

Fall 2020

Concord Carlisle
Adult & Community Education



**Expand your
world through
distance learning**

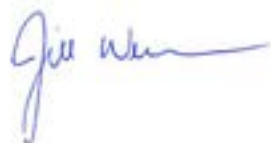
Welcome to our Fall 2020 offerings

Wow! Planning classes has been quite an adventure! We were thrilled that so many of you, instructors and students, quickly adapted to our online world for our Winter & Spring classes. We look forward to the day when we can safely welcome you back in person.

This year, "Can We Talk" is presenting a continuation of last year's "Unconscious Bias: Interrupting the Cycle". This program will meet five times over the course of the school year for some tough and honest discussions. We hope you will join us. Read about the sessions on page 13.

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

If you like learning, doing, exploring, creating, or moving, we have something for you. I look forward to seeing you soon - online!



About CCACE

CCACE is an independent organization within the Concord-Carlisle Regional School District. We provide opportunities for lifelong learning to the citizens of the school district and surrounding towns. CCACE is both a program of classes and educational events and a process that connects local citizens with one another and their public schools in ways that are creative, educational, and cost effective.



L-R: Stefanie, Debbie, Jill, Kristen, Rebecca

Community Education Staff

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Rebecca Gurley, Driver Education

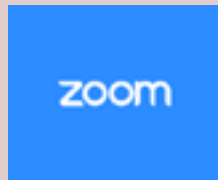
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Deborah Levine, Instrumental Music School

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Kristen Herbert, Director of Teaching & Learning

Laurie Hunter, Superintendent of Schools



**Zoom with us this Fall!
In an effort to keep everyone safe,
all classes will be online.**

Only our walking classes will meet outside,
with limited participants, masks required,
and social distancing.



**CCACE will not hold classes on:
October 12
November 11
November 25-27**

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How to Register

1. **Online** at www.concordcarlisle.org.
2. **Call** 978-318-1432 to register by phone.
3. **Mail** to CCACE, 500 Walden St, Concord, MA 01742.*

Only CCHS students and staff will be allowed in the building so we ask that you do not come to the office to register for classes.

*We anticipate that our offices will reopen on August 27th. Any registrations or checks mailed to us will be received after that time.

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. The Community Chest opens the doors of learning for everyone. For more information or to donate, visit www.cccommunitychest.org.



Cover art by Lucia Jimenez, CCHS Class of 2020, Carlisle: I've had more time to paint during this safer at home advisory. For me, this painting captures the difficulty and the silver lining of quarantine: more time with my adorable two-year-old cousin, even if her face is mostly covered by her mask. I will be attending the University of Pennsylvania next year majoring in Nursing, and I hope to be able to continue to study art as well.



The CCACE Advisory Committee organizes Armchair Travel, a series of presentations on travel. We invite you to attend the popular, long-running Armchair

Travel Series on Monday nights.

All programs begin at 7 pm on Zoom.

Since all sessions are on Zoom, you will need to register so we can send you the link.

The Peruvian Rain Forest-Accessing its Health and Future with Mark Hopkins on Mon, Oct 26

Today's Amazon rainforest, one of the most pristine, wildlife-rich places left on earth, is facing environmental challenges like never before. Mark will discuss why rainforests are of such importance to the planet's health, and reveals how deforestation and other human-induced threats are challenging their very existence. He will describe how, as an Earthwatch volunteer, he assisted biologists working in Peru to assess the health of the forest and rivers, and to teach the indigenous people how to sustain an equilibrium that can keep the forest healthy for generations to come. Mark documents the work being done with the region's monkeys, jaguars and other terrestrial mammals, caiman, macaws, manatees and fish, as well as its unique pink fresh-water dolphins. His discussion covers both the damage that environmental exploitation has caused, and the significant successes that teamwork between scientists and local people is achieving to sustain the health of the Peruvian rainforest and its many rare species.

Highlights of the Greater Antilles with Peter Alden on Dec 14

Scenic, Cultural and Wildlife Highlights of the Bahamas, Cuba, Jamaica, Hispaniola and Puerto Rico. Take a warm break from the winter chill and enjoy the delights of the Caribbean.

Into Africa with Ted & Lesia Shaw - Date TBD

Follow Ted and Lesia as they experience a safari in Tanzania and Kenya where they saw 46 different animals.



How to Navigate the College Admissions Testing: The SAT, the ACT, and YOU

Open Door Education

This seminar helps families to craft smart and effective testing plans by providing clear, straightforward information about college admissions testing. Attendees will gain an understanding of the differences between the SAT and ACT and how to decide which test to take, when to take it, and how to prepare. We'll also address the most recent trends in testing, including test optional policies, changes to the SAT and ACT, and the role of SAT Subject Tests.

Wed, Sep 30, 7-8:30 pm, Online Fee: \$29/family



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.

2 Tues, Oct 6 & 13, 7-8:30 pm, Online Fee: \$39/family

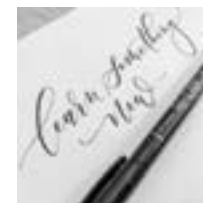


Art in the Open: Appreciating Public Art--From the Environmental and Political, to the Celebratory and Commemorative

Paul Angiolillo

Whether it's Maya Lin's celebrated memorial in D.C. to the U.S. Vietnam War casualties, the giant, playful sculptures at the 500-acre Storm King in the Hudson Valley, installations and murals along the Rose Kennedy Greenway in Boston, or Andy Galsworthy's "Watershed," the new permanent installation at the DeCordova Museum & Sculpture Park in Lincoln, outdoor art is all around, if one looks. Public art can delight, move, inspire, and calm—or be disturbing and controversial, as our culture has realized lately. We'll look at and talk about all sorts of public art: environmental or "land" art, social, political, commemorative, whimsical, and more. What makes a piece "work" or not? What has public art tried to express in the past, what is it about today, and where could it go? From the comfort of your home, join us to enjoy, appreciate, learn, and offer your own thoughts.

Mon, Oct 19, 4-5:30 pm, Online Fee: \$29



Introduction to Modern Calligraphy Using Brush Pens

Jennifer Wayne

Have you been intrigued by beautiful hand lettering seen at special events, on products, or online? Curious to give it a try, but nervous because your regular handwriting is lacking? Then this class is for you! You do NOT have to have perfect handwriting in order to learn brush pen lettering. Brush pen lettering is more about drawing letters as opposed to writing them. In this two part workshop, you will learn the basics of brush pen lettering including: how to do faux calligraphy with any type of writing tool, how to hold a brush pen in order to get contrasting thick/thin lines, the basic strokes, letter formation, and how to connect letters into words. You will also use your newfound skills to create seasonal projects. Since there is a week between sessions, you will also have the opportunity to photograph one of your practice sheets, email it to the instructor, and receive specific feedback. Previous experience is not necessary and all levels are welcome.

A materials fee of \$15 is due to Jennifer prior to class - all materials provided in kits that you will pick up from our offices. The kit includes: two brush pens, paint pen, practice note book and paper, alphabet exemplars, instructional resource guide, and project supplies.

2 Sat, Oct 17 & 24, 3-4:30 pm, Online Fee: \$60



Introduction to Modern Calligraphy Using a Pointed Pen

Jennifer Wayne

Have you been intrigued by beautiful hand lettering seen at special events, on products, or online? Curious to give it a try, but nervous because your regular handwriting is lacking? Then this class is for you! You do NOT have to have perfect handwriting in order to learn modern calligraphy using a pointed (dip) pen and ink. Modern calligraphy is more about drawing letters as opposed to writing them. In this two part workshop, you will learn the basics of pointed pen (dip pen) modern calligraphy including: how to assemble, care for, and use a pointed pen, basic strokes, letter formation, and how to connect letters into words. You will also use your newfound skills to create seasonal projects. Since there is a week between sessions, you will also have the opportunity to photograph one of your practice sheets, email it to the instructor, and receive specific feedback. Previous experience is not necessary and all levels are welcome. **A materials fee of \$17 is due to Jennifer prior to class - all materials provided in kits that you will pick up from our offices. The kit includes: dual straight/oblique pen holder, nib, inkwell holder and Sumi ink, cleaning cloth, alphabet exemplars, instructional resource guide, and project supplies.**

2 Thurs, Dec 3 & 10, 7-8:30 pm, Online Fee: \$60



Winter 2020 student from "Calligraphy"

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.

