

## CREATIVE ARTS

### ADVANCED JEWELRY STUDIO

**Paula Wolfe & Lori Messenger**

Supervised studio evenings open only to students with advanced skills who do not need instruction. Approval from supervisor needed. Materials fee is included in the tuition, but cost of silver is extra. To register, email silverlady3@gmail.com. Enrollment is limited.

**10 Thurs, starting March 4 7:00-10:00pm Jewelry Studio \$55(no senior discount)**

### STUDIO ART

**Janice Rudolf**

Create a sculpture of someone you know, paint a landscape you never want to forget, or get started on a personal sketchbook. Some sculpture, painting, and drawing materials provided, bring your ideas and imagination. Janice Corkin Rudolf is an award-winning sculptor, with many public commissions to her credit, including those at the Franklin Park Zoo and Children's Hospital in Boston, and locally at the Goodnow Library and Loring School. **Classes are held at 37 Atkinson Lane in Sudbury.**

**6 Thursdays, starting March 4 10:00am-12noon \$135**

### CHANDELIER EARRINGS

**Jen Greer-Morrissey**

In this course you will learn the wire working "simple loop," the basic building block of jewelry design, and incorporate that skill into create a pair of chandelier earrings. High school students, this is a great way to have unique jewelry to coordinate with your prom dress! **A \$25 materials fee is payable to your instructor by cash or check.** The materials fee includes one pair of sterling silver ear wires and chandelier forms, 20 beads to incorporate into your design, and the sterling silver wire and headpins needed to complete your pair of earrings. Use of tools is also included in the fee., Jennifer Greer-Morrissey has been making beaded jewelry and teaching jewelry-making for several years. She owns Bellina Designs (<http://bellina.etsy.com>) and her designs have been featured in several Artist Open Studios events, craft shows, and style blogs.

**Tuesday May 4 7:00-9:30pm Career Center \$30**

### MOTHERS DAY CHARM BRACELET

**Jen Greer-Morrissey**

In this class you will create a unique gift for a special mom in your life, whether it's your own mom, your wife, a friend, your sister, your daughter who's also a mom – any mom who deserves some extra acknowledgement! In this course you will learn the wire-working simple loop to attach beads to sterling silver chain. You can choose beads that represent certain birthstones, or simply choose beads that are your favorite colors. You will also be able to choose a silver charm to add to your design. **A \$35 materials fee includes all materials** needed to make your bracelet, a gift box to take it home in, and the use of the tools. Jennifer Greer-Morrissey has been making beaded jewelry and teaching jewelry-making for several years. She owns Bellina Designs (<http://bellina.etsy.com>) and her designs have been featured in several Artist Open Studios events, craft shows, and style blogs

**Wednesday, April 28 7:00-9:30pm Career Center \$30**

## **QUILT-MAKING STUDIO CLASS**

**Marianne Hatton**

Have you taken a quilting class in the past and wish to learn more? Do you have a quilt in progress that you would like to get back to? Would you like to try quilt-making for the first time? Skill levels and projects may vary among the participants, making this class a fun and stimulating environment in which to create your own pieces. Marianne has enjoyed teaching quilt-making locally and internationally for over 25 years.

**8 Weds, starting March 10 12:30-3:00pm Sudbury Senior Center \$125**

## **CREATIVE FLOWER ARRANGING SIMPLIFIED**

**Kirsten Van Dijk**

In this class you will learn some easy steps to create unique and inspiring floral art, from a former chair of the design division for the New England Flower Show and owner of the charming new shop in Sudbury, My Passion Flower. Each class will consist of a design demonstration, followed by a workshop guided by the instructor. Please bring clippers, paper towels, and a paper bag for clean-up each night. There will be a **\$25 materials fee** payable to the instructor each night, for all the plant materials and containers you will need for the arrangement which you will take home. You can visit Kirsten's website at [www.mypassionflower.com](http://www.mypassionflower.com).

**4 Mons, starting March 1 7:00-9:00pm LS Art Studio \$45(No Senior discount)**

## **MAKE A TOTE BAG**

**Deborah Barnes** Make a tote bag just the way you want it, in one night, with instruction from a professional! Bring at least 1 1/2 yards of one fabric, or a combination of fabrics. . Meet at the Satin Butterfly, 23 Powdermill Rd, Maynard.

