



Concord Carlisle
Adult & Community Education

Winter 2021





3 ARMCHAIR TRAVEL

Welcome to our Winter 2021 offerings

Wow! Thank you for continuing to sign up for our programs online. We look forward to the day when we can safely welcome you back in person.

We put out a call and you responded! We are so thrilled to offer a speaker series led by you, the community. We have a wide range of topics and hope you enjoy them all! Read about the sessions on pages 14-15.

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



3 COLLEGE & TEST PREP

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.



5 CREATIVE ARTS



16 DRIVERS EDUCATION



6 FAMILY LIFE



7 FITNESS & MOVEMENT



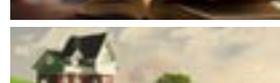
7 FOOD & DRINK



8 HEALTH & WELLNESS



9 HISTORY



10 HOME & HEARTH



13 IMSCC



10 MUSIC



11 PERSONAL FINANCE



12 RECREATION & ENRICHMENT



14 SPEAKER SERIES



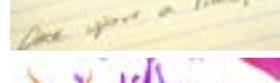
17 VILLAGE UNIVERSITY



19 WORLD LANGUAGES



20 WRITING



21 YOUTH PROGRAMS



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 are allowed in the building so please do not come to the office to register for classes.

Community Education Staff: 978-318-1432

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- Kristen Herbert, Director of Teaching & Learning
- Laurie Hunter, Superintendent of Schools



Our Advisory Committee organizes Armchair Travel, a series of presentations on travel. Travel with us for this popular series on Monday nights!

All sessions begin at 7 pm. Registration is required to receive the Zoom link.

Liberia: A visit with the Gbarnga Mission with Marsha Wilcox on Jan 25

Liberia suffered through 14-years of civil war that ended in 2003. As a result, 47% of the current population are children – only 1 in 3 are enrolled in school. The Gbarnga Mission worked with Liberians and broke ground for a rural school nearly 6 years ago. Jon Rossman, president of the mission, his wife, Kathy (a nurse), and Marsha Wilcox (photographer and epidemiologist) traveled to Liberia in February returning just before travel became impossible due to the pandemic. Jon, Kathy, and Marsha will share photographs and stories about their recent visit to Liberia, Deanville (village closest to the school), the school, and all that goes on there. They will also share a short video showing a day in the life of one student, a 15-year-old girl. Please join us!

England, Belgium, and Italy with Nancy & David Dillon on Mar 22

Come travel with Nancy and Dave as they move through England by way of Yorkshire, Cornwall and London followed by a ride on the Eurostar through the Channel Tunnel to Bruges, Belgium. The last part of their trip took them to Italy exploring Torino, Acosta with a trip to Mont Blanc on cable cars, and ending in Venice.



PSAT results are back. Now what?!

Open Door Education

The PSAT provides students with an introduction to college admissions testing. Now that you've received the scores, it's time to formulate a plan. In this seminar-style class, families will learn how to interpret PSAT results, how to decide which test to take, and how to build a smart and effective testing calendar that maximizes student success. Families may bring their PSAT reports with them, but this is not essential.

Tues, Jan 19, 7-8:30 pm, Online Fee: \$25

The SAT, the ACT, and YOU: Smart College Testing Advice For Parents and Students

Open Door Education

The testing landscape is changing quickly. From cancelled tests to test-optional policies, this class will identify and unpack the major issues relating to testing so that families can make smart, effective plans for their students. 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.

Thurs, Mar 4, 7-8 pm, Online Fee: \$30

ACT / SAT Practice Test

Sign up & save! \$25 each or \$40 for both

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.

Please note that this test is administered with standard timing. Any students who qualify for accommodations, including extended time, should contact Open Door Education (978-263-6387 or info@opendoor.education) directly to discuss options for a practice test.

SAT: Sat, Jan 23, 9 am-12:30 pm, Online Fee: \$25

ACT: Sat, Jan 30, 9 am-12:30 pm, Online Fee: \$25

SAT Bootcamp

Open Door Education

The perfect course to jump-start your preparation for the March SAT! This 3-day class will provide students with test-taking strategies and crucial content review for the Reading, Writing, and Math sections of the SAT. Students will gain the skills and confidence that will help them make the most of Test Day.

Tues, Wed, & Thurs, Feb 16-18, 10 am-12 pm, Online Fee: \$475

Mastering The SAT Reading Section**Open Door Education**

The Reading section of the SAT is notoriously difficult, and students must develop strategies that are simultaneously consistent and adaptive in order to successfully navigate passages ranging from scientific journal articles to speeches given in the 1700s. Students in this class will learn and practice effective and intuitive techniques for each type of passage, and they will gain the ability to recognize and respond appropriately to all question categories. Through expert instruction, students will build confidence, improve scores, and reduce stress.

3 Tues, Feb 23 - Mar 9, 7-8 pm, Online Fee: \$225

ACT Skills for 'Slow' Readers**Open Door Education**

There are many ACT test-takers who self-identify as "slow readers" but who turn out to have strong reading comprehension overall. This class provides a survey of -- and some potential fixes for -- the time sinkholes that cause many students to work the Reading section more slowly than they otherwise would. Some of the strategies we'll touch on can be applied in settings beyond the ACT, and we'll also discuss some best practices for staying calm and focused in a testing environment in general.

4 Wed, Mar 17 - Apr 7, 6-7 pm, Online Fee: \$250

Biology SAT Subject Test Prep**Open Door Education**

Students who have done well in high school Biology may want to consider taking the Subject Test in Biology E/M. We will emphasize content materials on the Biology test that may not have been addressed fully in the regular Biology curriculum (which is not necessarily geared toward a particular exam). We will also review topics covered during the school year. Please note that there will be some homework. Course fee includes materials.

Section A: 6 Thurs, Mar 25 - May 6, 3:15-5:15 pm, Online Fee: \$245

Section B: 6 Sat, Mar 27 - May 8, 10 am-12 pm, Online Fee: \$245

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.

Let Open Door Education and their experts help with your college planning process with this new series.

**International Admissions: Exploring World-Class Degree Opportunities Outside the U.S.****Open Door Education with Richard Montauk & Rennie Gundermann**

This presentation explores the advantages of doing a degree outside the U.S., with an emphasis on elite undergraduate degree programs. Our focus: evaluating great programs (ranging from business to fine arts, STEM to humanities, etc.), taught in English, at leading schools in 10 countries.

The potential benefits include: a great education, sterling credentials, and an international experience—all at much lower cost than in the U.S. (In addition, the application process is straightforward and entry prospects much better than in the U.S.) Of course, not everyone should do a degree abroad, so we'll discuss who will benefit most from doing so.

Thurs, Feb 11, 7-8 pm, Online Fee: \$45

College Transition for Students with Learning Differences**Open Door Education with Eric Endlich**

Open Door Education and Eric Endlich, Ph.D. and founder of Top College Consultants, are pleased to offer this presentation and conversation about supporting students with learning differences as they navigate the college admissions process. Most high school graduates with learning differences enroll in college; unfortunately, less than half of them complete their degrees. In this seminar, you'll learn about the range of services and supports available to help these students thrive and succeed in college.

