



Concord Carlisle
Adult & Community Education



Winter 2019

Adult & Community Education

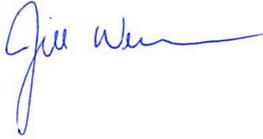
Welcome to our Winter 2019 offerings!

Once again, we are excited to have a great selection of new and returning classes this semester. We were overwhelmed by the response to our program with the Concord Historical Collaborative this fall! While we still have a long waiting list for the full series, there are limited spaces in four of the remaining sessions of Changing the Course of History: The Tide of Social Reform in Concord. See page 13-14 for details.

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

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

I look forward to seeing you soon!



Community Education Staff

Jill Weintraub, Director
jweintraub@concordcarlisle.org
978-318-1400 x7123

Stefanie Cloutier, Continuing Education & Enrichment
scloutier@concordcarlisle.org
978-318-1400 x7523

Rebecca Gurley, Driver Education
rgurley@concordcarlisle.org
978-318-1400x7124

Deborah Levine, Instrumental Music School
dlevine@concordcarlisle.org
978-318-1400 x7653

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

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

January 21 (MLK Day)

February 18-22 (February Recess)

New & Notable Classes

- Managing Stress, Conquering Anxiety: A Healthy Approach to the SAT & ACT
- Getting the Most Out of Your iPhone
- Advanced Photo Management on Apple Devices
- Interactive Circuitry
- Jewelry Making: It's a Wrap!
- Jewelry Making: Bead It!
- Jewelry Making: Caught in the Net
- Ready For Some Football and Flowers?
- Green Blooms for St. Paddy's Day
- Chinese Traditional Brush Painting
- Winter Fitness
- Restorative Cooking for the New Year
- Healthy One-Pot Dinner Options
- Just Desserts!
- Outlook and Opportunities: Fuel for Your Investment Journey
- College: Getting There From Here
- Drawing from the Heart
- Planning an Interfaith Wedding
- The Road to Calm & Confidence for Women with Narcissistic Mothers
- Effective Goal Setting for Real Success
- Jumpstart Your Memoir



How to Register

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

Scholarships

CONCORD-CARLISLE
Neighbors helping neighbors...



COMMUNITY CHEST
...it's the right thing to do.

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

Refunds & Course Changes

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



Cover art: "Shoe Portrait" by Henry Johnstone, CCHS 2019, Concord. Shoes can reveal a great deal about people; they hint at our interests, activities, lifestyles, forms of expression, and experiences. My goal for this project was to create a portrait of my family using only our shoes, arranged in a still-life. My mother's sneaker on the far left, my father's work boot to her right, my sister's soccer cleat, and my running shoe on the far right all represent a part of each of us, and reveal our relationships and bonds. This drawing was done in graphite on paper.

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



So do we!



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



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

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

Hiking in the Swiss Alps with Cheryl & John Mandler

Switzerland is a land of easy walks, moderate hikes, and spectacular waterfalls with a top notch transportation system. Cheryl and John spent 8 days in the town of Wengen (pronounced vengen) in the southern part of the Alps. The Elgerand and Jungfrau peaks are visible from the town and easily accessible for hikes and site seeing. The town is car-free with good restaurants and shopping.

Mon, Jan 14, 7-8 pm, CCHS

Long Distance Travel by Bike: Cross the USA and up mountains of Europe with Kerry Barker

Kerry will talk about long distance travel by bike, focusing on three of his bike trips: Portland, OR to Portland, ME (44 days - 40 days biking), Pyrenees (from Atlantic to Mediterranean), and the French Alps. Join him to learn about his amazing adventures.

Mon, Jan 28, 7-8 pm, CCHS

Unexpected Adventure in Iceland with Charla Trusheim & Marsha Wilcox

Come with us on our unexpected journey from the south coast of Iceland to the far north and the Arctic circle. Iceland is a wonderland ranging from the rich urban environment in Reykjavik to vast, isolated landscapes and barren snow-covered mountains. The drama of the aurora in the night sky is breathtaking. Marsha and Charla will share their images and describe their experiences in this beautiful and diverse country.

Mon, Feb 4, 7-8 pm, CCHS

Best of Britain with Anita Tekle

Anita will show slides and talk about the 10-day tour of England, Scotland and Wales that she and her husband took with Grand European Travel in May 2018. The tour started in London and travelled to Stratford-on-Avon, the lovely town of York, Hadrian's Wall, and then headed into Scotland with visits to Edinburgh and Glasgow. The tour then crossed back into England, with a visit to the Lakes District, then over to Cardiff in Wales, before heading back into England with visits to Cornwall, Bath, Plymouth and Stonehenge, and finally returning to London.

Mon, Feb 11, 7-8 pm, CCHS

Africa Travelogue with Jay &Carolynn Luby

This past August, Jay and Carolynn Luby spent a month traveling in Botswana, Namibia, South Africa and Zimbabwe. They will share photos that highlight some of the amazing animals and landscapes seen during their trip.

Mon, Feb 25, 7-8 pm, CCHS

Making a Difference in Rural Honduras with Mark Hopkins

Mark will share how a small, volunteer-run NGO (non-government organization) has spent the last 30 years helping the residents of a remote mountain village raise themselves out of poverty. He will describe the many challenges involved -- lack of education, poor health, polluted water sources, and an uncaring government -- and he will follow the organization's progress as it brings in teams of doctors, teachers, and engineers who volunteer their time to solve those problems. Unknown to most, today there are over 250,000 NGO's quietly serving the needs of the world's disadvantaged. This presentation will present a first-hand look at one of those organizations, documenting the generosity of American volunteers and how this support helps the NGOs.

Mon, Mar 4, 7-8 pm, CCHS

New Zealand with Ralph Shanner

Ralph traveled to New Zealand in the spring of 2018 where he visited both the North and South Island. The North Island is geologically very young, and the South Island has filled with glaciers, fjords and rain forests. While there, Ralph learned about the Maori culture.

Mon, Mar 11, 7-8 pm, CCHS

It's Off to Scotland, England, the South of France & Italy! with Nancy Dillon

Join the Dillons on a fascinating trip through Europe! On their trip, they visited Scotland, England, the South of France, and Italy. While in Italy, they went to Bergamo, Parma, and Venice.

Mon, Mar 18, 7-8 pm, CCHS

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

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. You may bring your PSAT reports with them, but this not essential.

Thurs, Jan 24, 7-8:30 pm, CCHS Fee: \$29/family

ACT/SAT Practice Tests

Open Door Education

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

Please note that this test is administered with standard timing. Any students who qualify for accommodations, including extended time, should contact Open Door Education directly to schedule discuss options for a practice test.

SAT: Sat, Mar 2, 10 am-1:30 pm, CCHS Fee: \$25

ACT: Sat, May 18, 10 am-1:30 pm, CCHS Fee: \$25



Managing Stress, Conquering Anxiety: A Healthy Approach to the SAT and ACT

Open Door Education

Standardized testing is notoriously stressful and it places an additional burden on families who are already feeling the pressure of planning for college. We will guide you to smart, healthy approaches to admissions testing by offering advice for preemptively manage stress, planning ahead to ensure a convenient test calendar, and navigating Test Day jitters so that students can confidently rise to the challenge of testing.

