



**Concord Carlisle**  
*Adult & Community Education*

# Spring 2021





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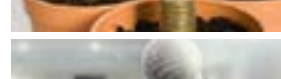
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**Welcome to our Spring 2021 offerings**

Thank you for continuing to sign up for our online programs. We look forward to the day when we can safely welcome you back in person. We will be sending a survey soon to ask for your feedback on what classes you would like to see remain online and what classes you feel would be better suited for in-person meetings.

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

**About CCACE**

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



**How to Register**

1. **Online** at [www.concordcarlisleace.org](http://www.concordcarlisleace.org)
2. **Call** 978-318-1432 to register by phone.
3. **Mail** to CCACE, 500 Walden St, Concord, MA 01742.\*  
Only CCHS students and staff are allowed in the building so please do not come to the office to register for classes.

**Community Education Staff: 978-318-1432**

Jill Weintraub, Director  
[jweintraub@concordcarlisle.org](mailto:jweintraub@concordcarlisle.org), 978-341-2923  
 Stefanie Cloutier, Continuing Education & Enrichment  
[scloutier@concordcarlisle.org](mailto:scloutier@concordcarlisle.org), 978-341-2940 x7523  
 Rebecca Gurley, Driver Education  
[rgurley@concordcarlisle.org](mailto:rgurley@concordcarlisle.org), 978-341-2940 x7124  
 Deborah Levine, Instrumental Music School  
[dlevine@concordcarlisle.org](mailto:dlevine@concordcarlisle.org), 978-341-2940 x7653  
 Kristen Herbert, Director of Teaching & Learning  
 Laurie Hunter, Superintendent of Schools



**Cover art by Nicola Hunt, CCHS Class of 2021:**  
 The piece is a miniature still life and surprisingly, it's only about 3 x 5 inches in my sketchbook. The medium I used is acrylic paint and I was inspired by a digital drawing.



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

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

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

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

**Share your travels with us!**

We are looking for Fall Armchair Travel presenters!

Email [ace@concordps.org](mailto:ace@concordps.org)

Check our website for newly added destinations!

**Zoom with us this Spring!**

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

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

**ACT / SAT Practice Test Open Door Education**

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

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 the tests are administered with standard timing. Any students who qualify for accommodations, including extended time, should contact Open Door Education (978-263-6387 or [info@opendoor.education](mailto:info@opendoor.education)) directly to discuss options for a practice test.

SAT: Sat, Apr 24, 9 am-12:30 pm, Online	Fee: \$25
ACT: Sat, May 22, 9 am-12:30 pm, Online	Fee: \$25

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

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

4 Wed, Mar 17 - Apr 7, 6-7 pm, Online	Fee: \$250
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**ACT Bootcamp Open Door Education**

Is your student preparing to take the ACT in June or July? This is the perfect class to help them feel confident and prepared for Test Day. Students who attend this six session class will develop a strong understanding of the ACT and learn effective strategies for all four sections of the ACT: English, Math, Reading, and Science.

6 Tues & Thurs, May 25 - Jun 10, 7-8 pm, Online	Fee: \$475
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**Decoding SAT Math Open Door Education**

On much of SAT Math, we can know the material that's being tested and still not know how to start the question. For that reason, this class focuses not on learning new concepts but on effectively implementing content knowledge students already have. We will cover some of the recurring trends of tricky SAT Math and some tools and best practices for unlocking questions that turn out to not be as difficult as they initially seemed.

Mon - Thurs, April 19-22, 10-11 am, Online	Fee: \$240
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Let Open Door Education and their experts help with your college planning process with this new series.



### Understanding the Cost of College

#### Open Door Education with Nick Ducoff

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

Thurs, Mar 11, 7-8 pm, Online

Fee: \$45

### Transitioning to College

#### Open Door Education with Dana Roth

Dana will walk families through the fundamental differences between high school and college for students and parents, self-advocacy through the college search and transition process, best practices for identifying and connecting with college resources, and ideal timelines for the college search. Dana will also discuss the ways in which students with disabilities can determine and utilize available accommodations. We will conclude with a discussion of the impact of COVID-19 on the transition process, and how students and families can create opportunities to ensure a smooth transition to college.

Dana Roth is an independent college counselor and executive function coach who lives and works in Metrowest Boston, connecting with students in person and virtually. Dana worked in colleges and universities for 13 years prior to launching her practice. Dana has extensive experience working with students with and without disabilities in college admissions, academic support, and disability services. Dana loves connecting with students to help them identify, apply to, and succeed at schools that are the best fit for them and teaching strategies and skills to empower students to do their best work.

Thurs, Apr 29, 7-8 pm, Online

Fee: \$45

### Google Drive

#### Howard Loewinger

Google Drive is Google's answer to Microsoft Office and it is free! There is no software to install, and you can access the Drive apps and your files from any Internet connected computer or mobile device. This class will focus on the word processing (Docs), spreadsheet (Sheets) and presentation (Slides) apps. You will learn how to create and edit files and upload Office and other files into Drive. You will also learn how easy it is to share files with others. To use Google Drive you must have a Google account. Please set one up prior to class (Gmail users already have a Google account).

2 Tues, Jun 1 & 8, 10:30 am-12 pm, Online

Fee: \$69



### Cutting the Cable: Your TV Options in the Digital Age

#### Howard Loewinger

Are you ready to "cut the cable"? Watching TV has changed over the last 20 years. Now you can choose from hundreds of channels, watch TV on just about any electronic device anytime, anywhere! This short course will walk you through all the ways you can to watch your favorite shows: traditional cable, over the air, streaming and live TV over the Internet. We will discuss some of the pros and cons of each and whether your TV is "smart enough," or if you will need additional hardware to use the Internet services. There will be demonstrations and time for your questions.

