand horseshoe-shaped canals of the inner city, where it's easy to imagine Amsterdam in its 17th-century heyday. Get off the beaten path, in the city and beyond, and drop in to learn more about some of the out-of-the-way places hidden yet in plain sight.

Mon, Dec 10, 7-8 pm, CCHS

Do you have a trip you would love to share with us as an Armchair Travel presentation? Contact ace@concordps.org!

College & Test Prep



ACT/SAT Practice Tests

Open Door Education

This full-length practice test is being offered in order to afford students the opportunity to sit for a low-stakes test in a simulated environment. In addition to the valuable practice, students will receive score reports that will help them to make a well-informed decision as to whether the SAT or the ACT is a better fit for them.

SAT: Sat, Sep 22, 10 am-1:30 pm, CCHS Fee: \$25

ACT: Sat, Nov 17, 10 am-1:30 pm, CCHS Fee: \$25

The PSAT is Coming. Be Ready!

Open Door Education

The PSAT is, for many students, the first standardized test that they will take as they begin their college admissions process. Many students don't have a clear sense of what to expect and, as a result, end up with results that don't reflect their true potential. This class will provide students with a clear understanding of the structure of the test and a toolbox of strategies that will help them to make the most of Test Day.

Thurs, Oct 11, 7-9 pm, CCHS Fee: \$29/family



GRE Prep Series

If you're planning to apply to graduate school, you'll likely have to take the GRE. This series is here to help!

GRE Preparation – Part 1 (Verbal)

Part 1 takes you through all the question types on the verbal reasoning and analytical writing sections, including reading comprehension, text completion, sentence equivalence questions, and both essay tasks. You'll also gain pointers on time management, anxiety relief, scoring, and general standardized test-taking. Be prepared to excel on exam day to achieve your best potential score!

GRE Preparation – Part 2 (Quantitative)

Part 2 features a math review and techniques for tackling the quantitative comparison, data interpretation, and standard math questions that make up the quantitative reasoning sections, as well as how to tackle the GRE's unique new question formats. You'll find pointers on time management, anxiety relief, scoring, and general standardized test-taking, too. Be prepared to excel on exam day and to achieve your best potential score!

Starts Sep 12 or Oct 17. Lessons are posted 2x/week Fee: \$199

Visit www.ed2go.com/concord to register and for more online courses!

NEW **Sharpen Your Internet Skills****Howard Loewinger**

Get more Internet savvy. We will go over the basics on how to keep you and your computer safe on the Internet. Learn loads of search tips and tricks and explore browsers and some essential settings. You will learn how to refine search terms so you more quickly get results. Learn some tips about shopping on the Internet. Become familiar with other Google services such as Maps, Play, Google+ and Google Drive. We will also survey various social media websites and what they offer. Optional: bring your fully-charged laptop or tablet.

2 Wed, Sep 26 & Oct 3, 4:30-6:30 pm, CCHS **Fee: \$85****NEW** **Microsoft Excel for Beginners****Howard Loewinger**

Discover how easy it is to create and use spreadsheets for home, school, or office. You will learn the essential basics of Excel: how to enter data; format a cell, table or worksheet; create simple calculations; create tables and charts. This class is designed for students who have little or no experience using Excel and applies to all versions of Microsoft Excel since 2010 for both Windows and Macintosh. Experience using personal computers is strongly recommended.

4 Wed, Oct 17 - Nov 7, 4:30-6:30 pm, CCHS **Fee: \$149****NEW** **I Took Photos on my iPhone: Now what??****Howard Loewinger**

Learn how to use the iPhone camera and what to do with photos once you take them. We will look at where photos are stored and the different options for storage; discuss the advantages of online photo storage; and look at some alternatives including Apple's iCloud photo library as well as popular 3rd party options such as Instagram and Flickr. We will also look at options for sharing photos on these sites. We will discuss how to bring in photos from texts and emails into your photo library, and how to send pictures already in your library in an email or text message. You will see a demo uploading photos to both Macintosh and Windows computers and briefly look at the tools on those platforms for managing photos. Bring your iPhone!

2 Tues, Nov 27 & Dec 4, 4:30-6:30 pm, CCHS **Fee: \$85****NEW** **Tech Tutoring****Howard Loewinger**

Get one-on-one tutoring sessions to help you with whatever computer or software applications are trying your patience. Our instructor will meet with you to answer questions about MS Office Suite (Excel, Word, PowerPoint), communications (email, Facebook, Skype, Twitter), how to simply organize your desktop, and more! Bring your laptop or device. Sessions must be scheduled in advance with the instructor. The price below is for a single two-hour session. Sessions are flexible and additional sessions are available.

TBD **Fee: \$75****Concord Carlisle Cable Television**

CCTV is a non-profit, public-access facility operating in Concord and Carlisle. Their mission is to foster community, communication, and collaboration by providing citizens that live, work or attend school in Concord or Carlisle with the skills and equipment necessary to produce their own local cable television programs. CCTV studios and editing classroom are located on the first floor of CCHS. Information at www.concordtv.org and www.carlisletv.org.

Please note: There is an annual membership fee of \$10, in addition to course fees, for all CCTV programs, paid directly to CCTV.

Music Video Production

Produce your own Music Video! In this 4-week course you will learn what it takes to choreograph, direct, tape and edit your own Music Video using CCTV's state-of-the-art chroma-key (Green Screen!) studio and field equipment.

4 Mon, Sep 24 - Oct 22, 3:30-5 pm, CCTV **Fee: \$49****Lighting 101**

This workshop is an interactive demonstration of the role of lighting in film and TV production, and basic lighting concepts and techniques. Learn how to alter the way your subject looks, change the mood of your scene and more!

Tues, Oct 2, 4-5:30 pm, CCTV **Fee: \$25****Interview Techniques**

Learn how to balance the keys to a great interview...research, curiosity, silence and set-up.

Wed, Oct 3, 6-7:30 pm, CCTV **Fee: \$25****Smartphones for Beginners**

This program is designed to meet the needs and interests of each participant. People with varying levels of experience are welcome to attend. Learn how to send and check for email, surf the web and more. If you acquired a new device, or have one but want to learn some new options we'll help you get the most out of your phone, tablet or laptop.

Tues, Oct 9, 10-11:30 am, CCTV **Fee: \$25****All About Accessibility! Understand the Features on Your Computer, Device & Browser**

Do you have trouble seeing the small text on the screen of your computer or electronic device? Do you wish you could access certain computer applications without all the frustration? In this class, we will delve into several of the available accessibility features on your computer, electronic device and internet browser to help you navigate your way around the computer and the web with ease.

Thurs, Oct 11, 2-3:30 pm, CCTV **Fee: \$25****Intro to Digital Field Production**

This class will introduce you to all the elements of field video production including video, audio, and lighting. Learn to operate CCTV's video cameras and microphones. Gain an understanding of shot composition, working with lighting, and how to create an edit plan. This is taught over one session. Students will make a short video for certification.

Wed, Oct 17 & 24, 6-7:30 pm, CCTV **Fee: \$35****Director's Workshop**

Want to sit in the driver's seat? This workshop will take you through the role of the director. Learn the art behind directing a live (or live-to-tape) shoot, including communicating with your crew effectively, switching between camera shots seamlessly, chroma key and calling up graphics that enhance your final production. If you've ever volunteered for a live shoot or a studio show, and wondered how the director commands the production, this is the class for you! After taking this class, students will be certified to run the switcher.

2 Fri, Oct 19 & 26, 10:30 am-12 pm, CCTV **Fee: \$35****Community Event Coverage**

This one-session class will teach non-profit organizations how to video record their events for Web and cablecast. Learn to use CCTV's cameras and microphones to record presentations, meetings, street events, and interviews. Learn how to deal with challenging lighting and audio situations, and how to shoot for efficient post-production editing.

Tues, Oct 23, 3:30-5 pm, CCTV **Fee: \$25****Intro to DSLR Filmmaking**

If you acquired a new DSLR or have one but want to learn some new options we'll help you! Bring your DSLR camera and learn how to choose video settings, determine depth of field, adjust lighting, audio recording and more.

2 Wed, Nov 7 & 14, 6-7:30 pm, CCTV **Fee: \$35****Digital Storytelling**

Storytelling is poetry-in-motion, our common cultural currency, and a framework for self-identity. In this four-session class, you will write a 150-300 word story and use video, scanned images and narration to create simple, yet deeply connective, multimedia stories of your own. Sessions will include development of writing skills for your projects, feedback during story circles, and cultivating basic audio, photography, and video production techniques to complete a short two-minute video that you will be able to share online, via social media, and via DVDs with family, friends or colleagues.

2 Wed, Nov 28 & Dec 5, 6-7:30 pm, CCTV **Fee: \$35****iPhone and Android Photography and Filmmaking**

Smartphones have become the most prominent recording devices today, allowing us to easily capture and share moments of everyday life and the world around us from our unique perspective. In this introductory class, we will explore techniques and concepts that enhance the quality of the content captured on a Smartphone camera. Learn about lighting, how to optimize your Smartphone camera settings, and using tools to create high-quality photographs and videos directly from your phone.

Tues, Nov 6, 3:30-5 pm, CCTV **Fee: \$25****Photoshop Basics**

Your photos don't always capture the scene the way you remember it but now you can take your best shots and make them even better with Photoshop. Join this hands-on workshop exploring Photoshop CS6 and learn how to optimize your photos, draw shapes, use text effects and more with Photoshop CC2015.

2 Wed, Dec 12 & 19, 6-7:30 pm, CCTV **Fee: \$35****Adobe Premiere I**

You've shot some video but now what? Learn the basics of editing using Adobe Premiere, a user-friendly, advanced digital video-editing program designed to help you create professional-looking videos. In this hands-on class, you will learn media management, how to import and capture footage, edit in a timeline, and add video and audio effects using multiple tracks. Whether you want to learn how to edit footage of your child's sporting events or create a blockbuster movie, editing in Adobe Premiere will give you the tools to create videos that you'll be proud of.

3 Mon, Dec 3-17, 2-3:30 pm, CCTV **Fee: \$35****Adobe Premiere II**

Modern productions are built on hundreds (if not thousands) of clips and in this hands-on, advanced class, you'll delve deeper into Adobe Premiere and learn how to link & locate your clips, apply rich, beautiful, preset color grades, control your sound with the Audio Clip Mixer, set up multi-cam edits with a streamlined workflow and mix frame rates and codecs in the same sequence. Prerequisite: Adobe Premiere I or experience with the program.

3 Thurs, Dec 6-20, 2-3:30 pm, CCTV **Fee: \$49**

**Find us on CCTV!
Watch CCTV to see interviews
with some of our instructors.**

Sewing

Therese Quinn

Whether you have been sewing for years or are new to it, this is a class for you! We will go over adjusting patterns for a personal fit, tips on achieving a perfect set-in sleeve, and alterations such as hemming slacks, skirts, tapering legs on slacks and shortening sleeves on women's and men's clothing. You will receive instruction on your own projects. Please bring to class a pattern, material, thread, pins, needles, tape measure, chalk, and scissors. One machine is available, and you may bring your own machine to class.

8 Mon, Sep 24 - Nov 26, 6:30-8:45 pm, CCHS Fee: \$99

Quilting with Friends for All Levels

Debby Fink

Do you want to learn to make a quilt? Or preserve special memories with a t-shirt quilt? Or do you want to work on your own project with a bit of coaching, assistance and encouragement? This is the class for you!

We'll start with a charm pack (5" squares), learn all the basics and make a "charming" baby quilt. If you prefer a T-shirt quilt, gather 12-15 t-shirts and we will turn them into a lap quilt. If you have your own project bring it along and enjoy some expert advice and fun companionship. Basic sewing skills are required (thread a machine, sew a simple seam). You should bring a sewing machine, thread, scissors, rotary cutter and mat. Contact Debby for a detailed supply list for a baby quilt or a T-shirt quilt: debbycreates@gmail.com

Classes will meet for two-hour sessions. If you want to stay for a third hour to work on your project, you may do so and Debby will be available during this time.