Tues, Mar 19, 7-9 pm, CCHS Fee: \$29/family

Giving Your College Bound Student-Athlete a Competitive Advantage

Nicholas Michael

The path for selecting a college and being accepted is more complex and time - consuming for the high school student-athlete than for the non-athlete. And while all students have similar academic objectives, identifying and evaluating the best options for a student-athlete requires a different set of skills, regardless of gender or sport.

This course is designed to educate and assist parents of 9th, 10th and 11th grade student-athletes in navigating both the college search and recruiting process, to leverage their child's athletic ability and maximize the academic choices available to them.

The key is to identify the student's preferences and uncover the colleges that share those attributes and offer their sport. You'll also learn about Odyssey's proprietary process which helps each student-athlete to quantify and rank colleges in order of importance, and then convert this knowledge into an actionable plan to target specific colleges and coaches, increasing the likelihood of recruitment and acceptance to their chosen college.

Thurs, Mar 7, 6:30-9 pm, CCHS Fee: \$29/family

NEW Getting the Most Out of Your iPhone Howard Loewinger

Did you know your iPhone can do virtually all the things your computer can do? Plus, of course, make calls. In this class we will cover the basics like calling options, managing contacts and the different ways to touch the screen. We will talk about apps, how to get new ones, how to see your open apps and how to delete apps you no longer use. We will also go over some settings, syncing with iCloud, how to give voice commands and some tips and tricks for using that pesky screen keyboard. As time allows we will go over some frequently used apps like messaging, email and the camera. This class will focus on iPhones running the current version of iOS but most of it will apply to older iPhones as well. Bring your questions and iPhone to class!

2 Tues, Jan 22 & 29, 4:30-6:30 pm, CCHS Fee: \$75

NEW Advanced Photo Management on Apple Devices Howard Loewinger

This class is for those who know how to take photos on an iPhone or iPad and want to learn more about how to manage and organize them. We will cover a wide variety of topics including: how the iPhone and iPad organize photos and how you can organize them yourself; photo sharing; storing photos on your device vs. the “cloud”; deleting photos from multiple devices; and editing tools. In the second class, we will use the Photo app on the Mac to see what further options are available including making books, calendars, cards and ordering prints from Apple. Bring your iPhone and/or iPad to the first class. Bring a MacBook to the second class if you have one; if not, what you learn will apply to your desktop Mac. Window users with iPhones and iPads will also benefit from this course.

2 Tues, Feb 5 & 12, 4:30-6:30 pm, CCHS Fee: \$75

Tech Tutoring

Howard Loewinger

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

TBD Fee: \$125

NEW Interactive Circuitry Circuit Lab Staff

Technology moves fast – but if it seems like a mystery how all the ever-present devices in our world work, we’re here to help you get familiar with what’s inside! This beginner-friendly class is a hands-on introduction to the world of interactive circuitry; blending technical concepts with hands-on experimentation. You will have the opportunity to design, build, and customize electronic devices using Arduino micro-controllers, a variety of sensors and electronic components, and Circuit Lab’s visual programming language – all facilitated by experienced Circuit Lab instructors. All materials provided.

4 Thurs, Jan 17 - Feb 7, 7-9 pm, Bedford Rec Fee: \$150

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/



Online learning. Anytime. Anywhere.

Introduction to Microsoft Word 2016

Learn to use the basic features of Word 2016 (now available through Office 365) to type, edit, format, spell check, and print professional-looking documents, letters, and reports. Fee: \$129

Introduction to Microsoft Excel 2016

Become proficient in using Microsoft Excel 2016 (now available through Office 365) and discover how to create worksheets, workbooks, charts, and graphs quickly and efficiently. Fee: \$129

Intermediate Microsoft Excel 2016

Take your Microsoft Excel 2016 skills to the next level as you master charts, graphs, PivotTables, Slicers, Sparklines, AutoFilter, macros, and other advanced Excel functions. Fee: \$129

Introduction to Microsoft PowerPoint 2016

Learn how to use Microsoft PowerPoint 2016 (now available through Office 365) to create professional-looking presentations using slide and layout masters that make global changes in a snap. Fee: \$129

Microsoft Office 2016 Value Suite

Learn to use the basic features of Microsoft Word 2016, Microsoft Excel 2016, and Microsoft PowerPoint 2016, three of the most fundamental software programs used in educational and professional settings. Fee: \$324

Introduction to Photoshop CC

Learn how to use Adobe Photoshop CC, the world's best graphics program, to edit and process photos and create original images. Fee: \$100

Photoshop CC for the Digital Photographer

Learn how to use Adobe Photoshop Creative Cloud to edit and enhance your photographic images. Fee: \$100

Introduction to Digital Scrapbooking

Learn how to make the most of your scrapbooking talents and artistic ideas when you combine digital and traditional scrapbooking techniques. Fee: \$100

Introduction to Lightroom 5

Learn how to use the tools in Adobe Photoshop Lightroom 5 to organize and edit your images, fine-tune lighting and color, and develop an efficient image processing workflow. Fee: \$115

Creating WordPress Websites

Discover how to easily create blogs and websites with WordPress, the world's most popular Web publisher. Fee: \$115

Classes start Jan 16, Feb 13, or Mar 13. Lessons are posted 2x/week. Some classes can also be taken as self-paced tutorials.

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

Sewing

Therese Quinn

Whether you have been sewing for years or are new to it, this is a class for you! We will go over adjusting patterns for a personal fit, tips on achieving a perfect set-in sleeve, and alterations such as hemming slacks, skirts, tapering legs on slacks and shortening sleeves on women's and men's clothing. You will receive instruction on your own projects. Please bring to class a pattern, material, thread, pins, needles, tape measure, chalk, and scissors. One machine is available, and you may bring your own machine to class. *There is no class on 2/18, 3/4, or 3/11.*

7 Mon, Jan 28 - Apr 1, 6:30-8:45 pm, CCHS Fee: \$95



NEW Jewelry Making: It's a Wrap!

Christine Evans

Create a contemporary bracelet you'll get all wrapped up in! If you've seen the high fashion "Chan Luu" bracelets selling for \$190 or more, you'll be excited to learn that you can make your own – with your own designer touch. Learn basic laddering techniques to combine leather cording, glass beads, crystals or semi-precious stones, and a button closure to make a stunning statement piece. We will discuss bead selection, material sizing, and thread extension methods. No experience required. **There is a \$15 materials fee due to the instructor on the class date.**

Thurs, Feb 7, 6:30-8:30 pm, CCHS Fee: \$29



NEW Jewelry Making: Bead It!

Christine Evans

Create several pairs of dazzling, dangle-style earrings using glass seed beads and basic even-count peyote stitch. Various patterns will be presented, giving a different look to each piece. Learn about bead sizing and brands, color selection, needle and thread options, and customization techniques. Information will be provided to create a matching bracelet outside of class. **There is a \$10 materials fee due to the instructor on the class date.**

Thurs, Feb 28, 6:30-8:30 pm, CCHS Fee: \$29



NEW Jewelry Making: Caught in the Net

Christine Evans

Delicate netted bracelets look intricate and complicated, but are actually quite simple to create. Learn to use flat netting stitch with 8/0 seed beads to fashion an elegant bracelet in a color combination of your choice. Class discussion will include: how to follow a basic netting pattern, how to add thread, clasp options, bead sizing and brands, and more. Other netted projects will be presented for inspiration. **There is a \$10 materials fee due to the instructor on the class date.**

Mon, Mar 11, 6:30-8:30 pm, CCHS Fee: \$29

NEW Ready For Some Football and Flowers?