Tues, Jun 15, 10:30 am-12:30 pm, Online

Fee: \$35

### Introduction to Microsoft Excel 2019/Office 365

#### ed2go Instructors

Learn to quickly and efficiently use Microsoft Excel 2019/Office 365 as you discover dozens of shortcuts and tricks for setting up fully formatted worksheets. This course, taught by an experience Microsoft Excel instructor, provides in-depth knowledge for beginners that will have you using Excel like a pro.

Two options:

- Instructor-led 6-week course where lessons are posted online twice a week and you can access them anytime. Communicate with your instructor through message boards. Classes start Mar 17, Apr 14, or May 22.
- Self-paced class where you will have access to the class for 3 months.

Register at [www.ed2go.com/concord](http://www.ed2go.com/concord)

Fee: \$129

### Creating Mobile Apps with HTML5

#### ed2go Instructors

Do you want to make mobile apps that run on iPhone and iPad, as well as on Android, and Windows Phone? Sure you do! Do you want to learn five different programming languages? Of course you don't!

Fortunately, you're about to discover a better way to build apps. In this course, you'll learn how to imagine, design, build, and optimize a cross-platform mobile app using the very latest HTML5 standards. The result will be a mobile app that's fast and runs on just about any smartphone or tablet computer.

Two options:

- Instructor-led 6-week course where lessons are posted online twice a week and you can access them anytime. Communicate with your instructor through message boards. Classes start Mar 17, Apr 14, or May 22.
- Self-paced class where you will have access to the class for 3 months.

Register at [www.ed2go.com/concord](http://www.ed2go.com/concord)

Fee: \$115

### Knitting: Upcycle with Plarn

#### Joy Spadafora

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

<http://artsarlington.org/artist-in-residence/>

4 Wed, Mar 24 - Apr 14, 4-6 pm, Online

Fee: \$75



### Secrets of Better Photography

#### ed2go Instructors

Learn to take outstanding photos and get the best results whether you are using a DSLR, a point-and-shoot, or your phone camera. Each lesson contains exercises and assignments that will help you apply new techniques to your own camera and make a distinctive difference in your photos.

Two options:

- Instructor-led 6-week course where lessons are posted online twice a week and you can access them anytime. Communicate with your instructor through message boards. Classes start Mar 17, Apr 14, or May 22.
- Self-paced class where you will have access to the class for 3 months.

Register at [www.ed2go.com/concord](http://www.ed2go.com/concord)

Fee: \$100

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

**CANCELLED**

**So do we!**

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



**Getting to Know Your (Feathered) Neighbors**

**Michele Grzenda**

Backyard birding has become a top hobby during Covid-19 and it's easy to see why. Birdwatching is fun and easy to do right in your backyard. Here's your chance to take your curiosity about these amazing creatures that live all around us to new levels, and appreciate the natural world they enrich. Join local naturalist Michele Grzenda to see why birding has zoomed in popularity this year. Michele's presentation includes beginner bird watching tips and tricks, birding resources, and what you can do to help your feathered friends in your backyard and beyond.



Mon, May 3, 7-8 pm, Online

Fee: \$29

**Backyard Bird Song Identification**

**Michele Grzenda**

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

2 Tues, May 11 & 18, 7-9 pm, Online

Fee: \$49

The instructor did a great job at keeping us engaged but not overwhelmed-- great resources. Plus her presentation had good variety -- lots of audio and video.

(I like that the walks are) hands-on and local. Michelle is fun and very knowledgeable! She was very careful about COVID 19 precautions and stressed compliance with masks and distancing.

**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.

**Springtime Morning Bird Walk**

**Michele Grzenda**

Learn to identify 25 bird species commonly found in our neighborhoods, wetlands, and forests. Michele Grzenda will point out various field identification techniques by sight and sound. This easy-to-moderate walk is designed for beginner and intermediate bird watchers. Note: Bring a pair of binoculars if you have them (instructor has a few pairs available for use), bug spray, and a field guide if you have one. We'll go in light rain, so wear sturdy shoes and dress for the weather. If the walk is cancelled due to weather, you will hear from Michele the night before the walk. **The entire class will take place outside, with a limited class size, social distancing and masks required.**

Mon, May 24, 7-9 am, Hapgood Wright Town Forest Fee: \$35

**Evening Bird Walk**

**Michele Grzenda**

Learn to identify 20 bird species commonly found in our neighborhoods, wetlands, and forests. Michele will point out various field identification techniques by sight and sound. This easy to- moderate walk is designed for beginner and intermediate bird watchers. Note: Bring a pair of binoculars and bug spray (optional). We'll go in light rain, so wear sturdy shoes and dress for the weather. If the walk is cancelled due to weather, you will hear from Michele on the morning of the walk. **The entire class will take place outside, with a limited class size, social distancing and masks required.**



Section A: Wed, Jun 2, 6-8 pm, North Bridge Visitor Center

Section B: Tues, Jun 8, 6-8 pm, Hapgood Wright Town Forest

Fee: \$35

**Walking Tour: North End to Charlestown**

**Mike Manning**

This two-hour tour begins in the North End (at the US Coast Guard facility where the USS Constitution was built) at the Edmund Hartt Shipyard (1794). We continue on from there to the site of the Boston Draft Riot (1863), the Submarine Signal Building (1901), the area of the Great Molasses Flood (1919), and the location of the Brink's Robbery (1950). Then, we will walk to the Charlestown Navy Yard to discuss the Yard (1801). Ample paid parking can be found in the neighborhood. **The class size is limited and social distancing and masks are required. We will meet at Mirabella Pool, 475 Commercial St. (North End)**