6 Thurs, Oct 4 - Nov 8, 6:30-8:30 pm, Alcott Tuition: \$89

Stone Carving Workshop

Scott Cahaly

In this popular one-day workshop, you'll have the opportunity to carve your own stone, an art form that is not typically accessible. For beginners and experienced sculptors alike, you'll be guided through the process of looking into the rock for imagery, carving into material, planning and forming a sculpture, and using tools. Hand-carving techniques will be demonstrated, and stone carving lore will be discussed. We'll also touch upon safety in the studio, and stone and tool sourcing. You will leave with your stone sculpture in hand. Please bring a bag lunch to class. All materials will be provided.

Section A: Sat, Sep 22, 9:30 am - 2:30 pm, Scott's Stone Carving

Section B: Sat, Oct 20, 9:30 am - 2:30 pm, Scott's Stone Carving

Section C: Sat, Nov 17, 9:30 am - 2:30 pm, Scott's Stone Carving

Section D: Sat, Dec 15, 9:30 am - 2:30 pm, Scott's Stone Carving

Fee: \$140

**NEW Welcome the Season Door Basket - Autumn
Copper Penny Flowers**

Who doesn't love to enter a door decorated for the season? Celebrate harvest time with a handled willow door basket you fill with autumn-hued flowers and seasonal accents, guided by Copper Penny Flowers designers. Take home a delightful eye-catching door piece to decorate your home, inside or out. **There is a \$40 materials fee due to Copper Penny Flowers on the class date.**

Wed, Oct 3, 10:30 am - 12 pm, Copper Penny Flowers Fee: \$25



**NEW Autumn's Arrived Signature Arrangement
Copper Penny Flowers**

Burnished oak leaves, sandy wheat stalks, dried lotus pods—ever wondered how to use nature's dried treasures with fresh flowers to create a masterpiece? Using an assortment of dried naturals—feel free to bring any you've collected—and seasonal fresh flowers, learn how to create a signature rustic Copper Penny Flowers centerpiece. Start with a birch-covered cube or wooden box; finish with a beautiful representation of autumn. **There is a \$60 materials fee due to Copper Penny Flowers on the class date.**

Wed, Oct 24, 10:30 am - 12 pm, Copper Penny Flowers Fee: \$25

**NEW Welcome the Season Door Basket - Winter
Copper Penny Flowers**

Who doesn't love a door decorated for the season that fills the air with a pine scent? Learn about various fresh evergreens used professionally from Copper Penny Designers while you create a winter welcome hanging basket for your door featuring evergreens, pine cones, and berries. Then learn how to make your own florist's bow with ribbon choices ranging from sparkly to rustic to Christmas holiday. Beautiful! **There is a \$40 materials fee due to Copper Penny Flowers on the class date. The materials fee is just \$30 for students returning with their basket from the Autumn class.**

Wed, Nov 14, 10:30 am - 12 pm, Copper Penny Flowers Fee: \$25

Earning your drivers license is a huge milestone.

Drive with us!

Driver education promotes and teaches safe driving attitudes, develops defensive driving skills, and respect for the rules of the road. It prepares students for the RMV license exam and it strives to prevent or reduce accidents and fatalities that involve young drivers.

Driver Education Age Requirement

- 15 years, 9 months: Students can begin classroom instruction.
- 16 years: Legal age to operate with a Learner's Permit.
- 16 1/2 years: Legal age (to the day) to be licensed with a Driver Education Certificate.
- 18 years: Legal age (to the day) to be licensed without a Driver Education Certificate

Driver Education at CCHS includes:

- 30 classroom hours
- 12 hours of behind-the-wheel instruction,
- 6 hours of on-the-road observation, and
- one 2-hour parent/guardian class.

Classroom materials are supplied: Also recommended: RMV Driver's Manual. Download from the RMV or purchase a hard copy (\$5 at the RMV or \$4 in the ACE office.)

Elective Credit: CCHS students may earn one elective credit for completion of the classroom program.

Parent Session: We strongly encourage parents to attend the RMV-mandated parent class **before** their child begins the Driver Education program or early in the program, as we will review our program's policies, procedures, and the expectations of the parents and students. Parent meetings are FREE for parents of students in the CCHS Driver Education Program.

Classroom Options:

Afterschool: 15 Mon/Wed/Thurs, Sep 24 - Oct 31, 2:45-4:45 pm

Weekend: 2 Sat/2 Sun/Mon, Nov 3, 4, 10, 11, 12, 9 am-4 pm*

Winter Break: Wed-Sun, Dec 26 - 30, 9 am-4 pm*

Afterschool: Mon/Wed/Thurs, Jan 16 - Feb 28, 2:45-4:45 pm

February Break: Tues-Sat, Feb 19 - 23, 9 am-4 pm*

Afterschool: Mon/Wed/Thurs, Mar 4 - Apr 10, 2:45-4:45 pm

April Break: Tues-Sat, Apr 16 - 20, 9 am-4 pm*

June Week: Mon-Fri, June 24 - 28, 9 am-4 pm*

Fee: \$775

**There will be a break from 1-2 pm*

Parent Class:

Wed, Sep 19, 7-9 pm, CCHS

Tues, Oct 16, 7-9 pm, CCHS

Thurs, Nov 1, 7-9 pm, CCHS

Tues, Dec 11, 7-9 pm, CCHS

Wed, Jan 9, 7-9 pm, CCHS

Tues, Feb 12, 7-9 pm, CCHS

Tues, Mar 5, 7-9 pm, CCHS

Wed, Apr 10, 7-9 pm, CCHS

Thurs, May 9, 7-9 pm, CCHS

Wed, Jun 19, 7-9 pm, CCHS

Fee: Free if your son or daughter is taking Driver Education with us

Fee: \$25 If your child is attending another Driver Education program



Yoga for Beginners & Beyond

John Calabria

This class is geared specifically towards beginners and is a slightly slower paced class. Every class is open to students of all levels and abilities. We're flexible about switching to other classes as needed. For directions to the studio and answers to frequently asked questions please visit www.YogaWithJohn.com/CAE.

8 Mon, Sep 24 - Nov 26, 6-7:15 pm, Starfish Dance & Yoga
Fee: \$125

Peaceful Mindful Yoga

John Calabria

Yoga is one of the best ways to increase health, happiness, and overall wellbeing. We're not that hard-fast-workout yoga that so many are doing these days. Rather this is Yoga as it once was, unhurried movement through peaceful postures with lots of breathing. Modifications are taught; some do more, some do less. So truly, *all* are welcome. If you can breathe, you can do this Yoga.

The cascade of benefits begins within the first few calming breaths of the session. In time, students shed stress, extra pounds, drop medications, strengthen muscle and bones, sleep better, regulate blood pressure, make headaches history, and more, along with a lasting sense of well being. For answers to frequently asked questions please visit www.YogaWithJohn.com/CAE

Section A: 8 Sun, Sep 23 - Nov 25, 9-10:30 am
Section B: 8 Mon, Sep 24 - Nov 26, 4-5:15 pm
Section C: 8 Tues, Sep 25 - Nov 13, 10:15-11:30 am
Section D: 8 Thurs, Sep 27 - Nov 15, 4-5:15 pm
Classes meet at Starfish Dance & Yoga Fee: \$125



Bollywood Fitness

Renu Goyal

A Bollywood-inspired dance fitness program that combines fun, creative choreography and intensive workouts with up-beat music from around the world. This is created to drive fitness results through cardio and muscle building exercises. It's like a Zumba class but with an Indian twist! The best part is you are having so much fun dancing, you don't realize you are working out. It's a 45 minute workout consisting of a 5 minute warm up and 5 minute cool down with half hour of an intensive dance workout. Wear some comfortable workout clothes and bring water bottles and a small towel because you will sweat! Get ready to have some fun and do some Bollywood Bhangra dance moves!

10 Mon, Sep 24 - Dec 10, 6:30-7:30 pm, Thoreau School Fee: \$125

Wondering where your class meets?
Check page 30 for addresses for all of our class locations. Room numbers for classes at CCHS will be sent in your email reminder, the day before the class begins.

Tai Chi

Eliot Prisby

Translating to "Supreme Ultimate Fist", Tai Chi Quan is a Taoist martial art that is practiced slowly and gently. Some study Tai Chi for its benefits to balance and body awareness. Many find its pursuit of natural relaxation effective in stress-relief. Martial arts students often augment their training with Tai Chi to increase their understanding of body mechanics and energy transfer, making them more solidly-rooted, effective fighters. Learn to listen to your body and move naturally as you leave the day's stress behind you.

Section A: 10 Mon, Sep 24 - Dec 10, 12-1 pm Fee: \$125

Section B: 10 Tues, Sep 25 - Nov 27, 5:30-6:30 pm Fee: \$125

Classes meet at Metrowest Kung Fu



Cardio Walks

Stefanie Cloutier

Take your exercise outside and take advantage of fall in New England! Explore local trails (and maybe learn some new ones) while getting a moderate to high intensity workout. You'll combine strength, balance and cardio training as you trek through the trails at a good clip. Come prepared to break a sweat and get your heart rate up. Light hiking boots recommended. **Directions to the starting place will be available after registration.**

6 Wed, Sep 26 - Oct 31, 9:30-11:30 am Fee: \$85

Barre3

Barre3 Instructors

Barre3 is a 60-minute workout that mixes athleticism, grace, and the latest innovations designed to balance the body. Inspired by ballet barre, yoga and pilates, instructors guide clients through a sequence of movements designed to tone and lengthen all major muscle groups, rev the heart rate, and strengthen the body. Barre3 is for everyone -- this is not a one-size-fits-all approach to fitness. Instead, each individual is empowered to adapt postures and develop body awareness for lasting results. Please wear comfortable clothing. We will work barefoot or with sticky socks (which can be purchased at the studio). All you need to bring is a water bottle -- all other props will be provided. Age 16+

Section A: 8 Wed, Sep 26 - Nov 14, 5:45-6:45 pm, Classes meet at Barre3 Bedford

Section B: 8 Tues, Sep 25 - Nov 13, 10:15-11:15 am, Classes meet at Barre3 Sudbury

Section C: 8 Thurs, Sep 27 - Nov 15, 6:30-7:30 pm, Classes meet at Barre3 Sudbury
Fee: \$105

Tea: The World's Most Popular Drink

Paul Angiolillo

Learn how to brew the perfect cup of tea – while sampling 8 to 10 different teas from around the world. We'll munch on snacks while sipping – and take home plenty of tea samples. While sampling teas from major tea producers, we'll talk about how this simple beverage has played a major role in global trade: the Tea Route, the Dutch East India Co., A&P (originally the "Atlantic & Pacific Tea Co."); artisanry (teapots, caddies, chests); technology (fine porcelain, clipper ships); and society and politics (English tea gardens, Middle Eastern tea rooms, the Boston Tea Party). Today, tea is the most popular drink in the world – whether black, oolong, green, white, or blends like chai. And, with its stimulating qualities and healthful benefits, its popularity keeps growing. Come find out – and taste – why. Bring one or two of your favorite cups.

A \$3 food fee is payable to the instructor in the class.

Thurs, Oct 25, 7-8:30 pm, CCHS Fee: \$25



Certificate in Food, Nutrition, and Health

In this certificate program, you'll gain a holistic overview of current food and nutrition issues and their impact on physical, social, emotional, and spiritual health.

Starts Sep 12 or Oct 17. Lessons are posted 2x/week. Fee: \$96

Nutrition and Health Bundle

Food and nutrition have a profound impact on our health and well-being, yet many of us are not aware of what foods to eat, which diets are healthy, and where our food originates. The goal of this certificate program is to provide a holistic overview of current food and nutrition issues and their impact on physical, social, emotional, and spiritual health.