Thurs, Feb 25, 7-8 pm, Online Fee: \$45

Understanding the Cost of College**Open Door Education with Nick Ducoff**

Join Travis and Nick Ducoff for a conversation about paying for college and the true cost of higher education in the United States today. As the founder and CEO of Edmit, a Boston-based company that helps guide students and their families through the entire college process with more aid and less debt, Nick will help families understand the important decisions, strategies, and questions that should guide their college search. Attendees will benefit from a new perspective on how to discover good-fit colleges for their students, access to effective tools to understand the true cost of attendance, and sound advice on the necessary steps families must take in order to plan and budget for college.

Thurs, Mar 11, 7-8 pm, Online Fee: \$45

Introduction to Modern Calligraphy Using a Pointed Pen**Jennifer Wayne**

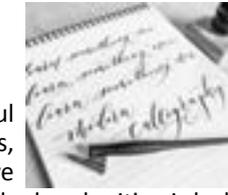
Have you been intrigued by beautiful hand lettering seen at special events, on products, or online? Curious to give it a try, but nervous because your regular handwriting is lacking? Then this class is for you! You do NOT have to have perfect handwriting in order to learn modern calligraphy using a pointed (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. 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 Sat, Feb 6 & 13, 3-4:30 pm, Online Fee: \$60

Public Art: Appreciating Its Many Varieties and Purposes

Sculpture and other forms of public art have been making the headlines a lot lately. Monuments have been toppled, contemporary sculptures replacing them; art appears on billboards and city streets, "popping up" in squares, projected onto buildings, as sky-writing, and even as "virtual" images on phones. Whatever you think about such personal expressions, one thing is clear: public art fills an important role in our society. We'll take a wide-ranging look at its many forms and themes: monumental, political, environmental, whimsical, "art for art's sake," and more. What makes a work succeed (or not)? Where is the whole field going? Join us for a casual, lively discussion about public art and its role in our culture.

Tue, Mar 9, 4-6 pm, Online Fee: \$29

**Knitting: Crest of the Wave Cowl****Joy Spadafora**

Unlike a scarf, a neck cowl takes much less yarn & time to complete and has great potential for skill-building. It also makes a quick winter project. We will knit a cowl in-the-round on circular needles while practicing the rippled lace pattern called "Crest of the Wave." This class will also cover reading the symbols on a stitch chart. Prior knitting experience required.

4 Wed, Jan 20 - Feb 10, 4-6 pm, Online Fee: \$75

**Knitted Heart KAL****Joy Spadafora**

Show your love with a handmade valentine. Join this online knit-a-long and complete a knitted heart with this quick Valentine's Day project. Use for decoration, attach to a gift, or make a set of heart coasters. Finished size approx 5"w x 4"h. Bring US size 8 needles and worsted weight yarn in your choice of color & fiber. Prior knitting experience required, although instructor will provide extra support for beginner students interested in developing these new skills.

Thurs, Feb 4, 4-6 pm, Online Fee: \$25

Knitting: Functional Felted Bowls**Joy Spadafora**

Have you ever accidentally shrunken your favorite wool sweater into unwearability? In this class, you'll deliberately knit a set of floppy oversized bowls using 100% wool and watch the magic happen when you deliberately shrink them! This class will also cover two-color Fair Isle knitting to create checkerboards, zigzags and other motifs. Prior knitting experience required.

4 Wed, Feb 24 - Mar 17, 4-6 pm, Online Fee: \$75

**Knitting: Upcycle with Plarn****Joy Spadafora**

Turn single-use plastic bags into sensational striped accessories. Learn to make your own plastic yarn (plarn) from grocery bags, and create a decorative water-resistant flower pot cover. This class will also cover picking up stitches and making stripes. Prior knitting experience required. NOTE: This class was inspired by the outdoor plarn art exhibit currently installed along the Minuteman Bikeway in Arlington, MA. <http://art-sarlinton.org/artist-in-residence/>

4 Wed, Mar 24 - Apr 14, 4-6 pm, Online Fee: \$75

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 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.

6 Thurs, Jan 14 - Feb 18, 1:30-2:30 pm, Online Fee: \$95

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 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.

6 Fri, Jan 15 - Feb 19, 1:30-2:30 pm, Online Fee: \$95

New Strategies for Success in a Changing School Environment

Open Door Education
The one thing we know about the upcoming school year, is that students will be challenged by the unexpected. They are offered hybrid and remote learning, and educators are planning more project-based and "asynchronous" learning. This one hour intensive will guide students through finding and applying tools that match their learning style – helping them stay on track, whether in school, at home, or in a new campus environment. Topics will include planning, self advocacy, brain health, effective note-taking, and more.

Thurs, Jan 21, 7-8 pm, Online Fee: \$65

Study Skills: Tips for Self-Managed Study

Open Door Education
The nature of classroom learning has changed indefinitely in 2020, and now more than ever it's important that students have the tools they need to study (and learn) autonomously. This course demonstrates tools such as the SQ3R reading comprehension method and the KWL graphic organizer, as well as best practices for managing one's own study at home. For students in grades 9-12.

2 Sat, Feb 27 & Mar 6, 10-11 am, Online Fee: \$125

Natural Deathcare: Caring for the Body, Caring for the Earth

Ruth Faas, Mourning Dove Studio, Jasmine Tanguay (A Sustainable Legacy), Heather Massey, In Loving Hands & the Natural Deathcare Collaborative, Mourning Dove Studio
Explore natural and sustainable approaches to post-death care, funerals, and body disposition. As we've come to realize the importance of environmental impact in every area of our lives, we also should consider that what we do with our body after death also impacts the earth. Get an overview of the issues and alternatives of after-death care as well as options that can benefit our environment, communities, and families. Learn about your legal rights to family-directed and home-based natural death care, practical aspects of body care post-death, green and conservation burial cemeteries, and additional DIY options such as building a casket and planning commemorative rituals. These choices can offer simpler, more humane, and even joyful ways to draw closer within our communities while honoring those who have died. Come away with a deeper understanding of the range of possibilities available and a clearer vision for how to create a funeral that aligns with your values and priorities.

Thurs, Mar 4, 7-8:30 pm, Online Fee: \$25

Winter Fitness

Paula Casey, Stefanie Cloutier, & Liz Fuller
Brave the elements and take your exercise outside! If there's snow, we'll snowshoe; if not, we'll put on our micro spikes and explore the winter trails. Prepare to get your heart rate up and hopefully warm up while enjoying the winter wonderland. Dress for movement and warmth. Each week will feature a new location in and around Concord. **Directions to the starting place will be available after registration. Class size is limited and masks will be required.**

Stefanie: 5 Wed, Jan 13 - Feb 10, 9:30-11:30 am Fee: \$85

Paula: 5 Thurs, Jan 14 - Feb 11, 11:30 am-1:30 pm Fee: \$85

Liz: 5 Wed, Feb 24 - Mar 24, 9:30-11:30 am Fee: \$85

Winter Hiking, Snowshoeing or Crampons

Mary Hurley
During Covid, walking has been our new "best friend". Depending on weather conditions we will walk quiet roads or woods, finding Mother Nature's secret places as our treasures to explore. Let's use COVID-19 as an excuse to get out in the winter. And as the Nike ad says, "It's not bad weather... it's bad equipment". Join longtime outdoor enthusiast Mary Hurley with snowshoes (in deep snow) or crampons (for packed snow and ice). **Directions to the starting place will be available after registration. Class size is limited and masks will be required.**



5 Thurs, Feb 25 - Mar 25, 10 am-12 pm Fee: \$85

Tea: Its Many Varieties, How It Changed the World, and How to Brew the Perfect Cup

Paul Angiolillo
"Tea's proper use is to amuse the idle, relax the studious, and dilute the full meals of those who cannot use exercise," declared the 19th-century English writer Samuel Johnson. Join us for a slideshow on the fascinating history of this world's most-popular beverage--from China, Tibet, and India, to England, Russia, and the U.S. Along the way, we'll also discuss the many types of tea, tips and hints for brewing it, its health benefits—and how tea influenced human societies: cultural mores (meditation, mixed-gender parties, high tea), craftsmanship (porcelain, caddies, clipper ships) and politics (the Tea Route, Opium Wars, American War of Independence).

