

Concord-Carlisle Adult & Community Education Spring & Summer 2018



Adult & Community Education

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

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

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Concord-Carlisle High School, 500 Walden St, Concord
 www.concordcarlisleace.org
 978-318-1432 (Fax) 978-369-7125

CCACE Advisory Committee

Demi Ayres, Concord, Chair	Stuart Freeland, Concord
John Ballantine, Carlisle	Marla Iyasere, Concord
Ron Bernard, Concord	Christine Lear, Carlisle
Helen Christiansen, Concord	Carol Murphree, Carlisle
Claudia Feeny, Concord	Rosalie Weiss, Bedford*

Wallace Johnston, School Committee Liaison
 *Participatory non-district member

Concord-Carlisle School Committee

Heather Bout	Wallace Johnston
Johanna Boynton	Melissa McMorrow
Daniel Conti	Mary Storrs
Robert Grom	

Student Representatives: Ariel Waldman

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Unless otherwise noted, CCACE will not hold classes on the following dates:
April 9-13 (evening classes only)
April 16-20
May 28

Registration Details & Information

How to Register

1. **Online** at www.concordcarlisleace.org.
2. **Call** 978-318-1432 to register by phone.
3. **Mail** to Concord-Carlisle Adult & Community Education, 500 Walden St, Concord, MA 01742.
4. **Fax** to 978-369-7125.
5. **Visit** our office!

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

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

Who Can Enroll?

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

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

Class Locations:

Unless otherwise noted, classes take place at CCHS. Schools:

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

Other locations:

- Barre3, 158 Great Rd, Bedford
- Barre3, 365 Boston Post Rd, Sudbury
- Bedford Rec, 10 Mudge Way, Bedford
- Bikeway Source, 111 South Rd, Bedford
- Concord Library Main Branch: 129 Main St, Concord
- Concord Visitors Center: 58 Main St, Concord
- Fowler Library: 1322 Main St, Concord
- Gleason Public Library: 22 Bedford Rd, Carlisle
- Hapgood Wright Town Forest: Walden St, Concord
- Harvey Wheeler Community Center: 1276 Main St, Concord
- Newbury Court: 100 Newbury Court, Concord
- Punkatasset Conservation Land, Monument St, Concord
- Scott's Stone Carving: 80 Loomis St, 2nd Fl, Bedford
- Starfish Dance & Yoga, 135 Commonwealth Ave, Concord

Parking at CCHS

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

Refunds & Course Changes

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

Scholarships



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



Cover art: Miyah Gaston, CCHS 2017, Concord. I am a Fashion Merchandising major at Framingham State University. To me, this picture represents personality and emotion, not just one but multiple because every single sticker that was put on there has a purpose, a reason and a personality and that is what a photo is supposed to show.

Branding and Design for Small Businesses & Nonprofits

Rachel D'Erminio, Instructor

Branding and design are essential to creating an identity for your small business or non-profit, but hiring a designer can seem expensive and overwhelming! In this short course, learn the basics to making professional looking materials yourself, as well as when and how to hire someone to do the work for you. We'll cover logos, business cards, websites, marketing and social media material. We'll also take a look at helpful resources both online and in the real world.

Wed, Mar 28, 7-9 pm, CCHS **Fee: \$35**

DIY Graphic Design

Rachel D'Erminio, Instructor

Do your invitations lack panache? Are your fliers looking trite? Come and learn DIY design! In this course you'll learn digital design basics such as layout, font selection and color theory. You'll also learn how to get your designs printed or formatted for easy emailing. Soon you'll be making your own bake sale fliers, party invitations, baby announcements, wedding invitations and more! Experience with design software such as Photoshop is ideal and experience with at least Microsoft Word is necessary.

Wed, Apr 4, 7-9 pm, CCHS **Fee: \$35**

Friday Flicks at Fowler Library

Join us for free movies on Friday evenings! Visit concordlibrary.org for more information.

Like Water for Chocolate: **Mar 16, 7 pm**

(Mexico, 1992) R Tita knew the smells of the kitchen and learned how to cook at a young age. As the youngest daughter, Tita must uphold the family tradition to care for her mother until her mother's death.

El Mariachi: **Mar 23, 7 pm**

(USA 1992) R "Western for Mexican audience" A young musician arrives in town carrying his own guitar case with his signature guitar. He hopes to find work in the town to pursue his dream of becoming a mariachi like his father.

March 30, 7:00 Snow date.

ed2go's Computer Courses



Introduction to QuickBooks 2017

Learn how to quickly and efficiently gain control over the financial aspects of your business.

6 week course starts Mar 14th, Apr 11th, or May 16th

Introduction to Crystal Reports

Learn how to use Crystal Reports to create attractive business documents that are easy to read and understand.

6 week course starts Mar 14th, Apr 11th, or May 16th

Intermediate Microsoft Excel 2016

Take your Microsoft Excel 2016 skills to the next level as you master charts, graphs, PivotTables, Slicers, Sparklines, Auto-Filter, macros, and other advanced Excel functions.

6 week course starts Mar 14th, Apr 11th, or May 16th

Microsoft Excel - Pivot Tables

Master all the features of Excel pivot tables, including little-known options and settings, layouts, calculated fields, multi-level subtotals, Pivot Charts, Timelines, and Slicers.

6 week course starts Mar 14th, Apr 11th, or May 16th

Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

6 week course starts Mar 14th, Apr 11th, or May 16th

Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

6 week course starts Mar 14th, Apr 11th, or May 16th

Introduction to Oracle

Learn how to use the Oracle database management system to plan, organize, and manage your data.

6 week course starts Mar 14th, Apr 11th, or May 16th

Introduction to Database Development

An experienced professional guides you through a structured approach to database design and development.

6 week course starts Mar 14th, Apr 11th, or May 16th

Most courses run for 6 weeks with lessons post twice per week. New sessions start every month! Check out Intermediate and Advanced level courses as well as many more Computer Applications courses.

www.ed2go.com/concord

Concord Carlisle Cable Television

CCTV is a non-profit, public-access facility operating in Concord and Carlisle. Their mission is to foster community, communication, and collaboration by providing citizens that live, work or attend school in Concord or Carlisle with the skills and equipment necessary to produce their own local cable television programs. CCTV studios and editing classroom are located on the first floor of CCHS. Information at www.concordtv.org and www.carlisle.org. The CCTV staff includes Tamarah Green, Executive Director; Mike Dyer, Community Production Coordinator; Kester Krueger, Education & Outreach Manager; and Sam Krueger, Production Manager.

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

CCTV Orientation & Getting to Know the Cameras

This one time class will explain how CCTV works, teach you how to set up and operate our cameras and introduce you to basic shot composition. Upon completion of the orientation, you automatically become a member and are able to reserve equipment and editing time. This class will be taught by one of CCTV's staff members. Call CCTV at 978-369-5038 or email us at manager@concordtv.org to schedule a time that is convenient for you!