Copper Penny Flowers

It's Super Bowl week! We're hoping our Super Bowl parties are for cheering on the Patriots...but whatever the outcome, have some January fun at Copper Penny Flowers creating a football-themed flower arrangement. **There is a \$60 materials fee due to Copper Penny Flowers on the class date.**

Wed, Jan 23, 10:30 am - 12 pm, Copper Penny Flowers Fee: \$25

NEW Green Blooms for St. Paddy's Day

Copper Penny Flowers

Love green flowers? We do. Come explore green-hued flowers and premium foliage and try your luck at creating an Irish-inspired floral design. Everyone is Irish this morning at Copper Penny Flowers! **There is a \$60 materials fee due to Copper Penny Flowers on the class date.**

Wed, Mar 13, 10:30 am - 12 pm, Copper Penny Flowers Fee: \$25

Wondering where your class meets?

Check page 30 for addresses for all of our class locations. Room numbers for classes at CCHS will be sent in your email reminder, the day before the class begins and signs will be posted in the building.



NEW Chinese Traditional Brush Painting
Son-Mey Chiu

Students will learn the first standard series of traditional Chinese Painting: "The Four Gentlemen." They will be guided to acquire the basic techniques for painting the Plum, Orchid, Chrysanthemum and Bamboo (梅, 蘭, 菊, 竹), objects of nature that symbolize various Confucian values. Son-Mey will elucidate the lessons with Chinese art theories, philosophies and history. Chinese ink and watercolors will be used. No prior painting experience required. Please bring a plastic covering for the work surface. **There is a materials fee of approximately \$47 due to the instructor on the first day of class.**

4 Thurs, Mar 7-28, 10 am - 12 pm, Bedford Rec Fee: \$70

Stone Carving Workshop

Scott Cahaly

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

Section A: Sat, Jan 19, 9:30 am - 2:30 pm, Scott's Stone Carving
 Section B: Sat, Feb 16, 9:30 am - 2:30 pm, Scott's Stone Carving
 Section C: Sat, Mar 16, 9:30 am - 2:30 pm, Scott's Stone Carving
 Fee: \$140



NEW Winter Fitness
Stefanie Cloutier

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.**

5 Wed, Jan 23 - Feb 27, 9:30-11:30 am Fee: \$75

Bollywood Fitness

Renu Goyal

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

10 Wed, Jan 23 - Apr 3, 6:30-7:30 pm, Thoreau School Fee: \$125

Peaceful Mindful Yoga

John Calabria

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

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

Section A: 8 Sun, Jan 27 - Mar 17, 9-10:30 am
 Section B: 8 Mon, Jan 28 - Mar 18, 4-5:15 pm
 Section C: 8 Mon, Jan 28 - Mar 18, 6-7:15 pm
 Section D: 8 Tues, Jan 22 - Mar 12, 10:15-11:30 am
 Section E: 8 Thurs, Jan 24 - Mar 14, 4-5:15 pm
 Section F: 8 Sat, Jan 26 - Mar 16, 8-9:30 am

Classes meet at Starfish Dance & Yoga Fee: \$125

Earning your drivers license is a huge milestone.

Drive with us!

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

Driver Education Age Requirement

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

Driver Education at CCHS includes:

- 30 classroom hours
- 12 hours of behind-the-wheel instruction,
- 6 hours of on-the-road observation,
- one 2-hour parent/guardian class, and
- the RMV Completion of Driver Education certificate (\$15).

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

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

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

Classroom Options:

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

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

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

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

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

Fee: \$775

*There will be a break from 1-2 pm

Parent Class:

Wed, Jan 9, 7-9 pm, CCHS

Tues, Feb 12, 7-9 pm, CCHS

Tues, Mar 5, 7-9 pm, CCHS

Wed, Apr 10, 7-9 pm, CCHS

Thurs, May 9, 7-9 pm, CCHS

Wed, Jun 19, 7-9 pm, CCHS

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

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



Barre3

Barre3 Instructors

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

- Section A: 8 Tues, Jan 22 - Mar 12, 10:15-11:15 am, Classes meet at Barre3 Sudbury
- Section B: 8 Wed, Jan 23 - Mar 13, 5:45-6:45 pm, Classes meet at Barre3 Bedford
- Section C: 8 Thurs, Jan 24 - Mar 14, 8:30-9:30 am, Classes meet at Barre3 Bedford
- Section D: 8 Thurs, Jan 24 - Mar 14, 6:30-7:30 pm, Classes meet at Barre3 Sudbury
- Fee: \$110

Tai Chi

Eliot Prisby

Translating to "Supreme Ultimate Fist", Tai Chi Quan is a Taoist martial art that is practiced slowly and gently. Some study Tai Chi for its benefits to balance and body awareness. Many find its pursuit of natural relaxation effective in stress-relief. Martial arts students often augment their training with Tai Chi to increase their understanding of body mechanics and energy transfer, making them more solidly-rooted, effective fighters. Learn to listen to your body and move naturally as you leave the day's stress behind you. *No classes on Feb 4, 25, 26.*

- Section A: 10 Mon, Jan 28 - Apr 15, 12-1 pm Fee: \$125
- Section B: 10 Tues, Jan 29 - Apr 9, 5:30-6:30 pm Fee: \$125
- Classes meet at Metrowest Kung Fu



Restorative Cooking for the New Year

Jeanine Calabria

Ready to set the stage for your New Year's resolution of getting healthy? Join us in the kitchen to whip up two nourishing broths and soups sure to make you feel good inside and out! First up: bone broth and veggie broth. Both have incredible healing properties and have been around for centuries. Next up: eat your greens! This soup is a vegetarian soup that floods your body with magnesium and iron in a delicious garlicky/ginger broth complete with turmeric to bring in some anti-inflammatory properties. You will take home what you make -- it's possible to leave the evening with all vegetarian offerings. **A materials fee of \$15 is payable to the instructor on the night of the course.**

Wed, Jan 23, 6:30-8:30 pm, Open Table Fee: \$39



Healthy One-Pot Dinner Options

Jeanine Calabria

Hearty soups and stews make meals easy to pull out and enjoy after a long day at work. Learn how to make two different soups, each of which can be prepared ahead and warmed up for lunch or dinner. We'll start with a unique "green soup" and then try a healthy lentil soup with a twist: what starts as butternut squash stew can later be blended to morph into a rich and creamy butternut bisque soup. **A materials fee of \$15 is payable to the instructor on the night of the course.**

Wed, Jan 30, 6:30-8:30 pm, Open Table Fee: \$39



Just Desserts!

Jeannette Pothier

The nice ending to dinner is something sweet and delicious that also looks beautiful served on your table! We will work with yeast, eggs and fruit and create a chocolate braid, eclairs and an open apple tart. We will have something for everyone's sweet tooth. Bring an apron, as you will be called upon to help out. **A materials fee of \$10 is payable to the instructor on the night of the course.**

Wed, Mar 6, 6:30-9 pm, Bedford Rec Fee: \$42

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. Participants will leave with a handout of the energy exercises to put into practice right away; those interested can also purchase a copy of Donna Eden’s classic book *Energy Medicine* at the reduced price of \$10 (regular price \$16).