Sat, May 8, 10 am-12 pm

Fee: \$39

**Catching up with Innovators: Walking Tour of the Boston Fish Pier and the Boston Seaport**

**Laurie Zapalac, PhD**



Join us as we explore the historic Boston Fish Pier and discuss the past, present and future of Boston's commercial seafood industry. Learn about how Boston's access to the major fishing grounds of the Atlantic played a pivotal

role in the history of the Boston economy, while continued investment in infrastructure and technology, as well as access to key markets, have been critical to sustaining the Boston Seaport's place as a hub within the global commercial seafood industry through regulatory and ecological change. Along the way, we will meet contemporary innovators who call the Seaport home, and hear how they are transforming both supply and demand for commercial seafood in creative ways. For those in the group interested in enjoying a "take-out" picnic in the seaport immediately following the tour, we will provide recommendations of area restaurants serving great seafood (and other things) and instructions for ordering ahead. Alternatively, please feel free to bring your own picnic items. Wear comfortable shoes and bring a water bottle. **The class size is limited and social distancing and masks are required. We will meet at the sidewalk viewing point on Northern Avenue between the Fish Pier and Commonwealth Pier (Look at online class description for a Google Maps link to the meeting point.)**

Wed, Jun 2, 5:30-7:30 pm

Fee: \$39



**Emerald Necklace Bike Tour**

**Urban AdvenTours**

Urban AdvenTours will lead this guided bike tour of the Emerald Necklace park system. On this 15-mile ride from downtown Boston to Jamaica Plain and back, you will make stops every 1-2 miles to study a feature of Frederick Law Olmsted's masterpiece. Bring your own bike, or contact Urban AdvenTours if you would prefer to rent one of their Dew Hybrid bikes (info@urbanadventours.com, 617-670-0637). The tour will take place rain or shine (unless it is very stormy). **The class size is limited and social distancing and masks are required. We will meet at Urban AdvenTours, 103 Atlantic Ave., Boston.**



Sun, Jun 6, 10 am-1:30 pm

Fee: \$65

**Walking Tour: Castle Island**

**Mike Manning**



Perhaps you've never been to Castle Island and have been meaning to get there. Or, if you have had the pleasure of a visit to this beautiful spot, maybe you have been curious to learn more about it. This tour will cover the history of the forts in this area (from 1634 to

the present-day fort) and a brief history of the inner harbor islands. We will also discuss the MWRA's Deer Island wastewater treatment plant (the key aspect of the harbor and the harborfront's revitalization) and Logan International Airport (a key component of commerce for all of New England). Edgar Allen Poe was based on Castle Island in the 1820s, so there's a slight literary component to this tour as well. Plenty of free parking is available in the neighborhood. Following the tour, you are welcome to enjoy a casual seafood dinner with the guide at Sullivan's. **The class size is limited and social distancing and masks are required. We will meet at 2080 William J. Day Blvd., at the tables to the right of Sullivan's.**

Thurs, Jun 10, 6-8 pm

Fee: \$39

**JOYful Kayaking**

**Joy Spadafora**

Enjoy the company of like-minded kayak enthusiasts during the extended daylight of early summer. Relax & unwind with the quiet calm of the water for this series of evening paddles. Gaze at the sunsets, marvel at two full moon risings, and meet some new kayak companions. You must supply your own kayak, paddle, and PFD. Bring water, a simple dinner or snack, and a positive attitude. Starting locations will be sent via email each week and will include Concord, Carlisle, and surrounding towns. Come join the paddling party!

5 Wed, Jun 23 - Jul 21, 6:30-8:30 pm

Fee: \$85



**Fitness Walks**

**Paula Casey, Stefanie Cloutier, & Liz Fuller**

Shake off the winter blahs and immerse yourself in spring through this fitness walking group. Explore local trails (and maybe learn some new ones) and make new friends while getting a decent workout. You'll combine strength, balance and cardio training as you trek through the trails at a good clip. Come prepared to break a sweat and get your heart rate up. Light hiking boots recommended. **Directions to the starting place will be available after registration. The entire class will take place outside, with a limited class size, social distancing and masks required.**

Stefanie: 6 Wed, Apr 7 - May 19, 9:30-11:30 am	Fee: \$99
Paula: 4 Thurs, Apr 8-29, 11:30 am-1:30 pm	Fee: \$69
Paula: 4 Thurs, May 6-27, 11:30 am-1:30 pm	Fee: \$69
Liz: 4 Wed, May 26 - Jun 16, 9:30-11:30 am	Fee: \$69

The instructor knew the trails much better than I did and therefore I was able to get in a much longer walk than I would have done on my own. This course provided a wonderful opportunity to get outdoor exercise with other like-minded people. (I liked the) selection of a new walk every week

**Make & Bake Brunch**

**Adrienne Dunne**

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

Sat, Mar 27, 10 am-12:30 pm, Online	Fee: \$40
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**Cake Decorating 101**

**Adrienne Dunne**

Learn the basics of cake decorating in this hands-on workshop. First, learn how to make a buttercream that won't harden and crust. Crumb coat your pre-baked (2 layer 8"round) cakes to stack and create a smooth buttercream base for decorating. Then learn to use a piping bag to create borders, roses, ribbon swirls and textures to give your cake a professional look. You will receive an ingredients list ahead of time to purchase, along with a list of basic kitchen tools to have on hand. This is a fun teenage and parent/child class too! Adrienne is a certified baker & Level III Wilton certified decorator.



Thurs, Apr 8, 4-6 pm, Online	Fee: \$40
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**Sugar Cookie Decorating**

**Adrienne Dunne**

Learn the tips and tricks and how to create professional-looking cookies! Make royal icing and learn several decorating techniques including flooding and wet on wet designs. Using sugar cookies baked ahead of time and simple tools, or store bought, we'll create puffed designs, geometric patterns, and flowers. You will receive an ingredients list ahead of time to purchase, along with a list of basic kitchen tools to have on hand. This is a fun teenage and parent/child class too! Adrienne is a certified baker and Level III Wilton certified decorator who has been decorating cookies for over 20 years.