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 requirements

- 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

How do I complete Driver Education?

- 30 classroom hours
- 12 hours of behind-the-wheel instruction
- 6 hours of on-the-road observation (*Until further notice this must be completed with a parent/guardian per the RMV.*)
- 2 hour parent/guardian class, attended by at least one parent (certificate valid for 5 years).
- Once all of the above is completed, we send a certificate to the RMV (\$15 fee, included in your tuition).

Total Fee: \$800

Recommended: RMV Driver's Manual Download at <https://www.mass.gov/lists/drivers-manuals>
Purchase for \$4 at CCCAE office or \$5 at the RMV

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

Classroom Options: *Until further notice all classes will be on Zoom.*

Saturday:	7 Sun: Sep 13 - Oct 25, 1-5 pm, final session ends at 7 pm
Weekend & Veteran's Day:	3 Sat, 4 Sun & 1 Wed, Nov 1 - 21, 1-5 pm, final session ends at 7 pm
Winter Break:	Sat - Fri, Dec 26 - Jan 1, 1-5 pm, final session ends at 7 pm

Winter & Spring 2021 schedules are available online.

Parent Session: Parents must attend the RMV-mandated Parent Class *before* their child will be allowed to participate in driving lessons with an instructor. We will cover your responsibilities, your child's responsibilities, as we will review our program's policies. Also, you will hear tips and hints on how to teach a new driver and a review of laws that have changed in the last 10-20 years. While we welcome both parents to come and speak with us, only one parent is required to complete the class. Parent meetings are FREE for parents of students in the CCHS Driver Education Program.

Parent Class: *Until further notice all classes will be on Zoom.*

Wed, Sep 9, 7-9 pm
Tues, Oct 6, 7-9 pm
Thurs, Nov 12, 7-9 pm
Wed, Dec 9, 7-9 pm

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

Questions? Contact Rebecca:
rgurley@concordcarlisle.org
or 978-341-2490 x7124

Planning for an Uncertain Future

Margaret Hoag

Statistics show that more than 50% of people over 65 will need long term care at some point. Whether you are planning ahead or are in the middle of a health care crisis, this workshop led by an attorney will give you the tips you need to navigate the legal side of long term care. Learn which estate planning documents to consider; the different options for care and how to pay; and guardianship/conservatorship. Don't be caught off guard – come get valuable resources for navigating through a difficult time.

Tues, Sep 22, 7-8:30 pm, Online Fee: \$45



Fitness Walks

Stefanie Cloutier

Take your exercise outdoors and enjoy fall in New England! We'll explore local trails while getting a moderate to higher intensity workout. Come prepared to break a sweat and get your heart rate up. Light hiking boots recommended; walking poles suggested for those wanting additional support and an upper body workout. **Directions to the starting place will be available after registration. Class size is limited and masks will be required.**

6 Wed, Sep 30 - Nov 4, 9:30-11:30 am Fee: \$89

The History and Lore of Tea

NEW Paul Angiolillo

Perhaps no other plant has influenced the history of the world so much as the camellia sinensis plant--tea. From China, Japan, India, and Ceylon, to Russia, England, Morocco, Ireland, and the United States, tea has played a major role in trade, politics, technology, and the arts. When the West discovered the "elixir of the East," with its rejuvenating and stimulating qualities, it changed everything: social mores (tea gatherings, tea time), arts and crafts (porcelain, silverware, tea caddies and services), technology (pottery-making), trade (clipper ships), work habits (the Industrial Revolution), and politics (the American War of Independence). As the English writer Samuel Johnson quipped: "Tea's proper use is to amuse the idle, relax the studious, and dilute the full meals of those who cannot use exercise." Brew up one (or more) of your favorite teas and join us for a lively slideshow, talk, and open discussion on tea: its rich history and lore, many varieties, and brewing a perfect cup.

Wed, Nov 4, 4-5:30 pm, Online Fee: \$25



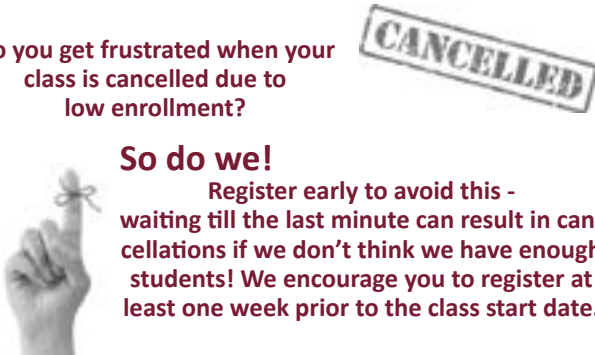
NEW **Halloween Cookie Decorating**

Adrienne Dunne

Have you ever noticed beautifully decorated sugar cookies and thought, "How did they do that"? In this online class, you will learn basic sugar cookie prep, baking and decorating techniques for spooktacular Halloween cookies! You will receive a superb sugar cookie dough recipe so you can bake your cookies ahead of time, and during the class will learn rolling techniques, proven successful baking strategies, piping, flooding and color tinting. You will end with an array of beautifully decorated cookies and the skills to wow people at your next event. A shopping list will be sent before class. This is a fun Parent/Child activity!

Sat, Oct 31, 9:30-11 am, Online Fee: \$35

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



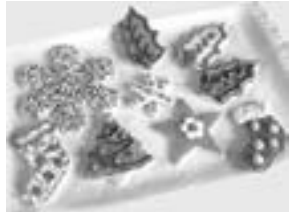
So do we!
Register early to avoid this - waiting till the last minute can result in cancellations if we don't think we have enough students! We encourage you to register at least one week prior to the class start date.

Make & Bake Two Pies

Adrienne Dunne

Make your own from-scratch apple and blueberry pies. Adrienne will teach you how to make a superb pie dough! You will also make the filling to your own individual taste. A shopping list will be sent before class. This is a fun Parent/Child activity!

Mon, Nov 23, 6-7:30 pm, Online **Fee: \$35**



NEW Holiday Sugar Cookie Decorating

Adrienne Dunne

Spice up your holiday cookies with this online cookie decorating class. You will learn basic sugar cookie prep, baking and decorating techniques for spectacular holiday cookies! You will receive a superb sugar cookie dough recipe so you can bake your cookies ahead of time, and during the class will learn rolling techniques, proven successful baking strategies, piping, flooding and color tinting. You will end with an array of beautifully decorated cookies and the skills to wow people at your next event. A shopping list will be sent before class. This is a fun Parent/Child activity!

Sat, Dec 12, 9:30-11 am, Online **Fee: \$35**

NEW Cooking with Jeremy

Jeremy Pietropaolo

Accomplished chef and noted pasta maker Jeremy is back with five new cooking classes. Each one-hour class takes on a different recipe, teaching tips and techniques, including plating where appropriate. At the end of the class you'll have something finished and ready to serve! Join us for one or any combination of classes. A shopping list will be sent before class.

Risotto workshop

Learn to make a mushroom risotto start to finish.



Tues, Oct 6, 4-5 pm, Online **Fee: \$35**

Meatballs with a Pomodoro sauce

We'll make homemade meatballs and simmer them in a quick Pomodoro sauce.

Tues, Oct 20, 4-5 pm, Online **Fee: \$35**

Buttercream workshop

Step up your dessert game with a vanilla Italian meringue buttercream and a chocolate swiss meringue buttercream. Students can then use these buttercreams at a later date on cupcakes, cakes, etc.