**Tuesday March 9 7:00-9:00pm The Satin Butterfly \$30**

## **CULTURE**

### **NOT YOUR CHILDREN'S WESTERN CIV Bill Plott, Judy Plott, Jim Newton**

This class is a continuation of the fall course, picking up with the metaphysical poets of the 17th century, and proceeding with selections from (among others) Pascal, Voltaire, Duras, Balzac, the Romantic poets, Marx, Ibsen, Freud, Beckett, Sartre, de Beauvoir. The literature part of the class involves reading and discussion. The history part of the class will begin with Giotto and other painters and sculptors of the late Medieval and early Renaissance period, and will proceed with selections from the important periods in the Western tradition, time permitting. Limited space.

**10 Tuesdays, starting March 2 7:00-9:00pm C362 \$155**

## **DIGITAL**

### **FUNDAMENTALS OF DIGITAL PHOTOGRAPHY**

**Mark Regillo**

Maximize your skills with your digital camera. Bring your new or old digital camera to class.. How to control your camera using the many built in functions and controls. We will also introduce you to basic software and how to edit and correct simple exposure mistakes, cropping and red eye removal in your photos using the digital darkroom. Mark has been a serious landscape photographer for over 20 years.

**4 Thursdays, starting April 8 7:00-9:00pm Conference Room B \$77**

## **FILM MAKING IN THE DIGITAL AGE**

**Myles David Jewell**

This course will teach you the necessary skills to organize your footage, upload videos to the internet, transfer/digitize your outdated footage, edit short sequences where you can add music, cut down the length of your footage, and create short movies that are more enjoyable to watch. Access to your own camera and a computer is encouraged; however, there are ways to work around these issues. Many different cameras use many different types of software to edit video, I will aim to acquaint participants with a few editing programs such as Final Cut Pro and imovie, and show how you to use other editing software and the overlap between the programs. Myles has a Master's of Arts in Cinema Studies and an Advanced Certificate in the Program in Culture and Media (documentary and ethnographic film making) from New York University.

**4 Wednesdays, starting March 3      7:00-9:00pm      A209      \$77**

## **BASIC VIDEO PRODUCTION**

**SudburyTV**

Do you watch SudburyTV? Do you have an idea for your own TV show? Are you interested in local meetings, events, and sports in town? No matter what your age or skill level, SudburyTV offers training in the basics of television video production in a hands-on environment. Students will develop an understanding of television production both in the studio and on location. Topics include: studio and portable camera operation, sound, graphics, directing a multi-camera production, and an introduction to digital editing using Final Cut Pro. This class requires a minimum of 6 participants, maximum 10. Call SudburyTV at 978-443-9507, or email [info1@sudburytv.org](mailto:info1@sudburytv.org) to register. Classes can also be scheduled by appointment.

**4 Thursdays , March 4, 18, and 25, and April 1      7:00-9:00pm      A207      No fee**

## **FAMILY**

### **ADOPTION 101**

**Carol Sheingold, LICSW**

This class is an overview of Options and Resources for those Living in Massachusetts who wish to Adopt Stepping into adoption can be a daunting task, especially after experiencing years of infertility. Carol Sheingold will draw on her 18 years of professional adoption experience to help clarify for class members the choices and resources available to them. Topics to be covered: choosing to Adopt – specific kinds of adoption - domestic, international, Dept. of Children and Families, choosing an agency, factors to consider, the home study process , waiting, placement and parenting, and resources. Carol Sheingold, LICSW, most recently worked as assistant director at a Massachusetts adoption agency. She now runs a consulting business called Adoption Simplified, LLC, meeting with families throughout the Boston Metropolitan area, and providing support and guidance throughout the adoption process.

**Tuesday, March 23      7:00-9:00pm      Career Center      \$25 per person/couple**

## **"WHEN DID MY PARENTS GET OLD?" Caring for Your Aging Parents**

**Ann Marie Rowse**

This program will focus on services available for aging parents including covered services, private care and the importance of advocacy. Housing and homecare options will also be covered. Ann Marie has a BS in Rehabilitative Counseling, a Nursing Home Administrator license and an MBA with healthcare concentration. She is principal of Senior Care Advisors, LLC.