Contact CCTV to schedule **Fee: \$10**

Music Video Production

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

4 Mon, Apr 23 - May 14, 3:30-5 pm, CCTV **Fee: \$50**

Lighting 101

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

Tues, Apr 3, 10-11:30 am, CCTV **Fee: \$25**

Interview Techniques

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

Wed, Apr 25, 5-6:30 pm, CCTV **Fee: \$25**

Learn How to Use Your Smartphone for Beginners

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

Tues, May 15, 10-11:30 am, CCTV **Fee: \$25**

All About Accessibility! Understand the Features on Your Computer, Device & Browser

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

Tues, May 1, 2-3:30 pm, CCTV **Fee: \$25**

Intro to Digital Field Production

This class introduces students to all the elements of field video production including video, audio, and lighting. Learn to operate CCTV's video cameras and microphones. Gain an understanding of shot composition, working with lighting, and how to create an edit plan. This is taught over one session. Students will make a short video for certification. CCTV staff will train people individually or as a small group.

2 Wed, May 16 & 23, 6-7:30 pm, CCTV **Fee: \$35**

Intro to DSLR Filmmaking

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

2 Thurs, Apr 12 & 19, 2-3:30 pm, CCTV **Fee: \$35**

Director's Workshop

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

2 Tues, Jun 5 & 12, 3:30-5 pm, CCTV **Fee: \$35**

Community Event Coverage

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

Wed, Jun 6, 11 am-12:30 pm, CCTV **Fee: \$25**

CCTV / College & Test Prep

Digital Storytelling

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

2 Thurs, Jun 7 & 14, 10-11:30 am, CCTV Fee: \$35

iPhone and Android Photography and Filmmaking

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

Fri, May 4, 10:30 am-12 pm, CCTV Fee: \$25

Photoshop Basics

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

2 Wed, Jun 13 & 20, 10-11:30 am, CCTV Fee: \$35

Adobe Premiere I

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

3 Thurs, May 10 - 24, 2-3:30 pm, CCTV Fee: \$35

Adobe Premiere II

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

3 Fri, Jun 1 - 15, 2-3:30 pm, CCTV Fee: \$50

College & Test Prep

ACT Practice Tests

Open Door Education, Instructors

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

Sat, Mar 31, 10 am-1:30 pm, CCHS Fee: \$20

ACT Preparation Bootcamp

Open Door Education, Instructors

Whether you take a practice test with us or not, join us for a bootcamp where you will learn strategies and techniques to help you prepare for the ACT or SAT.

Sat, Apr 7, 9 am-1 pm, CCHS Fee: \$115

Chemistry SAT Subject Test

Andy Fall & Michael Vela, Instructors

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

4 Sun, Mar 25, Apr 8, 22, & 29, 9 am-12 pm, CCHS Fee: \$199

Biology SAT Subject Test Prep **FULL!**

Jennifer Benson, Instructor

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 textbook.

6 Thurs, Apr 26 - May 31, 2:45-4:45 pm, CCHS Fee: \$199

College & Test Prep / Creative Arts

NEW Biology SAT Subject Test Prep Bootcamp

Open Door Education, Instructors

If you are preparing for the Subject Test in Biology E/M, join us for an informative bootcamp session. We will discuss what to expect on the test and share helpful strategies to help you do your best.

Session A: Sat, May 12, 9 am-12 pm, CCHS Fee: \$60

Session B: Sat, May 19, 9 am-12 pm, CCHS Fee: \$60

NEW Technology/Life Balance Workshop for Families

Nancy Hamilton & Susan Reynolds, Instructors

We live in a digital world and technology is here to stay. How do we manage the overwhelming increase in technology use knowing it can't be avoided?

Join us for an interactive, engaging workshop on the roles technology and social media play in our lives. Come learn how to maximize your use of technology with mindful intention as opposed to mindless distraction. You will learn the latest research on why our children are so attracted to screens and how together, you and your children can take control of technology use, rather than being used by it. Learn strategies that will help you and your family find the balance of an on-screen life and off-screen life and get some tools to help you live your life with intention, and increased focus.

Tues, May 1, 7-8:30 pm, Gleason Public Library Fee: \$25

Creative Arts

NEW Hand Tool Repair & Restoration

Peter Coppola, Instructor

Is it vintage or antique, a family heirloom or piece of wall art; or maybe something you want to bring back to life? Learn how to repair, restore and use the kitchen, garden and woodworking hand tools designed and used by our grandparents. This has been one of Peter's summer hobbies trolling yard sales and antique shops to find gardening or woodworking tools to restore in the winter months. This class will provide information on hand tool identification and dating, the tools and materials needed for restoration, steps in the process, and the importance of on-line research. Students can bring something they might want to try restoring, along with their questions.

Mon, Apr 9, 7-9:30 pm, Bedford Rec Fee: \$25

NEW Oil Painting

Corine Mazza, Instructor

Come escape your day and relax! This is an instructional oil painting class, designed for beginners and those who would love to paint. Learn various techniques and how to use a variety of brushes and tools to apply oil paint to canvas in a fun, creative and fast way. No drawing required. In each two-week session, you will leave with a complete painting to take home and cherish or give as a gift. All supplies included. Bring an apron or wear clothes that can be painted.

Session A: 2 Thurs, Apr 12 & 26, 7-9 pm, Bedford Rec

Session B: 2 Thurs, May 10 & 17, 7-9 pm, Bedford Rec

Session C: 2 Thurs, Jun 14 & 21, 7-9 pm, Bedford Rec

Fee: \$60

No-Knit Yarn and Ribbon Scarf

Debby Fink, Instructor

Create a lovely scarf from ribbon and yarn for warmer weather. Using dissolvable interface, yarn and ribbons, you will layout your own personalized scarf. You are welcome to bring your own ribbon and yarn. Debby will sew the scarf together at the end of the class and mail it to you. You can contact Debby with any questions at debbycreates@gmail.com. **A \$6 materials fee is due to the instructor on the night of class.**

Mon, Apr 23, 6:30-8:30 pm, Alcott Fee: \$25

Sewing

Therese Quinn, Instructor

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

8 Mon, Apr 23 - Jun 18, 6:30-8:45 pm, CCHS Fee: \$96



Help make CC ACE classes affordable for everyone! Give to our scholarship fund online or by phone. Call us for details.