Wed, Jan 31, 7-9 pm, CCHS

Fee: \$29



www.ed2go.com/Concord

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 learn their stories, visit the places where they made their mark, and examine 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 in the Rasmussen Education Center at the Concord Museum, beginning February 25. The course will also include a site visit to Special Collections at the Concord Free Public Library on Saturday, March 23, and an afternoon field session on Saturday, April 5. Students applying for the Town Tour Guide license must complete and pass an exam on Concord History and the essentials of guiding. 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 25 - Apr 8, 7-9:30 pm, Concord Museum Fee: \$175

The Concord Historical Collaborative presents:

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



IMAGE COURTESY OF CONCORD FREE PUBLIC LIBRARY

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

This series of presentations will take place once a month through June 2019.

While the year-long course is full, there are limited spaces in the individual sessions listed below.

Objects of Revolution

Presented by: Concord Museum's staff

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

Wed, Jan 9, 2:30-4 pm, Concord Museum - **FULL**

Wed, Jan 9, 4:30-6 pm, Concord Museum

Fee: \$10

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

Presented by: Thoreau Society and Thoreau Farm

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

Wed, Feb 13, 2:30-4 pm, Thoreau Farm: Birthplace of Henry David Thoreau - **FULL**

Wed, Feb 13, 4:30-6 pm, Thoreau Farm: Birthplace of Henry David Thoreau

Fee: \$10

An Appearance by Mary Merrick Brooks (1801-1868)

Presented by: Transcendentalism Council of First Parish in Concord

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

Wed, Mar 13, 2:30-4 pm, First Parish in Concord

Fee: \$10

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

Presented by: Emerson House

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

Wed, Apr 24, 2:30-4 pm, Emerson House - **FULL**

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

Presented by: Lis Adams, Director of Education

Louisa May Alcott and her family were champions of women's rights and securing the vote for women. Although she never saw women win the right to vote in a national election, Alcott was the first woman to register to vote in the town of Concord, and the first to cast a vote in a town special election for the school committee. Her attempts to rally the women of Concord to petition the town to grant a municipal vote for women were documented in a series of articles she wrote for Lucy Stone's *Woman's Journal* and *Concord Freeman*. Alcott was frustrated with both Concord, "a town which ought to lead if it really possesses all the intelligence claimed for it," and with its women, to whom she felt "cake and servants are more interesting." Wed, May 8, 2:30-4 pm, Louisa May Alcott's Orchard House - **FULL**

Historic House Preservation as a Civic Good

Presented by: Sara Patton, Engagement Site Manager

Sarah Thayer Ames was the last person to live in the Old Manse, and on her death in 1939, she donated the Old Manse to The Trustees of Reservations so that the house would be open to the public and preserved for years to come. This talk will explore how Ames' simple act of preservation was part of a larger, national preservation movement and has had lasting impact on the historical landscape of Concord, The Trustees, and how it is connected to similar preservation movements across the country. Wed, Jun 12, 2:30-4 pm, The Old Manse Fee: \$10

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

CONCORD-CARLISLE
Neighbors helping neighbors...



COMMUNITY CHEST
...it's the right thing to do.

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.ccommunitychest.org.



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

Terry Golson

Do you have a dog that scares your guests? That doesn't come when called? A cat that wakes you at 3 am? A horse that bolts? Chickens who don't come home to roost? It doesn't matter the species, Terry can give you a training perspective and specific techniques that you can use to live more peacefully with your animals. Recommended reading (although not required) is *Don't Shoot the Dog*, by Karen Pryor.

Wed, Jan 30, 6:30-8:30 pm, CCHS Fee: \$25

Preparing Your House for Sale

Peggy Yalman

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

Tues, Feb 12, 6:30-8:30 pm, CCHS Fee: \$25; \$40/couple

Thank
you

Thank you to the Concord Public Library!
The use of the Library space at both the Main Branch and the Fowler Branch for several classes each semester allows us to bring daytime classes to you!



2019 Friday Flicks at Fowler Film Series

All movies will be at the Fowler Library at 7 pm

Free and open to all

For more information, visit www.concordlibrary.org

Jan 18: Quartet (UK 2012)

A British comedy about retired opera singers living at Beecham House, a retirement home designed after the Casa di Riposo per Musicisti founded by Giuseppe Verdi. 98 min. PG-13

Jan 25: Victoria and Abdul (UK 2017)

A British biographical comedy-drama about the real-life relationship between Queen Victoria of the United Kingdom and her Indian Muslim servant Abdul Karim. 111 min. PG-13

Feb 1: Menashe (USA, 2017)

An American drama about a recently widowed Hasidic Jewish man, Manashe, who tries to regain custody of his ten-year-old son Rieven. Yiddish, English subtitles. 82 min. PG

Feb 15: The Wedding Plan (Israel, 2016)

Michal is an unwed Orthodox Jewish woman in her early 30s who goes to a fortune teller and admits that she wants to love and be loved. Hebrew/English subtitles. 110 min. PG

Mar 1: Midnight in Paris (USA, Spain 2011)

A fantasy story following Gil Pender, a screenwriter, who travels back in time each night at midnight in Paris. Woody Allen, 94 min. PG-13

Mar 15: Lost in Paris, Paris pieds nus (France/Belgium 2016)

A comedy about a Canadian woman librarian who heads to Paris to visit her elderly aunt. She meets a man in Paris and ends up in an unlikely romance. Few English subtitles. 84 min. NR

Mar 29: Snow date.

Instrumental Music School of Concord and Carlisle

**Individual Instruction
for new & continuing students**



**Established in 1980
Debbie Levine, Program Coordinator**

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

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

We have teachers for: violin, viola, cello, string bass, flute, oboe, clarinet, bassoon, saxophone, trumpet, French horn, trombone, baritone horn, euphonium, tuba, voice, piano, electric and acoustic guitar, 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: \$33.00 per lesson
45 minutes lessons: \$49.25 per lesson
60 minutes lessons: \$65.00 per lesson

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



**For more information and questions, contact:
Debbie Levine: 978-318-1400 x7653, dlevine@concordcarlisle.org**

Music Directors:

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

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

~ IMSCC FACULTY ~

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

Laura Jeon: piano
 Deanna Johnson: flute & piano
 Rachel Juszcak: bassoon
 Yerim Kang: piano
 Sargis Karapetyan: violin & viola
 Don Kirby: percussion
 Tobi-Ann Kocher: flute
 Debbie Levine: clarinet & bass clarinet
 Marian Levinstein: cello
 Ellen Martins: French horn
 Ryan Noe: trumpet
 Andy Papas: voice

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

See our faculty bios online!

Coming soon!
Summer Music Programs

- Trombone Choir
- Trumpet Workshop
- Intro to Ukulele
- Intro to Guitar
- Rock Band
- Summer Band
- Small ensembles for string & wind players
& more!