**Thursday March 11**

**7:00-8:30pm**

**A303**

**\$25**

### **FINANCIAL**

**The teachers present their own views and LS Adult Ed does not necessarily endorse their recommendations.**

**Couples may attend these classes as a single admission**

## **UNDERSTANDING MEDICARE Daniel R. Williams, CLU, ChFC, AEP®, CFP®**

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, POS and Medigap plans? Should I take Medicare if I am still employed? How would health care reform impact Medicare? Does any part of Medicare cover long-term care expenses? These questions and many more will be answered in this very important class. Dan Williams is a Certified Financial Planner and was recently named as one of Boston's top planners in the February 2010 issue of Boston Magazine.

**Monday, March 22**

**7:00-9:00pm**

**B331**

**\$20**

## **RETIREMENT PLANNING IN TIMES OF UNCERTAINTY**

**Daniel R. Williams, CLU, ChFC, AEP®, CFP®**

If you are currently retired (or about to retire) and living off your investments, this class is for you! The recent stock market decline has made this class more important than ever. The course will focus on the latest financial strategies to maximize and protect your retirement lifestyle in spite of the turbulent markets. Is it best to pull money from your retirement accounts or non-retirement accounts first? When I turn age 70 1/2, what are my choices in withdrawing the required minimum distributions and how will these choices impact my spouse and other beneficiaries? How can I set up an IRA so my kids can defer taxes throughout their lifetime? Should I consider trusts? What are my Medicare supplement options? How can I reduce the risk of a long-term care disability wiping out my nest egg? How can I minimize income and estate taxes? All of these questions and more will be clearly answered in this very important one night seminar. Dan Williams is a Certified Financial Planner and was recently named as one of Boston's top planners in the February 2010 issue of Boston Magazine.

**Monday, April 5**

**7:00-9:00pm**

**B331**

**\$25**

**MAXIMIZE YOUR COLLEGE FINANCIAL AID**      **College Funding Advisors**  
Demystify the college financial aid process and teach yourself how to access the more than \$90 billion in financial aid dollars, monies that are even available to “high income” families and business owners. You will also learn how to protect the equity in your home and enhance your retirement savings as you educate your child. A free comprehensive analysis will be provided for those attending the class.  
**Tuesday, March 23**                      **7:00-9:00pm**                      **B331**                      **\$25**

**KIDS PROTECTION PLANNING WORKSHOP FOR FAMILIES WHO HAVE CHILDREN WITH SPECIAL NEEDS**      **Attorney David Feakes**  
In this workshop you’ll learn: when and whether to become the guardian of your adult child with special needs, how to plan for and secure government benefits for your child, how to ensure your kids (& spouse) are prepared for life without you in case something happens to you. Attorney David Feakes, of Feakes Associates in Acton, is a certified Personal Family Lawyer – only one of four attorneys certified in Massachusetts. His law practice is focused on estate planning, primarily for families with young children.  
**Thursday, April 8**                      **7:00-9:00pm**                      **B331**                      **\$20**

**UNDERSTANDING THESE TROUBLED ECONOMIC TIMES**      **Larry Mariasis**  
As the past year has demonstrated, the economy affects us all. It impacts our ability to retain a job or find a job, pay our bills including our mortgage/rent/auto loans, pay college tuition, and save for a house, college, and retirement. The strength of our economy impacts job growth, interest rates, the stock market, housing, taxes and corporate profits. It is essential that we have a high level understanding of how our economy works, and the significant impact it has on so many different factors important to all of us in our daily lives. A fundamental knowledge of how our economy works (and its implications) will provide an excellent framework for discussing how to effectively use this information to manage one’s own personal finances. Your instructor has been in the banking industry for many years, most recently as Senior VP of Bank of America until his retirement in 2008.  
**3 Tuesdays, starting March 2**                      **7:00-9:00pm**                      **B330**                      **\$40**

**BASIC PLANNING FOR INCAPACITY**      **Martha Lufkin**  
What to do now in case you fall into a coma or become mentally incompetent. Who will manage your finances or make medical decisions for you, if you become mentally infirm? In this 2-class course, Lincoln wills and trusts attorney Martha Lufkin will explain key documents which come into play in the event of mental incapacity, including a durable power of attorney, health care proxy and living will. In the first class, Martha will explain the documents, and give guidance on how to choose the people who will manage your finances or medical decisions if you are unable to. In the second class, you will sign documents which she will prepare for you.  
**2 Wednesdays, April 14 and 28**      **7:00-8:30p**      **A303**      **\$100 couple/ \$90 individual**