Creative Arts / Driver Education

Quilting with Friends for All Levels

Debby Fink, Instructor

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

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

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

5 Thurs, Apr 26, May 10 & 31, Jun 7 & 14, 6:30-8:30 pm, Alcott Tuition: \$75

NEW Advanced Photography Robyn Bright, Instructor

This class is for anyone who has taken a beginner photography class and/or has an understanding of composition and lighting as well as how to use aperture & shutter speed. In this advanced class, we will cover exposure level and how to change it and do bracketing, histograms and what they mean and using them, ISO settings and using the camera's light meter. We will also cover different flash techniques and when to use flash to get the best look, and about camera settings and equipment to use. An SLR digital camera will work best for this class. Please bring your camera, manual and any other equipment you wish to the first class.

4 Mon, Apr 30-May 21, 7-9 pm, Bedford Rec Fee: \$80

NEW No-Sew Beach Bag Debby Fink, Instructor

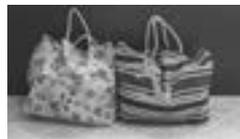
Come create a no sew beach tote - approximately 25" x 15" x 9". We will provide the fabric (see photo) or bring your 1 yard of a cotton canvas of your choosing. You can contact Debby with any questions at debbycreates@gmail.com. **A \$12 materials fee is due to the instructor on the night of class.**

Mon, May 7, 6-9 pm, Alcott Fee: \$30

NEW No-Sew Tshirt Tote Debby Fink, Instructor

Come make a sturdy t-shirt bag with a bit of yarn to take to the Farmers' Market. No sewing needed. You can contact Debby with any questions at debbycreates@gmail.com.

Wed, May 30, 6:30-8:30 pm, Alcott Fee: \$25



Driver Education

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 road test and it strives to prevent or reduce accidents and fatalities that involve young drivers. Students must be at least 15 years and 9 months of age to begin driver education. Driver Education at CCHS includes:

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

Classroom materials are supplied: Also recommended: RMV Driver's Manual. Download at www.massdot.state.ma.us/rmv. Purchase at RMV offices (\$5) or in the ACE office (\$4)

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

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

Class Schedule

April Break: Tues-Sat, Apr 17 - 21, 9 am-4 pm*

June Week: Mon-Fri, Jun 25 - 29, 9 am-4 pm*

August Week: Mon-Fri, Aug 6 - 10, 9 am-4 pm*

August Week: Mon-Fri, Aug 20 - 24, 9 am-4 pm*

Fee: \$775

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

Parent Class

Wed, Apr 11, 7-9 pm, CCHS

Thurs, May 10, 7-9 pm, CCHS

Tuesday, June 19, 7-9 pm, CCHS

Wed, August 1, 7-9 pm, CCHS

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

See Page 16 for more information

Fitness & Movement / Food & Drink

Yoga for Beginners & Beyond

John Calabria, Instructor

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

8 Mon, Apr 9 - Jun 4, 6-7:15 pm, Starfish Dance & Yoga

Fee: \$120

Peaceful Mindful Yoga

John Calabria, Instructor

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

The cascade of benefits begin within the first few calming breaths of the session. In time, students shed stress, extra pounds, drop medications, strengthen muscle and bones, sleep better, regulate blood pressure, make headaches history, and more, along with a lasting sense of well being.

For answers to frequently asked questions please visit www.YogaWithJohn.com/CAE

Section A: 8 Sun, Apr 8 - May 27, 9-10:30 am

Section B: 8 Mon, Apr 9 - Jun 4, 4-5:15 pm

Section C: 8 Tues, Apr 10 - May 29, 10:15-11:30 am

Section D: 8 Thurs, Apr 12 - May 31, 4-5:15 pm

Classes meet at Starfish Dance & Yoga Fee: \$120

Barre3

Ashley Quesnel & Kristin McCullar, Instructors

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

Section C: 8 Tues, Mar 27 - May 15, 10:15-11:15 am, Classes meet at Barre3 Sudbury

Section D: 8 Wed, Mar 28 - May 16, 5:45-6:45 pm, Classes meet at Barre3 Bedford

Fee: \$105

Tai Chi

Eliot Prisby, Metrowest Kung Fu

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

Section C: 10 Mon, Apr 2 - Jun 4, 12-1 pm

Fee: \$125

Section D: 10 Tues, Apr 3 - Jun 5, 5:30-6:30 pm

Fee: \$125

Classes meet at Metrowest Kung Fu

**Wondering where your class meets?
Check page 3 for addresses for all of our class locations. Room numbers for classes at CCHS will be sent in your email reminder, the day before the class begins.**

Share your travels with us!

The CCACE Advisory Committee organizes Armchair Travel, a series of presentations on travel. Interested in presenting? Email ace@concordps.org



Armchair Travel is Monday evenings at 7 pm.

Health & Wellness / History & Culture

Nature's Medicine Cabinet

Pamela Ely, Instructor

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

Tues, Apr 24, 7-9 pm, CCHS

Fee: \$40

Spring into Action: Activate Joy through your Radiant Circuits

Louisa Mattson, Instructor

Looking to boost your sense of well-being and joy? We are hardwired for joy but may often find ourselves in survival mode. In this Energy Medicine workshop, you will learn how to activate 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, Apr 25, 7-8:30 pm, CCHS

Fee: \$30

Sleepy Hollow Walk

Jayne Gordon, Instructor

What better place to learn about the interwoven lives of Concordians in the 19th century than our beautiful town cemetery! World famous authors, who once walked these grounds, lie buried amongst the friends and neighbors whose paths crisscrossed theirs. See how Ralph Waldo Emerson's ideas about the harmony of man and nature play out in the landscape architecture of this National Historic Landmark. Sleepy Hollow was designed as a place for the living as well as the dead: for education, reflection, and sustenance. The rich history of the site, and the riveting stories of its inhabitants will be the focus of this two hour walk, led by our own local historian!

Sun, Jun 3, 4-6 pm,

Fee: \$25; \$40/couple

We will meet at the Prichard Gate on Bedford St (62), opposite Partridge Ln. (Second gate on left coming from Concord Center). There is parking on the cemetery side of Bedford St.



Conversations in a Civil Society: Agreeing to Disagree

"The right to criticize, the right to hold unpopular beliefs, the right to protest, the right of independent thought, all basic principles of Americanism."

- Margaret Chase Smith

Join this discussion on how to navigate our differences: politics, religion, values, life style. How do we learn to have conversations around issues that sometimes divide us? How do we learn to listen better, discuss, and even bridge that divide?