Visit our website for more details



Parent-Toddler Program (Ages 1-2*)

Ingrid Wheeler

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

12 Thurs, Jan 10 - Apr 4, 9:30-11 am, Ripley Building Fee: \$165

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

Ingrid Wheeler & Amy Happ

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

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

The parent group is facilitated by the other teacher and parents enjoy coffee and refreshments while discussing issues relating to the joys and challenges of raising a two-year-old. Parents take turns helping in the classroom and sharing their child's first school experience. *Ages are as of September 2018. *There is no class on 3/7.*

12 Fri, Jan 11 - Apr 12, 9:30-11:30 am, Ripley Building Fee: \$355

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.

NEW Outlook and Opportunities: Fuel for Your Investment Journey
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. In this class 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, Jan 29, 7-8:30 pm, CCHS Fee: \$25; \$40/couple

Building a Strong Financial Foundation

Anne O'Malley

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

2 Wed, Mar 6 & 13, 4-6:30 pm, CCHS Fee: \$39

NEW College: Getting There From Here
Alex Winkelmann

Whether your children or grandchildren are learning to crawl or learning to drive, you can help make a college education a reality. We'll discuss questions to consider as you establish a college savings goal, strategies to help you reach your goal and the features and benefits of various education savings plans.

Tues, Feb 26, 7-8:30 pm, CCHS Fee: \$25; \$40/couple

You Can Afford College If...

Don Anderson

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

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

Thurs, Mar 7, 6:30-8:30 pm, CCHS Fee: \$25; \$40/couple



Understanding Cryptoassets, Blockchain, and "Bitcoin Fever"

Andrew Rodwin

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

2 Wed, Mar 13 & 20, 7-9 pm, CCHS Fee: \$45

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, Feb 4, 7-9 pm, CCHS Fee: \$25; \$45/couple

Demystifying Social Security

Daniel Williams

Deciding how and when to claim Social Security is one of the most critical financial decisions a person will make in his or her lifetime. By not understanding the many complex rules surrounding Social Security, you could leave thousands of dollars on the table.

- When should I file for benefits?
- What are the advantages and disadvantages of filing at age 62 or deferring to age 70?
- How does the November 2015 change in the rules affect me?
- How can I make sure I am taking advantage of available spousal, survivor or divorced benefits?
- How much of my Social Security will be subject to income tax?
- What potential changes are in store for Social Security and how might they affect my claiming decision?

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

Mon, Mar 4, 7-9 pm, CCHS Fee: \$25; \$45/couple

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, Mar 18, 7-9 pm, CCHS Fee: \$25; \$45/couple



Evolving as We Mature:

Authentic conversations around aging

Annie Gray

How can we continue to grow and learn, release "old baggage" and embrace life more fully as we enter into a new and uncharted phase of life? We already have many of the tools we need, but may need to refresh ways to use them. In community we'll explore how to:

- Renew our sense of purpose and gifts
- Cultivate good health in the midst of change
- Create a new vision of aging
- Make choices that support vibrancy and fullness in life
- Maintain current and develop new relationships
- Learn how death makes life possible

6 Wed, Jan 23 - Mar 6, 3-5:30 pm, Fowler Library Fee: \$149



Drawing from the Heart

Debra Rosenblum

This 6-week expressive art class emphasizes the artistic process as a way to express and release stress. We will use a three-step process called ART. First, we will access our inner feelings by visualizing them as images. Then we will release feelings through our art work and use a transformational image to empower us to change. We use the drawing as a lens to delve into the inner wisdom hidden in the images. These images can offer us a way to release tension, gain insights, make decisions and make lasting changes in our lives. You may find this process deeply satisfying, energizing and healing. The images are personal and creative. The class does not require any special artistic skill or previous art experience. Please bring a 9x12 or 11x14 drawing pad to each class session. Colored Pencils, crayons and pastels will be provided. *There is no class on Jan 31.*

6 Thurs, Jan 24 - Mar 14, 4:30-6:30 pm, CCHS Fee: \$149

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.



Planning an Interfaith Wedding

Debra Rosenblum

When you imagine your interfaith wedding ceremony do you ask yourself where do you start? You might be feeling overwhelmed by input from family, friends and the media. You might ask yourself how I can include elements from my family traditions and that of my future partner. In these two sessions, Debra will help you clarify and create your personal outline for your interfaith wedding ceremony that speaks to your heart, honors family tradition and gives you a chance to define your relationship and publicly express your love. Besides saying a version of "I do" there are many elements that can come together to honor you and your partner as individuals, a couple and members of an extended family that dates back generations. Debra will give you a framework for the ceremony and guide you in selecting elements that will make your wedding a day a joyful and memorable experience. *There is no class on Jan 31.*

2 Thurs, Jan 24 & Feb 7, 7-9 pm, CCHS Fee: \$49/couple



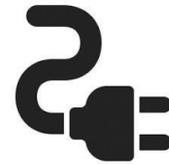
The Road to Calm and Confidence for Women with Narcissistic Mothers

Stephanie Kriesberg

Many women with narcissistic mothers struggle with anxiety, self-doubt, guilt, and setting boundaries. They feel alone with their problem. In this class, you will learn why you feel this way, based on the latest research on narcissism. Although this is not a therapy group, you will learn strategies to feel more calm, confident, and in control based on the instructor's years of working with women with narcissistic mothers. You will learn about the power of listening to your inner voice and turning down the volume on the critical one that plays in your head through guided imagery, written exercises, and discussion.

Mon, Jan 28, 7-9 pm, CCHS Fee: \$35

Would you like to teach for CCACE or do you have an idea for a new class?
We are always looking for new ideas and enthusiastic teachers who are eager to share their expertise with us!
Fill out the course proposal form at concordcarlisleace.org/teaching-opportunities/



Recharge U

Molly Delehey

- Reconnect with your own thoughts
- Reinvigorate your creativity
- Rediscover your playfulness

Join us for this fun and engaging workshop. You will immerse yourself in art and movement activities along with cooperative group games that encourage you to be fully present and spontaneous.

As you create, move and play your way through this workshop, you will give yourself the opportunity to :

- Quiet your mind
- Lighten your heart
- Feel expressive
- Laugh

You will leave feeling refreshed, rejuvenated and recharged... like you've just taken a mini-vacation! Please wear comfortable clothing.

Section A: Tues, Jan 29, 6:30-9 pm, CCHS Fee: \$35

Section B: Wed, Mar 6, 6:30-9 pm, CCHS Fee: \$35



Effective Goal Setting for Real Success

Stephanie Hessler

Jumpstart your goals now! Regardless of where you are in life, having goals is vital in order to grow. You'll learn: 1) the real purpose of goals, 2) the importance of clear, bold, meaningful goals, and 3) how to use your mind in service of achieving your goals. In this dynamic and interactive class, you will be guided to establish bold, meaningful goals – something you really want – even though they may feel beyond your reach. You will learn time-tested strategies to stay motivated and take action. Come prepared to become very clear about your goals and achieving them.

Mon, Feb 4, 7-9 pm, CCHS Fee: \$35

Stay or Go? Transitioning Your Marriage

Susan Stamps

Making the decision to end a marriage is an emotional step. Whether you've made up your mind or are simply considering it, you'll benefit from knowing about the process, in order to make thoughtful and informed decisions. This session will help you understand the things to consider, such as parenting plans, dividing assets, paying debts and decision-making. Learn whether you need a lawyer or if mediation will work; how to be on top of the process; and how long it will take. Bring your questions to this compassionate, informational class or email them ahead of time to Attorney Stamps at sdstamps@stamps-law.com. Susan is a Concord divorce attorney with decades of experience in making this process as painless as possible.