## **WILLS FOR PARENTS OF MINOR CHILDREN**

**Martha Lufkin**

This class is for parents who have at least one minor child, and solves a basic problem: if you want to name a guardian for your children in case you die, you need a will. We will also set up a trust in your will to hold your children's inheritance until they children reach their majority. In this 2- session class, you will learn the elements of this most basic will, and you will supply the information needed to complete it. You will name a guardian, executor and trustee to put the will into effect, so bring the names and addresses of possible choices for these roles. The will, will be signed during the second class. There will be no deviation from the basic will, meaning no custom drafting. NOTE: Because of this very low Adult Ed price, and the impossibility of providing individual advice, there will be no other estate planning, meaning no estate tax planning, and no planning for how your assets, house, insurance, retirement plans or anything else will fit in with or disposed of under the will. Married couples: BOTH SPOUSES MUST SIGN UP, AND MUST ATTEND EACH CLASS. Stepchildren, biological children, and adopted children all will be included under this basic will; if you desire something different, for example, if there are stepchildren and you want the children of each parent to inherit only their biological or adopted parent's assets, then this course is not for you. If you are divorced, to avoid controversies, you and your Ex should agree on who will be guardian for your children if you both die. If either spouse is not a US citizen, this bare-bones approach is also not recommended. We will also use a standard provision for what happens if both spouses and all your descendants die.

**2 Wednesdays, March 24 and April 7 7:00-9:00pm A303 \$225/couple, \$205/single**

## **HOW TO START YOUR OWN BUSINESS**

**Mark Minassian, CPA**

Learn all of the important aspects for starting your own small business, including choosing the right form of legal entity, writing a business plan, researching business names, filing the legal paperwork with the state and IRS and obtaining an employer identification number. Mark is a CPA and President of Minassian Associates, Inc. in Waltham.

**Wednesday April 28 7:00-9:00pm B331 \$30**

## **FITNESS**

### **HOW TO GET MICHELLE OBAMA ARMS**

**Bonnie Morrissey**

Do you just envy Michelle Obama's arms every time you see her in a sleeveless dress? You can have her arms too! This class will teach you an at home workout that targets the upper body, burns lots of calories, and will really transform your body! Workout will include cardio & strength intervals that you can do anywhere, any time...You will be wearing sleeveless with confidence in no time! Please bring a pair of free weights (2-#5) and a yoga mat.

**Tuesday May 11 6:30-7:30pm C120 \$20**

## **BONNIES BOOTCAMP**

**Bonnie Morrissey**

An intense 45 minute outdoor (weather permitting) and indoor workout using your own body, weight that will really boost your metabolism and burn fat. Tons of calories burned by 7AM! Includes jump rope, running, squats, lunges, pushups, core exercises, abs and so many other fun total body exercises. **YOU WILL GET RESULTS!** Beats going to the gym any day, have your own personal trainer 5 days/week! This class is so much more than just a workout class. Program includes daily motivational emails as well as daily Boot Camp approved recipes, nutrition tips, and Bonnie's Secrets to Success. All levels of fitness welcome. Please bring a jump rope, yoga mat, sweat towel, and lots of energy and motivation! Any questions please email Bonnie Morrissey directly at [bonnie@bonniesbootcamp.com](mailto:bonnie@bonniesbootcamp.com). Punch Cards are available and are the perfect way to get amazing Bootcamp workouts on your own schedule. A full list of class schedule is online. **No class March 29-April 2, June 7 and all school holidays or vacation week..** *Please note schedule may change due to weather, illness, travel, etc., so please continue to check this website or [www.bonniesbootcamp.com/facebook](http://www.bonniesbootcamp.com/facebook) for updated info.*