Moderator: Ethan Hoblitzelle, Social Studies teacher, CCHS

Panelists:

Ona Ferguson from Consensus Building Institute

Dr. Robert Munro from Middlesex School

Rose Pavlov from Ivy Child

Tuesday, April 3rd, 7:00 pm at Concord-Carlisle High School

**Tickets are \$10 in advance; \$15 at the door
Student tickets are \$5**

Home & Hearth / Parent & Child

A Homeowners Guide to Additions & Renovations

William Dickinson, Instructor

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

Tues, Apr 24, 6:30-9 pm, CCHS

Fee: \$59; \$79/couple

Solar Workshop for Homeowners

Martin Plass, Instructor

This workshop is designed for home or business owners who would like to learn more about adding a solar system to their house. Solar can be a great investment if done right and is one of the most effective ways to lower your personal carbon footprint. The workshop will be taught in two sessions:

Part 1 – Understanding solar / getting ready:

- Overview of solar photovoltaic technology
- What houses are good candidates for solar systems
- Cost of solar, available incentives from Federal, State and local sources, typical payback times
- Buying versus leasing and solar loan programs
- Homework: Collect information to evaluate your home

Part 2 – Evaluating solar for your own house:

- Using free tools to evaluate your solar potential, expected costs and returns (we will use examples of your homes)
- How to find the best solar installer
- Contract terms and warranties from solar installers
- The solar sales and installation process
- Pitfalls and things to look out for during sales, project planning and installation
- Monitoring and maintaining your solar system

2 Wed, Apr 25 & May 2, 7-9 pm, CCHS

Fee: \$65; \$90/couple

Parent-Toddler Program (Ages 1-2*)

Ingrid Wheeler, Instructor

This program for parents and their children, ages 12-24 months*, is a fun-filled play group experience. Children enjoy cooking in the play kitchen, rolling cars down the ramp of the car garage, putting babies to bed in the doll area, or exploring many other toddler toys. While the children play in the same room, parents participate in a discussion about parenting one-year-olds. The class includes a snack time, outdoor or gym play, and a fun interactive singing time. *Ages are as of September 2017.

6 Thurs, May 3 - Jun 7, 9:30-11 am, Ripley School

Fee: \$79

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

Ingrid Wheeler & Amy Happ, Instructors

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

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

The parent group is facilitated by the other teacher and parents enjoy coffee and refreshments while discussing issues relating to the joys and challenges of raising a two-year-old. Parents take turns helping in the classroom and sharing their child's first school experience. *Ages are as of September 2017.

6 Fri, May 4 - Jun 8, 9:30-11:30 am, Ripley School

Fee: \$175



Do you get frustrated when your class is cancelled due to low enrollment? So do we!

Register early to avoid this - waiting till the last minute can result in cancellations if we don't think we have enough students!

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



Instrumental Music School

Individual Instruction
for new & continuing students



Established in 1980
Debbie Levine, Program Coordinator

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

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

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

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



Summer & Fall Registration coming soon!
We offer 30-, 45-, or 60-minute lessons
Visit www.concordcarlisle.org and click on Instrumental Music School for rates and details.

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



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

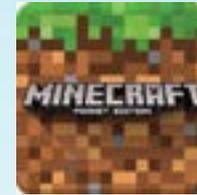
~ IMSCC FACULTY ~

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

Rachel Juszczak, bassoon
Sargis Karapetyan, violin & viola
Don Kirby, percussion
Tobi-Ann Kocher, flute
Phil Lauriat, voice
Debbie Levine, clarinet
Marian Levinstein, cello
Mena Levit, voice
Ellen Martins, French horn
Chris Noce, saxophone
Ryan Noe, trumpet

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

Wicked Cool for Kids



Minecraft Mania

Minecraft Mania is a blend of virtual learning and companion hands-on activities that explore science and engineering using Minecraft. Use an interactive avatar to investigate a game-based educational environment. Engage in both computer and real world activities covering geology, engineering, physics, and biology. Learn about the properties of rocks and minerals and take home your own rock collection. Use your skills to build skyscrapers and simple machines and plant our own crops in fun experiential challenges.

Mon-Fri, Jul 9 - 13, 9 am-4 pm, Alcott

Fee: \$375

Wicked Cool Vet School

Do you dream of becoming a veterinarian? Grab your lab coat, animal lovers, as we learn about our favorite furry, flying and fishy friends! Follow a furry "patient", make amazing animal models, build big bones, and investigate animal intestines from our favorite vertebrates: birds, mammals, reptiles, amphibians, and fish. End the week with a featured visit with a live animal.



Mon-Fri, Jul 9 - 13, 1-4 pm, Alcott

Fee: \$249

Minecraft Mania 2: The sequel



The Mania continues! Explore and build in worlds that have been customized for Wicked Cool learning activities. Construct complex Minecraft villages and map out a hands-on model community built with real world materials. Learn the secrets of Minecraft to forge unique tools, discover the awesome power of redstone, and create automated factories to supply your empire. Design light-up circuits and simple machines to take home.

Mon-Fri, Jul 16 - 20, 9 am-4 pm, Alcott

Fee: \$375

Gadgets & Contraptions

Design, build, and experiment with classic moving gadgets and investigate how they work. Tinker with tops and construct zany ziplines. Create cars that move with magnets. Conquer kinetic energy with wind-ups and rubber band-powered play things. Build an awesome motorized doodling robot friend.



Mon-Fri, Jul 16 - 20, 1-4 pm, Alcott

Fee: \$235



Rocket Science

Rocket Science '18 features our favorite rocket, the customizable E2X, perfect for the young aerospace engineer. Keep a Commander's Log as you investigate the solar system, design a satellite, and build a space base for an astronaut. Go on an out-of-this world adventure making galactic slime and glittering galaxies. Blast off with a solid fuel high-flying rocket launch at the end of the week, weather permitting.

Mon-Fri, Jul 23 - 27, 9 am-12 pm, Alcott

Fee: \$235

Deep Blue Sea

If you've ever wanted to be a marine biologist or an oceanographer, come take the plunge into Deep Blue Sea! Create models of ocean invertebrates and a dazzling coral garden. Dive deep with dolphins and find out about fish that bioluminesce (emit light). Tame the tides and ride the waves in this wicked cool oceanic adventure and grow your own cryptobiotic Sea Monkeys to take home.



Mon-Fri, Jul 23 - 27, 1-4 pm, Alcott

Fee: \$235

Summer Music

Song Writing

Chris McDermott, Instructor

Don't overthink it! This course is for anyone, any instrument, at any level who wants to learn to compose and finish a song, which will be performed at the end of the session. Through class analysis of popular song form, and some basic chord theory, Chris will teach the class and assist each student one-on-one with the tools and tricks he has used as a professional songwriter. If you have unfinished ideas, would like to learn new approaches to lyrics and music, or have never composed anything before but have a big interest, this course will give you some inspiration to get going.

Mon-Fri, Jun 25-29, 10-11:45 am, CCHS **Fee: \$200**

Reed-Making Workshop

Dennis Shafer, Instructor

In this workshop, we will discuss how to select the right reed for your practice or performance, and learn a little about how to adjust reeds. Bring all those reeds you have! Leave the icky old ones at home, and bring the new ones, and those reeds you know have some potential, but you're not exactly sure what's wrong with them. We will work some magic and make them sound awesome. A reed workshop catered to your needs, we will discuss reed care, reed adjustment, and finding the perfect reed for your upcoming performance or audition.