Tues, Nov 3, 4-5 pm, Online **Fee: \$35**

Introduction to Duck

Make a pan-seared duck breast with a red wine sauce accompanied by blistered grapes.

Tues, Nov 17, 4-5 pm, Online **Fee: \$35**

NY Strip Steak workshop

We'll learn to make a pan-seared NY strip steak.



Tues, Dec 1, 4-5 pm, Online **Fee: \$35**

(Jeremy's) energy & passion for Italian food was evident...plus the fact that he's a high school student. I would take another class from Jeremy.

Winter 2020 student from "Pasta Making"

Activate Joy through your Radiant Circuits

Louisa Mattson

Looking to boost your sense of well-being and joy? We are hardwired for joy but may often find ourselves in survival mode—especially in this challenging time. In this Energy Medicine workshop you will learn how to active your Radiant Circuits—your energy system for joy, which can instantly send energy to wherever your body needs a boost. Your Radiant Circuits can reprogram your nervous system to counter stress and negativity. You will learn fun, easy-to-do and powerful Energy Medicine exercises to calm your stress circuits and activate your joy circuits. Participants will leave with a handout of exercises they can put into practice right away.

Wed, Oct 21, 7-9 pm, Online **Fee: \$29**



NEW Morning Mindfulness

Lara Wilson

Care to learn how evidence-based mindful wellness practices help you maintain balance and enhance wellbeing? Join Be Well Be Here founder Lara Wilson, MA, GCMS to experiment with a variety of meditative practices that ease the body, calm the nervous system, and settle the roving mind. Discover practices that suit your style and can be easily integrated into daily life. Explore a path of enhanced health, better sleep and endless possibility!

3 Fri, Sep 11 - 25, 8:30-10 am, Online **Fee: \$75**



NEW Introduction to Mindful Meditation

Ed LeClair

This class is a precursor to the 8-week Mindfulness course. It will describe what your personal practice and possible results could be if you follow the recommended practices in that course. Additionally, you will participate in Mindfulness Meditations practices to get a sense of the content of the full course. Previous participants in Mindfulness Meditation experienced the present moment mindfully, helping them to be calmer and more relaxed. Recent public health recommendations have stated that mindfulness is one way to remain safe from Covid 19.

Mindfulness Practice is very simply a conscious returning of our wandering mind to the present. Many of us today have a relatively stressful life medically, financially, politically and/or socially. Mindfulness offers us a practice to reduce stress and to live with ease.

Thurs, Sep 24, 6:30-7:20 pm, Online **Fee: \$15**

NEW Mindfulness Meditation

Ed LeClair

This Mindfulness Meditation Course is designed to help you develop a personal practice that will result in you being able to stay in the present moment, so that you can be calmer and more relaxed. There is more than one way to practice mindfulness, but the goal of this mindfulness program is to develop a practice focusing our attention on our thoughts and sensations with openness and curiosity. Many of us today have a relatively stressful life medically, financially, politically and/or socially. Mindfulness has been proven to have a positive impact on stress and anxiety. The American Psychological Association shares research on a range of benefits of mindfulness including: stress reduction, boosts to working memory, focus and more cognitive flexibility. Mindfulness Practice is very simply a conscious returning of our wandering mind to the present. Mindfulness offers us a practice to reduce stress and to live with ease.

8 Thurs, Oct 1 - Nov 19, 6:30-7:20 pm, Online **Fee: \$79**



NEW Meet Concord's Historic Women
Victor Curran

Concord is home to American independence and imagination, and it became fertile ground for women to flourish as leaders. In this course, we'll meet more than two dozen women who made and witnessed history in Concord. Some helped America win its freedom, and others claimed their own freedom to become prominent voices in human rights, literature, art, and education.

You'll get better acquainted with some famous women like Louisa May Alcott, and you'll discover some hidden figures just getting the recognition they deserve.

6 Mon, Sep 21-Nov 2, 7-8:15 pm, Online Fee: \$125

Victor was a fabulous teacher!
His stories were mesmerizing.
It was a pleasure to go to class every week.

Winter 2020 student from Victor's class

Adding onto Your Home

Nancy Dickinson

If you have been thinking of adding onto your house, but don't know where to start, this one night class is for you! Nancy Dickinson, Principal at Dickinson Architects in Concord, will give an overview of the design and construction process for residential additions and renovations. The class will review zoning and septic issues, programming, budgeting, whether to "move or stay", the architectural process, contractor selection, permitting and what to expect during construction. Time will be allowed for questions about your specific project. Nancy is a registered architect with over 25 years of experience; for 20 years, she has specialized in Residential Design. See her website at DickinsonArc.com.

Tues, Oct 20, 6:30-8:30 pm, Online Fee: \$45

Declutter, Simplify, Get Organized

Marilyn Cruikshank

Are you surrounded by too much stuff, drowning under too many piles, but too overwhelmed to deal with it? Do you want to declutter your home, but don't know how or where to begin? You are not alone! Now is the perfect time to clear out the clutter and make your spaces feel refreshed and revitalized. Join us to learn decluttering and organizing techniques from a professional organizer. You will discover tried and true strategies that work for you and the way you live. You will feel energized and motivated to make small changes that will have a big impact.

Wed, Oct 28, 6:30-8:30 pm, Online Fee: \$35

**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!
Fill out the course proposal form at
concordcarlisleace.org/teaching-opportunities/

NEW Divas
Andy Papas

Whether you're a wannabe prima donna, or a bonafide Divo, this is your gateway to the world of divas, drama, and divine musical theatrics. Each session focuses on a famous Diva (or Divo), and explores the vocal idiosyncrasies and famous arias that define each singer. Students will watch a new opera for every class, highlighting a signature performance for our Diva of the Week. Discussions about individual plot points, characters, and anecdotes will allow everyone a chance to gain an understanding of what makes each singer a star. The course is led by a classically trained professional opera singer, who will regale the class with stories from backstage, offering a real life glimpse into the world of opera.

10 Mon, Sep 21 - Nov 30, 3-4:45 pm, Online Fee: \$245



NEW Viva Opera II
Andy Papas

This is the sequel to this summer's standing-room only Viva Opera course. Once again, Andy Papas will lead the class on an exploration of a new Italian opera every week, breaking down important musical and theatrical moments. We'll delve deeper into the piece, its origins and creators, and pinpoint what makes each opera a masterpiece. Additionally, students will probe the individual creative and technical elements of opera, and survey how an opera comes together. Backstage stories and anecdotes will give the class a behind-the-scenes insight into the world of opera. Participation in Viva Opera I is not required - All are welcome!

Section A: 10 Tues, Sep 22 - Nov 24, 7-8:45 pm, Online

Section B: 10 Thurs, Sep 24 - Dec 3, 3:30-5:15 pm, Online

Fee: \$245

NEW The Lullabies of Broadway
Andy Papas

From the age of Movie Musicals to the contemporary theatrical landscape, this course is your portal to Musical Theater. We focus on a different production every week, highlighting significant scenes, key music, and the performance history. The works of Steven Sondheim and protégés are an integral part of the curriculum. Additionally, the class delves into the artistic and technical elements of the creative process. The instructor, a professional actor, will regale the class with backstage anecdotes that provide a perspective on the performing arts.

10 Tues, Sep 22 - Nov 24, 4-5:45 pm, Online Fee: \$245

Parent-Toddler Program (Ages 1-2*)

Julie Doherty

This program is for parents and their children, ages 12-24 months. Parents will participate in a one-hour weekly Zoom discussion led by Julie to discuss the joys and challenges of raising one-year-olds. Each week will cover a different topic on parenting, such as, sleep, picky eaters, sharing, co-parenting relationships, tantrums, etc. In addition, supplemental videos of Julie reading books and singing songs, as well as activity ideas for the children will be provided. The first class will be held in-person at an outdoor space TBD to allow the parents and children to meet in a safe, socially distant manner so that everyone can get to know one another before the Zoom call discussions. The class will meet midday, in hopes that the children will be napping, allowing for some "adult time" talking with other parents online. Children are welcome to play alongside if they are awake.