Sat, May 1, 10 am-12 pm, Online	Fee: \$40
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The instructor was easy to understand and eager to share her tips and skill with new students.

**Irish Whiskey**

**Robert Lublin**

Ireland produces some of the finest whiskey in the world. Join us for a fun, relaxing introduction to Irish Whiskey and see why many people believe that Ireland's finest whiskeys can go toe to toe with the best Scotch. We will try and compare some of the mainstays, including Jameson, Bushmills, Powers, and Tullamore Dew, but then we will sample some of the high end varieties that really distinguish the Emerald Isle, such as Redbreast, Green Spot, and more. If you like Scotch but haven't given Irish whiskey a proper try, prepare to be amazed! A selection of scotch samples will be available for safe pickup. Then we will taste and discuss them together in a Zoom session online. For students 21+.



Tues, Apr 27, 7:30-9 pm, Online	Fee: \$55
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This class way exceeded my expectations. I would have been fine with less expensive samples, but Robert bought us the good stuff.

**Cooking with Jeremy**

**Jeremy Pietropaolo**

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

**Scallops**

Learn to make pan-seared scallops with succotash and edamame puree.

Tues, Apr 13, 4-5 pm, Online	Fee: \$35
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**Aioli Workshop**

Learn the basics of how to make aioli from scratch through preparing a spicy chicken sandwich with a homemade chipotle aioli.



Tues, Apr 27, 4-5 pm, Online	Fee: \$35
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**Biscuit and Jam Workshop**

Learn to make fluffy and buttery biscuits with a homemade berry jam.

Tues, May 4, 7-8 pm, Online	Fee: \$35
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**Cookies with Technique**

Learn to make browned butter and oat cookies with pecan brittle, learning useful techniques such as browning butter and making brittle from scratch.



Tues, May 11, 7-8 pm, Online	Fee: \$35
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**Whoopie Pie Workshop**

Learn tips and tricks to make the perfect chocolate whoopie pies. Also, learn the technique of how to make an incredible vanilla swiss meringue buttercream.

Tues, May 18, 6:30-8 pm, Online	Fee: \$39
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**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/](https://concordcarlisleace.org/teaching-opportunities/)

**Japan: Culture & Institutions**

**Elizabeth Cobbs**

Like every society, Japan is a country whose institutions were created and operate in ways that are intricately bound to its culture and people. In addition, cultures and people change over time. Over three sessions, we will explore the complicated relationships between Japanese culture and its public institutions, investigating Japan's uniqueness in education, policymaking and baseball.



3 Thurs, May 6-20, 10-11:30 am, Online Fee: \$75

**Flower Power: Wildflowers of Spring & Summer**

**Neela de Zoysa**

We will introduce you to the wild beauties blooming in the woods, wetlands and meadows of Sudbury and the surrounding areas. Learn about early spring's marsh marigolds and late spring's lady slipper orchids. The humid summer brings wild lilies, milkweed and cardinal flowers. Make the most of your time outdoors by recognizing wildflowers, their habitats and pollinators. You will get tips on wildflower identification guides and best locations to observe these flowers.

Tues, Mar 23, 7-9 pm, Online Fee: \$29

**Establishing and Maintaining a Healthy Lawn**

**Nick Nogueira**

It takes knowledge and care to establish and maintain a beautiful lawn, but that doesn't mean that you need to hire an expensive service to do the work for you. You will learn important tips that will enable you to care for your lawn. Topics covered will include: soil health; organic fertilization needs for every lawn type; identifying and rectifying common problems such as weed control, fungus/moss/mushrooms, soil ph and heat stress; required maintenance practices (watering, aeration, detaching etc.). Nick has over 10 years of lawn care experience and many tips to share.



2 Thurs, Apr 15 & 22, 6-7:30 pm, Online Fee: \$45

**Declutter, Simplify, Get Organized**

**Marilyn Cruickshank**

Our closets are overflowing, our entryways are stacked with mail, our kitchen sinks are filled with dishes, and our pantries are packed with expired items! If you are drowning in stuff, it's time to begin your decluttering journey and then establish your organizing systems. Join us to learn decluttering and organizing techniques from professional organizer Marilyn Cruickshank of Creative Simplicity Organizing & Productivity (csimplicity.com). You will discover tried and true strategies that can work for you and the way you live, and you will feel energized and motivated to make small changes that will have a big impact.

Tues, Mar 30, 7-8:30 pm, Online Fee: \$35

**Downsizing - A Fresh Look at Living Life with Less**

**Marilyn Cruickshank**

Roughly 10,000 Americans turn 65 every day. Additionally, many of us are moving, renovating, separating, divorcing, combining households, sending our kids off to college, or just looking to simplify and live a more pared down existence with less to maintain. Whatever your motivation, downsizing is about adapting, but when you are facing a lifetime's accumulation of stuff, it can be downright overwhelming. How do we focus on downsizing in a positive light and develop strategies to make the process an opportunity to refresh our lives by letting go? What questions and strategies can we apply that can help us to make decisions about our possessions? Join us as professional organizer Marilyn Cruickshank of Creative Simplicity Organizing & Productivity (csimplicity.com) guides you through the process.



Thurs, May 6, 7-8:30 pm, Online Fee: \$35

**Helping Native Pollinators**

**Mark Hanson**

We will discuss developing habitat and forage for native pollinators. The session will provide tools to help identify native pollinator species and explore techniques for monitoring their populations.

Native pollinators are 'keystone' species of ecosystems that have adapted to our region over thousands of years. Improving the strength and diversity of native pollinators will help them cope with climate change and other stressors.