Register before January 15th to receive sample teas. Packets of tea samples available to pick up from the high school before the class, so you can brew them yourself (instructions included) before or after the class. Please note that tea sampling is not the main focus of this class; this is intended to be about the history of tea--its varieties, culture, arts & crafts, historical figures (Sir Thomas Lipton!), politics, and on.

Tues, Jan 19, 3-5 pm, Online Fee: \$29

Cookin' Up Your Own Mardi Gras Celebration!

Katie Walter
Experience the tastes of the Big Easy, just in time for Mardi Gras! Take a culinary trip to New Orleans in the comfort of your own home. Inspired by the popular New Orleans sandwich, we'll start with muffaletta deviled eggs. Then learn how to make your own chicken and sausage jambalaya. Finally your Mardi Gras celebration isn't complete without a king cake! You will receive recipes, ingredient and kitchen equipment list a few days before class. Ingredients are available at local markets. There will also be instructions for any prep you will need to do beforehand. Please contact Katie at twoapronscooking@gmail.com with any specific questions.



Fri, Feb 5, 5:30-7:15 pm, Online Fee: \$36

Make & Bake Brunch

Adrienne Dunne
If breakfast & lunch are your favorite meals of the day, then come try foods to share with friends and family for Brunch! Recipes include cinnamon French toast roll-ups, blueberry muffins, and Croque Madame. At the end of this online class, you'll have a small feast to share, new skills, and a recipe booklet. This is a fun parent/child activity!

Sat, Feb 6, 10 am-12:30 pm, Online Fee: \$39

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 Calzones

Adrienne Dunne

Explore the endless possibilities of making calzones, a baked Italian turnover, fresh from your own oven! In this hands-on online class, Adrienne will go over the dough and filler options while you prepare a calzone to bake. You will be able to personalize your calzone with different filling options. Calzones make a great appetizer, main course, and freeze well. You will receive an ingredients list ahead of time to purchase, along with a list of basic kitchen tools to have on hand. This is a fun parent/child activity!

Wed, Mar 10, 5-6:30 pm, Online **Fee: \$35**

Perfect Pairings: Wine and Artisanal Caramels

Julie Ayotte & Robert Lublin

Wine and fine caramels are both delicious, but when properly paired, they become something truly extraordinary. Join us for a relaxing evening of sweet indulgence as we sip wines specially chosen to accompany the flavors of artisanal caramels. Together, we will appreciate why Pinot Noir complements deep chocolate caramel while a sweeter Moscato pairs ideally with ginger fusion caramel. And more! The class will be co-led by a professional wine reviewer and a caramel confectioner. A selection of caramel and wine samples will be available for safe, local pickup. For students 21+.



Tues, Feb 2, 7:30-9 pm, Online **Fee: \$55**

Scottish Whisky Regions: A Virtual Tasting Tour

Robert Lublin

Amazing whisky is produced throughout Scotland, but different regions have their own distinctive style, flavor, and character. Join us for a fun, relaxing evening as we tour the major whisky producing regions of Scotland. Together we will experience the nuances that differentiate Highland and Lowland scotch. We will consider why the Speyside region lies within the Highlands but has its own designation. We will sample the complex, lightly peated scotch distilled in Campbeltown and compare it to the bold, heavily peated whisky that distinguishes Islay. And more! A selection of scotch samples will be available for safe pickup. Then we will taste and discuss them together in a Zoom session online. For students 21+.

Tues, Feb 9, 7:30-9 pm, Online **Fee: \$55**

Becoming Plantastic

Carol Brown

More people are realizing every day that they need to eat more plants and fewer animal-sourced foods to achieve better health and save the earth. Making those changes can seem overwhelming, though, without some guidance. Come learn why moving in the direction of plant-based eating is so important and how it can be done easily and deliciously. Even small changes can make a big difference in how you feel both inside and out, as well as what our planet will be like for our grandchildren. You will leave class with all the tools you need, including meal prep guidance and recipes, to start making just the level of change you desire.



2 Thurs, Jan 28 & Feb 4, 7-9 pm, Online **Fee: \$65**

Energy Medicine: Self-Care for the New Year

Louisa Mattson

Want to feel more vital, grounded, and centered no matter the swirl of activities and stressors in your life? Are you looking to boost your stamina and enhance your sense of wellbeing and joy? Experience a "daily energy routine" that can take as little as five minutes but keeps your body and psyche humming. You will learn the WHY and HOW of eight fun, easy-to-do but powerful techniques to galvanize your personal energy. You will be emailed a handout of the energy exercises ahead of the class, so you will have them to put into practice right away.

Thurs, Jan 21, 4-6 pm, Online **Fee: \$29**

Thrive in the Midst of It

Lara Wilson

How do we tap into our inner resources to deal with the current overwhelming challenges? Where might we make room in the moment to befriend ourselves as we struggle?



Join stage III breast cancer thriver, lifelong meditator and Be Well Be Here founder, Lara Wilson, MA, GCMS for this 4-part series exploring mindful ways to cope in the midst of chaos. Experiment with simple mindful wellbeing practices that can help us feel grounded and supported in trying times, such as:

- Simple movement techniques that release tension
- Compassionate connection to address stress
- A variety of meditative practices for all ways of Being
- Journaling / Writing exercises that celebrate our stories

Together, let's not only reflect but act on the words of the late poet, Mary Oliver: *Tell me, what is it you plan to do / with your one wild and precious life?*

**Meets every other week.*

4 Tues, Jan 12 - Feb 23, 7:30-8:30 pm, Online **Fee: \$55**

Active Hope: Facing the Mess We're in without Going Crazy

Anne Gray & Michele Laura

To prepare for what Joanna Macy calls "The Great Turning, we need to develop strength and cultivate new perspectives and even behaviors more in alignment with this new phase of our evolution. Through reading, exercises and conversation, we will open new perspectives as we nurture and sow seeds of hope that will help us move forward in changing times. We encourage you to read or have available the book *Active Hope: Facing the Mess We're in Without Going Crazy* by Joanna Macy.

Joanna Macy, PhD., is a scholar of Buddhism, general systems theory, and deep ecology. She has been a respected voice in the movement for peace, justice and ecology, interweaving her scholarship with five decades of activism. She's written many books and DVD's and came out with a new book in April.

4 Wed, Jan 20 - Feb 10, 3:30-5 pm, Online **Fee: \$75**

Creative Queens: An Expressive Arts group for women in the second half of life

Elisabeth Osgood-Campbell

The archetype of the Queen represents a grown woman who embraces her own maturity and wisdom. As an aspect of the divine feminine, she embodies self-governance (sovereignty) and can lead through the qualities of love, fairness, and strength. We will discover and affirm our inner wisdom by exploring these creative centers in our bodies: hands, hearts, "haras" or bellies, and heads. As we engage in the expressive arts of dance/movement, drawing, and poetic writing, new resources and insights emerge. Sharing in the large group, and in pairs and trios, helps to build a sense of community and connection among participants. In a supportive virtual circle, we celebrate the women we are becoming individually and as a group. No previous experience is necessary.