*Ages are as of September 2020.

12 Thurs, Sep 17 - Dec 10, 1:30-2:30 pm, Online Fee: \$199

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

Julie Doherty & Candace Root

This program is for parents and their children, ages 2 to 3 years old. Parents will participate in a one-hour weekly Zoom call led by Julie to discuss the joys and challenges of raising 2 to 3-year-olds. Each week will cover a different topic on parenting, such as tantrums, meal ideas, welcoming new siblings, and toilet training. In addition, parents will have access to a library of videos created by Candace which will include reading books, singing songs and craft/activity ideas geared towards 2 to 3-year-olds. The first class will be held in-person at an outdoor space TBD to allow the parents and children to meet in a safe, socially distant manner so that everyone can get to know one another before the Zoom call discussions. The class will meet midday, in hopes that the children will be napping, allowing for some "adult time" talking with other parents online. Children are welcome to play alongside if they are awake.

*Ages are as of September 2020.

12 Fri, Sep 18 - Dec 11, 1:30-2:30 pm, Online Fee: \$199

What Happens to the Family Vacation Home?

Margaret Hoag

Many families have a beloved vacation home that they want to preserve for future generations. The process of transferring the house to the next generation can lead to significant family conflict. We will discuss various methods of passing a vacation home onto your children and review the issues that arise. Topics will include the pros and cons of joint ownership, trusts, and LLCs including tax consequences. We will also discuss methods of decision making, paying for repairs and upkeep, and renting a property. Bring your personal experiences and questions to share.

Tues, Oct 27, 7-8:30 pm, Online Fee: \$45

Even though I have been researching this, it filled in a bunch of holes in my knowledge. Came at just the right time as my family is trying to figure this out.

Fall 2019 student from "What Happens..."

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, Sep 30, 7-9 pm, Online Fee: \$35

The Latest Long-Term Care Strategies

Daniel Williams

The high cost of long-term care can wipe out a family's life savings in a short period of time. Unfortunately, many families are faced with this situation, finding themselves at the mercy of an under-funded government Medicaid system with limited choices. Recent legislative changes have created many questions surrounding planning techniques:

- How can I protect my home?
- What is the penalty for giving assets away?
- Are my assets protected if I put them in a trust?
- When is long-term care insurance worthwhile to consider?
- What if my loved one is already in a nursing home, can they still protect their assets?

All of these questions and more will be clearly answered in this very important class.

Wed, Nov 18, 7-9 pm, Online Fee: \$35

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, Dec 14, 7-9 pm, Online Fee: \$35



CCACE and Friends of the Concord Free Public Library present
Unconscious Bias: Interrupting the Cycle Part II

Whether you were a part of last year's program or want to jump in now, all are invited to join us.

Unconscious bias (or implicit bias): prejudice or unsupported judgments in favor of or against one thing, person, or group as compared to another, in a way that is usually considered unfair. -- from Vanderbilt University's Office for Equity, Diversity and Inclusion

We will continue to look at recognizing and acknowledging that we all have biases and that we contribute to the problem. We will examine our unconscious biases, understand how to have conversations with others around this topic, and learn tools to use in our daily lives to counteract this.

We will meet on Zoom. The first session will meet all together on Wednesday, October 14th from 7-9 pm. After the first session, we will meet in two different sections, morning or evening:

Section A: 4 Tues from 10 am - 12 pm, Dec 1, Feb 2, Apr 6

Section B: 4 Wed from 7-9 pm, Dec 2, Feb 3, Apr 7

We will conclude all together on Wednesday, June 2nd from 7-9 pm.

Fee: \$150



October: Introduction

The series begins with an overview of unconscious bias and how to perceive the topic as a whole with Dr. Paula Martin. Each subsequent presentation will build on that topic, covering race, gender, and class/culture issues, and end with a discussion on how to take what we've learned and apply it. We hope you will join us, and our knowledgeable presenters, in better understanding this important and timely topic.

December: MEDIA and the MIND

Let's explore how the messages taught and caught through the media can adjust the lens through which we see the world; thus molding the ways in which we think. What impact has the media had on your life?

February: What Does All This LGBTQ Stuff Have To Do with Me?

In this workshop, we'll explore why LGBTQ-inclusive thinking is important for all members of our community, with a focus on safe, age-appropriate ways adults can enter into conversations with children and each other about gender and sexuality. We'll review all that is incorporated in LGBTQ+ terminology, spend time grappling with the difference between "safety" and "comfort" as it pertains to dominant groups facing marginalized experiences, and brainstorm ways to welcome LGBTQ+ folks into our community.

April: Cultural Appropriation: Building Respect, Perspective, and Compassion

To understand cultural appropriation, we have to understand the significance of a group's culture and our own power and privilege. This workshop will explore ways cultures can interact, from acculturation to assimilation, and how cultural appropriation is not an equitable exchange of ideas.

June: Conclusion

During the final presentation, Dr. Martin will bring us together again to talk about barriers that keep us from facing and having courageous conversations and acquire concrete strategies to help us have the conversations we need to have, not only about race but all the other "isms" we are faced with. These strategies will be universal in that anyone can use them. We will also have the opportunity to practice the scripts that help us to engage in these various conversations. Having the conversation is the beginning - not the end.



2020 marks 40 years of music with the Instrumental Music School of Carlisle and Concord bringing music to our communities!

While we are not able to celebrate with you in person right now, we will be sharing virtual opportunities for you to enjoy and appreciate the talent of our faculty and students.

Our IMSCC faculty offer group classes too! Join Andy Papas this Fall. Andy is a classically trained professional opera singer, who will regale the class with stories from backstage, offering a real life glimpse into the world of opera.



Divas
See page 11 for details



Viva Opera II
See page 11 for details



The Lullabies of Broadway
See page 11 for details

Razzle Dazzle - Broadway for Teens!
See page 22 for details



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, ukulele, 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

All lessons for Fall 2020 will be online.

30 minutes lessons: \$35 per lesson
45 minutes lessons: \$52 per lesson
60 minutes lessons: \$69 per lesson

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

For more information and questions, contact:
Debbie Levine: dlevine@concordcarlisle.org

Music Directors:
David Gresko (Concord): dgresko@concordcarlisle.org
Kevin Maier (Carlisle): kmaier@carlisle.k12.ma.us