Tues, Apr 6, 7-8:30 pm, Online Fee: \$35

**Compassion in Action: The Wisdom of Thich Nhat Hanh**

**Lara Wilson**

In this insightful experiential course, we'll explore the wisdom teachings of Zen master Thich Nhat Hanh, and engage in ancient meditative practices that remain relevant today. Learn about Thich Nhat Hanh's Order of Interbeing and Plum Village Tradition—and why Martin Luther King, Jr. nominated him for a Nobel Peace Prize in 1967. Experiment with the mindful wellness practices he advocates to activate natural feelings of compassion, ease struggles by training our attention, and cultivate equanimity.



This series will focus on 4 of over 100 books written by Thich Nhat Hanh:

- *Peace is Every Step: The Path of Mindfulness in Everyday Life*: How might we engage with our world and bring peace to our lives? Examine your daily life and integrate practices that bring about calm in the midst of chaos and uncertainty.
- *You Are Here: Discovering the Magic of the Present Moment*: Tired of ruminating about the past and worrying about the future? Experiment with mindful exercises that help us awaken to what really matters with compassion and be present in all facets of life.
- *The Art of Communicating*: In what ways are we listening, speaking and feeling heard? Discover mindful ways to skillfully express our true selves and open to other perceptions, strengthening our ability to collaborate and connect.
- *No Mud, No Lotus*: What can we do to cope with struggles without feeling overwhelmed? By exploring the wonders of being human, we can choose a path that acknowledges and relieves our suffering, leading to moments of joy.

"Meditation is to get insight, to get understanding and compassion, and when you have them, you are compelled to act."  
– Thich Nhat Hanh

\*Reading each book is recommended but not required as excerpts will be shared in every session.

4 Wed, May 5-26, 10-11 am, Online Fee: \$125

**A Blueprint for Reaching Your Career Goals**

**David Ehrental & Rob Vlock**

American culture encourages us to maximize our professional selves. This virtuous aspiration is complicated by the dynamic nature of the economy, social change and now, a global pandemic. Today, more than ever, reaching your career goals requires personal insights, a deliberate strategy and skillful actions.

What you will learn:

- The building blocks for reaching your career goals
  - How to set career goals aligned with who you are
  - How to explore and evaluate your skills and career path
  - How to create a professional brand
  - The basics of effective networking and interviewing
- Expect some homework between sessions. We will spend time in break-out groups for peer learning during the sessions.

**Recent Graduates (graduated less than 7 years ago):**  
2 Mon & 1 Tues, May 17 & 24, Jun 1, 7-8:30 pm, Online Fee: \$75

**Career Changers (exploring a career change):**  
3 Tues, Apr 6-20, 7-8:30 pm, Online Fee: \$150

**Career Accelerators (looking for more professional growth):**  
3 Tues, Apr 27 - May 11, 7-8:30 pm, Online Fee: \$150



**The United States of Opera**

**Andy Papas**

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



10 Wed, Apr 7 - Jun 2, 6:30-8:15 pm, Online Fee: \$245

**Lullabies of Broadway: Spotlight on Sondheim**

**Andy Papas**



From the age of Movie Musicals to the contemporary theatrical landscape, this course is your entree to all things Sondheim. A different Steven Sondheim production will take center stage each week, as we highlight significant scenes, key music, and the history of each piece. Additionally, the class delves into the artistic and technical elements of the creative process, and Sondheim's unique style. The instructor, a professional actor, will regale the class with backstage anecdotes that provide a perspective on the performing arts.

10 Thurs, Apr 8 - Jun 3, 4:15-6 pm, Online Fee: \$245

**Divas Galore!**

**Andy Papas**

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



10 Mon, Apr 5 - Jun 7, 4:15-6 pm, Online Fee: \$245

**French Opera - Fantastique!**

**Andy Papas**



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

10 Fri, Apr 9 - Jun 4, 3:30-5:15 pm, Online Fee: \$245

Coming soon: Summer Music Workshops!

We will have workshops for our student musicians including master classes and opportunities to play with ensembles.

**Instrumental Music School of Carlisle and Concord**



**Individual instruction for new & continuing students since 1980**

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

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

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

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

**We offer 30-, 45-, or 60-minute lessons:**

30 minutes lessons: \$35 per lesson

45 minutes lessons: \$52 per lesson

60 minutes lessons: \$69 per lesson

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

**IMSCC Program Coordinator:**

**Debbie Levine,**  
dlevine@concordcarlisle.org

**Music Directors:**

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

[www.concordcarlisleace.org/instrumental-music-school/](http://www.concordcarlisleace.org/instrumental-music-school/)

**~ IMSCC FACULTY ~**

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

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

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

**See our faculty bios online!**



## CCACE's Speaker Series

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

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

### President Franklin Roosevelt and his war council with Ron Bernard on Mar 17 *i.e. the generals and admirals through whom he exercised command*

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



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



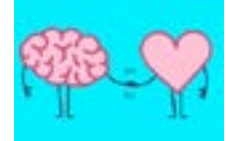
From every level, 2020 has asked us to sit in the unknown, wreaking havoc on our stress levels, leaving us unfocused, anxious, and unhappy. For many, the medical and social-emotional consequences are too serious for inaction, making it imperative we learn new self-care solutions used at the nation's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

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

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



### What is emotional intelligence, why is it so important, and how do we develop it? with KJ Shapiro on Apr 7



Nothing will help your success in life and work quite like being in charge of your Emotional Intelligence. Emotional Intelligence is the ability to understand and manage your own emotions and reactions, as well as being able to interact skillfully with others. In this talk we will explore the four facets of emotional intelligence, why they are so important, and how they can be developed for greater efficacy in your life.