Throughout this certificate, you'll become more conscious of what we eat, why we eat it, how it is prepared, and what consequences our food choices have on our health as well as the health of our planet. You'll examine the impact of stress on the body and the health crisis posed by obesity in the U.S. You'll also learn how we can change our eating habits for more healthful outcomes, including swapping processed sugar for other sweeteners, adding probiotics to the diet, and harnessing the healing effect of herbs.

Ultimately, you'll gain insight into how food interacts with our bodies on multiple levels—physical, mental-emotional, and spiritual—as well as the impact it has globally. This certificate is designed for individuals who are working in the health care field and those who are interested in the topic.

Starts Sep 12 or Oct 17. Lessons are posted 2x/week. Fee: \$169

Visit www.ed2go.com/concord to register and for more online courses!

Basic Health & Wellness for Everyone

Pamela Ely

Learn tips for staying healthy during cold and flu season by utilizing natural, plant based ingredients that are better for you and the environment. You'll learn about vitamin and nutrient deficiencies, how they can negatively affect your health and what you can do about it. We will compare plant based medicine vs OTC and prescription medicine and discuss why alternative therapies are often more effective. We will also discuss food allergies and sensitivities and why they're on the rise. We'll talk about Celiac Disease and we'll discuss Candida (bacterial yeast overgrowth), what it's doing to your own personal microbiome, how you can fix it and rid yourself of chronic symptoms including skin rashes, fatigue and digestive issues to name just a few. All participants will take home some samples of nature's most powerful medicines.

Tues, Oct 16, 7-8:30 pm, CCHS Fee: \$29

Nature's Medicine Cabinet

Pamela Ely

Essential oils are everywhere now – another "alternative" practice gone mainstream! Like chiropractic treatments, acupuncture, massage and reiki, essential oils have become popular in our culture and are even being recommended by some conventional physicians. Have you ever wanted to learn more about them but didn't know who to ask? This will give you a little knowledge about an ancient and effective form of healing. You will leave the discussion knowing how to blend simple ingredients into powerful weapons against germs and viruses; you'll learn which oils to use on bruises, sprains and fractures; you'll learn how to use oils to promote relaxation and sleep. Most importantly, you'll learn to find reputable essential oil sellers. Know what brands you can trust to be free of synthetics. You'll leave with samples of a few of the most popular oils and information on how to start creating your own natural medicine cabinet. All attendees will receive a free 30 minute follow-up, phone consultation.

Tues, Nov 6, 7-9 pm, CCHS Fee: \$39



Stress-Proof Yourself: Emotional First Aid and Beyond

Louisa Mattson

Looking for some on-the-spot ways to relieve stress? To shift yourself out of a bad mood or the blahs, and feel more energized and motivated? Energy Medicine empowers you to stop your stress reaction in its tracks. In this class, you will learn quick and powerful techniques to take charge of anxiety and overwhelm, anger and negativity, sadness and depression. Not only can you feel better in the moment, but using these exercises consistently over time reprograms your nervous system for greater ease and resilience. You will learn the WHY and HOW of eight empowering practices, and leave with a handout of techniques to put into action right away.

Thurs, Oct 11, 7-9 pm, CCHS Fee: \$29

The Concord Historical Collaborative presents:

Changing the Course of History: The Tide of Social Reform in Concord



IMAGE COURTESY OF CONCORD FREE PUBLIC LIBRARY

Concord's past is characterized by people taking thoughtful, bold actions (individually and collectively) to change the course of both local and national history. This seminar, offered by the organizations in the Concord Historical Collaborative, will explore the ways in which specific individuals and/or movements here in Concord sparked revolution and social reform that shaped Concord—and the world. Many of the ideas, actions and movements which will be discussed came about in times, not unlike today, when the country was deeply divided. Please join us to examine the lessons that Concord history has to offer in working for social change.

This series of presentations will take place once a month from September 2018 through June 2019. Enrollment is limited! Tuition: \$75

The Revolution Before the Revolution: How Ordinary Colonists Resisted British Policies Before 1775

Presented by: Michelle Blees & Jim Hollister

The effects of the American Revolution reached into the very homes, businesses and domestic spheres of ordinary people, long before the ever memorable 19th of April, 1775. How did their activities affect the course of history? This one hour program will explore the grass-roots resistance of the American Revolution, when seemingly everyday choices and activities took on political significance.

Wednesday, September 12, 2018, 2:30-4 pm, Minute Man Visitor Center

Action from Principle...is Essentially Revolutionary

Presented by: Walden Pond State Reservation & Walden Woods Project

Thoreau's "Civil Disobedience" is a central text for discussions of the moral principles and higher laws to which every citizen of the world is obligated. In it he asks simply and directly: "Why has every man a conscience?" Join us to talk with the Walden Woods Project's Curator of Collections, Jeffrey Cramer, about why Thoreau's ideas about personal and social reform are relevant and needed today. The program will start at the Walden Woods Project's Thoreau Institute and then we will walk down to Walden Pond, where Thoreau was in residence when he spent the night in jail that led to the pivotal text.

Wednesday, October 10, 2018, 2:30-4 pm, Walden Woods Project's Thoreau Institute/Walden Pond

In Her Own Image: Women's Self Portraiture 1900-2017

Presented by: Kate James

This is a show of self portrait paintings by women that runs from October 18-November 25, 2018. The course will discuss women's identity issues and the ongoing reforms we have made and are currently making. Concord Art's founder and painter Elizabeth Wentworth Roberts, architect of Concord Art Lois Lilley Howe and the 30+ paintings by women in the exhibition will serve as our touch points for this discussion.

Wednesday, November 14, 2018, 2:30-4 pm, Concord Art Association

Ninety Years before Rosa Parks, there was Concord's Ellen Garrison

Presented by: Robbins House

Born in the Robbins House in 1823, Ellen Garrison was raised in 1820-30s Concord as the Concord Female Antislavery Society was founded and created a hotbed of antislavery activism in town. This foundation inspired Ellen to join Boston's Antislavery Society, become a teacher for Freedmen Schools in the South during Reconstruction, and courageously test our country's first Civil Rights Act in 1866. Her pursuit of independence at a time of racial injustice brought her from Concord to Boston, Rhode Island, Maryland, Virginia, Kansas, and California.

Wednesday, December 12, 2018 2:30-4 pm, Robbins House

Objects of Revolution

Presented by: Concord Museum's staff

The Concord Museum is the home of an inspiring collection of historical, literary, and decorative arts objects, which are used to tell the unique history of Concord's place at the center of revolution. In this interactive session, participants will have the opportunity to look closely at some of the Museum's 18th and 19th century objects outside their exhibit cases and discuss both their historical significance and their relevance to events of today.

Wednesday, January 9, 2019, 2:30-4 pm, Concord Museum

Self-cultivation, Individual change: A study of Thoreau's Indian notebooks

Presented by: Thoreau Society and Thoreau Farm

Henry David Thoreau's study of Native Americans and their culture helped contribute to his understanding of people who lived on the margins of society. Thoreau Society executive director Michael Frederick will lead this course.

Wednesday, February 13, 2019, 2:30-4 pm, Thoreau Farm: Birthplace of Henry David Thoreau

An Appearance by Mary Merrick Brooks (1801-1868)

Presented by: Transcendentalism Council of First Parish in Concord

Mary Merrick Brooks, a member of the First Parish, was a leader of Concord's abolition movement. Historian Diann Ralph Strausberg, in period dress, will bring Mary Merrick Brooks back to life. As Brooks, Strausberg will give first-hand accounts of being a founding member of the Concord Ladies' Antislavery Society; developing her famous Brooks Cake; being part of the Underground Railway; and the role of citizens like Rev. Ezra Ripley and Bronson Alcott in the abolitionist cause.

Wednesday, March 13, 2019, 2:30-4 pm, First Parish in Concord

A Tempest in a washbowl...In this refulgent summer

Presented by: Emerson House

On July 15, 1838 Emerson delivered what became known as "The Divinity School Address." Emerson was invited by the six young men about to enter into the active Christian ministry, to give the "customary discourse". Emerson's remarks were highly controversial and the ensuing controversy lasted many months. Reactions and responses reached every corner of New England society. We will examine what Emerson called "a tempest in a washbowl."

Wednesday, April 24, 2019, 2:30-4 pm, Emerson House

Yours for Reforms of All Kinds: Louisa May Alcott and Woman's Suffrage in Concord

Presented by: Lis Adams, Director of Education

Louisa May Alcott and her family were champions of women's rights and securing the vote for women. Although she never saw women win the right to vote in a national election, Alcott was the first woman to register to vote in the town of Concord, and the first to cast a vote in a town special election for the school committee. Her attempts to rally the women of Concord to petition the town to grant a municipal vote for women were documented in a series of articles she wrote for Lucy Stone's *Woman's Journal* and *Concord Freeman*. Alcott was frustrated with both Concord, "a town which ought to lead if it really possesses all the intelligence claimed for it," and with its women, to whom she felt "cake and servants are more interesting."

Wednesday, May 8, 2019, 2:30-4 pm, Louisa May Alcott's Orchard House

Historic House Preservation as a Civic Good

Presented by: Sara Patton, Engagement Site Manager

Sarah Thayer Ames was the last person to live in the Old Manse, and on her death in 1939, she donated the Old Manse to the Trustees of Reservations so that the house would be open to the public and preserved for years to come. This talk will explore how Ames' simple act of preservation was part of a larger, national preservation movement and has had lasting impact on the historical landscape of Concord, The Trustees, and how it is connected to similar preservation movements across the country.

Wednesday, June 12, 2019, 2:30-4 pm, The Old Manse

The Concord Historical Collaborative coordinates efforts and activities in Concord to present its rich history through diverse educational opportunities and fosters an appreciation and stewardship for Concord's historical resources. Members: Concord Art Association, Concord-Carlisle Adult & Community Education, Concord Chamber of Commerce, Concord Free Public Library, Concord Historical Commission, Concord Museum, Louisa May Alcott's Orchard House, Minute Man National Historical Park, Ralph Waldo Emerson House, Robbins House/Drinking Gourd Project, Sleepy Hollow Cemetery, The Old Manse/The Trustees of Reservations, The Thoreau Society, The Walden Woods Project, Thoreau Farm, Transcendentalism Council of First Parish in Concord, and Walden Pond State Reservation.



CCACE's "Can We Talk" presents



The premise is a civil suit: A South Side African American female business owner is suing a wealthy Jewish North Shore real estate developer for defamation. The professional woman had been invited to the home of the successful man for a potential business project. After the meeting, he realized that his family heirloom watch was gone.

After the 75-min dramatic testimony, the judge tells the audience they are going to be the jury. A first poll is taken. The choices are for the plaintiff, the defendant, or undecided. The tally is announced and the judge then leads a deliberation. The audience is invited to stay for a post-show discussion.

Wednesday, November 7, 2018 at 7 pm
Tickets: \$30

www.concordcarlisle.org | 978-318-1432

The Defamation Experience Follow-up

CCACE Advisory Committee Members

Join members of our Advisory Committee in a follow up discussion on The Defamation Experience. How did you feel about the deliberation? What will you take away from this experience?