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



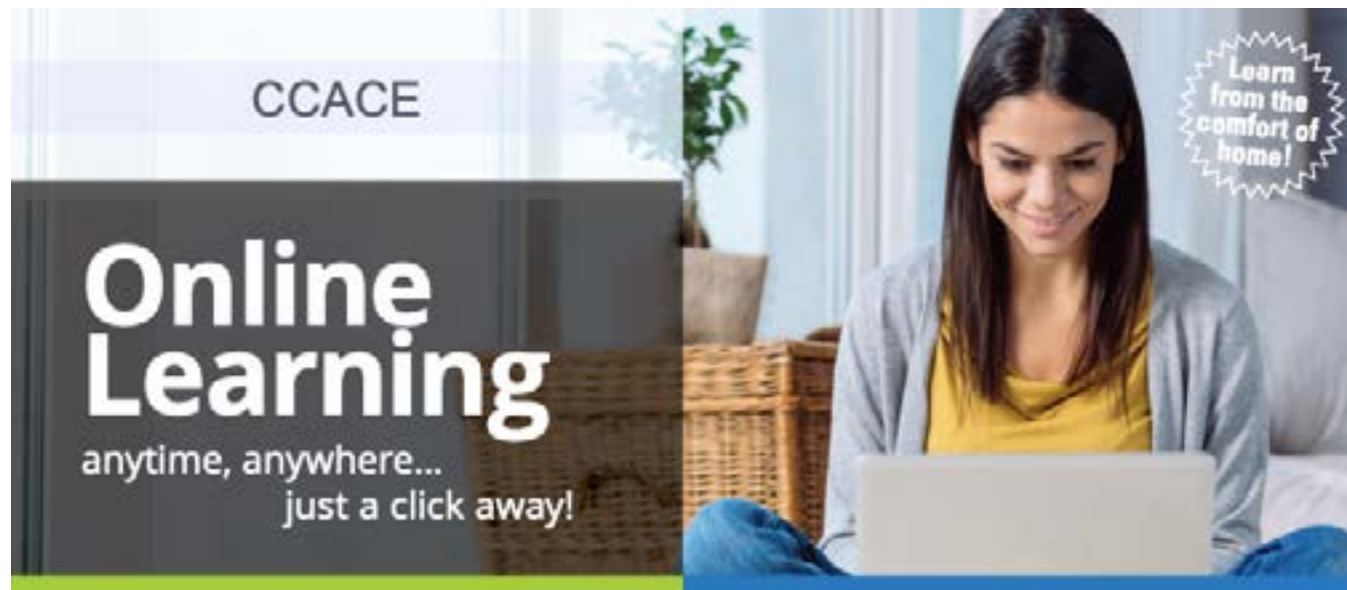
~ IMSCC FACULTY ~

Jon Amon: saxophone
Andrew Arceci: string bass
Jane Bailey: clarinet & bass clarinet
Scott Chamberlin: saxophone
Sissie Siu Cohen: saxophone
Tony D'Aveni: trumpet
George Darrah: percussion
Brian Diehl: trombone & low brass
Alexei Doohovskoy: trombone & low brass
Laryssa Doohovskoy: voice
Nune Hakobyan: accompanist
Chip Halt: tuba & low brass

Zarina Irkaeva: cello
Susan Jackson: flute
Laura Jeon: piano
Deanna Johnson: flute & piano
Rachel Juszcak: bassoon
Yerim Kang: piano
Sargis Karapetyan: violin & viola
Tobi-Ann Kocher: flute
Debbie Levine: clarinet & bass clarinet
Ryan Noe: trumpet
Andy Papas: voice & piano
Jean Pulsifer: piano

Jeremy Ronkin: French horn
Timur Rubinshteyn: percussion
Matthew Small: trumpet
Andrei Sobchenko: saxophone
Andrew Sorg: trumpet
Louis Stamas: saxophone
Henry Tervo: oboe
Kenneth Toland: clarinet & bass clarinet
Jessica Trainor: voice & piano
Jason Yost: guitar, bass guitar & ukulele

See our faculty bios online!



ONLINE CAREER TRAINING PROGRAMS

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

- 6-18 Month Format
- All materials included
- Prepare for certification
- Student advisors

careertraining.ed2go.com/concord

INSTRUCTOR-LED ONLINE SHORT COURSES

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly, are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

- 6 Week Format
- Discussion Areas
- Monthly start sessions
- Expert Instructor

ed2go.com/concord

Popular Classes:

- Accounting Fundamentals
- Discover Sign Language
- A to Z Grant Writing
- Introduction to Microsoft Excel 2019/Office 365
- Introduction to Interior Design
- Introduction to Python 3 Programming
- Computer Skills for the Workplace
- Medical Terminology: A Word Association Approach
- Explore a Career in Medical Coding
- Project Management Fundamentals
- Effective Business Writing

NEW Broadening Your Knowledge of Investing

Alex Winkelmann

Rules for investing - develop a strategy, choose quality investments, diversify portfolio, invest for the long term and focus on what you can control.

Mon, Oct 5, 6:30-8 pm, Online

Fee: \$35



Leave It, Move It, Roll It, Take It Seminar

Alex Winkelmann

Designed to help clients and prospective clients learn how to handle their 401(k), pension or other employer-sponsored retirement plan when they leave a job.

Wed, Nov 4, 6:30-8 pm, Online

Fee: \$35

What happens after the paychecks stop?

A Retirement Income Primer

Alex Winkelmann

Long-term investing is like a journey. Whether you're traveling or investing, you want to prepare for the trip and avoid wasting time and money along the way. We'll examine: The economy, interest rates and our outlook, current market trends, ways to prepare for volatility, and opportunities in today's market.

Mon, Nov 16, 6:30-8 pm, Online

Fee: \$35

NEW Matters of Your Legacy

Anne Gray

Your legacy is about far more than any physical gifts you leave behind, but perhaps even more about who you are, what you value, and what others experience and learn from you. Through exercises, inspirational pieces, writing stories and letters and conversation we'll explore the power of your life experience and ways to share that treasure with those you love. Legacy letters may be written to share a wide variety of messages. Whether to preserve personal and family history, to pass on values and traditions, or simply to be known, understood and respected.

Come prepared with an open mind and journal. Also recommended is purchasing the *Legacy Workbook for the busy woman* by Rachael Free.

5 Wed, Oct 7 - Nov 4, 4-5:30 pm, Online

Fee: \$85

The instructor was excellent, offering a variety of experiential sharing, meditation, meditation videos, related resources, list of books, etc. The exercises were very personal and intimate, and we established a healthy level of trust in our small group. Everyone had a chance to share in each class. I highly recommend the class.

Winter 2020 student from Annie's seminar



NEW Networking in a Time of Social Distance

KJ Shapiro

Networking is about more than interacting with others for mutual benefit; at its best networking is building and nurturing relationships in your professional and personal sphere. Would you like to learn how to build your network more powerfully? This class will help you to think through and develop your connections, make new ones, and take on a relationship-building mindset. You will also practice strategically finding people you would like to connect with professionally.

This class will be interactive and exercise based, and you will leave with some action steps.

Tues, Sep 29, 11 am-12 pm, Online

Fee: \$25



NEW Making the Most of a Mentor Relationship
KJ Shapiro

Social research has shown that human beings learn powerfully through role models and a mentor-mentee relationship is a wonderful example of a connection that can promote professional growth. Come learn how to make the most of a mentor relationship through strategic selection, goal and value setting, and clear communication. A mentor can often help you explore new paths and/or get to the next level! This class will be interactive and exercise based, and you will leave with some action steps. We will also talk about how to be a good mentor to others.

Tues, Oct 13, 11 am-12 pm, Online Fee: \$25

NEW Your Career: What Now?
KJ Shapiro

The Covid-19 pandemic and the need to shelter in place has brought big changes to many people's careers, whether they are salary, hourly, or self-employed. If you have been laid off, are burning out, have less work than you want, or are not sure how to pivot in your business, this time may be one when you are re-assessing your career and life goals. In this workshop, we will take a pause to look at where you have been in your career, what is happening now, and where you might go next. We'll talk about best career management strategies in a time of uncertainty and ambiguity. This class will be interactive and exercise based, and you will leave with some action steps.

Mon, Oct 26, 7-8:30 pm, Online Fee: \$29

Concord Fall Walks

Ginger Lang

Are you new to the Concord-Carlisle area? Join Ginger in her 27th 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 three-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 provided for all walks. Rain cancels. Walks will be rescheduled.

Due to Covid-19, everyone is required to wear a mask, class size will be limited, and we will maintain distance between participants for our walks.

Section A: 3 Wed, Sep 16 - 30, 9:30-11:30 am Fee: \$75

Section B: 3 Wed, Oct 14 - 28, 9:30-11:30 am 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 16 - Dec 16, 7-9 pm, Online Fee: \$50

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 16 - Dec 16, 7-9 pm, Online Fee: \$50

Perfect Your Grammar

Karina Gordin

English language proficiency is not just important in school and work settings. Did you know it also plays a key role in our personal lives? Mounting studies show poor spelling, grammar, and punctuation are major dating deal breakers, and can even change perceptions of attraction and appeal. Come join Perfect Your Grammar and refresh your grammar basics—key for personal, professional, and academic success.