Session A: Tues, Jun 26 **OR** **Session B: Mon, Aug 20** **6:30-8:30 pm, CCHS** **Fee: \$45**

Sound-Painting Workshop

Dennis Shafer, Instructor

This workshop is designed to enhance creativity through Soundpainting, a performance of words and music using gestures. This art, developed by composer Walter Thompson, fosters inter-disciplinary performance and is used by many improv theatre and avant-garde musicians in New York City and Paris. In a concert setting, an audience reacts to simple gestures from a composer-conductor (the "Soundpainter") in 2-5 minutes, allowing for highly interactive improvisatory performance. Similarly, a group of performing artists can be taught to Soundpaint in less than an hour of intense rehearsal.

Session A: Thurs, Jun 28 **OR** **Session B: Tues, Aug 21** **6:30-8:30 pm, CCHS** **Fee: \$45**

Group Improvisation Workshop for Clarinet & Saxophone

Todd Brunel, Instructor

In this workshop we will explore riffing, improvising melodies over chord structures and styles of improvisation in jazz and world music. Be prepared to create free group improvisations! The only requirement is an open mind and intermediate level of experience.

Thurs, Jul 12, 5:30-7 pm, CCHS **Fee: \$40**

Reeds/Winds Masterclass/Clinic

Dennis Shafer, Instructor

In this workshop, we will have fun performing for one another, and when we're done performing for one another, we'll perform with each other! We will sight read chamber music pieces together catered to the level of your playing. While we are playing together, we will also learn some pointers on how to play more in tune, with better musicianship, and other tools that we need to play music better together. We all have areas where we can improve skills on our instrument and it is surprising what you can learn from others!

Session A: Wed, Jul 25 **OR** **Session B: Wed, Aug 22** **6:30-8:30 pm, CCHS** **Fee: \$45**

Clarinet & Saxophone Technique Workshop

Todd Brunel, Instructor

Get extensive training in clarinet and saxophone ensemble playing. We will focus on teamwork inside the ensemble, blending, tuning, matching articulation and those challenging things like sound production and air support. We will explore clarinet and saxophone ensemble arrangements of classical, jazz and world music pieces.

Thurs, Jul 26, 5:30-7 pm, CCHS **Fee: \$40**

Summer Music

Summer Trombone Choir

Alexei Doohovskoy, Instructor

The 10th annual Concord-Carlisle Summer Trombone Choir is open to students ages 10 and up. Honorary trombones (tubas, euphoniums, and baritones) are welcome. The repertoire will feature class and contemporary works written for large low brass ensemble and the program will culminate with a mini-concert on July 24. Previous performances have been recorded and broadcast on CCTV and have included up to 30 players of all ages.

10 Mon & Tues, Jun 18 - Jul 24*, CCHS **(*No class July 2 & 3)** **Fee: \$175**

Junior Ensemble (Grades 5-8): 6:00-7:00 pm

All players: 7:00-7:30 pm

Senior Ensemble (Grades -Adult): 7:30-9:00 pm

Summer Trumpet Workshop

Ryan Noe, Instructor

This workshop is open participants with at least one year of experience. Participate in small trumpet ensembles, varying in size from 3-8 performers, and a larger trumpet choir. We will also engage in interactive learning about jazz, the different types of trumpets, and warm-up ideas. If you're interested in performing a solo, you will have an opportunity to perform in a masterclass setting. Please join us!

2 Tues & Thurs, Jul 10-19, CCHS **Fee: \$140**

Students entering grades 5-8: 9:00 am-11:00 am

All Students: 11:00 am-12:00 pm

Students entering grades 9-12: 12:00 pm-2:00 pm

Final Concert: July 20th at 12:00 pm

Concord-Carlisle Summer Band

Kevin Maier & Chris Noce, Instructors

Beginner Concert Band* is for students with 1-2 years of experience in a school ensemble (i.e. students completing their 1st or 2nd year of band at the end of this school year).

Intermediate Concert Band* is for students with 3 or more years of experience on their instrument in a school ensemble, through to students entering their sophomore year of high school. Some exceptions may be made for exceptional 2nd year musicians.

**Please note: The different levels of Concert Band are subject to enrollment. If there is not sufficient enrollment to create two levels, we will run one combined band, as has been done for the last two summers.*

Jazz Workshop is for students interested in performing jazz music and building improvisation skills. Students should have at least 2 years of experience.

Schedule:

Tuesday & Wednesday		Thursday	
6-7:30 pm	Concert Band(s)	6-7 pm	Dress rehearsal
7:30-8:30 pm	Jazz Workshop	7:30-8:30 pm	Performance

Session A: Tues-Thurs, Jul 17-19, CCHS **Fee: \$75**

Session B: Tues-Thurs, Jul 31-Aug 2, CCHS **Fee: \$75**

Music Theory

Ryan Noe, Instructor

Thinking about pursuing a degree in music? Need a refresher on your music theory? Would you like more knowledge about music's fundamental mechanics? This course will be a fast-paced learning experience appropriate for any student with a basic understanding of how to read music. Topics of discussion will include: music notation, harmony, and form. If you have questions regarding the course, please refer them to Dr. Ryan Noe at ryanoe04@gmail.com.

5 Wed, Jun 20 - July 25, 5-7 pm, CCHS **(*No class July 4)** **Fee: \$150**

For information on private music lessons with IMSCC, see page 12.

Driver Education

Earning your drivers license is a huge milestone. Drive with us this summer!

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

Driver Education Age Requirement

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

Week-long classes during the summer:
June 25-29
August 6-10
August 20-24

On-the-road schedule: Initially, students are encouraged to find a partner and schedule 2-hour lessons, which will include one hour of observation and one hour of behind-the-wheel instruction for each of them. The remaining 6 hours of behind-the-wheel instruction can be arranged in 1- or 2-hour sessions. Students must have their Learner's Permit in their possession to drive or observe. *A practice road test may be scheduled with one of our instructors for an additional \$25 on a weekday or \$35 on a weekend. Approved vehicles and instructors are available to sponsor students for their road test. As soon as a test date is scheduled at 978-341-2490 x7124 or rgurley@concordcarlisle.org.*

See page 9 for more details

Chess Club Summer Session

Vadim Martirosov, Instructor

For students entering grades 4-8, the Summer Chess Club program will focus on individual improvement in chess, with a fun, engaging approach. Life Chess Master and teacher, Vadim Martirosov will conduct daily lessons and provide coaching and feedback for everyone. New material is presented every day. The program is designed for players who want to advance, to compete in state and national scholastic tournaments. Supplies and materials are included. There will also be an outdoor recreational activity each day.