Wed, Nov 14, 7-9 pm, CCHS

NEW Gathering Places

Jayne Gordon

In this new walk, historian Jayne Gordon will take participants to six sites that were focal points for memorable events in Concord's past. What do they have in common? They were gathering places: locations where people came together to plan, protest, learn, share, mourn, and celebrate. Each is a window into a different time; each is evocative of our common heritage - if you just know where and how to look. This 3 hour leisurely walk will cover about 2 miles. Wear sturdy shoes; bring water and a snack. **Directions to the starting place will be available after registration. Rain date: October 28th**

Sat, Oct 27, 1-4 pm

Fee: \$25; \$45/couple



NEW Concord Fall Walks

Ginger Lang

Are you new to the Concord-Carlisle area or looking to explore new areas? Come join Ginger in her 26th year of leading walks and discover some of her favorite conservation areas during our lovely fall season. She promises you a morning away from the phone and computer with good exercise, adventure and fun companions. Each week's walk will be two hours in length. Join her in this four-week series as she continues her exploration of the "road less traveled by." Lightweight hiking boots or sturdy walking shoes are recommended. Bring a lightweight jacket, hat/cap, hiking stick, water, and a sense of adventure. Locations vary every week and directions to the walking areas will be sent prior to each session. If it's raining, we won't walk, but we will reschedule. **Directions to the starting places will be available after registration.**

4 Wed, Oct 10-31, 10 am - 12 pm

Fee: \$79



Problem-solving Your Problem Animal: An evening discussion with an animal behaviorist and trainer

Terry Golson

Do you have a rude dog? A horse that bolts? A cat that destroys your furniture? Chickens that stay outside instead of coming home to roost? Using ethology and behavior science, Terry will give you a way to problem solve these problem behaviors. By knowing the basic nature of your animal, combined with understanding how they learn and cope with their environment, will enable you to live more peacefully with your animals. Recommended reading (though not required) *Don't Shoot the Dog* by Karen Pryor.

Wed, Oct 10, 6:30-8:30 pm, CCHS

Fee: \$25



Preparing Your House for Sale

Peggy Yalman

The right preparation can make a big difference in marketing and selling your home. With a targeted approach to show your house in its best light, you can reduce marketing time and get a better price. Find out what matters most before spending a lot of time, labor, and money.

Tues, Oct 9, 6:30-8:30 pm, CCHS

Fee: \$25; \$40/couple



How to Survive Downsizing: Protect your Time, Money and Energy while Decluttering

Laura Moore

Decluttering challenges the most able among us! It's complex, messy work, and we all have to do it.

Learn how to steadily show up with confidence, even when the unpredictable happens. When you know how to think it through, your project can get done without the worry and waste. ClutterClarity's essential fresh perspective and step-by-step process makes it possible to:

- Stay motivated
- Trust your decisions
- Make good use of your time
- Spend your money wisely
- Reduce the burden of the work

You'll know what to do. No matter your unique circumstances, decluttering and downsizing just got easier, even enjoyable. Imagine that!

SPECIAL: Attend all three classes to receive a free PDF copy of ClutterClarity's Resource Guide - Paper Clarity: What to Keep, Where and When to Shred!

Sign up soon. Seating is limited to 15, first come, first served!

3 Mon, Oct 15-29, 7-8:30 pm, CCHS

Fee: \$85



A Homeowners Guide to Additions & Renovations

William Dickinson

Are you dreaming of a master bedroom suite? Does a kitchen/family room addition sound ideal? How about an in-law apartment or a home office over your garage? Are you trying to decide between renovating or moving? If you are considering a house addition or renovation, this is the course for you. Bill Dickinson, principal of Dickinson Architects in Concord, will guide you through the process of design and construction for residential additions and renovations. The class will review zoning, designer selection, budgeting & estimating, construction drawings, contractor selection, permitting, and the construction process. In short, everything you need to know to make informed decisions that ensure that your money is well spent.

Tues, Oct 16, 6:30-9 pm, CCHS Fee: \$49; \$69/couple

Aging in Place: How to make your home safe & convenient

William Dickinson

When most people consider the possibility of aging in their home they think of wheel chair ramps, stair lifts, elevators, and single level living. However, modifying your house for aging is much more than just adding ramps, it is also about enhancing your house's convenience and safety. We will discuss kitchens, bathrooms, bedrooms, entries, interior and exterior circulation, material choices, and planning concepts.

Tues, Nov 6, 7-8:30 pm, CCHS Fee: \$39; \$59/couple

NEW Music Theory
Ryan Noe

Thinking about pursuing a degree in music? Need a refresher on your music theory? Would you like more knowledge about music's fundamental mechanics? This course will be a fast-paced learning experience appropriate for any student with a basic understanding of how to read music. Topics of discussion will include: music notation, harmony, and form. If you have questions regarding the course, please refer them to Dr. Ryan Noe at rynoe04@gmail.com.

6 Wed, Oct 3 - Nov 7, 7-8 pm, CCHS Fee: \$89



Certificate in Music Therapy and Sound Healing

This course will prepare you with the ability to describe the goals, interventions, and therapeutic uses and benefits of music therapy and sound healing.

Starts Sep 12 or Oct 17. Lessons are posted 2x/week Fee: \$89

Visit www.ed2go.com/concord to register and for more online courses!

Do you get frustrated when your class is cancelled due to low enrollment?

So do we!

Register early to avoid this - waiting till the last minute can result in cancellations if we don't think we have enough students! We encourage you to register at least one week prior to the class start date.

Instrumental Music School of Concord and Carlisle

Individual Instruction for new & continuing students



Established in 1980
Debbie Levine, Program Coordinator

The Carlisle, Concord, and Concord-Carlisle Schools offer individual instrumental and vocal instruction all year long. Private study through IMSCC ensures real progress and results for our student musicians of all ages, including adults.

Fall and Winter/Spring sessions are 16 weeks, while the Summer semester is designed with flexibility in mind, customizing your lesson schedule to fit with your vacation plans. IMSCC is a fee-based service provided by the schools, enabling convenient and reasonably priced one-on-one music lessons with highly qualified professional musician-teachers.

We have teachers for: violin, viola, cello, string bass, flute, oboe, clarinet, bassoon, saxophone, trumpet, French horn, trombone, baritone horn, euphonium, tuba, voice, piano, electric and acoustic guitar, ukelele, electric bass, and percussion (includes snare drum, tympani, mallet instruments, and drum set).

We will work with you to accommodate requests for individual teachers and times. Parents are responsible for obtaining instruments.

We offer 30-, 45-, or 60-minute lessons
30 minutes lessons: \$33.00 per lesson
45 minutes lessons: \$49.25 per lesson
60 minutes lessons: \$65.00 per lesson



There is an annual registration fee (per school year) of \$30
Additional siblings are \$20 each



For more information and questions, contact:
Debbie Levine: 978-341-2490 x7653, dlevine@concordcarlisle.org

Music Directors:
David Gresko (Concord): 978-341-2490 x7657, dgresko@concordcarlisle.org
Kevin Maier (Carlisle): 978-369-6550 x5109, kmaier@carlisle.k12.ma.us

www.concordcarlisleace.org/instrumental-music-school/

~ IMSCC FACULTY ~

Jon Amon, saxophone
Glorivy Arroyo, voice & piano
Jane Bailey, clarinet
Scott Chamberlin, saxophone
Sissie Siu Cohen, saxophone
Tony D'Aveni, trumpet
Brian Diehl, trombone
Alexei Doohovskoy, trombone
Nune Hakobyan, accompanist
Chip Halt, tuba
Susan Jackson, flute

Deanna Johnson, flute
Rachel Juszcak, bassoon
Yerim Kang, piano
Sargis Karapetyan, violin & viola
Don Kirby, percussion
Tobi-Ann Kocher, flute
Debbie Levine, clarinet
Marian Levinstein, cello
Mena Levit, voice
Ellen Martins, French horn
Ryan Noe, trumpet

Jean Pulsifer, piano
Yoon-Wha Roh, piano
Jeremy Ronkin, French horn
Timur Rubinshteyn, percussion
Dennis Shafer, saxophone
Matthew Small, trumpet
Andrei Sobchenko, saxophone
Andrew Sorg, trumpet
Henry Tervo, oboe
Kenneth Toland, clarinet
Jason Yost, guitar



Parent-Toddler Program (Ages 1-2*)

Ingrid Wheeler

This program for parents and their children, ages 12-24 months*, is a fun-filled play group experience. Children enjoy cooking in the play kitchen, rolling cars down the ramp of the car garage, putting babies to bed in the doll area, or exploring many other toddler toys. While the children play in the same room, parents participate in a discussion about parenting one-year-olds. The class includes a snack time, outdoor or gym play, and a fun interactive singing time. *Ages are as of September 2018.

12 Thurs, Sep 13 - Dec 6, 9:30-11 am, Ripley School Fee: \$165

Parent Pre-School Program (Ages 2-3*)

Ingrid Wheeler & Amy Happ

This program is two classes in one: It's a preschool class for the child, and a discussion group for Moms and Dads in another room.

The preschool morning is filled with fun activities including sand and water play, painting at the easel, cooking in the play kitchen, and playing with play dough. There is a special project each morning and a snack time when the teacher reads stories, followed by outside or gym play. The morning ends with an interactive parent and child singing time.

The parent group is facilitated by the other teacher and parents enjoy coffee and refreshments while discussing issues relating to the joys and challenges of raising a two-year-old. Parents take turns helping in the classroom and sharing their child's first school experience. *Ages are as of September 2018. **There is no class on 11/9.**

12 Fri, Sep 14 - Dec 14, 9:30-11:30 am, Ripley School Fee: \$355

Would you like to teach for CCACE or do you have an idea for a new class?

We are always looking for new ideas and enthusiastic teachers who are eager to share their expertise with us! Send a resume and course proposal to ace@concordps.org.

You Can Afford College If...

Don Anderson

...you PLAN in advance; you UNDERSTAND the financial aid process; you ACT early enough to be successful.

Financial aid goes to the families who plan and act in advance - before December of the child's sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process and why implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. The greatest amount of financial aid goes to the families who act in the early years of high school. REMEMBER: Procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For more information, please visit our website at www.collegefundingadvisors.com.

Wed, Sep 26, 6:30-8:30 pm, CCHS Fee: \$25; \$45/couple

NEW Understanding Cryptoassets, Blockchain, and "Bitcoin Fever"

Andrew Rodwin

While the media abounds with stories about the boom and bust cycle of bitcoin, most people don't understand the basic principles of how cryptoassets like bitcoin work. This class explains the technologies "under the hood", as well as relevant tools and the crypto ecosystem. Session 1 covers coin types, mining, forking, wallets, cryptography, blockchain basics and forensics, transactions, exchanges, airdrops, faucets, and security. Session 2 covers distinctions between public and private blockchains, enterprise blockchain platforms, macro data about blockchains, why banks have been forced into piloting blockchain en masse, why blockchain is such a powerful tool to solve economic challenges, and a sector-by-sector view of disruptive blockchain innovation. While the course avoids investment recommendations, it provides people with the conceptual and detailed knowledge required to understand how cryptoassets might affect them personally, as well as influence society at large.

2 Mon, Sep 24 & Oct 1, 7-9 pm, CCHS Fee: \$45

NEW Building a Strong Financial Foundation

Anne O'Malley

Talking about money now could keep you from worrying about it later. Taking the time now to learn some basic fundamentals can go a long way in making you financially savvy. This easy-to-understand program will help you build a strong financial foundation and make sense of investing. You'll learn some of the basics about saving, credit and debt management.

2 Thurs, Oct 18 & 25, 4-6:30 pm, CCHS Fee: \$39

Estate Planning: Everything You Always Wanted to Know But Are Afraid To Ask

Margaret Hoag

Many people put off estate planning for fear of the time involved, the cost, and being sold documents they don't need. In this workshop, you will learn the basics of estate planning so you can set your goals, know the documents you need, and prepare the questions you need to ask. We will cover how to: avoid probate, protect minor children, minimize taxes, plan for children with special needs, among other issues. We will review the purpose of wills, trusts, durable powers of attorney, health care proxies and other end of life documents, and homesteads. We will also discuss working efficiently with attorneys and what to expect during the process.

Wed, Oct 17, 7-8:30 pm, CCHS Fee: \$35; \$60/couple



NEW The New Tax Law: 20+ Key Questions & Answers

Rick Fentin

We all need to understand the new tax laws because the changes are far-reaching, subject to interpretation and revisions, and impact both negatively and positively nearly every person or business filing taxes in 2019. Tax deductions you've counted on in the past may have gone away or been replaced by new ones, so you'll need to understand the impact of the new rules and how to maximize your situation. We will discuss:

- How the new tax law may impact your retirement planning strategies.
- Why new estate planning rules may change your need for extra life insurance.
- New tax credits for families plus major changes in 529 plans.
- Strategies for maximizing itemized deductions under the new law.
- The pros and cons of paying off your mortgage.
- Special new advantages for business taxes.
- The effect of inflation changes in the new tax code.