5 Fri, Jan 22 - Feb 26, 9:30-11 am, Online **Fee: \$78**

Psychic Development and Mediumship

Jesse Wichler

Think you're not psychic? Think again! Each one of us is born with an innate sensitivity to the world of energy within and around us. By learning how to pay attention to and trust the subtle impressions we all get, we can gain amazingly accurate insights into the questions of our lives and the lives of others. During this five-week course, you will build confidence in your natural abilities through engaging, skill-building exercises and will practice exchanging healing and empowering messages with your classmates. Come experience the freedom and fun of opening to your inner gifts as you grow in your spiritual connection!

5 Thurs, Jan 28 - Feb 25, 7-9 pm, Online **Fee: \$99**

Concord Town History & Guide Training

Victor Curran

In this course, you'll meet the men and women who made Concord the birthplace of American independence and imagination. You'll hear their stories, see the places where they made their mark, and see objects they used and documents they wrote. If you want to learn about these remarkable people, and the town that Thoreau called "most estimable place in all the world," this course is right for you. If you'd like to share Concord's stories with visitors as a licensed tour guide, this course will prepare you with a wealth of information as well as techniques for interpreting cultural history to provide an engaging visitor experience.

Topics will include:

- How Musketaquid became Concord: The native community and the English colony (1700 and before)
- The Colonists' world, and the emerging conflict with England (1700-1774)
- Revolution in our backyard (1775)
- America finds its voice in Concord (1770s-1830s)
- Radical ideas, radical acts: Transcendentalists, abolitionists, and Civil War (1840s-1860s)
- Preserving the land and its stories (1860s-present)
- Interpretation techniques

We will meet for seven Monday-evening classes on Zoom. Subject to public-health guidelines at the time of the course, there will be a site visit to Special Collections at the Concord Free Public Library, and one complimentary admission to historic sites and museums. Students applying for the Town Tour Guide license must pass an exam on Concord History, prepare and present a sample tour. A primary text for the course is *Historic Concord* (included in fee). This will be supplemented with additional readings, archival material, audio-visuals, and more.

7 Mon, Feb 22 - Apr 5, 7-9:30 pm, Online **Fee: \$199**

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/

Beekeeping**John Cheetham**

Welcome bees to your backyard and harvest their honey. Join a local local beekeeper for information about setting up a hive, acquiring and installing bees, managing bees throughout the seasons, required equipment, harvesting bee products, and local bee supply dealers. After the seven classroom sessions, the class will attend a hive opening with live bees later in the spring (date determined by the instructor). *No class February 16.*

7 Tues, Jan 19 - Mar 9, 7-8:30 pm, Online Fee: \$125

Composting Kitchen Waste, Leaves, Garden Waste, and Brush Year Round (Introductory)**Mark Hanson**

We will show a simple method for composting kitchen waste year-round easily, without having the pile freeze up in January. Time permitting, we will also cover two easy approaches to composting garden weeds: one in a manner that allows the pile to reach 140 degrees, and the second where weeds are sheet-composted in garden paths. Home-composting of kitchen waste and other organic wastes reduces global greenhouse gas emissions as well as fuel use.

Thurs, Jan 14, 7-8:30 pm, Online Fee: \$35

Step-by-Step Guide To Getting Your Paint Colors Right - The First Time**Janet Lorusso**

How do you choose your paint colors? Ask a friend what that color is you like in their house? Pick a color from a website photo or magazine? Ask your painter which colors they like best? Go to the paint store and choose a color chip you like?

All of these methods get used every day with little assurance of success. It's a bit like throwing a dart at a bullseye while blindfolded - you *might* hit it, but chances are much higher that you will miss! Paint color selection takes a very careful analysis of a variety of factors to arrive at a great choice. We will explain a bit about what color is and how it is perceived, and then give you a guide to ensure success. We'll touch on the difference between brands, why selecting exterior colors is different than selecting interior colors, and when and why you might select different levels of sheen. We'll also answer participant questions as time and class size permits.

Mon, Feb 8, 7-8 pm, Online Fee: \$19

Kitchen Remodel Workshop**Nancy Dickinson**

Have an idea for a kitchen remodel but need some insight? Local architect Nancy Dickinson will help you workshop your ideas in this one-hour session. She'll review your plans ahead of time, then help figure out next steps. Lighting, cabinet types, counter top materials, Nancy will share her ideas from her years of experience designing kitchens. See her website at DickinsonArc.com.

Tues, Mar 2, 6:30-8 pm, Online Fee: \$35

Music Theory 101**Alexei Doohovskoy**

Does Beethoven's 5th begin with a major or minor 3rd?

What chords are used in the 12 bar blues?

What scale degrees are used to form the "millennial whoop?"

You could ask Google, but it's always more interesting to talk to a musician! It is helpful if you can read music. This course is for 8th graders - adults.

8 Mon, Jan 25 - Mar 22, 7:15-8 pm, Online Fee: \$125

**Opera 101****Andy Papas**

If you have yet to join Andy Papas for an exploration of the world of Opera, this is the class for you! We will explore opera hits such as *The Marriage of Figaro*, *The Barber of Seville*, *Carmen*, and *La Boheme*. Each session focuses on a specific opera and composer, explores the famous arias and vocalists, and highlights the musical idiosyncrasies that define the piece. Discussions about plot points, characters, and themes will allow participants to "take the stage", and gain an understanding of what makes each opera a masterpiece. The course is led by Andy Papas, a professional opera singer, who will regale the class with tales from backstage, offering a real life glimpse into the world of opera.

Course includes the operas explored in Viva Opera 1 and Opera Oui Oui 1

10 Sat, Jan 9 - Mar 27, 1-2:45 pm, Online Fee: \$245

Opera? Oui! Oui! Part Deux**Andy Papas**

Come Explore French Opera with a professional singer, and immerse yourself in the *je ne sais quoi* that only Francophone opera offers. This class highlights the significant French contributions to the operatic oeuvre, analyzing the grand style and musical traditions, and showcasing the singers that dominate the repertoire. From heart-wrenching tragedies to star-studded spectacles, this course is your introduction to the tour de force that is French Opera.

Section A: 10 Sat, Jan 9 - Mar 27, 3:15-5 pm, Online

Section B: 10 Mon, Jan 11 - Mar 29, 6:45-8:30 pm, Online

Fee: \$245



Look for Youth Music Programs on page 21.

The United States of Opera**Andy Papas**

From Sea to Shining Sea, American Opera of the 20th and 21st century is the future of Opera, and the focus of The United States of Opera. You will watch and listen to a new American Opera every week, breaking down the opera's important musical and theatrical moments. During class, we will delve deeper into the origins and creators for each "Opera of the Week", and pinpoint what makes each opera a masterpiece. Additionally, you will probe the individual creative and technical elements of opera. A professional opera singer leads the course, and will share backstage stories and anecdotes to give the class a behind-the-scenes insight into the world of American opera.