## **SPECIAL BOOTCAMP WINTER UPDATE**

**THERE WILL BE NO BOOTCAMP FEBRUARY 8-26. STARTING MARCH 1 UNTIL APRIL 26, BOOTCAMP WILL MEET 3 DAYS A WEEK.**

### **Monday, Wednesday, Friday**

March 1, 3, 5           \$36

March 8, 10,12       \$36

March 15, 17,19      \$36

March 22, 24, 26     \$36

**BONNIE AWAY- NO BOOTCAMP March 29 –April 2**

April 5,7,9            \$36

April 12,15,16        \$36

**VACATION WEEK- NO BOOTCAMP APRIL 19-23**

### **RESUME 5 DAY BOOTCAMP**

April 26-30           \$54

May 3--7              \$54

May 10- 14            \$54

May 17-21             \$54

May 24-28            \$54

June 1- 4              \$45 ( no bootcamp May 31, Memorial Day)

June 8-11             \$45 (no bootcamp June 7 (all night Senior Party clean up)

June 14-18            \$54

**10 session punchcard \$150   20 session punchcard \$270   6:00-6:45am   Gym 1**

## **WALK YOGA**

**Susan Allison**

We will explore various walking styles including intervals, speed, hill training and extended walks along tracks and mapped routes. Learn how posture, breathing, hip, leg and foot action will allow you to get the maximum benefit and fun from walking. Yoga poses will be integrated into the sessions ensuring a strength and flexibility component to the class. Cardiovascular endurance will be measured at the beginning and end of the program and logs and training plans provided as optional materials. Susan is a Certified American College of Sports Medicine Trainer & Yoga Instructor and has a BS in Exercise Physiology. Class will meet rain or shine. *The first class will meet outside, in the front of Lincoln- Sudbury.*

**8 Tuesday Afternoons, starting March 30**

**3:30 - 5:00 pm**

**\$96**

## **NORDIC WALKING**

**Susan Allison**

Nordic walking is the accepted term for fitness walking with specially designed poles. Compared to regular walking, Nordic walking involves applying force to the poles with each stride. Nordic walkers use more of their entire body (with greater intensity) and receive fitness building stimulation not as present in normal walking for the chest, lats, triceps, biceps, shoulder, abdominals, spinal and other core muscles. This extra muscle involvement leads to enhancements over ordinary walking at equal paces such as: increased overall strength and endurance in the core muscles and the entire upper body, significant increases in heart rate at a given pace, greater ease in climbing hills, burning more calories than in plain walking, improved balance and stability with use of the poles, significant unweighting of hip, knee and ankle joints, provides density-preserving stress to bones. Susan is a Certified American College of Sports Medicine Trainer & Yoga Instructor and has a BS in Exercise Physiology. Class will meet rain or shine. *The first class will meet outside, in the front of Lincoln- Sudbury.* Nordic Poles are required for class. Order options available at first class or earlier if instructor is contacted.

**4 Friday afternoons, starting April 9**

**3:30-5:00pm**

**\$48**

## **ZUMBA**

**Judy Quint**

ZUMBA® Fitness is like no other workout you will ever experience, as it combines high energy and fun, motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries - and lots of calories! A fusion of Latin and International music dance themes that create a dynamic, exciting, effective fitness system, ZUMBA is based on the principle that a workout should be "FUN AND EASY TO DO" allowing participants to stick to the Zumba Fitness program and achieve long-term health benefits. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body - but it's way more of a party than a workout! To learn more check out <http://www.zumba.com>. Judy is certified in Basics 1, Basics 2 . She currently teaches Zumba at Longfellow in Wayland, Gervais Studio in Concord, MathWorks in Natick and will be teaching at the Fairbank Center (Sudbury Park and Rec) beginning in January. She does private parties at synagogues and for corporate events and is the parent advisor for the Lincoln Sudbury High School Zumba Club.

**12 Wednesdays, starting March 3**

**6:30pm-7: 30pm**

**C120**

**\$130**

**NIA****Lisa von Litchenberg**

NIA Music and Nia exercise are a fun way to get fit! Lose weight and get into shape with a sweaty aerobic workout combining upbeat cardio movement, non-impact jazz dance and martial arts fusion to incredible music with a delicious yoga stretch to finish - all in just one hour! Nia technique is 25 years in the making - great easy to follow routines! For men and women and those new to dance or with martial arts or dance experience. Barefoot or studio shoes only. Bring a yoga mat and water bottle. Lisa has 30 years of experience teaching dance. Has an MA at NYU in Dance Education. Has taught at Martha Graham Dance Co, Julliard School, Walnut Hill School and the Boston Ballet.