Do you have a passion to share with the community?  
Send us a proposal to [ace@concordps.org](mailto:ace@concordps.org)

### The Baha'i Faith: A global Community with a Unifying Vision with Mehrnoosh Watson & Monette Van Lith on Apr 14

Concord has a history of leadership in human rights, the environment, education, and most recently, in raising the cultural and religious awareness and sensitivity in our community. Building on our strengths, there is an increased level of interest, curiosity, and respect for the rich diversity emerging in our town, which includes the Baha'i community.

Who are the Baha'is? What are the Baha'i teachings? How are they contributing to building a better world?

Please join us to explore the answers to these questions, and find out what the Baha'is are doing around the world as well as in Concord. Our own Henry David Thoreau wrote. "It would be worthy of the age to print together the collected Scriptures or Sacred Writings of the several nations, the Chinese, the Hindoos, the Persians, the Hebrews, and others, as the Scripture of mankind...This would be the Bible, or Book of Books, which let the missionaries carry to the uttermost parts of the earth."



### Virtual Visit with the Institute of Contemporary Art/Boston with Amy Kemeza on Apr 21



Join an ICA educator to learn about the ICA's nearly 85-year history in Boston, including its ongoing commitment to a wide range of contemporary visual and performing arts, the opening of its visionary Diller Scofidio + Renfro building on Boston's waterfront in 2006, and the introduction of a satellite location in East Boston – The ICA Watershed – in 2018. You'll also be introduced to highlights from the ICA's small but growing collection of contemporary visual art, including work by artists Tschabalala Self, Njideka Akunyili Crosby, Nick Cave, Rineke Dijkstra, and Simone Leigh.

### 9 Ingredients for a Successful Weekly Family Meeting with Monette Van Lith on Apr 28

Starting a regular family meeting can be daunting! The benefits, however, are many: it provides an opportunity for all family members to practice communication, organization, leadership and problem-solving skills. It nurtures positive relationships, it reinforces family values and strengthens a family culture of collaboration and appreciation. You will walk away with 9 easy to follow and practical steps to get everyone on board to start a regular, fun and productive family meeting. You will also be equipped with ideas and examples of a family meeting agenda.



### Love Your Body (No Matter What Shape It's In) with Nina Frusztajer on May 5



The relationship you have with yourself – and your body - has an impact on your overall wellbeing. Do you spend time in conflict with your size and shape, making unhelpful comparisons to media images, and feeling badly about yourself? How much better would it feel if you really, truly accepted and ultimately loved your body – just as it is – no matter what? What a relief that would be, and, yes, it's possible. In a safe and supportive environment, we'll explore where you fit on the priority list, build your self-love reserves, prioritize your self-care, and say goodbye to negative self-talk.

### The Prevalence of Hearing Loss with Bob Andrews on May 19

This talk will focus on the prevalence of hearing loss; how it first manifests itself and evolves over time; social and self stigma associated with it; how it impacts mental health and relationships; what devices and special supports the afflicted person needs to compensate for hearing loss; and what the American Disabilities Act (ADA) requires of communities to enable hearing accessibility in public venues. Ample time will be provided for questions and discussion.



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



## Earning your drivers license is a huge milestone.

### Drive with us!

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



### Driver Education age requirements

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

### How do I complete Driver Education?

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

**Total Fee: \$800**

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

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

### Classroom Options:

Saturdays:	7 Sat, Mar 13 - May 1, 9 am-1 pm, final session ends at 3 pm	<b>Zoom</b>
April Break:	Mon - Sun, Apr 19-25, 1-5 pm, final session ends at 7 pm	<b>Zoom</b>
Summer I:	Mon - Sun, Jun 21-27, 1-5 pm, final session ends at 7 pm	<b>Zoom</b>
Summer II:	Mon - Fri, Jul 12-16, 9 am-4 pm (lunch break from 1-2 pm)	<b>In person</b>
Summer III:	Mon - Sun, Aug 9-15, 1-5 pm, final session ends at 7 pm	<b>Zoom</b>
Summer IV:	Mon - Fri, Aug 23-27, 9 am-4 pm (lunch break from 1-2 pm)	<b>In person</b>

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

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

- Thurs, Mar 11, 7-9 pm
- Wed, Apr 14, 7-9 pm
- Tues, May 11, 7-9 pm
- Wed, Jun 9, 7-9 pm
- Tues, Jul 6, 7-9 pm
- Thurs, Aug 19, 7-9 pm



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

**Questions? Contact Rebecca:**  
[rgurley@concordcarlisle.org](mailto:rgurley@concordcarlisle.org)  
or 978-341-2490 x7124

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

### Margaret Hoag

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

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

## What happens after the paychecks stop?

### A Retirement Income Primer

#### Alex Winkelmann

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

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

**Section B: Tues, Apr 13, 6:30-8 pm, Online      Fee: \$35**



## Outlooks & Opportunities: Fuel for Your Investment Journey

### Alex Winkelmann

Investment strategy and market commentary. When will the economy recover from the downturn caused by Covid-19? How will the economic downturn affect the equity market? Will global markets keep underperforming? What impacts will politics have on the markets? What are the risks to our outlook, and what are common mistakes I can avoid?

**Tues, Apr 20, 6:30-8 pm, Online      Fee: \$35**

## Understanding Medicare

### Daniel Williams

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

- How are parts A, B, C and D integrated?
- What is Medicare Advantage?
- What are the pros & cons of HMO's, PPO's, & 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, May 3, 7-9 pm, Online      Fee: \$35**



## Probate and Estate Administration: Facts vs. Fiction

### Margaret Hoag

We often hear from lawyers on TV and radio talking about the "agony of probate" and the importance of avoiding it. But what actually is "probate" and is it so bad? What is the difference between probate and estate administration? Learn the difference between probate and estate administration, how to avoid probate and how to minimize the steps involved in estate administration. We will also discuss when probate is a good thing, and how to navigate the process. You will also learn about traps for the unwary when trying to set up your estate plan to avoid probate. Finally we will run through the steps involved in probate, estate administration, and trust administration.