10 Mon, Jan 11 - Mar 29, 4:30 pm-6:15 pm, Online Fee: \$245

**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 Thurs, Jan 14 - Mar 18, 4-5:45 pm, Online Fee: \$245

And the Tony award goes to...**Andy Papas**

From the age of movie musicals to the contemporary theatrical landscape, this is your express train to 42nd Street! Tony Award winning shows, from Rodgers & Hammerstein through the modern era, will be the highlight of this class. We focus on a different production every week, highlighting significant scenes, key music, and the performance history. Special Guests will visit the class to explain the artistic and technical elements of the creative process, and help participants to understand the inner workings of the industry. Andy, a professional actor, will also regale the class with backstage anecdotes that provide an inside perspective on the performing arts.

10 Fri, Jan 15 - Mar 19, 3-4:45 pm, Online Fee: \$245

**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.

Tues, Mar 16, 7-8:30 pm, Online Fee: \$45

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.

Mon, Feb 8, 7-9 pm, Online Fee: \$35

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

CANCELLED

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 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.

Mon, Feb 1, 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, Jan 25, 7-9 pm, Online Fee: \$35

Leave It, Move It, Roll It, Take It

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.

Tues, Feb 23, 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.

Tues, Mar 16, 6:30-8 pm, Online Fee: \$35

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.**

12 Wed, Feb 3 - May 5, 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.**

12 Fri, Feb 5 - May 7, 7-9 pm, Online Fee: \$50

Podcasting 101

Lau Lapidis Company

If you've ever listened to a podcast and thought, "I can do that!" now's your chance! Join us for a crash course that will give you all the tools you need to start planning and recording your own podcast. You will learn the ins and outs of a recording studio. You will become familiar with how to best use a microphone, how to record using professional software, how to adjust the sound quality, and how to save your file in the most useful format for your intended purpose. You'll also learn voice-acting techniques from a professional voice and broadcasting coach. You will practice warming up and using your voice, learn breathing techniques, learn how to enunciate for "radio," and will gain tips and tricks to get your podcast noticed. By the end of the course, you'll have the know-how to prepare and record your first podcast episode!

Tues, Mar 9, 7-9 pm, Online Fee: \$40



Scholarships

Scholarships are made possible in part by a grant from the Concord-Carlisle Community Chest. This helps to make life-long learning a reality for local community members 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.

Instrumental Music School of Carlisle and Concord



Individual instruction for new & continuing students since 1980

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:

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

IMSCC Program Coordinator:

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
Jessica Trainor Tasucu: voice & piano
Henry Tervo: oboe
Kenneth Toland: clarinet & bass clarinet
Jason Yost: guitar, bass guitar & ukulele

See our faculty bios online!

CCACE's Speaker Series

With the cold months here and the pandemic still keeping us inside, we want to keep you engaged! Our presenters are community members sharing their passions and knowledge, from historical to cultural, education to entertainment, and everything in between!

The series will run Wednesday evenings at 7 pm* on Zoom.
There is a \$10 fee to support our scholarship fund & CCACE programs.

Lovers, Mystics, and Madmen: A Look at Classical Persian Poetry with Tony Fairbank on Jan 13

Classical Persian poetry stretches back well into the 9th century CE (same time as Beowulf, for instance) and has been a vital part of Persian culture ever since. Tony will introduce some of the forms and features of this great tradition, which include four-line verses on love, wine, and gardens, epic poems on Persian history, epic poetic love stories, and the great tradition of Sufi poets, such as Rumi and Hafez, who speak of God, pre-eternity, and the mad devotion to their teachers. In our day and age, we are blessed with an abundance of well-translated Persian poetry, and Tony's hope is to offer some reasons for people to explore it further.



Breaking the Sugar Cravings with Marigloria Colon on Jan 20

Does that morning Danish leave you craving another treat two hours later? Do you grab a candy bar to cope with your afternoon slump, and then reach for a cola or coffee to get out of your post-slump slump? If you've found that munching sugary snacks just makes you crave more sugary snacks, you're not alone. Learn how to kick the sugar habit without giving up sweets—a total transformation that can lead to feeling better and wanting to make a sustainable change in your life. Kick the sugar habit once and for all.

Aligning Mission & Purpose: My experience with great Teams with Mike Robichaud on Jan 27

Mike's initiation to Teamwork came as a high school and college student-athlete. He took the core principles that he learned in competitive sports and launched a small business in the late '80's that is now a leading staffing organization in the US. Then in 2009 he was offered a dream opportunity: to coach high school football. He leveraged those same principles to rebuild a struggling sports program. "Aligning Mission & Purpose" will discuss the process, challenges and rewards of building and sustaining a positive culture of high performance. Foundational themes of Mission, Vision, Goal Setting, Clear Expectations, and the power of Purpose will be threaded throughout.



Fun with Reptiles! with Priscilla Clark on Feb 10 from 4-5 pm*

What makes reptiles the best pets ever??!! Well, on the practical side, they don't cost much to buy or keep. You don't need to walk them, board them or worry about expensive vet bills. But those of us who are passionate herpers just find them fascinating. Come meet my menagerie: Mango, the blue tongue skink, Poppy, the spiny tail lizard, Miss Piggy, the western hognose snake and Pretty Boy, the corn snake. I'll tell you a little about them while they "perform" for the camera, but mostly just answer your questions. For children - and adults! - of all ages. ***Note different start time**

The Healing Power of Qigong with Steven Cardoza on Feb 10

The Chinese health-building practice of qigong has an unbroken history spanning thousands of years. In today's presentation you will learn exactly what it is, its many styles and variations, and how it can improve every aspect of your being. By regulating your body, breath, and mind, you gain the ability to harness your qi (life energy) in specific ways, providing benefits ranging from reduced stress, more energy, healing, and well-being, through healthy longevity and spiritual cultivation. For a preview, please visit Steven's website for links to videos and vlogs: www.healingdragon.org



My Aching Bones and Joints: When You Should Be Worried with Kathy Takvorian on Feb 17

Many, if not most individuals experience what they believe to be joint pain that often intensifies with age. We will explore ways to define joint pain from other types of pain (pain from structures near joints, nerve pain and muscle pain), and will briefly introduce different types of disorders that may cause this pain. Kathy will also provide some insight about common disorders that may cause this pain and when it is important to seek medical attention. **PLEASE NOTE: No specific questions related to your own history or medications, though general questions welcomed!**

CCACE's Speaker Series

Meeting our Energy Transitions with John Ballantine on Feb 24

Over the past 50 years, our energy models have evolved and become more sophisticated. However, BIG questions remain: how well have they predicted prices and been able to map out our changing energy landscape? In this slide discussion, John will describe the historical evolution of the energy economy/models that have attempted to answer different demands and different questions at different points in time. From the early resource supply curve -- coal and oil -- with its boom and busts to supply and demand surprises -- OPEC and Middle East conflicts -- with Heterogeneous agents (Saudi Arabia < Russia), the evolution of our energy models suggest how we may transition to a cleaner climate friendly energy landscape.



Managing Anxiety with Mara Briere on Mar 3

Join Mara for a discussion about what anxiety is, different categories of anxiety, and strategies for managing anxiety more effectively. Understanding what anxiety looks like in others enables us to more effectively cope with episodes, when they occur, and take good, loving care of ourselves.

Science and Religion with Christopher White on Mar 10

We will examine different ways that people today think about science and religion. We will survey recent arguments and controversies between scientists and religious believers in the modern world, investigating sources of conflict, issues that have caused tension, and different possibilities for reconciliation between the two groups. We also examine ways of talking about science, religion and technology that go beyond the "conflict" model (science versus religion), looking instead at how these different parts of culture shape and influence one another. How have new sciences and technologies challenged and altered religious beliefs and practices? How have religious people in turn shaped new scientific ideas?