Tues, Feb 12, 7-9 pm, CCHS Fee: \$35

Bridge for Beginners, Part II

Alan Horvitz

This follow up to Bridge For Beginners, Part I builds upon and deepens your understanding of the fundamentals of bidding, play of the hand and defense. We will study Jacoby Transfers and Stayman, two conventional bids in widespread use in bridge. We will balance instruction with an opportunity to play the game under experienced supervision. You will build on your skills, learn new skills and have fun!

6 Tues, Jan 29 - Mar 12, 4-6 pm, CCHS Fee: \$79

Improving Your Bridge

Alan Horvitz

If you have been playing Bridge for a year or more, and would like to improve your game, this is the course for you. You will receive instruction in the three main areas of the game: bidding, play of the hand and defense. You will receive a balance of didactic information and an opportunity to play the game under skilled supervision. You will build on your skills, acquire new skills and have fun!

6 Mon, Jan 28 - Mar 11, 4-6 pm, CCHS Fee: \$79

Anyone Can Improv

Bari Olevisky

Learn the secrets of Improv Comedy! Have fun using emotions, relationships, objects and physical action to play improv games and create humorous scenes. You'll be amazed at what you can do! You won't need any experience or special training for this class—just a willingness to try something new!

6 Tues, Feb 5 - Mar 19, 6:30-8 pm, CCHS Fee: \$85



Intro to Contra Dancing - No partner needed!

Lisa Greenleaf

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

2 Thurs, Mar 14 & 21, 7-7:30 pm, Concord Scout House Fee: \$25

Sailing Fundamentals

U.S. Coast Guard Auxillary Flotilla 502

This course offers an opportunity to learn more about sail-boat handling, rigging, rules of the road, and heavy weather sailing. This is a separate, companion course to Boating Skills. You may take either one first. Completion certificate in Sailing requires participation in both courses. **Course materials are \$12-15 and are paid directly to the USCG in class.**

4 Wed, Jan 9-30, 7:30-9:30 pm, CCHS Fee: \$25

Boating Skills and Seamanship

U.S. Coast Guard Auxillary Flotilla 502

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

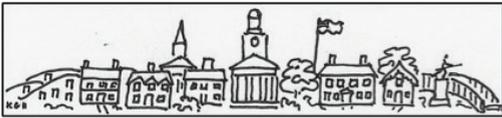
12 Wed, Feb 27 - May 29, 7:30-9:30 pm, CCHS Fee: \$49; \$90/couple

Coastal Piloting

U.S. Coast Guard Auxillary Flotilla 502

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

12 Wed, Feb 27 - May 29, 7:30-9:30 pm, CCHS Fee: \$49; \$90/couple



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

**Registration for Village University will open on January 15th at 9 am.
You may register by phone, online, mail, or in person at that time.**

In Your Ear: How to Listen to Classical Music with Keith Daniel

How do you approach the perhaps daunting challenge of attending a classical music concert? This is the course that will teach you how, in six easy lessons. We will examine six different genres of “classical” music, from opera to symphony, from chamber music to art song, and learn what to listen for in each of them. What do you focus on if there is no text? What are your guideposts, if you don’t know the difference between a key signature and a tempo marking? We will figure this all out, as we listen to great works from Monteverdi to Stravinsky. Perhaps we’ll even go to a concert together! No knowledge of music is necessary – just a love of it.

6 Mon, Mar 25-May 6, 10-11:30 am, Newbury Court

Requested donation: \$60

Computer Programming for the Fun of It: Solve puzzles, Play games with Dick Thornton

If you enjoy solving puzzles and playing games, you will have even more fun writing programs to do the solving or playing—while also learning both basic and advanced programming techniques. Topics include data structures, functions, recursion, random number methodology, graphical user interface development, puzzle creation, machine assisted learning, game theory, simulation of ball trajectories, and more. Programming is with Matlab. All levels of programming experience are acceptable; more details available. Students can preview the software for a couple of weeks and then purchase a student version if you desire for just \$75.

6 Tues, Mar 26 - May 7, 10-11:30 am, Newbury Court

Requested donation: \$60

America and China, Past and Present with Shelley Drake Hawks

In this seminar, Dr. Shelley Hawks will guide discussion on modern China, drawing upon two recent books that illuminate the profound interconnection between China and the West. The first book by Beijing-based journalist John Pomfret, *The Beautiful Country and the Middle Kingdom. America and China, 1776 to the Present*, offers an even-handed account of the sometimes-fractious relationship between the two superpowers. The book follows the lives of adventurous individuals from China and America who crossed the cultural divide, such as the author of *The Good Earth*, Pearl Buck; “the Yankee Confucius,” philosopher John Dewey; China’s first president Sun Yat-sen; Communist diplomat Zhou Enlai; as well as lesser-known figures including missionaries, film actors, and merchants. Next, we will read Simon Winchester’s 2008 biography, *The Man Who Loved China*, about the British scientist Joseph Needham (1900-95). After serving in China during World War II, Needham wrote *Science and Civilisation in China*, a multi-volume publication crediting Chinese civilization with momentous inventions in science and technology. Needham’s research had a far-reaching impact, enhancing appreciation in the U.S. and Europe for China’s contributions to scientific development.

4 Wed, Mar 27 - Apr 24, 10-11:30 am, Location TBD

Requested donation: \$60

Astronomy: The Milky Way, Space Weather, and more with Gary Galica & Mark Reid

Our first two sessions will address: What does the Milky Way look like when viewed from the outside? and Why do we believe black holes exist? These sessions will be presented by Mark Reid. For our last two sessions, Gary Galica from Assurance Technology Corp will present Space Weather – What Is It and Why Should We Care and The GOES-R Geostationary Operational Environment Satellites.

4 Thurs, Mar 28 - Apr 25, 10-11:30 am, Location TBD

Requested donation: \$60

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

French for Beginners**Maurice Bombrun**

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

10 Wed, Jan 16 - Mar 27, 11:30 am-1:30 pm, Main Library
Fee: \$185

French for Beginners II**Maurice Bombrun**

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

10 Thurs, Jan 17 - Mar 28, 3:30-5:30 pm, CCHS Fee: \$185

French Intermediate**Maurice Bombrun**

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

10 Tues, Jan 15 - Mar 26, 3:30-5:30 pm, CCHS Fee: \$185

French Conversational Workshop**Maurice Bombrun, Instructor**

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

10 Wed, Jan 16 - Mar 27, 3-5 pm, Main Library Fee: \$185

French Lunch Lessons - Déjeuners en Français**Grace Butler**

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

8 Thurs, Jan 31 - Mar 28, 12-2 pm, Main Library Fee: \$148

Italian for Beginners**Rita Abela**

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

10 Thurs, Jan 17 - Mar 28, 6-8 pm, CCHS Fee: \$185

Winter language 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.