Tues, Oct 30, 7-9 pm, CCHS Fee: \$35; \$60/couple

Understanding Medicare

Daniel Williams

If you are close to age 65 or already on Medicare, this class is for you! The class is designed to fully enlighten you on how Medicare works and the different health care choices available to those age 65+.

- How are parts A, B, C and D integrated?
- What is Medicare Advantage?
- What are the pros and cons of HMO's, PPO's, and Medigap plans?
- Should I take Medicare if I am still employed?
- How do I avoid late sign up penalties?
- Does any part of Medicare cover long-term care expenses?

These questions and many more will be answered in this very important class.

Mon, Oct 15, 7-9 pm, CCHS Fee: \$25; \$45/couple



Demystifying Social Security

Daniel Williams

Deciding how and when to claim Social Security is one of the most critical financial decisions a person will make in his or her lifetime. By not understanding the many complex rules surrounding Social Security you could leave thousands of dollars on the table. When should I file for benefits? What are the advantages and disadvantages of filing at age 62 or deferring to age 70? How does the November 2015 change in the rules affect me? How can I make sure I am taking advantage of available spousal, survivor or divorced benefits? How much of my Social Security will be subject to income tax? What potential changes are in store for Social Security and how might they affect my claiming decision? These questions and many more will be answered in this very important class.

Wed, Dec 5, 7-9 pm, CCHS Fee: \$25; \$45/couple

Refunds & Course Changes

Refunds will be given if a student withdraws at least one week prior to the start of the course, less a processing fee of \$10. No other refunds will be granted - fees are committed to your class once it starts. Refunds will be granted for any course that is cancelled due to low enrollment or the fee may be transferred to another class. Note: 3rd party providers noted in the catalog have their own refund policies that apply to students.

Back to Work: Re-engaging with the workplace after a career break

Karen Jo Shapiro

Are you contemplating re-entering the workplace after a career break due to illness, care-taking, unemployment, or sabbatical? Re-launching your career can feel daunting, especially after having been away from it for a while. This class will help you think about your past career "story", your transferable skills, and your hopes for the future. We will work on how to pro-actively find the kind of workplace that you could thrive in, how to package your story, find available resources and create action steps. You will leave with some actions you can take immediately.

Mon, Sep 24, 10 am - 12 pm, Concord Library Fee: \$35

Talking and Walking Transcendentally
James Sherblom

Are you a transcendentalist? Do you want to practice living more transcendently? Our local transcendentalist author Rev. Dr. Jim Sherblom will begin each class with one of six transcendental self-culture disciplines to enhance human flourishing. And then we will talk as we amble and explore. Walks will include 1) Emerson-Thoreau Amble to Concord village; 2) Walden Woods Project and Town Forest; 3) Walden Pond to Fairhaven Cliffs; 4) Egg rock and Nashawtuc Hill; 5) Sleepy Hollow cemetery and Great Meadows; 6) Punkatasset Hill and Estabrook Woods. Perhaps even experience the wildness of Concord like you never have before. For as Thoreau said, "in wildness is the preservation of the world." **There is no class on Oct 6.**

6 Sat, Sep 15 - Oct 27, 1-5 pm, CCHS Fee: \$179

The Five Invitations: Discovering What Death Can Teach Us About Living Fully
Annie Gray

This 3 session seminar is about waking up fully to ourselves. The best preparation for death is a life fully lived, and there is NO time like the present to prepare. The compelling lessons shared in *The Five Invitations* are valuable to people at any phase of life, but especially if you are facing your own imminent death or that of a loved one, navigating a crisis, or looking to embrace and enjoy living your life more fully.

Participants are encouraged to read *The Five Invitations* by Frank Ostaseski at least in part prior to the workshop. Through conversation and written, conversational, and movement exercises we will explore:

- How facing death can be our secret teacher
- Ways to more fully accept all of who we are, the good, the bad, and the ugly
- Death as a stage of growth and experiencing how self-acceptance moves us to inner peace
- Ways to meet our necessary and inevitable losses as doorways or thresholds to growth

3 Wed, Oct 3-17, 3:30-5:30 pm, Fowler Library Fee: \$75

Unstuck: Express yourself
Molly Delehey

In this 2.5 hour workshop, your work will be to have fun.

- Kickstart your imagination
- Rediscover your playful spirit
- Reinvigorate your own thoughts and ideas

We will immerse ourselves in art and movement activities along with group games that will require you to be fully present and "in the moment". As you create, move and play your way through this workshop, you will allow yourself the opportunity to quiet your mind, lighten your heart and leave with a refreshed perspective. No experience necessary. Just bring an open mind and see where your creativity takes you.

Tues, Oct 9, 6:30-9 pm, CCHS Fee: \$35



Attitudes for Success
Anne Rarich

Have you moved your cheese... and nothing's changed? Have you spent a hundred-and-one-minutes on management... and performance not getting any better? Have you tried to implement highly effective habits... and still have bad habits? If you can answer YES, or are tired of "fad management"... then time to regroup, reenergize and Unleash Your Power to Grow! It's time for... Attitudes for Success, an interactive development process designed for people in all walks of life, from the mailroom to the boardroom, who interact with people. This development experience is guaranteed to enhance performance, strengthen effective communication skills, boost self-confidence, and promote personal accountability! Come prepared to be an active participant in the learning process as we move through several high-involvement areas critical to personal and professional success. Participants will also receive two follow-up telephone coaching sessions.

Thurs, Oct 18, 6-8:30 pm, CCHS Fee: \$35



Concord-Carlisle Chess Club
Vadim Martirosov

The Concord-Carlisle Chess program is for chess lovers of all ages who want to learn and improve their play. We will develop our memory, critical thinking skills, sense of fairness, attention span, and have fun! Chess Master Vadim Martirosov conducts lessons, training, and master challenges to all levels. Participants have time for practice and tournament preparation each week, and newcomers may join at any time!

The club encourages participation of all ages and we often have young kids competing against adults. By offering a reduced-fee for parents, we encourage parent/child enrollments and encourage quality family time around the chess board. ***There is no class on Oct 6, Nov 10, or Nov 24. There will be a tournament day in place of regular club meeting, date not yet specified.**

9 Sat, Sep 22 - Dec 15, 10 am - 1 pm, CCHS Fee: \$205 \$125 for parent joining students under high school age

Bridge for Beginners
Alan Horvitz

If you have heard that Bridge is a cool game and thought "one day I want to learn to play," this is the course for you. You will be introduced to the rules of the game and the fundamentals of bidding, play of the hand and defense. You will receive both instruction and the opportunity to play the game under experienced supervision. Learn the rules, acquire new skills and have fun!

6 Tues, Sep 25 - Oct 30, 4-6 pm, CCHS Fee: \$75

Improving Your Bridge
Alan Horvitz

If you play Bridge and feel you might benefit from instruction, this is the course for you. We will focus upon useful artificial bids, play of the hand, defensive leads and signaling. We will balance instruction with an opportunity to play the game under experienced supervision. You will build on your skills, learn new skills, and have fun!

6 Mon, Sep 24 - Nov 5, 4-6 pm, CCHS Fee: \$75

Boating Skills and Seamanship
U.S. Coast Guard Auxillary Flotilla 502

This introductory course is for both sail and power boaters and includes instruction on safety afloat, legal responsibilities, aids to navigation, rules of the road, charts and compass, engines, knots, weather, boat handling, radio procedures, and navigation electronics. Completion certificate helps reduce boat insurance fees. Families are welcome. Children age 12 and older are encouraged to attend with a parent at a reduced rate. **Course materials are \$56 and are paid directly to the USCG in class.**

12 Wed, Sep 26 - Dec 19, 7:30-9:30 pm, CCHS Fee: \$49; \$90/couple

Coastal Piloting
U.S. Coast Guard Auxillary Flotilla 502

Coastal Piloting, or the Weekend Navigation Seminar, is advanced instruction for those who have already completed a basic boating course. It covers aids to navigation, the earth and its coordinates, Mercator projection, piloting, correcting compass errors, dead reckoning, tides and currents, radio navigation and more. **Course materials are \$56 and are paid directly to the USCG in class.**

12 Wed, Sep 26 - Dec 19, 7:30-9:30 pm, CCHS Fee: \$49; \$90/couple

Improv Basics
Bari Olevsky

This class covers the basics of improv comedy in a fun and safe environment. Using exercises and improv structures, we will learn how to combine physical action, emotions, objects, relationships and a "yes and" attitude to create humorous scenes. You'll be amazed at what you can do as you learn to stop editing yourself, interact with a partner, and express your natural creativity. No experience or special training is required for this class.

6 Thurs, Oct 4 - Nov 15, 6:30-8 pm, CCHS Fee: \$85

Intro to Contra Dancing - No partner needed!
Lisa Greenleaf

Have fun learning with other beginners and dance with confidence the Do Si Do, Star, Circle, Swing, and more. Contra dancing is part of a friendly New England folk tradition and is danced to LIVE music. It's a great way to connect with other folks who live in the area, because we switch partners and meet everyone in the hall. This class will give you a gentle and fun-filled introduction so that you will be moving and smiling in no time. Studies show that this kind of social dancing is good for keeping the mind active and engaged! Wear comfortable, breathable clothes and bring a change of smooth, flat-soled shoes.

3 Thurs, Oct 4-18, 7-7:30 pm, Concord Scout House Fee: \$35



The Village University, established in 2003, was inspired by Elliot and Alma Ring, and offers courses for mature learners who are seeking stimulating study and conversation about interesting topics. The courses are taught by academics, scholars, and educational leaders who volunteer to share their knowledge and inspire others. The volunteer instructors bring the best university-level learning experiences to Concord and Carlisle. Our dedicated coordinators include Court Booth, Richard Cornell, Nancy Cronin, Bob Hartman, Nancy Hendrie, Bill Koenigsberg, Murray Nicolson, Meryl Schwartz, Alma Ring, Phil Stark, Rosalie Weiss, and Win Wilbur.

High Impact Issues in the Supreme Court: 2018 Cases

William Cotter

We will discuss the leading 2018 cases as well as Justice Kennedy's retirement and Justice Gorsuch's impact during his first full year on the Court. It was also a year in which Federal Courts repeatedly blocked Presidential Executive Orders and we will explore those conflicts within our system of "checks and balances". The cases concern: gay rights versus religious freedom; abortion rights; freedom of speech; privacy rights and cell phone data collection; voter suppression; President Trump's travel ban; union dues for non-union members; defendants' rights to adequate counsel; and state taxation of internet orders. All the cases are new and previous participants are most welcome. Background readings will be provided and vigorous discussion is encouraged.

4 Mon, Oct 1-29, 9:30-11:30 am, Location TBD Requested donation: \$60

Who Gets to Vote?

Janet Beyer

Is voting a right or a privilege? This series of six talks will examine the means by which we determine who chooses our elected officials. Who should be able to vote? Should felons be allowed to vote? Should any restrictions be put on registrations? Is same-day registration a good idea? How can we increase voter participation? Experts in the field will discuss these and other topics. We all have an interest in who represents us and should care deeply about how they are chosen. Bring your opinions to these talks! This is the tenth in a series on government and the Constitution offered by Village University.

6 Tues, Oct 2 - Nov 6, 10-11:30 am, Newbury Court Requested donation: \$60

"A Streetcar Named Desire"

Parkman Howe

After the success of "The Glass Menagerie" in 1944 Tennessee Williams reported in an essay, "I was removed to a first class suite in a Manhattan hotel." A period of riotous living culminated in ordering a sirloin steak with a chocolate sundae, "but everything was so cunningly disguised on the table that I mistook the chocolate sauce for gravy and poured it over the sirloin steak." Shortly thereafter, Williams checked out of the hotel and left for Chapala, Mexico, to work on a play called "The Poker Night". This play eventually became "A Streetcar Named Desire", and the rest is history. We will read the play as we watch generous selections of the 1951 film with Vivien Leigh and Marlon Brando. The version of the play that we will use is ISBN 978-0-451-16778-1.