President Franklin Roosevelt and his war council with Ron Bernard on Mar 17

i.e. the generals and admirals through whom he exercised command

When we think about our country's leading military men of WW2, the names Eisenhower, Nimitz, Bradley, Halsey, Patton, and MacArthur are likely to be foremost in our mind. Yet, although these men were key players in bringing a victorious end to WW2, they were subordinate to four other men who are lesser known, and perhaps entirely unknown to the most recent generation of Americans. We will introduce the audience to these men, how each of them fit into Roosevelt's chain of command, and how they got there.

Stress Management & Resiliency: How to Tackle Our Stress to find Focus & Joy with Carolyn Wilkins on Mar 24

From every level, 2020 has asked us to sit in the unknown, wreaking havoc on our stress levels, leaving us unfocused, anxious, and unhappy. For many, the medical and social-emotional consequences are too serious for inaction, making it imperative we learn new self-care solutions used at the nation's leading hospitals and wellness centers. Learn what science is uncovering about the role of stress in our physical health, as well as the related tools & techniques seen as most effective in combating this common, damaging aspect of our lives. In addition to a lecture and Q&A, participants will be led on two brief series of meditations -- no experience is necessary. Come join, learn, breathe, and be well.



Driving Your Life Away: Learning to drive mindfully and arrive safe & refreshed with Rebecca Gurley on Mar 31

Traffic, aggressive drivers and the pace we live, combine to make driving stressful. If you find yourself saying, "come on already, MOVE!" under your breath, you may be ready to reevaluate. Our time in the car doesn't have to be 'wasting our lives away', but a time to live in the moment and arrive safe and relaxed at our destination. You can choose to drive happy and better.

The series will run Wednesday evenings at 7 pm* on Zoom.
There is a \$10 fee to support our scholarship fund & CCACE programs.

Check the website for Spring Speakers!

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.*

Afterschool:	Mon, Wed & Thurs: Jan 27 - Mar 8, 3:30-5:30 pm
February Break:	Mon - Sun, Feb 15-21, 1-5 pm, final session ends at 7 pm
Saturdays:	7 Sat, Mar 13 - May 1, 9 am-1 pm, final session ends at 3 pm
April Break:	Mon - Sun, Apr 19-25, 1-5 pm, final session ends at 7 pm

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, Jan 20, 7-9 pm
- Tues, Feb 9, 7-9 pm
- Thurs, Mar 11, 7-9 pm
- Wed, Apr 14, 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



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.

Winter Semester

Biblical Prophets - An Introduction with Dale Landis

Four centuries beginning at 800 BCE saw a flourishing of the great literary prophets of Israel. The books they gave us form a major part of our Bibles; moreover, as one writer (Ellen Davis) writes, "the Bible, in both testaments, is prophetically shaped." We will introduce the writings of several of the literary Hebrew prophets (such as Amos, Hosea, Isaiah, and Jeremiah), and consider the following questions: Who were the prophets? What was their social, historical environment? What problems did prophets address? How does prophecy fit into the Bible as a whole? What do the prophets say about God, humanity, and the world? How did prophets influence later religion (including Christianity) and society?



There will be a general introduction to the nature of prophecy in Israel, as well as a brief overview of other biblical genres such as narrative, apocalypse, wisdom, and gospels, demonstrating how they compare and contrast with the prophetic books. Our syllabus will provide representative passages from a selection of the prophetic books; a typical class will concentrate on one prophet. After a brief survey of historical context, we will discuss the selected texts from that prophet. This discussion will focus on key words (Hebrew and translations), and on the questions listed above. Text: A Bible in English

6 Tues, Jan 26 - Mar 2, 10-11:30 am, Online

Requested donation: \$60

Chinese Art as a Window with Shelley Drake Hawks

We will consider powerful examples of Chinese ink painting, oil painting, woodcuts, and cinema.

What do these artworks reveal about social changes in China and Asia?

In two sessions on Zoom, we will look at artwork together and discuss what we notice and how we might interpret an artist's choices. Huang Yongyu, *Eternal Window* (1967)

2 Fri, Jan 29 & Feb 5, 10-11:30 am, Online

Requested donation: \$60

The Golden Years of Rock: Rock'n'Roll to Art Rock with Keith Daniel

From its seismic birth in the mid-1950s, rock'n'roll not only swept across America and soon made its way to England, but it was ultimately perceived as a cultural and sociological phenomenon, as well as a musical one. Yet it looked like it was dying by 1959 - how could that be? Well, it went underground for a few years, kept alive only by the remarkable voice of Roy Orbison. Like all important art forms, it was about to re-invent itself in the sand-and-surf of California, the Brill Building of Manhattan, and the docks and clubs of Liverpool. From 1963 to the late 1970s, rock (as it was now called) became the music of our lives, pushing aside jazz, easy listening, and even the Great American Songbook. This course will tell the story of those 20+ years, from Chuck Berry, Little Richard, Elvis Presley and Bill Haley, to The Mamas and the Papas, Carol King, Elvis Costello and Led Zeppelin, by way of, ahem, a couple of groups called the Beach Boys and the Beatles. This is a listening course and no prior knowledge of music is necessary. There will be no text or required materials.



10 Wed, Feb 24 - Apr 28, 11 am-12 pm, Online

Requested donation: \$60

AS Byatt's Novel *Possession* with Diane Proctor

In a brilliant tour de force, A.S. Byatt has created a novel—*Possession*—that is at once an intellectual mystery and a romance. Set in both the 20th Century and Victorian England, the novel involves two modern scholars researching the unexplored and possibly significant relationship between two Victorian poets; of course, each is imaginary, but the ring of authenticity resounds. Replete with wit, original poetry, imagination, and philosophy, Byatt won The Booker Prize in 1990 for this work. An exploration of varied narrative voices, epistolary styles, historiographic metafiction, and academic debate, this work will provide rich, lively discussions. We will read around 50 pages a week (sometimes a bit more) during this 10 week course.

10 Thurs, Feb 25 - Apr 29, 10:30 am-12 pm, Online

Requested donation: \$60

Spring Semester: Registration opens January 4th

Art Under Attack: Theft, Scams, Outrage and Violence with Steven Kendall

We love it—and we hate it. Fine art, more than any of the arts, has been attacked for centuries. In this course, you'll hear (and see) one fascinating story after another. See how outraged people have tried—and sometimes succeeded—to get great art removed from public and even private view. Learn about forgers who make us wonder if what we're seeing in museums are originals. Meet violent people who deface and even destroy beloved art. And see some of history's most daring and fascinating art thefts come to life. Along the way, we'll discuss together the great art that's been attacked: from the Vietnam Veterans Memorial to a post office mural in Maine, from 13 Gardner artworks to the Mona Lisa.



10 Mon, Mar 15 - May 10, 10 am-12 pm, Online

Requested donation: \$60

Art and Mathematics with Bill Adams

This course will consider art, many pieces of which are related to mathematics. We will start by considering art having various types of symmetry, for instance, some of the amazing patterns in Islamic art, and broaden out to modern sculpture and painting, kinetic art, string art, and geometric art. We will also view works from various sculpture parks and exhibits from conferences with themes of art and math. No prior background in either art or math is necessary to enjoy this course. Some concepts may be repetitive from our course in 2017, but many will be new.