Spanish for Beginners

Sonia Hoyes

Spanish for Beginners is a continuation from Fall 2018 and is an introductory course intended for people with some knowledge of the language. We will present essential vocabulary and grammar as we begin to develop the speaking, listening, reading, and writing skills necessary for basic communication and comprehension. You will have the opportunity to practice and apply what you learn in conversation and enjoy getting to know your fellow classmates while doing so. Our activities will include pair and group work, interviews and role playing. We will also discuss Spanish customs and culture.

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

10 Tues, Jan 22 - Apr 2, 5:30-7 pm, CCHS Fee: \$149

Spanish for Upper Level Beginners

Sonia Hoyes

Spanish for Upper Level Beginners is a continuation from Fall 2018 and for students who have taken the Beginner course and who possess linguistic and cultural knowledge that true beginners do not. We will work on communicating through reading, writing, listening, and speaking while we reinforce and expand what you already know. Writing and speaking will be improved through composition activities and group conversations while you continue learning grammar structures. Communicative class activities will include pair and group work, interviews and role playing. We will also discuss Spanish customs and culture.

10 Thurs, Jan 24 - Apr 4, 6:30-8:30 pm, CCHS Fee: \$185

Spanish Intermediate

Sonia Hoyes

This course is a continuation from Fall 2018 and builds upon and expands the language patterns with grammatical structures that were presented and practiced in the beginning course. We will review and expand on the four language skills as well as new grammar structures. Writing and speaking will be improved through composition activities and group conversations. You will use the language in applicable situations. Communicative class activities will include pair and group work, interviews and role playing. We will also discuss Spanish customs and culture.

12 Wed, Jan 23 - Apr 3, 6:30-8:30 pm, CCHS Fee: \$185

Spanish Advanced

Sonia Hoyes

Advanced Spanish is a continuation from Fall 2018 and recycling of knowledge acquired from the Beginner and Intermediate courses. We will introduce new vocabulary and grammar structures, as well as focus on developing proficiency in the four areas of language skills. Our conversations will include a variety of topics from every day life situations to increase your oral skills and we will discuss Spanish customs and culture. Our activities will include pair and group work, interviews and role playing. The class is conducted entirely in Spanish so you should be able to communicate at the advanced Spanish level.

9 Mon, Jan 28 - Apr 1, 7-9 pm, CCHS Fee: \$169

Spanish Conversation

Sonia Hoyes

This course is for people who already have taken Spanish Beginner, Intermediate, and Advanced and is a continuation from Fall 2018. We will work on achieving a sound level of communicative ability, with an emphasis on spoken Spanish. We will cover oral and written communication, grammar, vocabulary and pronunciation. The goal is to help you use the language in different contexts and acquire more confidence in applying your fluency and expand your vocabulary. We will discuss current events, brainstorm to solve problems, participate in role-plays, and prepare oral presentations to develop vocabulary, reinforce grammatical structures, and utilize new expressions. The class is taught and conducted in Spanish so you are expected to be able to understand the language and be able to communicate in Spanish.

10 Tues, Jan 22 - Apr 2, 7-9 pm, CCHS Fee: \$185

Winter language 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.



Jumpstart Your Memoir

Andrea Cleghorn

Andrea is a veteran journalist, non-fiction author, and writing coach. She has written her own memoir, and gently coached others as they write theirs. Whether the objective is to leave a legacy for the family or to put the story out into the broader world, it can be an enlightening, exciting, even healing experience for the writer. A memoir deals with a specific time period, stage of life, or series of events of the author's choosing. The beauty of the form is that the writer defines the parameters and how the story is told, though this freedom can mean it is often overwhelming to get started and keep going. Students will be shown ways to recognize themes and turn them into a story, develop a game plan, and avoid common pitfalls that impede progress.

4 Tues, Jan 22 - Feb 12, 7-9 pm, Bedford Rec Fee: \$100

Writing Life

Barbara O'Neil

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

6 Tues, Feb 5 - Mar 19, 9:30-11:30 am, Main Library Fee: \$195

Creative Writing for Fun

Pamela Wight, Instructor

For the pure love of writing, come join Pamela in this session that encourages creative writing with a twist. You don't need a degree in writing, just a desire to explore your own creativity with the written word. Each class includes writing techniques and tips co-mingled with fun writing exercises. Participants learn from each other through in-class writing and reading our stories out loud. 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. Sign up now for this popular class. **There is no class on April 1 or 15.*

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



Babysitters' Training

Mary-Wren vanderWilden

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

Thurs & Fri, Feb 21 & 22, 8:30 am - 12:30 pm, CCHS Fee: \$95

We have more Youth Programs!
College & Test Prep is on page 5
Driver Education is on page 10
IMSCC is on page 16

Instructor Biographies

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

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

Kerry Barker retired from the pharmaceutical industry last year after 30 plus years. He is now working part time consulting for biotech companies, as well as spending much more time biking, hanging out with his wife and the dog.

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.

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

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

Jeanine Calabria is currently writing a memoir cookbook that she hopes to have published soon. She has worked on college campuses leading international student and scholar programming and more recently has conducted nutritional coaching and cooking classes. As the Executive Director of Open Table, she oversees the operations, development and administrative functions of the organization. In the past, she has been involved with the Concord Carlisle Parent Initiative, the CCHS Grants Committee, The Free Wheel Chair Mission, Indiana Governor's Planning Council for People with Disabilities – Partner in Policy Making and numerous church-related initiatives.

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.

Andrea Cleghorn is an author, journalist, writing coach. She loves to organize Jumpstart Your Memoir workshops, Writing out of the Box workshops, extemporaneous writing to prompts after decades of working as a journalist. Learn more about Andrea at www.andreacleghorn.com.

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

Son-Mey Chiu is an artist and teacher. Since her youth, Son-Mey received a ten-year training from Professor Chao Shaoan/Zhao Shaoyang, an internationally acclaimed master from the second generation of the Lingnan School of Chinese Painting which revitalized the stagnant painting style of the Qing Dynasty. She studied Chinese Calligraphy under the tutorship of the renowned calligrapher, Fung Hong-kou/Feng Kanghou in her native Hong Kong.

Circuit Lab is a small company in Greater Boston that runs programs to teach children about circuitry (electrical engineering) and programming (computer science) through creative, hands-on projects. Their programs use the most innovative, leading-edge equipment available to give kids the opportunity to learn essential modern-world skills that aren't typically taught in school.

Andrea Cleghorn is an author, journalist, writing coach. She loves to organize Jumpstart Your Memoir workshops, Writing out of the Box workshops, extemporaneous writing to prompts after decades of working as a journalist. Learn more about Andrea at www.andreacleghorn.com.

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

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

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

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

Nancy and David Dillon have been traveling to Europe independently for over 20 years and have been presenting at Armchair Travel for over 15 years. Nancy is a fourth grade teacher at Thoreau School in Concord. David is a middle school social studies teacher in Lancaster.

Christine Evans, a life-long crafter, has been an avid scrapbook and paper artist for over thirty years. She has served as a Design Team member for online sites, and taught classes at local retail stores and out of her home. Christine discovered jewelry making almost 10 years ago, and quickly became obsessed with yet another creative endeavor.

Gary Galica is the VP of Space Sciences for Assurance Technology Corp in Carlisle.

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

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

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

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

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

Shelley Drake Hawks is a writer and historian in Concord, MA who teaches world civilization and 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 masters in Asia regional studies from Harvard and a doctorate in history from Brown. Last year, she published a book with University of Washington Press entitled *The Art of Resistance. Painting by Candlelight in Mao's China*.