Mon-Fri, One week in August - TBD, 9 am-2 pm, CCHS

Fee: \$325

See page 17 for Spring Chess Club details

Personal Finance / Growth / Recreation

Designing Sustainable Retirement Income

Glen MacNeil, CFA, Instructor

Join us for the answers to all of your questions! You saved and invested. Retirement accounts have grown. The time has (or will) come that you want to switch from working and saving to generating and enjoying reliable income from your savings. The transition involves making choices, setting priorities and managing risk. The instructor will emphasize strategies and tactics proven to successfully generate streams of sustainable income that maximize lifestyle and financial security. If you have a 401(K), 403(B) or IRA and want these assets to create income, while being smart about risk and taxes, this class is for you. This interactive workshop will focus on asset allocation, investment selection, and strategies for mitigating risk and minimizing taxes. There will be a question and answer period.

Wed, Apr 25, 6:30-8:30 pm, CCHS Fee: \$25; \$40/couple

Personal Growth

Evolving as We Mature

Annie Gray, Instructor

Many of us in our sixties and seventies (even late fifties) experience changes in our needs, priorities, and passions. Although this is a natural aspect of a developmentally appropriate journey to wholeness, the road can feel bumpy. This six-week program will smooth the road by opening up new perspectives, enabling you to explore new territory and deepen your learning in the community of others on a similar quest. Topics include Celebrating and Revising Your Story, Sourcing Your Energy, Forgiveness, Letting Go, Transformational Experience, and Befriending Death. Workshops will involve exercises, discussion, journaling and media. Suggested, not required, reading is "The Five Invitations: Lessons to the Living from the Dying" by Frank Ostaseski.

6 Mon, Mar 26-May 7, 3-5 pm, Main Library Fee: \$150

The Power of Vision Boards

Tori Hallowell, Instructor

You have probably seen them at friends' houses, read about them online, scrolled past them on Pinterest or maybe you have even attempted your own vision board. If you have waved them off as silly and inconsequential I am hear to tell you that you might be passing up on a life-changing exercise. And a fun and creative one at that. Visualization boards are quite simple in theory, and powerful in their execution. They create a visual display of what you want in life, how you want to feel, what you want to experience and achieve. They serve as an image of your ideal future. Curious? Join me as we break down the power behind vision boards and get to work creating our own. We will cover goal-setting, visualization tips and tricks and tap into our creative side in this fun and interactive workshop.

Wed, May 16, 7-9 pm, CCHS Fee: \$35

Recreation & Adventure

Improv

Bari Olevsky, Instructor

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

6 Thurs, Apr 26 - May 31, 6:30-8 pm, CCHS Fee: \$85

Concord-Carlisle Chess Club

Vadim Martirosov, Instructor

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

The club encourages participation of all ages and we often have young kids competing against adults. By offering a reduced-fee for parents, we encourage parent/child enrollments and encourage quality family time around the chess board.

Please note we will not meet on May 27th & June 10th.

6 Sun, Apr 29 - Jun 17, 2-5 pm, Harvey Wheeler Fee: \$145 \$55 for parent joining students under high school age

Basic Bicycle Maintenance

Chris Li, Instructor

This course will be geared to newer cyclists. We will go over basic bicycle maintenance and repair for most bicycles. When you are done with the class, you will have a better understanding of how to set up your shifting and braking on your bike, how to fix a flat tire and best practices to keep your bike running smoothly before and after your ride.

Mon, Apr 23, 6:15-8 pm, Bikeway Source 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! Send a resume and course proposal to ace@concordps.org.

Recreation & Adventure / Village University

Beginning Backyard Bird Song

Michele Grzenda, Instructor

Birdsong identification is a lot like learning a foreign language. You start with a few basic bird songs as a reference, then add to your repertoire by repetition and practice. Learn the types of sound birds make, and why they make them. Unlock the key to “mnemonics” memorization techniques. The classes will explore common bird songs heard in Massachusetts and techniques used to remember them. Each class will focus on approximately 10-15 birds. Ample time will be spent listening to each bird song, finding ways to remember it, and putting several different bird songs together for comparison. Please bring a notebook, pen, and bird book if you have one.

2 Thurs, May 10 & 17, 7-9 pm, CCHS Fee: \$40

Spring Birding Field Trip

Michele Grzenda, Instructor

Are you interested in identifying the birds singing in your backyard or a nearby park? Michele will introduce you to 25 species commonly found in our neighborhoods, wetlands, and forests. Learn various field identification techniques by sight and sound. These walks are designed for beginner and intermediate bird watchers. Please bring a pair of binoculars, bug spray, and a field guide if you have them.

Section A: Sun, May 13, 7-9 am, Punkatasset Conservation Land

Section B: Sun, Jun 3, 7-9 am, Hapgood Wright Town Forest

Section C: Wed, Jun 20, 6-8 pm, Hapgood Wright Town Forest

Fee: \$25; \$40/couple

Village University

The Village University, established in 2003, was inspired by Elliot & Alma Ring, and offers courses for mature learners who are seeking stimulating study and conversation about interesting topics. The courses are taught by academics, scholars, and educational leaders who volunteer to share their knowledge and inspire others. The volunteer instructors bring the best university-level learning experiences to Concord and Carlisle.

American Popular Song From Stephen Foster to Lady Gaga

Keith Daniel, Instructor

This listening course will focus on the varieties of American song, as first typified by Stephen Foster’s parlor songs and minstrel songs in the 19th century. We will listen to and examine songs generated by wars, Tin Pan Alley songs, songs from the American musical, songs of social protest (Guthrie, Dylan et al), rock and roll songs (including the Brill Building, Motown, surf music, and others), singer-songwriters, and pop stars of the eighties and beyond. Who “created” tradition? Who followed it? And who broke with it? What composers emerged as our greatest songwriters? No knowledge of music is necessary.

6 Mon, Mar 26 - May 7, 10-11:30 am, Newbury Court Requested donation: \$60

Random Accidents that Changed History, Part IV

Bill Koenigsberg, Instructor

The upcoming course is a continuation of the “Random Accidents that Changed History” class, offered previously at Village University. It will introduce the student to additional circumstances involving accidents that significantly influenced history.

History is filled with seemingly improbable events whose outcomes are often unanticipated. A simple conjecture offered in the course, is that history is frequently driven by random accidents that are not fully understood or appreciated at the time that they occurred. Topics such as the unexpected origin of fiberglass insulation, how our Moon was formed, and the discovery of purple dye, will be presented. Other topics, such as the failure of the Kinzua viaduct, collapse of the Silver Bridge, and Boston’s infamous Summer Street Bridge accident, will also be examined. ‘Accidents’ introduced in earlier VU courses will be mentioned and possibly reviewed, based on audience interest. The historical accounts presented illustrate the idea that there is a rational explanation behind many surprising events.