**12 Mondays, starting March 1                      6:30-7:30pm                      C120                      \$130**

**SPRING BIKING I****Susan DeSantis and Meredith Allen**

Be ready for a moderate pace. We will ride 10-15 miles each week and will occasionally make brief stops to enjoy special sites. Bring a bike (hybrids are best), a helmet (required) and a water bottle. Meet in the parking lot at Featherland Park on Concord Road for the first ride. Enrollment is limited. You must include your email address on the enrollment form. Once registered, please contact the instructors at susietheQ@aol.com or merf1994@aol.com.

**6 Fridays, starting April 9                      9:30am-11:30am (no ride April 23)                      \$63**

**SPRING BIKING II****Camille Dixon**

In this class we will ride at a faster pace and cover 20-25 miles each week. This is considered a recreational touring group, not a racing group, so people who ride at all different paces are welcome. Bring a bike (road bikes or hybrids), a helmet (required) and plenty of water. Meet in the parking lot at Featherland Park on Concord Road for the first ride. Enrollment is limited. You must include your email address on the enrollment form. Once registered, contact the instructor at cmdixon@earthlink.net.

**6 Thursdays, starting April 15                      9:30am-12noon (no ride April 22)                      \$72**

**TAI CHI: AN EXERCISE YOU CAN STICK WITH****Dr. Cheng-Jih Li**

Tai Chi Chuan is a moving form of yoga and meditation. The traditional Yang style long-form Tai Chi consists of a sequence of movements that derive from the martial arts. Practice of Tai Chi develops balance, centeredness, alignment, flexibility, and the strength and ability to move smoothly and precisely. Classes are small and enrollment is limited. Dr. Cheng-Jih Li has a PhD in Mechanical Engineering, and studied martial arts in college, with further studies in Tai Chi, Tai Chi Sword, Kung-Fu, Ai-Ki Do, under several Masters in Taiwan and United States.

**8 Saturdays, starting March 13 (no class April 10)                      9:30-10:45am                      C120                      \$105**

## **BASIC WEIGHT TRAINING**

**Susan DeSantis**

Learn to use the equipment in the Lincoln-Sudbury Fitness Center as well as a customized routine with free weights that you can do at home. Class emphasis will be on proper technique and correct form especially for those new to weight training. Benefits of weight training include an increase in metabolism and bone density as well as an enhanced attitude and physical appearance. Plus it is fun to be strong! Please include your email on registration form. Instructor is a Certified Personal Trainer.

**6 Tues, starting April 6 5:00 - 6:00 pm L-S Fitness Ctr \$62 (no senior discount)**

## **BADMINTON**

**Harve Jassal**

Do you know what the most popular and fastest racquet sport is? Badminton! A shuttlecock can leave the racket at the speed of over 200 mph. It is one of the competitions at the Olympic Games. It demands constant actions: running, jumping, twisting, stretching, running backwards and striking. Players have been known to cover more than 3 miles in a single match! Come and join us and find out why. You will find that badminton is a fast, fun and social game that can be played and enjoyed by people of all ages. If you have never played badminton before, you will quickly learn the basics and join others in exciting games. Participants will learn the basic skills of badminton. Experienced players as well as beginners will be taught. If you are looking for a great way to have fun while getting in shape and lighting, this is the place to be. **Bring your racket** and we will provide the birdies.

**12 Tuesdays, starting March 2 7:00-9:30pm Gym 1 \$120**

## **LINCOLN-SUDBURY FITNESS CENTER**

The Fitness Center at Lincoln-Sudbury High School is open to the adult community during the school year. It offers a relaxing and low key environment for your workout. The Fitness Center offers state of the art equipment including a full line of cardiovascular treadmills, elliptical cross trainers, bikes, rowers, strength training equipment, free weights and more. Fitness Center personnel are available to help you develop a fitness program to suit your needs. The Fitness Center is open Monday through Thursday evenings from 6:00-8:00pm and Saturday morning from 10:00am-12:00pm. The cost for a January through June membership to the Fitness Center is \$225. A 25% discount is available for Senior Citizens 65 years and older. To register, drop by the Fitness Center during the hours of operation. **For more information please contact Dave McCormick at [dmcormick11@gmail.com](mailto:dmcormick11@gmail.com) or (978) 443-2090**

## **HOME AND GARDENING**

### **SHADE GARDENING FOR THE HOMEOWNER**

**Paul Steen**

You will learn about shade-loving and shade-tolerant plants, their needs, and the special character of shade habitats. The first night will cover shade gardening principles: degrees of shade, pH and soil issues, and other cultural issues unique to shade. The second night will cover shade garden plants, design and planning for a multi-seasonal shade garden. Paul Steen M.D. (retired) is a Certified Master Gardener, President of the Massachusetts Master Gardener Association, as well as an instructor for Tower Hill Botanic Garden.