Wed, Oct 7, 6-8 pm, Online

Fee: \$35



Voice Over 101

Lau Lapides Company

Do you people say you have a great voice for radio or animation? Do you love the voices of your favorite cartoon characters, commercials and television shows? Would you ever think of doing those voices professionally? If you're curious about the world of voice over come join our fun, interactive, fast-paced workshop full of tips and techniques designed to offer you an introduction to the exploding world of voice over! Learn how to warm-up your voice and speech, breathe properly, articulate, learn different accents, and interpret a script (copy) with ease! Learn how to create credible characters, and make a voice over demo! Have fun building your confidence as a voice actor while learning about scripts (copy) from commercials, audio books, animations, video game characters, e-learning and more! Dress in comfortable clothing, have a notebook and water.

Wed, Oct 28, 7-9 pm, Online

Fee: \$35

Speaking with Confidence

Lau Lapides Company

Are you making the impression you want to be making? Need to polish your speaking skills for work? Want to eliminate fears and anxieties of speaking? From the moment you enter a room in literally seconds you make your impression...your smile, your voice, your first few words, your style, your energy, your initial eye contact—all of these ingredients create the successful chemistry to "command presence!" In this dynamic, fast-paced exciting workshop you will strengthen and polish your speaking style by utilizing tools and techniques to help you engage your audience and polish your presentation. Build self-confidence while learning how to organize and deliver interesting and relevant content to your audience. Polish your articulation, neutralize local accent/dialect, and work on breathing techniques. Develop storytelling techniques that work and engage your audience! Dress in comfortable clothing, have a notebook and water.

Wed, Oct 21, 7-9 pm, Online

Fee: \$35

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! We encourage you to register at least one week prior to the class start date.





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. Our volunteer instructors bring the best university-level learning experiences to our community.

High Impact Issues in the Supreme Court – 2020 Cases with Bill Cotter

We will discuss the current composition and history of the Court as well as the President’s legal disputes with the House of Representatives and other Court challenges to the Executive Branch. In that review we will explore whether the Court is still an independent body or has it become just another political branch? We will also analyze several leading cases decided in 2020. These cases concern: the subpoenas of the President’s tax returns; LGBT discrimination; DACA; insurance companies reimbursements and the birth control mandate under Obamacare; abortion; separation of Church and State; the Sixth Amendment requirement of a unanimous jury; Robocalls and the First Amendment; and “faithless electors” in Presidential elections. There are required readings and vigorous and respectful discussion is encouraged. All the cases are new and prior participants are most welcome.

4 Tues, Sep 29 - Oct 20, 9:30-11:30 am, Online

Requested donation: \$60

Reading Lau tzu's Tao Te Ching with Tony Fairbank

The Tao Te Ching is one of the great classics of Chinese (and world) philosophy, and has been translated into English more than any other Chinese text. In this six-week course we will look at this short Taoist classic bilingually—that is to say, we will base our discussions on the Chinese original, along with the recent English translation by Red Pine (Bill Porter). In this way, we will be able to see the poetry and structure of the language, while paying attention to important Chinese terms and ideas not otherwise accessible to non-Chinese readers. Whether you are a native-born Chinese reader, a student of world philosophy, or simply someone who wants to read the words of one of humanity’s brightest candles, this online course should prove enjoyable, educational, and enlightening. Required text: Red Pine, Lao-tzu’s *Taoteching*, Copper Canyon Press; 3rd Revised edition (2009). Paperback and Kindle editions available.

6 Tues, Sep 29 - Nov 3, 2-3:30 pm, Online

Requested donation: \$60

Photographers Talking Photography with Larry Brink

Have you ever considered what distinguishes snapshots from fine art photographs? Have you thought about how intent, point-of-view, image style and/or composition impact the strength and meaning of a photograph? Would you like to learn the language of photography to better appreciate images and broaden your grasp of the medium? By focusing on the “art of photography,” this 5-week course will examine how artists employ photography to creatively express ideas, messages and emotions. Several guest photographers will make presentations to share their work. During these sessions we’ll utilize the language of photography as a tool for discussion and learning. While the course won’t concentrate on photo techniques per se, we’ll surely touch on types of cameras, exposure, digital features, printing and the like. Since all of us take photos — in one form or another — a richer understanding of the medium and creative methods should be valuable to everyone. At the last session, you’ll have the option to share your own photography with the class. You need not be a “photographer” to enjoy and benefit from the content of this course.

5 Thurs, Oct 8 - Nov 5, 10:30 am-12 pm, Online

Requested donation: \$60

The Great Symphonies with Keith Daniel

What is a symphony? When did it first appear? Where did it come from? This course will answer all of these questions - and more - before diving deeply into some of the great symphonies written by such composers as Haydn, Mozart, Beethoven, Schubert, Mendelssohn, Brahms, Tchaikovsky, Mahler, Stravinsky and Shostakovich. Finally, we will try to answer the question, “Why have no significant symphonies been written in the last 50 years?” This is a listening course, and no knowledge of music or music theory is required.

9 Wed, Oct 7 - Dec 16, 11 am-12 pm, Online

Requested donation: \$60

We are thrilled to be 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 Intermediate

Katie Rye

If you have some or long-since-forgotten knowledge of French, this class is for you. In this Intermediate 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 Wed, Sep 30 - Dec 16, 6:30-8:30 pm, Online

Fee: \$215

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, Oct 1 - Nov 19, 12-2 pm, Online

Fee: \$205

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.



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 Mon, Sep 28 - Dec 7, 6-7 pm, Online

Fee: \$145

Italian II

Rita Abela

Bentornati! Come and join me again to expand your knowledge of Italian. This class is open to people who have already taken Italian for Beginners or have some knowledge of Italian. We will continue to learn the fundamentals of the language through a variety of activities and methods. We will cover new vocabulary, sentences, grammar rules, along with easy conversations on daily activities.

10 Thurs, Oct 1 - Dec 10, 4:30-6 pm, Online

Fee: \$205

Italian III

Rita Abela

This course is open to people who have already taken Italian Level II. It will expand vocabulary and introduce new grammar structures through short stories, easy readings, language drills . Participants will engage in group conversations about everyday situations in order to build vocabulary and communication skills .

10 Thurs, Oct 1 - Dec 10, 6-7:30 pm, Online

Fee: \$205

Spanish I

Karin Valencia-Bedard

Spanish I is an introductory course intended for people with little or no knowledge of the language. It is aimed to present meaningful vocabulary necessary to make meaning of the language and to communicate with others in a hands-on experience. Through this immersion experience, you will 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. Communicative class activities will include pair and group work, interviews and roleplaying, community building games, preparing recipes from Latin American countries, learning about Latin American culture, and student interest topics. **During this course, we will read the book *Brandon Dice la Verdad* by Carol Gaab, which can be purchased online.**

11 Thurs, Sep 24 - Dec 10, 5-7 pm, Online Fee: \$235

Spanish II - Intermediate

Karin Valencia-Bedard

This course is for intermediate learners. In this immersion course, you will expand your vocabulary and improve your proficiency of the language by communicating about yourself and others, making comparisons regarding your culture and Latin American cultures. You will have opportunities to communicate at various times in a hands-on, authentic experience. We will focus on the three modes of communication: Interpersonal, Interpretive and Presentational. Communicative class activities will include pair and group work, interviews and roleplaying, community building games, preparing recipes from Latin American countries, learning about Latin American cultures such as music, dance, tradition, and student interest topics. **During this course, you will read the book *Esperanza* by Carol Gaab, which can be purchased online.**

11 Thurs, Sep 24 - Dec 10, 7-9 pm, Online Fee: \$235

Spanish III - Advanced

Carmelita Senters

This course is a continuation and recycling of knowledge acquired from Spanish I and Spanish II courses. It will introduce new vocabulary and grammar structures. The course will focus on developing the four language skills in a proficient way. Advanced Spanish conversations and activities on a variety of topics of everyday life situations will be used to increase oral skills. The class is conducted entirely in Spanish so you need to be able to communicate at the advanced Spanish level with the instructor and the classmates. Communicative class activities will include pair and group work, interviews and role playing. Customs and culture are also presented. **Please purchase the textbook prior to the first class: *¡Anda Curso! Elemental*, first edition by Audrey L. Heining-Boyton/Glynis S. Cowell.**

10 Wed, Sep 23 - Dec 9, 7-9 pm, Online Fee: \$215

Spanish Conversation

Carmelita Senters

This course is for people who already have taken Spanish I, II, and III. 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 expanding 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. **Please purchase the textbook prior to the first class: *¡Anda Curso! Elemental*, first edition by Audrey L. Heining-Boyton/Glynis S. Cowell.**

12 Tues, Sep 22 - Dec 8, 7-9 pm, Online Fee: \$255

Creative Writing for Fun

Pamela Wight

Discover your creativity by exploring the hidden stories in your mind. Every week is an adventure with in-class writing (fiction and non-fiction), writing topics and tips, and shared reading. No need for a degree in writing; just bring a zeal for the zany and poignant and a willingness to be open and honest. Continuing and new students find inspiration in the weekly always-new writing prompts. The operative word here is FUN, and often, surprised delight at the stories that burst forth.