Class participants are encouraged to investigate the credibility of the anecdotes and to introduce related material based on their own knowledge and experience.

5 Tues, Mar 27 - May 1, 10-11:30 am, Fowler Library Requested donation: \$60

The Art of Resistance: Painting by Candlelight in

Mao’s China

Shelley Drake Hawks, Instructor

Shelley Drake Hawks, Ph.D. is an historian lecturer of Chinese Art and History. The course will discuss the Cultural Revolution (1966-76) from the perspective of seven artists who suffered greatly during that period. In spite of the dangerous times, these artists stood up for creative autonomy. All found opportunities to maintain their connection to art. Their stories reveal a fierce personal independence rooted in Chinese art and philosophy. We will develop a broad framework for understanding recent Chinese history and Chinese culture today.

4 Wed, Mar 28 - Apr 25, 10-11:30 am, Newbury Court Requested donation: \$60

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

World Languages / Writing

French for Beginners

Maurice Bombrun, Instructor

If you have little or long-since-forgotten knowledge of French, this is the class for you. In the beginner level course, we will introduce pronunciation, grammar, and vocabulary. You will learn to communicate basic concepts in French, both written and spoken. Our focus is shared among reading, listening, and speaking for a well-rounded, dynamic learning experience. Please purchase the textbook prior to the first class: *Contacts* (ISBN 978-0618-395-781), Valette/Valette, 8th Edition.

8 Tues, Apr 24 - Jun 12, 4:30-6:30 pm, CCHS Fee: \$139

French Intermediate

Maurice Bombrun, Instructor

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

8 Tues, Apr 24 - Jun 12, 7-9 pm, CCHS Fee: \$139

Conversational French Workshop

Maurice Bombrun, Instructor

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

8 Wed, Apr 25 - Jun 13, 4:30-6:30 pm, Main Library Fee: \$139

Spanish for Beginners

Sonia Hoyes, Instructor

Spanish for Beginners is an introductory course intended for people with little or no knowledge of the language. We will present essential vocabulary, grammar, and develop the speaking, listening, reading, and writing skills necessary for basic communication and comprehension. You will have the opportunity to practice and apply what you learn in conversation and enjoy getting to know your fellow classmates while doing so. Communicative class activities will include pair and group work, interviews and roleplaying. 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.

8 Mon & Wed, Apr 23 - May 16, 5-6:30 pm, CCHS Tuition: \$150

Writing

Creative Writing for Fun

Pamela Wight, Instructor

Do you love to write, but not sure what to do with those stories in your head or hidden somewhere in a back drawer? Are you brave enough to write extemporaneously in a class of like-minded adults and then share your written word minutes later? If so, sign up! Designed to encourage creative writing productivity, this popular class includes in-class writing, different writing topics and tips each week, and shared reading. Both fiction and non-fiction (journal writing and essays) are encouraged. Enthusiasm, a great sense of fun, and shared insights are used as learning tools instead of criticism. Class size is limited.

6 Mon, May 7-Jun 18, 1-2:30 pm, Location TBD Fee: \$145

Instructors

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

Jennifer Benson is a CCHS science teacher.

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

Robyn Bright has been teaching both beginner and intermediate photography, introductory photoshop and running workshops since 2002. Her photos have been shown in local galleries and published in pet industry magazines, advertisements and on product labels. She has studied with DeCordova Museum and been mentored by photographers from National Geographic and more. Robyn loves to travel and has taken pictures on land and underwater all over the world including Africa, Australia, the Caribbean, China, Egypt, Europe, Fiji, Indonesia and the U.S. To see some of her work, visit: <http://robynbrightphotos.photoshelter.com>

Todd Brunel is a clarinetist, saxophonist and music creator who has distinguished himself as a champion of stylistically diverse musical genres. He is a member of several ensembles and has been a frequent guest artist at hundreds of church parish halls, concert halls, library concert series, nightclubs, colleges and universities around the United States and Europe. He can be heard on several PBS documentaries and film sound tracks and has collaborated with such groups as ALEA III, the Bulgarian Virtuosi, Music at Edens Edge. He played principal clarinet with Opera Ebony of Harlem and has premiered new works for clarinet and mixed ensemble by numerous composers.

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

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

Peter Coppola is sole proprietor of Supply Safe, a consultancy providing capture management, business development and program management support to government contracts. He began his professional career as a mechanical engineer working in research, development, and systems design, earning several U.S. patents for work in electromechanical sensors and water filtration. Peter is a life long gardener and earned his Master Gardener certification through the Massachusetts Horticultural Society program in 2002. He has hosted a gardening show on local cable. He has lectured and taught courses, and he currently writes a weekly newspaper column on the subject.

Rachel D'Erminio is a designer with extensive experience in Illustration and Motion Graphics. She holds a B.S. in Television Production from the University of Florida and an M.A. in Broadcast Design and Motion Graphics from the Savannah College of Art and Design. Her clients include the Smithsonian, NBC, Harvard, MIT and the University of Massachusetts. Learn more about Rachel at her website: www.raetastic.com.

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.

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

Shelley Drake Hawks is a writer and historian living in Concord, MA who teaches art history at Middlesex Community College. She has also taught at Mount Holyoke College, Boston University, UMASS/Boston, and Rhode Island School of Design. She has a master's degree in Asia regional studies from Harvard and a doctorate in history from Brown, and is the author of the book "The Art of Resistance."

Alexei Doohovskoy teaches trombone, baritone horn and euphonium lessons. He also serves as an instructor at Brown University, The Fenn School, and the Wellesley Public Schools. He has performed with the Boston Symphony, the Boston Pops, the Rhode Island Philharmonic, the Vermont Symphony, the Orchestra of Indian Hill, and the Empire Brass Quintet. From 2001 to 2004 Mr. Doohovskoy was the co-principal trombonist of the New World Symphony in Miami Beach, Florida. Mr. Doohovskoy earned a B.A. from Brown University and a Master of Music degree from New England Conservatory.

Pam Ely has worked for more than twenty years as an Integrative Health Coach, helping people achieve their wellness goals. Her areas of specialty include digestive health, food allergies/sensitivities, essential oil use and cancer prevention. As a breast cancer survivor, Pam believes the key to avoiding cancer is to understand what makes cancer grow and how to take steps to make your body a less habitable place for cancer to take root. She lives in Carlisle with her husband, four kids, three dogs, 12 chickens and a recently acquired honeybee hive.

Andrew Fall is a CCHS Chemistry teacher.

Instructors

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

Jayne Gordon, resident of Concord, regularly teaches and lectures about aspects of the town's history, drawing on her experience working as a staff or board member, consultant, partner, or teacher with all of Concord's historical organizations over the past forty-five years. This is the 21st year that she has taught the Concord History course.