**Thurs, May 6, 7-8:30 pm, Online      Fee: \$45**

## Hugh Cargill Trust

This past year, the Hugh Cargill Trust Committee has been working in partnership with the Adult and Community Education Department to provide partial Driver's Ed scholarships to deserving Concord high school students. Please make inquiries about your eligibility for these scholarships to Jill Weintraub.

The mission of the Hugh Cargill Trust is to provide short-term emergency financial assistance to Concord residents. Town residents request aid by leaving a phone message at the Town House: 978-318- 3100, ext. 2030. The Committee can also be contacted through email at [hctc@concordma.gov](mailto:hctc@concordma.gov). All requests are kept confidential.



## Scholarships

Scholarships are made possible in part by a grant from the Concord-Carlisle Community Chest. This helps to make life-long learning a reality for local community members who require some financial assistance. Your application for assistance is confidential. The Community Chest opens the doors of learning for everyone. For more information or to donate, visit [www.cccommunitychest.org](http://www.cccommunitychest.org).



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

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

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



10 Mon, Mar 15 - May 10, 10 am-12 pm, Online Requested donation: \$60

**Art and Mathematics with Bill Adams**

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

5 Tues, Mar 23 - Apr 20, 10-11:30 am, Online Requested donation: \$60

**Meet the Apostle Paul with Dale Landis**

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



6 Wed, Mar 24 - Apr 28, 10-11:30 am, Online Requested donation: \$60

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

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

6 Thurs, Mar 25 - Apr 29, 9:30-11 am, Online Requested donation: \$60

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

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



4 Fri, Mar 26 - Apr 16, 10-11:30 am, Online Requested donation: \$60

**Hebrew for Beginners**

Natasha Shabat

Whether your goal is to speak to Israelis, read the Hebrew Bible in its original language, or follow along at Shabbat services, you’ve come to the right place. We will start at the beginning with the Alef-Bet and the Hebrew vowels, and progress to reading and translating short texts. Expect lively class discussions and optional weekly homework assignments.

8 Mon, Apr 26 - Jun 21, 2:30-3:45 pm, Online Fee: \$155

**Discover Sign Language Series**

ed2go Instructors

Discover Sign Language will teach you how to sign basic phrases and complete sentences and how to put it all together, allowing you to introduce yourself and start a conversation. Along the way, you will learn signs for colors, numbers, locations, family, and the activities you like to do.

Discover Sign Language II will teach you how to build phrases and sentences with vocabulary learned in Discover Sign Language 1, as well as learning new vocabulary. You will practice phrases and sentences by recording your own signing and uploading it for the instructor and classmates to review. You will also continue to explore Deaf culture by learning about the history of Deaf culture in the United States and technological implications on the modern-day Deaf community.

Series bundles are not eligible for partial drops or refunds. Transfers to other open sessions of the same course are available. Please refer to your school for additional details regarding drops, transfers, and refunds on Series bundles.

Instructor-led 6-week course where lessons are posted online twice a week and you can access them anytime. Communicate with your instructor through message boards. Classes start Mar 17, Apr 14, or May 22. Fee: \$129

**Grammar for ESL**

ed2go Instructors

Prepare for mainstream English classes as a non-native speaker. This course is designed as an in-depth analysis of English grammar for intermediate to advanced English as Second Language college students.

Two options:

- Instructor-led 6-week course where lessons are posted online twice a week and you can access them anytime. Communicate with your instructor through message boards. Classes start Mar 17, Apr 14, or May 22.
- Self-paced class where you will have access to the class for 3 months.

Register at [www.ed2go.com/concord](http://www.ed2go.com/concord) Fee: \$115

**Conversational Japanese**

ed2go Instructors

Prepare for your next trip to Japan by learning the basics of conversational Japanese. This course will provide you with useful words and phrases for conversing as you master the essentials of the Japanese language.

Two options:

- Instructor-led 6-week course where lessons are posted online twice a week and you can access them anytime. Communicate with your instructor through message boards. Classes start Mar 17, Apr 14, or May 22.
- Self-paced class where you will have access to the class for 3 months.

Register at [www.ed2go.com/concord](http://www.ed2go.com/concord) Fee: \$100

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

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

**So do we!**

Register early to avoid this - waiting till the last minute can result in cancellations! We encourage you to register at least one week prior to the class start date.



**Spring Breeze: An Introduction to Haiku**

**Brad Bennett**

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

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

**Garden Blossoms: A Haiku Workshop**

**Brad Bennett**

a grasp of air  
in the baby's fist  
garden blossoms



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

3 Tues, Apr 27 - May 11, 6:30-8 pm, Online Fee: \$55

**A Haiku Walk**

**Brad Bennett**

Haiku, the most popular form of poetry in the world, can help to connect us more deeply to the natural world. What a great reason to get outside! Join us for this introduction to haiku and inspirational walk. We'll walk around three conservation areas in Concord, gathering observations and insights, and then try our hand at writing some haiku. The entire class will take place outside, with a limited class size, social distancing and masks required. Everybody is welcome to join us! \*See class notes online for rain dates.

Section A: Sat, Apr 17, 1-2:30 pm, Hapgood Wright Town Forest

Section B: Sat, May 8, 1-2:30 pm, Gowing's Swamp

Section C: Mon, Jun 7, 6-7:30 pm, Great Meadows National Wildlife Refuge

Fee: \$35

**Soul Story Writing Workshop**

**Annie Gray**

You'll be guided through writing short pieces from your life, with prompts to help prime your memories. We'll work with themes such as characters you've encountered, events that changed you or even regrets. These may come as stories or letters as a way to share your treasures with those you love.