5 Tues, Mar 23 - Apr 20, 10-11:30 am, Online

Requested donation: \$60

Meet the Apostle Paul with Dale Landis

This course will introduce Paul of Tarsus, who had an enormous impact in the Hellenic world, an impact that continues today. The focus will be on Paul the person – his life, character, and relationship to his world. We will look at two sections of the New Testament: the major events of Paul's life as told by Luke in the second half of "Acts of the Apostles"; and his letter to the Philippians as an example of his writing. Paul the person cannot be fully separated from Paul's thought; therefore one class will provide a summary of Paul's key ideas, such as his understanding of Christ, justification by faith, morality, the church, and the future. Text: The New Testament



6 Wed, Mar 24 - Apr 28, 10-11:30 am, Online

Requested donation: \$60

Reading the Heart Sutra: Mahāyāna Buddhism's Favorite Scripture with Tony Fairbank

The *Heart Sutra* has been described as "Buddhism in a nutshell." It's English translation fits onto a single page; yet, in just over three hundred Chinese characters, this text points to the essence of the Buddha's teaching on what is called "perfected wisdom" (*prajnaparamita*). It is the most widely studied, the most widely chanted, and the most widely copied text throughout all Mahāyāna Buddhist countries (like China, Korea, Japan, Tibet, etc.), and it is now becoming familiar in Europe and North America as well. We will not only read this text in detail, but will delve into the various elements of Buddhist teaching which point directly to an enlightened perception of reality. We'll encounter exotic terms like "the five skandhas," "the *bodhisattva* path," "*mantra*," and the notion of something called "emptiness." We will use the text translated and introduced by Red Pine in his book, *The Heart Sutra: The Womb of Buddhas* (2004), along with supplemental materials provided in class (slides, web links, and downloadable documents). No previous knowledge of Buddhism is necessary to take this class. Questions and discussions are encouraged, but not required.

6 Thurs, Mar 25 - Apr 29, 9:30-11 am, Online

Requested donation: \$60

A Tour of the Universe in Four Days: or if it is Friday it must be the Milky Way with Mark Reid

On Day 1, we'll start near home exploring the Solar System. On Day 2, we'll venture farther afield and explore the Milky Way Galaxy. On Day 3, we'll travel at warp speed to explore other galaxies. On Day 4, we'll glimpse the beginning of the Universe, and return to the Milky Way to see some very odd things and end with conjectures on life elsewhere.



4 Fri, Mar 26 - Apr 16, 10-11:30 am, 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 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, Feb 4 - Apr 1, 12-2 pm, Online

Fee: \$205

Winter Italian classes are a continuation of the Fall classes. If you have some knowledge of the language, contact us. We will have the instructor contact you to determine if now is a good time for you to join us and which level is right for you.

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, Jan 11 - Mar 29, 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, Jan 14 - Mar 25, 4-5:30 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, Jan 14 - Mar 25, 6-7:30 pm, Online

Fee: \$205



Spanish I

Carmelita Senters

Spanish I is an introductory course intended for those with little or no previous knowledge of the language. We will be on Zoom and activities will be based on the Zoom functions. We will focus on developing speaking, listening and reading skills while exploring cultural aspects of the Spanish speaking world. Additional reading materials will be mutually agreed upon in class. **Please purchase the textbook prior to the first class: *Anda Curso Elemental, first edition, by Audrey L. Heining-Boyton/Glynis S. Cowell.***

10 Thurs, Jan 21 - Apr 1, 5-7 pm, Online

Fee: \$215

Spanish Conversation

Carmelita Senters

This course is designed for people who have taken Spanish I, II and III. The class will be conducted entirely in Spanish with an emphasis on reading, speaking and listening abilities. Classes will be conducted on Zoom and activities will be based on the Zoom functions. We will spend time in each class for open conversation, as well as discussion and analysis of the weekly assigned literature. Literary readings will be mutually decided upon in class and based on the Literary Nobel Prize laureates of the Spanish speaking world, or equally renowned authors, as well as individual exposures and preferences. Some considerations are:

- Gabriel Garcia Marquez,
- Jorge Luis Borges,
- Vargas Llosa,
- Miguel Angel Asturias,
- Isabel Allende,
- Carlos Fuentes,
- Pablo Neruda,
- Gabriela Mistral, among others.

Please purchase the textbook prior to the first class: *¡Anda Curso! Elemental, first edition by Audrey L. Heining-Boyton/Glynis S. Cowell.*

10 Tues, Jan 19 - Mar 30, 7-9 pm, Online

Fee: \$215

Not sure which level is right for you? Call us and we'll have our instructors get in touch with you.

Snow Flurries: A Haiku Workshop

Brad Bennet

Celebrate the extraordinary in the ordinary with the most popular poetry form in the world! Haiku connect us more deeply to the natural world and can provide solace in difficult times. In this three-part on-line class, we will learn about the history and key elements of haiku, including concision, a seasonal setting, and the juxtaposition of concrete experiences. Using writing prompts, we will also try our hand at writing some haiku poems. Everyone is welcome to this fun and supportive workshop, beginners and folks who have written haiku before.

3 Tues, Jan 26 - Feb 9, 6:30-8 pm, Online Fee: \$55

Moonlit Snow: An Introduction to Haiku

Brad Bennet

Join award-winning haiku poet Brad Bennett for a Zoom introduction to haiku, the most popular form of poetry in the world. Following an introduction to haiku, a short history, and a discussion of the major elements of the form, we'll try our hand at writing a few using a prompt. Everybody is welcome to join us!



Tues, Jan 19, 6:30-8 pm, Online Fee: \$35

A Winter Afternoon Haiku Walk

Brad Bennet

Haiku, the most popular form of poetry in the world, can help to connect us more deeply to the natural world. What a great reason to get outside! Join us for this introduction to haiku and inspirational walk. We'll walk around Gowing's Swamp, a Concord Land Conservation Trust property, gathering observations and insights, and then try our hand at writing some haiku. The entire class will take place outside and we will be observing social distancing. Masks will be required. Everybody is welcome to join us!

Sat, Feb 27, 1-2:30 pm, Gowing's Swamp Fee: \$35

Telling Your Story: Mini-memoir workshop

Julie Pierce Onos

In this generative workshop, you will explore the memoir genre, hear excerpts of personal essays and work on three prompts to create three vignettes for your memoir. There will be time to share our work and encourage each other's efforts. We will get the creative juices flowing!

Section A: Sat, Jan 23, 10:30 am-12 pm, Online Fee: \$35

Section B: Tues, Mar 2, 2:30-4 pm, Online Fee: \$35



Poetry Workshop to Celebrate Black History Month

Julie Pierce Onos

Poetry is a powerful genre to share your story, thoughts and dreams. Black Americans have used poetry to reflect on current events for hundreds of years. In this generative workshop, you will explore three different Black American poets and work on prompts to write your own poems. There will be time to share our work and encourage each other's efforts. We will get the creative juices flowing!

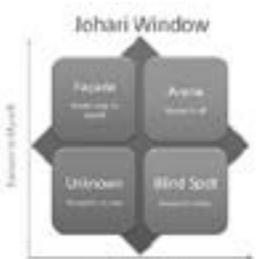
Sat, Feb 6, 9:30-11 am, Online Fee: \$35

The Johari Window model for improving self-awareness and mutual understanding between individuals

Julie Pierce Onos

The Johari Window is a useful tool for increasing both self-awareness and the ability to build mutual understanding, respect and effective communication. It also supports team development and group dynamics. In this workshop, we will learn about the model, practice applying it to scenarios and leave with ideas on how to use it in the teams and groups to which we belong.