Annie Gray works with clients considering classic retirement or what she calls "reirement". 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.

Michele Grzenda is the Conservation Agent for the Town of Weston. An avid birder and naturalist, Michele leads bird watching and natural history outings throughout the northeast. She shares her passion for all creatures great and small by leading trips for Appalachian Mountain Club, Sudbury Valley Trustees, and other non-profits.

Nancy Hamilton is a former middle school teacher and high school lacrosse coach, turned ed-tech strategist with an expertise in designing and executing school pilots and managing educational partnerships.

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

Tori Hallowell is a former educator who currently runs her own business helping young professionals who are feeling burnt-out and stuck in their careers. Tori works individually with clients by helping them discover their purpose, create balance and boost their confidence. She seeks to educate and mentor others by creating educational videos and e-books that offer simple strategies and tips to reduce stress and enhance productivity. To learn more and further explore her educational archive visit www.hallowellcoaching.com

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

Bill Koenigsberg formally retired in 2008, after a 4-decade-long career in industrial research involving a broad range of disciplines, including electronics, physics, mechanics, lighting, ceramics, non-destructive testing, radiation physics, failure analysis, and communicating with clarity. He has always been interested in finding the root cause of problems (technical or otherwise). Bill earned multiple degrees in electrical engineering, all from Rensselaer Polytechnic Institute, Troy, New York.

Chris Li came to Eric that first summer and generously offered to volunteer his time when the shop opened in 1997. He offered this again the next summer and helped the business get its legs. After graduating RIT and several years of working elsewhere Chris came home to the bike shop in 2007. His presence and efforts have improved the business in every way.

Glen MacNeil, Chartered Financial Analyst, is the founder of MacNeil Capital Management, a fee-only provider of customized investment advice focused on growing and protecting wealth. www.macneilcapital.com

Kevin Maier has been a band director for ten years and is currently the Director of Bands from grades 4-8 in the Carlisle Public Schools. In his teaching duties, he directs a 4th grade Beginning Band, Symphonic Band, Concert Band, and Jazz Band. He is a member of the Eastern District, currently serving as the Coordinator for the Jr. District Festival.

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

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

Corine Mazza, Wilson Bickford Certified Artist, is a mother of three who has lived in Billerica for 19 years. She enjoys painting, dance, zumba, crochet and anything to do with crafting. Corine has been painting for over 15 years in oils, and has also worked with acrylic paints. She has created numerous paintings on canvas, wood, glass, walls and more. Working with people of all ages is her passion and she wants to paint and show people how fun it can really be. During the summer months, she works as a program instructor and art teacher at Girl Scout camp.

Chris McDermott is a professional song writer who has worked for Warner/Chappel publishing. He is also a Berklee instructor and has over 30 years as an artist with many credits.

Instructors

Christopher Noce teaches saxophone lessons at the Carlisle school and has been one of Concord's band teachers since 2013. Since joining Concord, Christopher added a fourth grade component to the band program, has been awarded several grants for instructional technology and musical instruments and strengthened the connection between the Middle School and the High School. He is a graduate of Boston University (M.M. in Music Education) and Berklee College of Music (B.M. in Music Education). He served as All-State Concert Coordinator and as Assistant Coordinator for the Eastern District Senior Festival. He is currently serving as Chair-Elect for the MMEA Eastern District. Outside of his teaching, Christopher is a freelance woodwind player as well as a composer and performer of electronic music.

Ryan Noe is an in-demand trumpeter in metropolitan Boston in addition to teaching trumpet lessons with IMSCC. He holds the position of Principal Trumpet for the Glens Falls Symphony and has performed throughout the US. He also performed as a semi-finalist for the Graduate Solo Division and Trumpet Ensemble Division of the National Trumpet Competition. Mr. Noe is currently pursuing his Doctor of Musical Arts at Boston University. He holds a Masters of Music from Boston University and a Bachelor of Music from Western Michigan University.

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

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

Martin Plass is owner of ZeroPlus Consulting, a small firm specializing in solar coaching and operations consulting for start-ups. Prior he was General Manager of the CFV Solar Test Laboratory in Albuquerque, NM and Solar Coach for "Belmont Goes Solar", to date the most successful solarize campaign in Massachusetts with 260 installations. Martin holds a M.Sc. in Mech. Engineering and is a certified Professional Project Manager.

Eliot Prisby is the owner and head instructor of Metrowest Kung Fu in Maynard. He teaches traditional Chinese martial arts that enrich the lives of his students through self-control, discipline, physical fitness, and relaxation. Learn more at www.metrowestkungfu.com.

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

Susan Reynolds, M.Ed. brings 17 years of teaching, curriculum design and professional development in academic technology at the Fenn School to her current work with teens and parents. She teaches key steps to Power Down to Power Up in the fast paced and distracting 24/7 connected world. More information about her work can be found at www.abclgacy.com.

Dennis Shafer enjoys a career dedicated equally to performance and teaching artistry. As a performer he is based both in Boston and New York City. In Boston he directs the Chagall Performance Art Collaborative, which hosts salons in venues such as the OUTPOST 186 and 263 Gallery in Cambridge. As a saxophone soloist, Dennis has performed concertos in Boston's Jordan Hall, NYC's Merkin Hall at Lincoln Center, and has performed solo tours around the world in Paris, Bangkok, Hawaii, Budapest, Scotland, and many other international venues. Dennis has a passion for and dedication to teaching and has had students win numerous state and city contests.

Michael Vela is a CCHS Chemistry teacher.

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

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



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Adult Registration Form

Contact Information

First Name		Last Name	
Address			
City		Zip	
Phone #		Email	

Course Information

Start Date	Course Name	Fee
	Total	

Billing Information

Cash _____ Check/MO _____ Credit Card _____

Name on card		Exp Date	
Card #		CVV	

Kids & Teens Registration Form

Contact Information

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

Course Information

Start Date	Course Name	Fee
	Total	

Billing Information

Cash _____ Check/MO _____ Credit Card _____

Name on card		Exp Date	
Card #		CVV	



Concord-Carlisle Adult & Community Education
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Conversations in a Civil Society: Agreeing to Disagree

Join this discussion on how to navigate our differences: politics, religion, values, life style.
How do we learn to have conversations around issues that sometimes divide us?
How do we learn to listen better, discuss, and even bridge that divide?

Moderator: Ethan Hoblitzelle, Social Studies teacher, CCHS

Panelists:

Ona Ferguson from Consensus Building Institute

Dr. Robert Munro from Middlesex School

Rose Pavlov from Ivy Child

Tuesday, April 3rd, 7:00 pm at Concord-Carlisle High School

**Tickets are \$10 in advance; \$15 at the door
Student tickets are \$5**