Stephanie Hessler, MBA, helps individuals and teams create and achieve their greatest success imaginable, including guiding clients through the powerful Thinking Into Results transformational program. Previously she worked in the investment industry for sixteen years, including on Wall Street with Merrill Lynch. Stephanie is also a Concord MA-based artist. She's a graduate of Wellesley College and earned her MBA at The Wharton School - University of Pennsylvania.

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

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

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.

Stephanie M. Kriesberg, Psy.D. is a licensed psychologist with 25 years' experience working with children, adolescents, and adults. Dr. Kriesberg specializes in the treatment of women with narcissistic mothers. She writes on this topic for *Triumph*, the women's newsletter of the Anxiety and Depression Association of America. Dr. Kriesberg has a private practice in Concord, Massachusetts.

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

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

Cheryl and John Mandler are Concord residents who have many interests such as gardening, cooking, and traveling.

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

Metrowest Kung Fu is a branch of Shaolin Kung Fu Centers, which was founded in Worcester Massachusetts by Sigung Joe Maury in 1990. Eliot Prisyb 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.

Nicholas Michael founded Odyssey College Search to provide student-athletes and parents with a resource for the college search and athletic recruiting process. His background is in marketing, strategic planning and process management, and his three children were college athletes.

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

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

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.

Jeannette Pothier earned her professional Chef degree and Culinary Arts Teaching diploma from Madeleine Kamman of Modern Gourmet in Newton, Mass. She taught Classic French cooking, including French baking and pastry making. She studied in Aix-en-Provence with Ms. Kamman. Jeannette was the day chef at Café l'Orange in Concord while teaching at Modern Gourmet. She wrote the recipes for *The Zone*, by Dr. Barry Sears and she teaches healthy eating. Jeannette also taped ten classes called *Cooking in the Zone* that appeared on Bedford Cable TV. She enjoys sharing her knowledge of cooking, especially in the baking arena, such as breads and pie making.

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

Mark Reid received his PhD in astronomy from the California Institute of Technology in 1975. He is a senior radio astronomer at the Harvard-Smithsonian Center for Astrophysics in Cambridge. Over his career he has pioneered techniques that give the highest angular resolution in astronomy, and he has studied the formation of stars, the structure of our Milky Way galaxy, and the nature of black holes.

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

Debra Rosenblum was a public-school teacher for over 20 years. She has a Master's Degree in Education from Lesley University and Certificate of Advanced Graduate Studies in Creative and Expressive Arts from Salva Regina University. She is an Interfaith Minister, certified spiritual director, and holds certifications as a yoga teacher, meditation teacher and spiritual director.

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

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

Susan Stamps has been a divorce attorney since she began the practice of law in 1988. She is also knowledgeable in tax law and other financial matters pertinent to family law. Susan strives to resolve each case in the fairest way possible. Although she discourages unnecessary conflict and litigation and settles most of her cases, she has an excellent trial record. "My clients seem happy with my direct, and inclusive style of interaction, and I achieve good results for them by focusing on what is really important." Susan received her law degree from Northeastern University in 1987. She is a member of the Massachusetts Bar Association and is a past participant in its Family Law Legislation Practice Group. She is also a member of the Massachusetts Family and Probate American Inn of Court and a member and former Executive Board member of the Massachusetts Council on Family Mediation. She was an associate, then partner, of the Concord firm of Arnold & Kangas, P.C. , for 13 years before opening her own law firm in 2001.

Anita Tekle recently retired from her position as Town Clerk in Concord. Now that her 3 children are grown, she now has the time to travel as well as enjoy her many talents including quilting and cooking!

Dick Thornton is an MIT Prof. Emeritus of Electrical Engineering and Computer Science and principal founder of two companies. He has taught microprocessor system design and programming at MIT—and is an avid puzzle solver and game player!

Charla Trusheim, a former communications consultant, was raised in Colorado and spent much of her childhood exploring National Parks. While raising a family for the last 20 years in Acton, Charla has avidly traveled the United States, Europe and Asia seeking to capture the unique spirit of each place while experiencing the people and culture.

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

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

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

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

Marsha Wilcox is an avid photographer, both during the day and after the sun sets. She has exhibited work in New York and around New England. She lives in Acton with 2 wonderful Golden Retrievers. When she's not staring at the night sky, Marsha works as an epidemiologist in the pharmaceutical industry.

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

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

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

Registration is Easy!

How to Register

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

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

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

Who Can Enroll?

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

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

Class Locations:

Unless otherwise noted, classes take place at CCHS.

School locations:

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

Libraries

- Concord Library Main Branch: 129 Main St, Concord
- Fowler Library: 1322 Main St, Concord

Other locations:

- Barre3: 158 Great Rd, Bedford
- Barre3: 365 Boston Post Rd, Sudbury
- Bedford Rec: 12 Mudge Way, Bedford
- Concord Museum: 200 Lexington Rd, Concord
- Concord Scout House: 74 Walden St, Concord
- Copper Penny Flowers: 9 Independence Ct, Concord
- MetroWest Kung Fu: 69 Main St, Maynard
- Newbury Court: 100 Newbury Court, Concord
- Open Table: 33 Main St, Maynard
- Scott's Stone Carving: 80 Loomis St, 2nd Fl, Bedford
- Starfish Dance & Yoga: 135 Commonwealth Ave, Concord

Parking at CCHS

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

Refunds & Course Changes

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

CCACE Advisory Committee

Demi Ayres, Concord	Stuart Freeland, Concord
John Ballantine, Carlisle, Chair	Marla Iyasere, Concord
Ron Bernard, Concord	Christine Lear*, Carlisle
Paula Casey, Concord	Carol Murphree, Carlisle
Claudia Feeny, Concord	Margo Parent, Carlisle

**School Committee Liaison*

Concord-Carlisle Regional School Committee

Heather Bout	Robert Grom
Johanna Boynton	Wallace Johnston
Court Booth	Christine Lear
Daniel Conti	Mary Storrs
Student Representatives: Ariel Waldman, Jennifer Li	

Adult Registration Form

Contact Information

First Name		Last Name	
Address			
City		Zip	
Phone #		Email	

Course Information

Start Date	Course Name	Fee
		Total

Billing Information

Cash_____ Check/MO_____ Credit Card_____

Name on card		Exp Date	
Card #		CVV	

Youth Registration Form

Contact Information

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

Course Information

Start Date	Course Name	Fee
		Total

Billing Information

Cash_____ Check/MO_____ Credit Card_____

Name on card		Exp Date	
Card #		CVV	



Concord Carlisle
Adult & Community Education
500 Walden Street, Concord, MA 01742

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Winter 2019



Come in from the cold with new classes at CCACE!

Don't let winter get you down: get out and learn a new skill or two!

- **Continuing Education:** New courses include jewelry making, Chinese brush painting, Your Investment Journey, Green Blooms, soup making, and much more.
- **Driver Education:** Certified professional driving instruction for teens and adults.
- **Instrumental Music School of Carlisle & Concord:** Individual instrumental & vocal instruction for all ages.

**Whether you're looking to indulge a passion
or hone a skills, we've got a class for you!**