Pam will email the tips and prompt (as well as send a text video), and you will share your stories via email. Pam will email comments on each story to all students. Her focus is on what works in a story: "show not tell," description, detail, characterization, etc. We will offer one or two Zoom get-togethers also.

Space is limited, so register now!

8 Mon, Sep 28 - Nov 23, 1-2:30 pm, Online Fee: \$225



NEW The Art of Writing Fiction

Lara Wilson

Are you a fiction writer looking for guidance and encouragement? Join master writing instructor, award-winning short story author and curator of the Concord Festival of Authors, Lara Wilson, MA, for this supportive Fiction Writing Workshop. Together, we'll experiment with writing exercises that engage the observational mode, strengthen your writing process and hone your narrative. We'll also discuss elements of craft that sharpen self-expression and allow readers to meaningfully engage with your story. Bring a sample of your work to revise, and awaken new paths to storytelling with added confidence and creativity.

2 Sat, Nov 7 & Dec 5, 4-6 pm, Online Fee: \$45

Her workshops have been so wonderful, and especially appreciated in this time of uncertainty.

Spring 2020 student from Lara's workshop



Time to Just Be for Teens

Lara Wilson

Scientific evidence reveals it's true: mindful wellness practices can help make the stress of high school feel less overwhelming. Join Be Well Be Here founder Lara Wilson, MA, GCMS to explore ways to befriend and honor our natural way of Being. Together, we'll try easy meditation exercises and creative, evidence-based relaxation techniques that can be easily incorporated into daily life. These unique sessions invite teens to Be present, explore a path to inner peace and examine their way toward greater well-being.

Section A: Sun, Sep 13, 4-5:30 pm, Online Fee: \$29

Section B: Sun, Oct 4, 4-5:30 pm, Online Fee: \$29

Section C: Sun, Nov 1, 4-5:30 pm, Online Fee: \$29



Razzle Dazzle - Broadway for Teens!

Andy Papas

Whether you're a Mean Girls fan, or it's Hamilton-head, this is your window to the world of Musical Theater. Geared specifically towards teens, this course is led by a professional Musical Theater actor who will regale the class with stories from the stage. We'll explore a new musical every week, highlighting important theatrical numbers and scenes. Students will "Take the Stage" by making their own Top 10 List, discussing popular themes, and drafting an idea for their very own musical. (Gr. 9 and up)

6 Mon, Sep 21-Nov 2, 7:15-9 pm, Online Fee: \$135

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! Fill out the course proposal form at concordcarlisleace.org/teaching-opportunities/

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.

Peter Alden has lectured for Road Scholar on a dozen cruises through the West Indies in recent years.

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.

Dr. Lawrence S. Brink's love of photography began at age 10. Primarily self-taught, he studied with Donald Blumberg and James Pappas (SUNY Buffalo) and Nathan Lyons (Visual Studies Workshop). On arriving in Boston, Larry designed darkrooms and taught B/W photography. During graduate studies, he taught courses in basic and advanced photography, communication theory and designing educational media (Boston University). He earned a BA in Psychology (minor in art) and a Doctorate in Information/Instructional Design. Larry has exhibited at the Brickbottom Studios, Audubon/Moose Hill Gallery, varied art shows and is a member of the N2 Photo Critique Group.

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

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.

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.

Marilyn Cruickshank brings her passion for organizing, strong listening skills, easygoing manner, and love of orderly surroundings to Creative Simplicity. Her background in education and museum work sharpened her already strong organizational skills by honing her attention to detail, design sense, creativity, and ability to break projects down into simple, doable steps. Marilyn has helped residential, business & non-profit clients, class and workshop participants, friends, neighbors, and family members get organized & become more efficient. Learn more about Marilyn and Creative Simplicity: <https://csimplicity.com/>

Victor Curran is an interpreter at the Concord Museum and The Old Manse, sharing the stories of these places and their historic contents with adult visitors and student groups. He leads walking tours of Concord's Revolutionary, Transcendentalist, and Abolitionist sites for the Concord Museum and Concord Tour Company, and he is a past president of the Friends of the Concord Free Public Library.

Keith Daniel recently retired from teaching at Concord Academy after 30 years. Prior to that, he taught at Assumption College in Worcester and Mount St. Joseph Academy in Buffalo. In all three positions, he has taught music history and theory, which complements his advanced degrees (MA and Ph.D.) in musicology. In 1994, he was honored by the College Board as the outstanding Advanced Placement music theory teacher in New England. He has also taught at the Paris American Academy and in the Governor's School for the Humanities in Tennessee.

Nancy Dickinson is a Registered Architect with over 25 years of experience. She is a Principal at Dickinson Architects, LLC in Concord, a small firm that specializes in Residential and Small Commercial Projects. Nancy received her professional degree in architecture from the University of Minnesota in 1988, became registered in Massachusetts in 1995 and is a member of the AIA, the Concord Art Association, Concord Junction BNI and the Concord Chamber of Commerce. Nancy enjoys teaching classes through community education, helping people understand the design and construction process. You can learn more about Nancy and her work at DickinsonArc.com.

Julie Doherty holds a Bachelor of Arts in Psychology from Wheaton College and Master of Science in Child Life and Family Centered Studies from Wheelock College. For seven years, Julie worked with children and parents at Brigham and Women's Hospital as a Child Life Specialist in the Radiation Oncology Department. For the last 8 years, she's enjoyed being a stay-at-home mom. Julie lives in Concord with her husband, four young children, and dog.

Adrienne Dunne is a mom and 20+ year baker. Taught to bake in the Wilton method, she is a Level III certified cake decorator. As well, she has been a cookier for over 10 years. Her cooking and baking skills and interests were developed and fostered at a young age by her mother, who shares many family recipes to pass on to others. In addition to teaching Adult classes, she also holds child baking sessions, private sessions, and also takes special orders for individuals.

Tony Fairbank earned his Ph.D. in Chinese history at the University of Washington in 1994. He specializes in early Chinese history, historiography, and translation; with a focus on the seventh-century Chinese text, Jin shu (History of the Jin Dynasty [266-420 ce]). He has also been a Zen student for a number of years, and was lucky enough to travel with Bill Porter and Cris Cyders throughout Buddhist China in the spring of 2005. He has contributed translations to Chinese Ceramics, Yale, and Tracing the Past, Drawing the Future, Stanford. Both were published in 2010.

Karina Gordin is a health communicator, certified in writing and editing with the American Medical Writers Association. She writes for a variety of commercial and peer-reviewed health publications, including Townsend Letter, Spirit of Change, Natural Awakenings, Whole Foods Market Magazine, among others.

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.

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, Hoag & 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 lectured for various schools 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.

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.

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, tour companies and the Appalachian Mountain Club for twenty-seven years.