6 Tues, Oct 2 - Nov 6, 2-3:30 pm, Newbury Court Requested donation: \$60

Our Souls at Night

Dick Shoet

For about \$6, Kent Haruf's last novel will stir your heart and soul like few such slender books can and do. This story speaks of loneliness, the possibility of changing, and second chances. When Dick read it, he was thrilled, smacked right over the head, because it is authentic as only the best fiction is. This small group will spend the four sessions ruminating about the novel's authenticity. Let Dick and Haruf take you to Colorado as you read and discuss.

4 Thurs, Oct 4-25, 10-11:30 am, Concord Library Requested donation: \$60

We are thrilled to able to offer Village University programs to our community members. We request a donation of \$60 for the first course and \$30 for each additional Village University course. CCACE is made possible through student fees. The Village University is supported entirely by voluntary donations which help us maintain, promote, and provide scholarship opportunities for the CCACE programs.

French for Beginners

Maurice Bombrun

If you have little, no, or long-since-forgotten knowledge of French, this is the class for you. In the beginner level course, we will introduce pronunciation, grammar, and vocabulary. You will learn to communicate basic concepts in French, both written and spoken. Our focus is shared among reading, listening, and speaking for a well-rounded, dynamic learning experience. **Please purchase the textbook prior to the first class: *Contacts* (ISBN 978-0618-395-781), Valette/Valette, 8th Edition.**

10 Wed, Sep 26 - Dec 5, 11:30 am - 1:30 pm, Concord Library Fee: \$185

French for Beginners II

Maurice Bombrun

If you have some or long-since-forgotten knowledge of French, this class is for you. In the beginner II level course, we will assume all basic concepts of pronunciation, grammar, and vocabulary have been studied and acquired. We will introduce new vocabulary, grammar rules, verbs, and expressions through exercises to expand your oral and written knowledge and improve your ability to understand and communicate with French people, both orally and in writing. Our focus is shared among reading, listening, and speaking for a well-rounded, dynamic learning experience of everyday French. **Please purchase the textbook prior to the first class: *Contacts* (ISBN 978-0618-395-781), Valette/Valette, 8th Edition.**

10 Tues, Sep 25 - Nov 27, 6:30-8:30 pm, CCHS Fee: \$185

French Intermediate

Maurice Bombrun

This class is intended for intermediate level students. You should have studied and acquired beginner French concepts, including basic French pronunciation, nouns, adjectives, articles, possessive and demonstrative adjectives, basic regular verbs and common irregular verbs, in the present tense, near future tense, past tense/passé composé, basic positive, negative and question sentence construction, partitive articles, "il faut", "depuis", numbers, time, and weather. Building on this foundation, we will increase and practice your knowledge of other tenses, constructions, and expressions. You will develop skills that lead to simple conversation and understanding of everyday Intermediate level French. **Please purchase the textbook prior to the first class: *Contacts* (ISBN 978-0618-395-781), Valette/Valette, 8th Edition.**

10 Tues, Sep 25 - Nov 27, 4-6 pm, CCHS Fee: \$185

French Conversational Workshop

Maurice Bombrun, Instructor

In the Conversational French class, students learn how to maintain and practice French to stay fluent and improve conversational skills. The lessons include conversation, pronunciation, understanding, role/play, writing, grammar and translation to reinforce the learning process. We focus on giving you the opportunity to speak and write in French. We use articles from the news, literature, movies, and student-submitted documents to expose you to a variety of real-life topics and everyday French language topics. No textbook required.

10 Wed, Sep 26 - Dec 5, 3:30-5:30 pm, Concord Library Fee: \$185

French Lunch Lessons - Déjeuners en Français

Grace Butler

What better way to revive and maintain your French language skills than over lunch! For the first meeting, we suggest you pack a lunch (un bon sandwich fromage/jambon, par exemple). After that, we will decide together what direction the course will take. Conversational topics might include: cuisine, restaurants, and travel, but could also include cinema, theatre, and literature. Language and grammar points will be discussed as needed or requested. A basic comfort with spoken French is recommended. Ideal for intermediate and advanced level students.

8 Thurs, Sep 27 - Nov 15, 12-2 pm, Concord Library Fee: \$148

Italian for Beginners

Rita Abela

Benvenuti! Come and join me in learning the basic structures of this wonderful language. You will learn basic grammar structures, vocabulary and practice simple conversations through a variety of activities.

10 Thurs, Sep 27 - Dec 13, 6-8 pm, CCHS Fee: \$185



Spanish for Beginners

Sonia Hoyes

Spanish for Beginners is an introductory course intended for people with little or no knowledge of the language. We will present essential vocabulary and grammar as we begin to develop the speaking, listening, reading, and writing skills necessary for basic communication and comprehension. You will have the opportunity to practice and apply what you learn in conversation and enjoy getting to know your fellow classmates while doing so. Our activities will include pair and group work, interviews and roleplaying. We will also discuss Spanish customs and culture. **Please purchase the textbook prior to the first class: ¡Anda Curso! Elemental, first edition by Audrey L. Heining-Boyton/Glynis S. Cowell.**

13 Tues, Sep 18 - Dec 11, 5:30-7 pm, CCHS Fee: \$185

Spanish for Upper Level Beginners

Sonia Hoyes

Spanish for Upper Level Beginners is for students who have taken the Beginner course and who possess linguistic and cultural knowledge that true beginners do not. We will work on communicating through reading, writing, listening, and speaking while we reinforce and expand what you already know. Writing and speaking will be improved through composition activities and group conversations while you continue learning grammar structures. Communicative class activities will include pair and group work, interviews and roleplaying. We will also discuss Spanish customs and culture. **No class on September 27th.**

10 Thurs, Sep 20 - Dec 13, 6:30-8:30 pm, CCHS Fee: \$185

Spanish Intermediate

Sonia Hoyes

This course builds upon and expands the language patterns with grammatical structures that were presented and practiced in the beginning course. We will review and expand on the four language skills as well as new grammar structures. Writing and speaking will be improved through composition activities and group conversations. You will use the language in applicable situations. Communicative class activities will include pair and group work, interviews and roleplaying. We will also discuss Spanish customs and culture.

12 Wed, Sep 19 - Dec 12, 6:30-8:30 pm, CCHS Fee: \$225

Spanish Advanced

Sonia Hoyes

Advanced Spanish is a continuation and recycling of knowledge acquired from the Beginner and Intermediate courses. We will introduce new vocabulary and grammar structures, as well as focus on developing proficiency in the four areas of language skills. Our conversations will include a variety of topics from every day life situations to increase your oral skills and we will discuss Spanish customs and culture. Our activities will include pair and group work, interviews and roleplaying. The class is conducted entirely in Spanish so you should be able to communicate at the advanced Spanish level.

10 Mon, Sep 17 - Dec 3, 7-9 pm, CCHS Fee: \$185

Spanish Conversation

Sonia Hoyes

This course is for people who already have taken Spanish Beginner, Intermediate, and Advanced. We will work on achieving a sound level of communicative ability, with an emphasis on spoken Spanish. We will cover oral and written communication, grammar, vocabulary and pronunciation. The goal is to help you use the language in different contexts and acquire more confidence in applying your fluency and expand your vocabulary. We will discuss current events, brainstorm to solve problems, participate in role-plays, and prepare oral presentations to develop vocabulary, reinforce grammatical structures, and utilize new expressions. The class is taught and conducted in Spanish so you are expected to be able to understand the language and be able to communicate in Spanish.

10 Tues, Sep 18 - Nov 20, 7-9 pm, CCHS Fee: \$185



Discover Sign Language

Discover the fun of learning sign language and using your hands to communicate.

Starts Sep 12 or Oct 17. Lessons are posted 2x/week Fee: \$89

Conversational Japanese

Whether you want to learn conversational Japanese for travel or just for fun, you'll find this course makes it easy and enjoyable for beginners to master the essentials of the Japanese language.

Starts Sep 12 or Oct 17. Lessons are posted 2x/week Fee: \$89

Writing for ESL

Learn how to write in English more effectively to succeed in college and at work.

Starts Sep 12 or Oct 17. Lessons are posted 2x/week Fee: \$89

Visit www.ed2go.com/concord to register and for more online courses!

Check out more opportunities for student with IMSCC on page 17 Chess Club on page 21

Writing Life

Barbara O'Neil

Do you love to write but don't make time for it? Have you started a memoir and find it is more about the facts of your life and less about the soul of your life, the things that really matter? Join the instructor on a journey into writing practice. We will leave the inner critic at the door and keep our hands moving across the pages of our notebooks. Students will write and share in a supportive environment. This class is suitable for all levels; new students welcome.

6 Tues, Sep 18 - Oct 23, 9:30-11:30 am, Main Library Fee: \$195

Creative Writing for Fun

Pamela Wight, Instructor

Do you love to write, but not sure what to do with those stories in your head or hidden somewhere in a back drawer? Are you brave enough to write extemporaneously in a class of like-minded adults and then share your written word minutes later? If so, sign up! Designed to encourage creative writing productivity, this popular class includes in-class writing, different writing topics and tips each week, and shared reading. Both fiction and non-fiction (journal writing and essays) are encouraged. Enthusiasm, a great sense of fun, and shared insights are used as learning tools instead of criticism. Class size is limited. **There is no class on November 5.*

6 Mon, Sep 24 - Nov 19, 1-2:30 pm, Location TBD Fee: \$145



Babysitters' Training

Mary-Wren vanderWilden

The 4-H Babysitters Training Course teaches youth ages 11 and older what they need to know to be caring, trustworthy, responsible, and competent babysitters. The course includes units on: safety, first aid, child development, nutrition, entertaining children, and business of babysitting. Join us and prepare to become a responsible babysitter!

4 Tues, Oct 2-23, 1:30-3:30 pm, Sanborn MS Fee: \$95

Rita Abela is an enthusiastic Italian speaker with more than 20 years experience in teaching Italian as a Second Language at different levels. She has a deep knowledge of the Italian culture that she tries to incorporate in her lessons. Currently, she teaches Italian courses at Minuteman Community Education in Lexington.

Don Anderson has been working with college strategies since 1990. His first association with College Funding Advisors (CFA) was as a client. He joined CFA after successfully guiding his three children through the financial aid process over an eleven year period. Don's children all have advanced college degrees so he and his wife know all too well that what their children achieved in higher education would have been impossible to afford without financial aid.

Paul Angiolillo discovered the contemplative pleasures and soothing benefits of tea as an undergraduate at Yale U. in the 1970s. Since then, he has expanded his interest in this world's most-popular drink, while working as a journalist and an editor. To gain more experience in fine teas, he has worked at Upton Tea Imports (Holliston, MA). Today, Paul teaches tea-tasting classes in adult ed programs throughout the Greater Boston Area and has given tea demonstrations at the Peabody-Essex Museum in Salem MA and other venues.

Barre3 - Bedford & Sudbury: Natasha Groblewski fell in love with barre3 after graduating from college and moving across the country to Portland, OR, in 2009. After a year, she moved back home to Massachusetts, where she continued her practice with barre3 Online workouts. In 2015, she became an instructor at barre3 Needham, and soon after that she began working toward opening her own studio.

Janet Beyer became interested in the election process through her 50-year membership in the League of Women Voters. She was chair of the Voter Service committee of the Concord Carlisle League. She believes that ensuring that every vote counts is not a partisan issue and enjoys studying how the voting process has changed since the Constitution was written.

Maurice Bombrun is a French native, dual citizen, and experienced bilingual teacher. He spent more than 15 years teaching and tutoring in the Boston area, worked for Alliance Française and many private/public schools. He holds master's degrees from Sciences Po Paris and the University of Grenoble with undergraduate studies at the Sorbonne/Paris IV.

Grace Butler has lived and studied in France and taught at all levels.