**2 Tuesdays, start April 28 6:30-8:30pm Conference Room B \$50**

## **REAL ESTATE STAGING: Selling your home?**

**Donna Kruse / Elements of Design, Sudbury**

Learn how to de-clutter, edit and refresh your home to appeal to today's savvy buyer. Create a more spacious feeling room or make a large room feel warm and inviting. Studies show that 93% of staged homes sell in 30 days or less! Donna is the owner of Elements of Design in Sudbury, a full service Interior Design Studio. She has been in business for more than 20 yrs. Please bring photos and questions to the class.

**Wednesday March 3                      7:00pm-9:00pm                      Career Center                      \$35**

## **HEALTH**

### **MANAGING MIGRAINES NATURALLY**

**Kathy Kommit, LICSW**

In this informative evening we will discuss some of the common myths about migraines and focus on ways you can decrease the number of headaches you have each month . Effective relaxation techniques to balance your nervous system will be taught and practiced. Biofeedback and other complementary approaches will be discussed as treatment options. You will come away with new skills and new ways to relate to your symptoms. Kathy worked for 3 years at the Womens Headache Center at Cambridge Hospital where she treated hundreds of migraine sufferers.

**Tuesday, March 2                      7:30-9:00pm                      A303                      \$25**

### **UNDERSTANDING WEIGHT MANAGEMENT**

**Shari Solomon**

Learn what skills you need to get to a healthy weight and stay there. It is not a diet. The first class gives you an opportunity to understand yourself, your eating habits, your foods, and your body. The second class teaches you how to be more calm and present at each meal to get the most nourishment, satisfaction and enjoyment out of each meal. In the third class you learn all about foods; how they benefit you and how they harm you. In the fourth class you explore your own goals, find your motivation and set up support. Please bring a notebook and pen to class. Shari is a member of the American Association of Nutrition Consultants and the founder of Cocoa Plum Nutrition, a holistic nutrition consulting company. Shari has been teaching on a variety of subjects since 1990 at adult education centers, councils on aging, science museums and colleges.

**4 Mondays, starting March 1                      10 :00am - 12 noon                      A301                      \$75**

## **LANGUAGE**

### **SURVIVAL ITALIAN**

**Melina Masterson**

Planning a trip to Italy? Would you like to know how to order coffee, food, and wine? Or tell the taxi driver where to take you? This course places an emphasis on oral communication based on situations where you need it most while traveling in Italy. Learn how to manage conversations while dining out, shopping in local markets, or simply making small talk while enjoying your vacation. The class is co- taught by experienced language teachers who are both European. There may be an extra fee for a textbook

**8 Thursdays, starting March 4                      7:00-9:00pm                      B331                      \$90**

**SPANISH NOW!****Helga Tomala**

Class will focus on basic structures of Spanish that will enable you to communicate in the target language right away. We will supplement the class with the text/workbook *Spanish Now*. Helga is bilingual and has been a certified Spanish teacher for more than ten years.

**8 Thursdays, starting March 4****7:00-9:00pm****B335****\$90****CHINESE (MANDARIN) BEGINNING LEVEL****Hong Tian**

“Ni Hao” . The beginning level Chinese/Mandarin course aimed to build basic communication dialogues in daily life, to enhance the capability of oral Chinese with abundant practices. The teacher will introduce pinyin (Chinese Phonic) as a basic teaching tool and use accelerated teaching methods to familiarize you with basic communication skills. The class will also incorporate various vocabulary words, conversational sentences and sentence structure. The course is open to non-Chinese/Mandarin background. Hong Tian is originally from Beijing, China. She has been teaching/tutoring kids and adults since Mandarin Chinese in 2002. She is a member of the Chinese Language Teachers Association (CLTA) in North America. She is also a founder of Boston-China, a company that offers Chinese Language Training to Children and Adults.