Lau Lapidés Company, based in Wellesley, MA is a unique communication one to one coaching studio. Our team all work in the broadcasting, media industry and specialize in areas such as: Voice Over, Acting, Public Speaking & Presentation. Our studio podcast, Mic Camera Action Talkin Shop with Lau Lapidés and Dan Lothian can be found on iTunes & Stitcher and recent book release, 50 Ways to Mega Crush Your Media Career can be found on Amazon & Kindle.

Ed LeClair has been a meditator for 30 years. During that time he attended annual weeklong retreats with the founders of Insight Meditation Society, Joseph Goldstein, Sharon Salzberg, and Jack Kornfield as well as Larry Rosenberg and many others. Larry Rosenberg, founder of Cambridge Insight Meditation Center, served as Ed's spiritual friend for 5 years during which time Ed taught hundreds of police officers Police Stress Reduction through meditation. Additionally, he interned for 6 months at the UMass Medical Center for Mindful Based Stress Reduction, taught meditation through Concord Adult Education and founded a Meditation Saunga 25 years ago in Carlisle which is still active on Zoom. Ed is Professor Emeritus of Criminal Justice.

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.

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.

Praised by the Milwaukee Journal-Sentinel for being “delightfully ridiculous”, Baritone **Andy Papas** has been seen on operatic and theatrical stages from coast to coast. Most recently he was seen as Mr. Bumble in Oliver! at The New Repertory Theater and as the Messenger in AIDA with the BYSO. Andy has taught a variety of Opera classes for CCACE, including Viva Opera, The British (Operas) Are Coming, and Opera? Oui, Oui!. He maintains a private voice studio in Billerica, as well as teaching voice/piano for IMSCC at CCHS. Andy made his Alaska debut last fall, singing Dr. Bartolo in The Barber of Seville for Anchorage Opera, a role he will reprise next summer in St. Louis. Last summer, he sang Pandolfe in Cendrillon with The Opera Company of Middlebury, where he had previously been seen in L'Italiana in Algieri. Andy has sung leading and featured roles with Boston Lyric Opera, Pacific Northwest Opera, Skylight Music Theater, Union Avenue Opera, and The Lyric Stage of Boston, among others. Andy received his Bachelors of Music in Voice Performance from The University of Michigan, and a Master of Music in Voice from The University of Houston. Go Blue! andypapas.com

Jeremy Pietropaolo is a student at CCHS and has taken many courses from various restaurants and schools in many topics ranging from Italian baking to Sichuan Chinese cooking, to pasta making. He has taken the most classes and spent the most time making fresh pasta as it is one of his main passions. Jeremy enjoys spending countless days in the kitchen, experimenting with how to get the perfect pasta dough and shape in various flavors as well as tradition. He has created many of his own recipes for flavored pastas, such as sun-dried tomato pappardelle, peppadew bucatini, and tomato-basil rigatoni. He previously taught a beginner level fresh pasta class to the Italian Club at Concord-Carlisle High School and it was a huge hit!

Katie Rye is a French and History teacher, having taught at CCHS and Concord Academy. She holds a PhD in French History from Duke University and a BA from Davidson College.

Carmelita Senters, a native Spanish speaker, started her teaching career training Peace Corps volunteers at the training camps in Puerto Rico. She relocated to New England to pursue graduate studies, obtaining a Master's degree from Middlebury College, Concord Academy and Buckingham Browne & Nichols, and later at university level, Northeastern University and Boston College. In addition, she worked as a simultaneous translator for the government. She has travelled extensively through South America and Europe and is an avid reader of Latin American literature.

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.

Ted and Lesia Shaw have traveled extensively in North and South America, Europe, Africa, the Middle east and Asia. Ted is a retired Software Developer and Lesia is a former Rocket Scientist for the Shuttle Booster Program and currently has a studio at the Umbrella in Concord.

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.

Karin Valencia-Bedard is a native from Lima, Peru, and moved to Massachusetts in 2002. She has been teaching her native Spanish language for 10 years. She is passionate about teaching Spanish through a natural and organic approach. She strongly believes that students can acquire a new language the same way people acquired their first language through immersion and a hands-on learning experience which are meaningful and relevant to the learners. Karin graduated from Fitchburg State University with a Masters in Education and she has attended ACTFL and MAFLA conventions to gain more knowledge regarding language acquisition. Karin is currently teaching at Concord Peabody Middle School. Previously she taught Spanish at the Parker School in Devens, and Cushing Academy in Ashburnham, and Cushing's Summer Session program.

Jennifer Wayne is a reading specialist by day and a hand lettering aficionado by night. She was given a calligraphy pen by her grandfather when she was eleven years old and continued to dabble in lettering for the next fifteen years. In 2015, Jennifer took to Etsy to find someone to do custom gift tags in the new, modern calligraphy style. It dawned on her that this was something that she would enjoy doing again herself. Jennifer was immediately drawn to the soothing, meditative quality of modern calligraphy. Hundreds of pens and hours later, Jennifer has done custom lettering for a variety of celebratory events. Conducting lettering workshops allows her to merge her professional background in education with her delight in sharing hand lettering with others. Jennifer has taken workshops with local calligrapher Liz Roessler and international artist, Molly Suber Thorpe, author of Modern Calligraphy.

Pamela Wight has an MA in Literature and teaches creative writing classes in the Boston and San Francisco Bay area. She is a published author of two books of fiction (*The Right Wrong Man* and *Twin Desires*) and two illustrated children's books (*Birds of Paradise* and *Molly Finds Her Purr*). 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.

Lara JK Wilson, MA, GMCS, a 35-year meditator and award-winning short story writer, devotes her life to exploring the intersection of personal narrative and mindful well-being. After more than a decade teaching master fiction workshops and serving on the board at Grub Street in Boston, she took a Great Pause to battle stage III breast cancer for 18 months. This meaningful journey prompted Lara to establish Be Well Be Here, a non-profit mindful wellness educational collaborative in Concord, MA, which offers personalized programming, community outreach and well-being retreats. Lara holds a master's degree in English and American literature and a graduate certificate in mindfulness studies, as well as RYT-200 (yoga) and Reiki Level II designations. Currently, she serves on the board of the Friends of the Concord Free Public Library, where she organizes the Authors Series and Mindfulness Programming. In January 2019, Lara was appointed curator of the Concord Festival of Authors. For more information, please visit BeWellBeHere.org.

Alex Winkelmann is a financial advisor running his practice out of Marlborough, MA. He started his career in finance working for People's United Bank in the retirement services and wealth management department in Burlington, VT. Alex graduated from Saint Michael's College earning a bachelors degree in both Psychology and Finance. He delivers great value to his clients, helping them plan ahead for their short-term needs and long-term goals. Alex pays special attention to understanding the needs and goals of every single client, helping many families with retirement planning, helping to send children and grandchildren to college, estate strategies to effectively pass wealth on to future generations, and making sure his clients truly make the most out of their money.

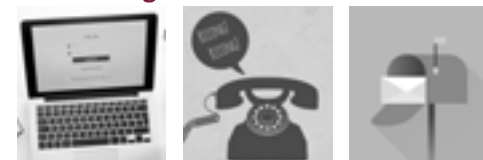
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How to Register



1. **Online** at www.concordcarlisleace.org.
2. **Call** 978-318-1432 to register by phone.
3. **Mail** to CCACE, 500 Walden St, Concord, MA 01742.*

Only students and staff will be allowed in the building so we ask that you do not come to the office to register.

*We anticipate that our offices will reopen on August 27th. Any registrations or checks mailed to us will be received after that time.

Registration

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.

Refunds & Course Changes

If you withdraw 1 week or more before the start date of a class, we will issue you a credit (good for 18 months from the date of issue). If you prefer, we will refund the class tuition minus a \$10 processing fee. Withdrawals from courses and events under \$25 are only eligible for a course credit. If you withdraw 6 days or less from the start date of a class, we do not issue course credits or refunds. Refunds will be granted for any course that is cancelled due to low enrollment.

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.

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	



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