John Calabria walked away from a successful engineering career years ago to do what he loves: helping people feel more at home in their bodies and happier in their lives through the teachings of Yoga and mindfulness, and the love of nature. It's such a joy to see students leaving class feeling uplifted and self-empowered, taking charge of their health and lives. He has been doing this a long long time and is sure that he can help you with your wellness goals.

Stefanie Cloutier has spent the past two decades exploring the trails in and around Concord. She is an avid hiker and biker, and an outdoor enthusiast.

Concord Carlisle Cable Television (CCTV) is a non-profit public-access facility operating in Concord and Carlisle. Their mission is to foster community, communication, and collaboration by providing citizens who live, work or attend school in Concord or Carlisle with the skills and equipment necessary to produce their own local cable television programs. CCTV studios and editing classroom are located on the first floor of CCHS. Information at www.concordtv.org and www.carlisletv.org.

Copper Penny Flowers is owned by Concord resident Jennifer Eaton, a Master Gardener, landscape designer, and professional florist. Jennifer started the business several years ago, settling most recently at her location in Concord Center. Originally specializing in weddings and events, today Copper Penny Flowers is a full-service florist offering boutique design flair serving Concord and the surrounding communities. What makes Copper Penny Flowers unique is that we do not rely on a standing order with a single local wholesaler. We rise before sunup to shop the The Boston Flower Exchange several times a week and hand select our fresh flowers. We look for unusual varieties with riveting hues and shapes to enhance the quality of the designs we offer our customers. Visit our website (www.copperpennyflowers.com) for more information.

Bill Cotter is a graduate of Harvard College and Harvard Law School and was President and Professor of constitutional law at Colby College, 1979-2000. He was then founding President of the Oak Foundation in Geneva Switzerland. Prior to Colby, Bill was president of the Africa-America Institute, Ford Foundation Representative for Colombia and Venezuela, a White House Fellow with President Johnson, an associate attorney on Wall Street, an assistant attorney general ("Crown Counsel") in Nigeria, and a law clerk to a Federal District Judge.

Molly Delehey is a facilitator of personal and professional creativity and connection with over 12 years of experience teaching children, teens and adults. Molly has taught a wide variety of effective communication skills and presentation skills classes for companies such as New England Medical Center, Putnam Investments and Fidelity Investments. She is a former member of the Improv comedy troupe, Improv Boston. She has taught Improv Skills and Creative Dramatics at Improv Boston, The Carroll School and The Umbrella Community Arts Center. Molly focuses on communication, creativity, spontaneity and connection in her workshops. Her goal is to create a safe, non-judgemental environment so that everyone can feel comfortable exploring their own creativity.

William Dickinson is a registered architect with over 25 years of experience. He has designed, produced, and supervised the construction of numerous custom residential projects throughout the Metro West area. These projects extend from kitchen/bath renovations to new houses.

Pam Ely has worked for over twenty years as an Integrative Health Coach. Her areas of specialty include digestive health, food allergies/sensitivities, plant based medicine and cancer prevention. As a breast cancer survivor, she believes the key to avoiding cancer is to understand what makes cancer grow and how to make your body a less habitable place for cancer to take root. Pam lives in Carlisle with her husband, four kids, three dogs, two horses and ten chickens. When she's not working, she can be found at the barn or enjoying time at their home in Vermont, gardening, kayaking and sailing.

Rick Fentin, CFP®, Ed.M is the Principal of Cambridge Financial Associates in Arlington. He has been an independent financial advisor in the Greater Boston area for over twenty-five years. Prior to that he worked in special education. Rick concentrates his practice on retirement planning and financial planning and related investment and insurance issues. He teaches courses on Social Security, Medicare and Tax Planning. He is a CERTIFIED FINANCIAL PLANNER™ Practitioner and a Registered Investment Adviser. Rick volunteers his time twice a month at the Arlington Council on Aging to help seniors and their families with financial questions. He currently sits on the task force to Prevent Elder Financial Abuse and is a member of the Council on Aging Board of Directors. He authored "The Impact of Financial Status, Values and Attitudes on Motivation for Rehabilitation" in Working with Geriatric Patients. Rick can be reached at 781-648-0486, Email: rfentin@cambfinan.com, website: www.cambfinan.com.

Debby Fink has been an avid quilter and crafter for over twenty years. She has been President of the Mothertown Quilters Guild in Lancaster and has created over one hundred quilts for friends, family, and charity. Her quilts have ranged in style from hand pieced, paper pieced, traditional and modern machine pieced, Hawaiian appliqué, bargello, t-shirt and photo with machine quilting, free motion quilting and hand quilting.

Terry Golson is a graduate of the Karen Pryor Academy's Professional Dog Training course. She is a member of the IAABC (International Association of Animal Behavior Consultants). Terry has spent the last two decades immersed in learning about modern training theory and positive reinforcement. She has trained a diverse array of animals, including goldfish, goats, dogs and horses. (Terry was even on the Martha Stewart Show, teaching Martha how to train a hen!) She is a professional horsewoman and teaches dressage, as well as consults with clients on behavior issues. You can see what she does at www.cooperativehorse.com.

Jayne Gordon was a resident of Concord and local historian for 46 years before moving to Damariscotta, Maine in June. Her abiding love for Concord's rich history ensures that she will return regularly to investigate some new aspect of the town's intriguing past.

Renú Goyal, born in Dayton, Ohio and raised in Los Angeles, CA, studied Indian Classical Dance under well-known dance company director Mrs. Katherine Kunhiraman. Upon completion of her training, Ms. Goyal continued to study and practice all forms of dance to include jazz, tap, ballet and salsa in Plano, Texas where she lived before moving to Los Angeles. She performed in numerous Indian cultural shows for the Indian Cultural Society which included Diwali, Holi and India Day in both Malibu, CA and at UC RIVERSIDE. She also participated in the Rajsthani dance competition in Thousand Oaks, CA as well as in San Diego and Riverside, CA. Ms. Goyal teaches and choreographs Indian Bollywood dance and fitness routines for both group and private sessions. Ms. Goyal acquired her love of dance early. Her mother was a dancer and she would perform with her sisters and friends at cultural events, weddings and family parties. Her teaching style combines bhangra, modern dance and classical Indian steps into varied, fast-paced routines. She breaks down even the most complex steps simply so that all can learn quickly and easily. Her ultimate goal as an instructor is to share her Indian heritage and her love of dance with everyone so they too can enjoy dance while increasing their health and fitness.

Annie Gray works with clients considering classic retirement or what she calls "rewirement". Through this, she recognized that the challenges and obstacles that people face are most often related to deeper changes they encounter as they confront a third phase of life. Annie draws on her previous work in human development, conscious aging, and Internal Family Systems, as well as her 30 years of corporate work as a facilitator and consultant in leadership development, human dynamics, and team development for this workshop. Annie has an MPA from Harvard University and has coached and facilitated workshops for hundreds of learners interested in living life to its fullest. She also teaches Yoga in Concord.

Lisa Greenleaf calls contras regularly in the Boston and New England areas and has been a staff member at festivals throughout the country and Europe. Her specialties include traditional and contemporary contras, fun squares, unusual dances of all shapes and sizes, and caller's training. Lisa likes to emphasize communication and FUN in her workshops, guiding participants to get the most out of their dancing experience.

Michele Grzenda is the Conservation Administrator for the Town of Weston where she administers the Wetlands Protection Act and helps manage over 2,000 acres of Conservation Land. Outside of work, Michele shares her passion for all creatures great and small by leading nature trips and classes for Concord-Carlisle Community Education, Appalachian Mountain Club, Sudbury Valley Trustees, and other non-profits. Michele's hobbies include trail running, kayaking, backpacking, and traveling.

Amy Happ holds a BS in Communication Disorders and an MS ICC-SLP in Speech Language Pathology. She has been working with pre-school aged children for more than twenty years.

Margaret A. Hoag received her A.B. from Bryn Mawr College and her J.D., cum laude, from Suffolk University Law School. Prior to joining Eckel, Morgan & O'Connor she was associated with Mendel & Associates and The Law Office of William J. Brisk. Ms. Hoag is the co-author of Massachusetts Elder Law, published by Lexis Law Publishing in 1998, updated in 1999 and 2001. She has authored and co-authored several articles for American Jurisprudence, a legal encyclopedia published by West Publishing. She has lectured for Massachusetts Continuing Legal Education, the Massachusetts Bar Association, the Alzheimer's Association, Suffolk University Law School, and various local Councils on Aging and other organizations. Ms. Hoag concentrates her practice in the area of estate planning and elder law, including long-term care planning, guardianship and conservatorship, MassHealth (Medicaid) application, and probate administration. She is currently the President of the Board of Directors for Minuteman Senior Services. She serves on the board of the Concord Council on Aging and the Liberty Alzheimer's Partnership. She is a member of the National Academy of Elder Law Attorneys. Ms. Hoag is married with twin sons and lives in Concord where she enjoys hiking, quilting and singing.

Mark Hopkins is a retired advertising executive and freelance business writer. Following his retirement two decades ago he became interested in digital photography, and has since earned a reputation as an award-winning art photographer whose work has been represented in many galleries and museums. International travel has always been one of his interests, especially volunteering for Earthwatch expeditions such as the one he'll tell us about this evening. Mark and his wife Margie are now residents of Concord, where they recently moved after living for 33 years in Lincoln.

Alan Horvitz is a retired clinical social worker, a Bronze Life Master and an experienced Bridge teacher.

Parkman Howe received his PhD in Anglo-Irish Studies from University College, Dublin where he spent two years studying Yeats, Joyce, Beckett and related authors from 1973-1975. He taught literature at the secondary level for forty years, including 37 years at Concord Academy. He lives in Carlisle.

Sonia Hoyes is a native Spanish-speaking instructor who has been teaching Spanish as a foreign and heritage language for over 11 years. She is currently teaching Spanish at Middlesex Community College and to K-8 students in various school systems throughout northern Massachusetts.

Ginger Lang, owner of Ginger's Journeys, has led walks, hikes and snowshoe trips, as well as weekend excursions locally and overseas for community education programs, for tour companies and the Appalachian Mountain Club for twenty-six years.

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

Jay Luby was in his early twenties when he had his first opportunity to travel internationally and he has been smitten ever since. He feels very fortunate to have traveled to all seven continents. He particularly enjoys hiking in beautiful, mountainous landscapes, such as one finds in Patagonia, Switzerland and New Zealand, and viewing amazing animals, such as tigers, whales and elephants, in their wild habitat. These outdoor interests led him to become active with Carlisle's Conservation Foundation. In addition to hiking, Jay enjoys playing golf and volunteering in a number of local organizations, including at his church, town newspaper and local prison.

Neil Lynch is a retired Concord-Carlisle teacher and current US National Park ranger. He is a frequent traveler to Amsterdam and the Netherlands.

Vadim Martirosov is a highly experienced Chess Master (Highest Fide rating: 2345). He studied chess in the USSR under the supervision of Oleg Privorotsky (Kasparov's first coach). Vadim immigrated to the U.S. and has been teaching chess full time here for almost 20 years. He has taught hundreds of students of all ages, including adults, and has mentored many of them from beginners up to master level. Many of his students have won tournaments throughout New England and the United States.

Louisa Mattson is a Certified Practitioner of Eden Energy Medicine as well as a psychologist holding a Diplomate in Comprehensive Energy Psychology. She has studied a variety of energy healing and energy psychology modalities through the years and continues to be fascinated by the power of energy medicine to impact our health, happiness, vitality, and resilience. She has worked as a catalyst at the intersection of body/mind/spirit—as a psychotherapist specializing in psychospiritual development, a corporate career management consultant working with senior executives in career/life transition, and an energy medicine practitioner. Visit her website at www.concordenergyhealing.com.