Sat, Mar 6, 11 am-12:30 pm, Online Fee: \$35



Virtual Style Ensembles: Brass & Woodwinds (Grades 9-12)

Alexei Doohevskoy (Brass) & Rachel Juszcak (Woodwinds)

Come join one of our Virtual Ensembles! We will be exploring the 21st century possibilities of music-making on BandLab - a free cloud-based platform for recording and performance. BandLab allows the player to record audio tracks while listening to previously recorded tracks of other collaborators.

The brass ensemble will meet twice a week for 40 min and the woodwinds will meet twice a week for one hour on Zoom for a rehearsal check-in session. Students will receive feedback and guidance with their recordings. The objective will be to produce a polished ensemble recording of 2-3 customized arrangements. The schedule of the zoom meetings will be determined by online consensus.

Brass Ensemble: 10 40-min sessions - TBD Fee: \$395

Woodwinds Ensemble: 10 60-min sessions - TBD Fee: \$475

Check out Alexei's Music Theory 101 class on page 10

Razzle Dazzle - Broadway for Teens! (Grades 9-12)

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.



6 Thurs, Jan 28 - Mar 11, 6:30-8:15 pm, Online Fee: \$135

Home Alone (Grades 4-6)

Bernadette Keegan

Does your child know what to do if a stranger comes to the door or how to get help in an emergency? The Home Alone class is designed to teach children simple rules and procedures for responsible self-care. Students will be asked to print an activity packet that we will send along with the Zoom class link and we'll work through it together as we have safe, open discussions of the topics.

Wed, Jan 27, 1:30-2:30 pm, Online Fee: \$15

Filmmaking 101 (Ages 10-14)

The Filmmakers Collaborative

Flex your creative muscles in the comfort of your own home! Learn skills in scriptwriting, character development, improvisation, and camera operation as you make your own short film! Equipment needed: Video camera or smartphone and basic editing software such as iMovie.

4 Sat, Jan 30-Feb 20, 9:30-11 am, Online Fee: \$209

Locking Down for the Fun of It! (Grades 6-12)

Open Door Education

Looking to connect hands-on learning to big ideas? Students will access foundational design learning by creating their own Escape Room style lock codes. Escape room design is a fundamentally social process which taps design principles such as deduction, induction, design space, feedback loops, and more. Students will focus on practice as they explore examples and design their own lock code from start to finish. The course will require purchase of a programmable lock after the first session (\$10 to \$15) and optional purchase of other materials.

Tues, Wed, & Fri, Feb 16-19, 1:30-2:30 pm, Online Fee: \$125

An Introduction to Entrepreneurship (Grades 6-12)

Open Door Education

We will go over the basics of entrepreneurship and educate on what it means to find and solve problems, and eventually get paid for it. We'll go through a simple introduction to customer discovery and customer interviews - then teach you a simple way to get feedback on your initial idea and find customers before building anything! By the end, you'll have tons of ideas on how to get started building your startup. In our second session, we'll hear from Wes Schroll, a successful entrepreneur who will share his story and answer students' questions on what it looks like to build and grow a large company!

2 Tues, Mar 16 & 23, 7-8 pm, Online Fee: \$30

3D Design and Printing (Grades 6-9)

BlocksCAD

Learn how to design awesome 3D objects using BlocksCAD, a software program that combines 3D modeling with block-based coding. You will learn basic computer-aided design (CAD) principles while learning the foundations of coding. While you build on the introductory concepts and practice computational thinking skills, you have fun creating unique, personalized, three-dimensional designs. This class can also accommodate students with prior coding experience.



Each student gets one 3D print over the 10 hour course. The instructor will print these projects outside of class and provide instructions at the end of class for safe pick-up or shipping.

Equipment needed: A device (laptop, macbook, ipad or chromebook) and wifi. Recommendations: Prior to the start of class, visit www.blockscad3d.com/editor to open the online Blocks CAD software. Parents are asked to be available for the first 3-5 min of the first class for a tech check and to make sure the child is all set. *No class Feb 20*

5 Sat, Jan 23- Mar 6, 2-4 pm, Online Fee: \$239

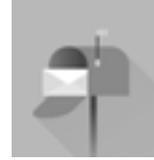
How to Register



ConcordCarlisleACE.org



978-318-1432



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.

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.

Scholarships



Scholarships are made possible in part by a grant from the Concord-Carlisle Community Chest. This helps to make lifelong learning a reality for local community members 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.ccommunitychest.org.

CCACE Advisory Committee

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

Stuart Freeland, Concord
Marla Iyasere, Concord
Carol Murphree, Carlisle
Margo Parent, Carlisle
Eva Mostoufi*

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Heather Bout, Vice Chair
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Cynthia Rainey
Eva Mostoufi

Alexa Anderso
Fatima Mezdad
Student Representatives:
Amy Tedeschi
Linda Xu



Cover art by Abby Bodenrader, CCHS Class of 2022: This piece was drawn by Abby Bodenrader, a junior at Concord Carlisle High School. Abby lives in Maynard and enjoys art, gymnastics, playing guitar, and spending time with her family and friends. This piece was done for a school art project and depicts racial injustice in our society. Abby used one continuous line to draw all of the faces, illustrating that despite people's differences, we are all part of one humanity. Just like the faces in the picture, we all view the world from different angles and perspectives, which can motivate injustice, or, as this picture calls on us to do, can bring us together.

www.freepik.com: Airplane, Healthy, School, Travel (p.2) by rawpixel.com; Mailbox (p.2) by mb-photoarts; School (p.2); Colourful, Youth day (p.2) photo created by freepik; Book, Doctor (p.2) created by jcomp; Runner (p.2) by ArthurHidden; Food (p.2) photo created by master1305; Road (p.2) by welcomia; Tree photo (p.2) by kjpargeter; Entrepreneur (p.4) by wirestock; Trumpet (p.13) by photogenia; Flute, Guitar (p.13) by freepik; Rock n' roll (p.17) by 8photo

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	

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
 500 Walden Street, Concord, MA 01742

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zoom

Zoom with us this Winter!

In an effort to keep everyone safe, all classes will be online.



This paper contains post-consumer waste



Find us on Facebook

www.concordcarlisleace.org

978-318-1432

CCACE's Speaker Series

With the cold months here and the pandemic still keeping us inside, we want to keep you engaged!

Our presenters are community members sharing their passions and knowledge, from historical to cultural, education to entertainment, and everything in between!

The series will run Wednesday evenings at 7 pm on Zoom. \$10



Lovers, Mystics, and Madmen: A Look at Classical Persian Poetry
Breaking the Sugar Cravings

Aligning Mission & Purpose: My experience with great Teams
Fun with Reptiles!

The Healing Power of Qigong

My Aching Bones and Joints: When You Should Be Worried

Meeting our Energy Transitions

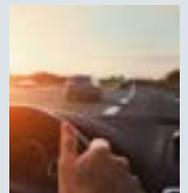
Managing Anxiety

Science and Religion

President Franklin Roosevelt and his war council

Stress Management & Resiliency: How to Tackle Our Stress to find Focus & Joy

Driving Your Life Away: Learning to drive mindfully and arrive safe & refreshed



Register today!