It's about capturing your stories...editing can come later if you decide to use them, send them, or even put them into book form. No writing experience is required. You will: write or type your stories, share in a comfortable small group, hear inspiring stories and expand your perspectives, and explore this as a way of creating legacy.

5 Thurs, Apr 8 - May 6, 6:30-8:30 pm, Online Fee: \$99

**Telling Your Story: Mini-memoir workshop**

**Julie Pierce Onos**

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

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

Section B: Sat, May 8, 10:30 am-12 pm, Online Fee: \$35

**Essay Writing: for Academic & Professional Settings**

**Elizabeth Cobbs**

This program shares writing principles that will build confidence in your writing skills as you focus on the needs of your readers. While not a grammar course, students will start with sentence-level constructs as the basis of clarity and build from there to focus on theme development at the paragraph and essay levels. Over the 5-week program, we will apply these principles together in writing assignments that each student will bring to the course. Students should expect to finish the course with renewed confidence and a new approach to writing assignments.

5 Tues, Apr 27 - May 25, 10-11:30 am, Online Fee: \$99



Be Well Be Here



**WRITE CONCORD!**

**The Concord Collaborative Writing Group**

Get ready to WRITE CONCORD! Be Well Be Here, CCACE, the Concord Festival of Authors and the Friends of the Concord Free Public Library present a town-wide collaborative literary series to build a connected community of local writers. Be part of these FREE monthly online writing group meetings in which we:

- share conversation about literary life
- experiment with unique writing exercises
- discover practical tips that inspire creativity
- feel encouraged to keep writing!

WRITE CONCORD meetings will take place on the last Saturday of each designated month from 10-11 am. This on-going writing group will provide supportive workshops and inspiring conversation about literary life that will culminate with the annual NaNoWriMo initiative at the CFPL, which encourages writing every day through the month of November.

**March 27: Should Blogging Be a Part of Your Writing Process? with Pam Wight**

**April 24: Haiku and Juxtaposition with Brad Bennett**

WRITE CONCORD! monthly meetings of the Concord Collaborative Writing Group will continue throughout the year. Details for each session will be on the CCACE website and sent in emails.

**Home Alone (Grades 4-6)**

**Bernadette Keegan**

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

Section A: Wed, Mar 10, 2-3 pm, Online Fee: \$15

Section B: Wed, Apr 28, 2-3 pm, Online Fee: \$15

**An Introduction to Entrepreneurship (Grades 6-12)**

**Open Door Education**

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

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

**How to Register**



ConcordCarlisleACE.org



978-318-1432



CCACE, 500 Walden St,  
Concord, MA 01742

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

**Registration**

Classes are filled on a first-come, first-served basis. Once you enroll, you will receive a confirmation by email. If a class needs to be cancelled due to low enrollment, you will be notified at least 2 business days prior to the start of class. Payment in full is due at the time of registration. A \$25 fee for all checks returned due to insufficient funds will be charged and added to your course tuition, in accordance with MGL Ch 60, Sec 57A.

**Refunds & Course Changes**

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

**Who Can Enroll?**

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

**Scholarships**



Scholarships are made possible in part by a grant from the Concord-Carlisle Community Chest. This helps to make lifelong learning a reality for local community members who require some financial assistance. Your application for assistance is confidential. The Community Chest opens the doors of learning for everyone. For more information or to donate, visit [www.cccommunitychest.org](http://www.cccommunitychest.org).



**Hugh Cargill Trust**

This past year, the Hugh Cargill Trust Committee has been working in partnership with the Adult and Community Education Department to provide partial Driver's Ed scholarships to deserving Concord high school students. Please make inquiries about your eligibility for these scholarships to Jill Weintraub. The mission of the Hugh Cargill Trust is to provide short-term emergency financial assistance to Concord residents. Town residents request aid by leaving a phone message at the Town House: 978-318- 3100, ext. 2030. The Committee can also be contacted through email at [hctc@concordma.gov](mailto:hctc@concordma.gov). All requests are kept confidential.

**CCACE Advisory Committee**

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

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

**Concord-Carlisle Regional School Committee**

Sara Wilson, Chair  
Heather Bout, Vice Chair  
Court Booth  
Cynthia Rainey  
Eva Mostoufi

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

**Contact Information**

First Name		Last Name	
Address			
City		Zip	
Phone #		Email	

**Course Information**

Start Date	Course Name	Fee
		<b>Total</b>

**Billing Information**

Cash \_\_\_\_\_ Check/MO \_\_\_\_\_ Credit Card \_\_\_\_\_

Name on card		Exp Date	
Card #		CVV	

**Contact Information**

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

**Course Information**

Start Date	Course Name	Fee
		<b>Total</b>

**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

Non-Profit Org.  
 U.S. Postage  
 PAID  
 Concord, MA  
 Permit No. P14

**Zoom with us this Spring!**  
 All classes are online  
 except for walks.

 **Find us on Facebook**

**www.concordcarlisleace.org**

**978-318-1432**

## CCACE's Speaker Series

With the pandemic still keeping us inside, we want to keep you engaged!  
 Our presenters are community members sharing their passions and knowledge,  
 from historical to cultural, education to entertainment, and everything in between!  
 The series will run Wednesday evenings at 7 pm on Zoom. \$10



**President Franklin Roosevelt and his war council**

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

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

**What is emotional intelligence, why is it so important, and how do we develop it?**



**The Baha'i Faith: A global Community with a Unifying Vision**

**Virtual Visit with the Institute of Contemporary Art/Boston**

**9 Ingredients for a Successful Weekly Family Meeting**



**Love Your Body (No Matter What Shape It's In)**

**The Prevalence of Hearing Loss**



**Register today!**