Metrowest Kung Fu is a branch of Shaolin Kung Fu Centers, which was founded in Worcester Massachusetts by Sigung Joe Maury in 1990. Eliot Prisby is the owner and head instructor of Metrowest Kung Fu in Maynard. He teaches traditional Chinese martial arts that enrich the lives of his students through self-control, discipline, physical fitness, and relaxation. Learn more at www.metrowestkungfu.com.

Laura Moore, M.Ed., Principal of ClutterClarity LLC provides sustainable relief from the burden of too much in homes, calendars and lives. Her uncommon, integrated approach goes beyond solving logistical challenges to removing clients' unique emotional barriers to getting a project done. Laura custom-designs strategy, stepping into any one of several roles: Professional Organizer, Downsizing Consultant, Move Manager, Clutter Therapist, or Life Coach. In-home sessions, Phone/Skype Coaching, and a Team of 20 vetted experts are available. As "Sherpa and Schlepper," Laura guarantees clients enjoy her process, not just the results. Author of *Paper Clarity: What to Keep, Where and When to Shred*.

Annie O'Malley is a Concord resident and long time personal finance enthusiast. She works in hospital administration at Brigham and Women's Hospital and enjoys helping people of all ages increase their personal finance knowledge in her free time. She has taught this class in a variety of forums and to a variety of audiences.

Barbara O'Neil is a life long writer and teacher. She leads writing groups for students from age seven to ninety seven. She has studied with Natalie Goldberg, author of *Writing Down the Bones*, for ten years and has published several essays and poems. Visit her website to learn more about her at www.writinglifebarbaraoneil.com.

Bari Olevsky has 25 years of experience in stand-up comedy, improv and theater. She has performed with *New Tricks* (an over-50 improv troupe) for 15 years. She regularly performs stand-up comedy in local clubs, and has most recently appeared as Officer Klein in a Theater-To-Go production of *Arsenic and Old Lace*.

Open Door Education was founded by Travis Minor in 2011 with the sole purpose of providing smart, compassionate tutoring and test preparation to local students. In 2013, Travis partnered with Matt McNicholas and Erin Webb, co-owners of East Owl Tutoring in Boxborough, also dedicated, enthusiastic tutors. Open Door Education has since helped hundreds of students to navigate the stormy seas of admissions testing and has helped hundreds more to succeed in the classroom and beyond. Committed to cultivating a love of knowledge, Open Door's team of exceptional tutors helps each and every student to become more confident and, ultimately, more successful.

Manohar Panjabi received his undergraduate degree in Mechanical Engineering. He moved to Sweden in 1959 where he lived until 1971; he then earned his doctorate degree in Machine Design. From there he went to Yale university where he was a professor of Orthopedics and Mechanical Engineering until 2006. In 2006 he traveled the world.

Winslow Pettingell is a writer, editor and Concord resident.

Therese Quinn has professional experience sewing and tailoring dresses, uniforms and more.

Anne Rarich is the founder and president of Learning Exchange, a consulting company that develops extraordinary leaders and organizations. Founded in 1978, Learning Exchange provides Leadership Coaching, Organizational Development Consulting, and Training in the areas of: Leadership, Executive Development and Team Productivity. Anne is a: Certified DiSC Trainer, Facilitator of The Coaching Clinic, Past Boston ASTD BoD member, Past President International Coaching Federation of N.E., nationally known presenter and speaker, and Coach U Certified. Anne specializes in coaching and consulting with CEOs, entrepreneurs, executives, and senior managers who want to increase their own effectiveness and the effectiveness and results of their management teams. Her background includes 35 years experience in Human Resources, Marketing and Sales, Personal Mastery, and Organization Effectiveness arenas. Her work in the areas of personal and organizational transformation and communication are leading edge, dramatically enhancing results achieved by leaders, executives, and organizations.

Carol & Ron Reynolds have gone on day hikes in 48 of our national parks in the past 12 years. Carol, an avid photographer, particularly enjoys photographing nature. Ron enjoys video recording and editing. Together, they produce DVDs recording their adventures.

Andrew Rodwin spent four decades working in high tech, as a writer, software developer, and engineering team Director. A cryptoassets investor since 2015, Andrew has spent countless hours learning how cryptoassets work through detailed research and practice, and keeps abreast daily of the tidal wave of change in this intensely dynamic field. Andrew provides training, research, and consulting services for wealth managers, educational institutions, and individuals curious about how cryptoassets and blockchain technologies are transforming investing, finance, and society. He specializes in clearly and simply explaining complex concepts. You can learn more at <https://cryptotrainer.boston>.

Scott's Stone Carving Classes & Art Centers' mission is to further the artistic education of students by conducting sculpture classes and more... Scott Cahaly earned his fine art degree from the University of Vermont, followed by a stone carving residency at the Vermont Marble Exhibit. Now based locally, he is a member of the New England Sculptors Association and has been instructing in the Boston/Metro area for fifteen years. He seeks to unlock his students' fascination for the stone carving process.

Ralph Shanner is a Concord resident who was a general contractor until his recent retirement. In his free time he enjoys both traveling and photography. His main interest is learning about people from other cultures as well as seeing the different architecture and wild-life in other parts of the world.

Karen Jo Shapiro is a licensed psychologist and Board Certified Coach who works with professionals and leaders from non-profit, educational, and corporate settings. She has been on adjunct faculty at the Center for Creative Leadership since 1999, and she regularly facilitates workshops in all kinds of settings on interpersonal skills and self-awareness for professional and personal development. Some of her topics have been conflict competence, learning to give effective feedback, team building, managing change, self-care, and stress management.

Rev. Dr. Jim Sherblom is an ordained Unitarian Universalist minister, a transcendentalist, a certified Concord guide, and an over thirty-year resident of Concord. He is the author of *Spiritual Audacity: Six Disciplines of Human Flourishing*. His central transcendental practice is walking these trails with Henry.

Dick Shohet received his B.A. from Brown and his M.A.T. and Ed.D. from Harvard. He has taught English in Concord, Newton, Lexington, on the Navajo Reservation, and is currently volunteering at the Sousa-Baranowski Correctional Center, a super-maximum security prison, in Shirley. He has presented several courses in Village University. They are always lively, social affairs, and Dick will insist on our learning as well.

U.S. Coast Guard Auxiliary boating courses provide instruction to boaters at all levels, from the fundamental to the advanced. Our classes are taught by experienced and knowledgeable instructors committed to the highest standards of the U.S. Coast Guard.

Mary-Wren vanderWilden has been involved in education for 27 years doing everything from teaching high school humanities, middle school math and driver education to consulting work with school districts. She helped plan and teach at the Francis W. Parker Charter Essential School in Devens, MA where she is presently the Vice Chairman of the Board of Trustees. Mary-Wren grew up in Santa Barbara, California and went to college at Scripps College outside of Los Angeles where she studied International Relations. She fell in love with the East Coast after getting an MGA at University Pennsylvania and a MEd at Harvard University and has lived in Concord, Massachusetts ever since. Her three boys are grown and in college or working and she enjoys an active life with her husband, Philip and dog, Guinness.

Ingrid Wheeler is an early childhood educator whose background includes elementary and pre-school teaching. She has been teaching the parent-child programs for over 30 years.

Pamela Wight has an MA in Literature and teaches creative writing classes in the Boston and San Francisco Bay areas. She is a published author of two novels (*The Right Wrong Man* and *Twin Desires*) and of an illustrated children's book (*Birds of Paradise*). Pamela posts a popular weekly blog called *Roughwighting* (www.roughwighting.net).

Daniel Williams, CLU, CHFC, CFP®, is a Certified Financial Planner and co-founder of the Dover Group. He is a frequent speaker on retirement, estate planning and asset protection strategies and has been named as one of Boston's top planners in Boston Magazine.

Peggy Yalman has been a top producing realtor at Coldwell Banker Residential Brokerage in Concord for 15 years. She has a passion for staging houses for sale and teaching homeowners how to maximize their preparation efforts.

Registration is Easy!

How to Register

1. **Online** at www.concordcarlisleace.org.
2. **Call** 978-318-1432 to register by phone.
3. **Mail** to Concord-Carlisle Adult & Community Education, 500 Walden St, Concord, MA 01742.
4. **Visit** our office!

Classes are filled on a first-come, first-served basis. Once you enroll, you will receive a confirmation by email. If a class needs to be cancelled due to low enrollment, you will be notified at least 2 business days prior to the start of class.

Payment in full is due at the time of registration. A \$25 fee for all checks returned due to insufficient funds will be charged and added to your course tuition, in accordance with MGL Ch 60, Sec 57A.

Who Can Enroll?

CCACE programs are open to participants 16 years of age and older unless otherwise specified. Middle school students are permitted to enroll if a parent/guardian also enrolls.

Non-residents (people residing outside of Concord or Carlisle) pay a \$3 non-resident fee per course.

Class Locations:

Unless otherwise noted, classes take place at CCHS.

School locations:

- Alcott Elementary School: 93 Laurel St, Concord
- Concord-Carlisle High School: 500 Walden St, Concord
- Ripley Building: 120 Meriam Rd, Concord (*entrance around back*)
- Sanborn: 835 Old Marlboro, Concord
- Thoreau School: 29 Prairie St, Concord

Other locations:

- Barre3: 158 Great Rd, Bedford
- Barre3: 365 Boston Post Rd, Sudbury
- Concord Library Main Branch: 129 Main St, Concord
- Concord Scout House: 74 Walden St, Concord
- Copper Penny Flowers: 9 Independence Ct, Concord
- Fowler Library: 1322 Main St, Concord
- MetroWest Kung Fu: 69 Main St, Maynard
- Newbury Court: 100 Newbury Court, Concord
- Scott's Stone Carving: 80 Loomis St, 2nd Fl, Bedford
- Starfish Dance & Yoga: 135 Commonwealth Ave, Concord

Parking at CCHS

Park on the right as you approach the building, and enter the first floor doorway (C17) into the Dining Commons. The ACE office will be directly in front of you. From there, you can walk upstairs or use the elevator to attend your class. You may also park above the school and enter the second floor doors to the main lobby.

Refunds & Course Changes

Refunds will be given if a student withdraws at least one week prior to the start of the course, less a processing fee of \$10. No other refunds will be granted - fees are committed to your class once it starts. Note: 3rd party providers noted in the catalog have their own refund policies that apply to students. Refunds will be granted for any course that is cancelled due to low enrollment or the fee may be transferred to another class.

CCACE Advisory Committee

Demi Ayres, Concord, Chair
 John Ballantine, Carlisle
 Ron Bernard, Concord
 Paula Casey, Concord
 Claudia Feeney, Concord

**School Committee Liaison*

Stuart Freeland, Concord
 Marla Iyasere, Concord
 Christine Lear*, Carlisle
 Carol Murphree, Carlisle

Concord-Carlisle Regional School Committee

Heather Bout
 Johanna Boynton
 Court Booth
 Daniel Conti
 Student Representatives: Ariel Waldman, Jennifer Li

Robert Grom
 Wallace Johnston
 Christine Lear
 Mary Storrs

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Adult Registration Form

Contact Information

First Name		Last Name	
Address			
City		Zip	
Phone #		Email	

Course Information

Start Date	Course Name	Fee
	Total	

Billing Information

Cash _____ Check/MO _____ Credit Card _____

Name on card		Exp Date	
Card #		CVV	

Youth Registration Form

Contact Information

First Name		Last Name	
Birth Date		Grade	
School			
Parent/Guardian			
Address			
City		Zip	
Phone #		Email	
Emergency Contact		Phone #	

Course Information

Start Date	Course Name	Fee
	Total	

Billing Information

Cash _____ Check/MO _____ Credit Card _____

Name on card		Exp Date	
Card #		CVV	



Concord Carlisle
Adult & Community Education
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Can We
TALK

**RACE
CLASS
RELIGION
GENDER**

**THE DEFAMATION
EXPERIENCE**

The unique diversity dialogue program that started conversations across the country is back on tour.

DEFAMATION
A PLAY BY TODD LOGAN

Wednesday, November 7, 2018 at 7 pm

Tickets: \$30

See page 14 for more details