**12 Thursdays, start March 4****7:00-9:00pm****B330****\$135****OUT AND ABOUT****ARCHITECTURAL ICONS TWO IN LINCOLN: ONE MILE APART, WORLDS AWAY****Wendy Hubbard, Historic New England Curator**

Explore Historic New England's two architectural icons in Lincoln, Massachusetts, each with distinctive stylistic influences. Tour the Codman Estate mansion, originally built in circa 1740 as a Colonial manor house. This elegant country seat on Codman Road was re-decorated by the renowned architect, designer and co-author with Edith Wharton of the book, *On the Decoration of Houses*, Ogden Codman, Jr. Codman, who was in high demand among the elite of American aristocracy in Boston, Newport and New York, was known for his emphasis on classicism. Influential in the colonial revival movement in the early twentieth-century, Codman's Beaux Arts stylistic choices included Colonial, Federal, Jacobean, French, Asia trade and Victorian influences on the interior as well as a formal Italian garden on the exterior. Meanwhile one mile away from the Codman Estate, in 1938 the founder of the Bauhaus school of design Walter Gropius built his Lincoln, Massachusetts home on Baker Bridge Road. Delighting in the simplicity and functionality of New England traditional farmhouse design and materials, Gropius eschewed the Beaux Arts style and replaced it with twentieth-century modernism. Simplicity, functionality, economy, geometry, and aesthetic beauty was his architectural vanguard and its influence is self-evident. Impacted by their world travels, particularly Asia, the Gropius garden reflects simplicity and harmony with nature. Tour both houses, gardens and walk (weather permitting) the conservation paths between the two sites as we compare two approaches to architecture and design. One mile apart, but worlds away. Meet at the Codman Estate Carriage House, 34 Codman Road, Lincoln.

**Saturday, April 10****9:30am-12 noon****Codman Estate****\$30**

## **GUIDED WALKS OF SUDBURY CONSERVATION AREAS**

### **Sudbury Conservation Commission**

Join members of the Sudbury Conservation Commission for guided walks through four town-owned conservation areas in Sudbury. Woodlands fields, ponds, streams, vernal pools, native plants and animals are just some of the highlights. Children and leashed dogs welcome. Enrollment is limited. Once registered, we will email you directions for the first walk.

**5 Fridays, starting April 30**                      **10 am-12 noon**                      **\$20**

## **WALKING AROUND WALDEN POND**

### **Bill Schechter**

This talking tour–Thoreau would never have approved! –will involve the circumnavigation of one the great landscapes of the American imagination. Participants will learn about the physical and cultural history of Walden Pond, Transcendentalism, and, of course, the inimitable Mr. Thoreau. Bill Schechter was a history teacher at Lincoln-Sudbury Regional H.S. for thirty-five years. Meet by the replica cabin at the front of the parking lot. Young people welcome.

**Saturday, May 15 (rain date May 22)**                      **10am -12 noon**                      **\$20**

## **PARENTS & STUDENTS**

## **SAT 1 MATH REVIEW**

### **Reza Khorshidi**

This class prepares juniors for the for the SAT 1 in winter and spring. The first class is dedicated to teaching test- taking skills and graphing calculator programs/techniques. Every session, students will take short practice tests in class followed by a review session in which students are taught how to use the techniques on actual test questions. While reviewing the tests, students make flashcards of important facts & formulas to remember for test day. Students must bring to every class;

1) a TI-83 or TI-84 graphing calculator 2) a stack of ruled 3x5 index cards 3) a \*new\* copy of “The Official SAT Study Guide: by The College Board” 4) Pencil & Eraser. The SAT 1 test is conducted in March, May, & June.

**4 Wednesdays, starting February 3**                      **6:00 -8:30pm**                      **Lecture Hall**                      **\$205**

## **GETTING A GRIP ON THE COLLEGE ADMISSIONS PROCESS**                      **Marla Platt**

This two-part workshop is designed for parents of students who are embarking on that special adventure known as the college admissions process. Topics include: college entrance standardized testing; what colleges look for in applicants; teacher recommendations; timeframes and deadlines; the college essay; the interview; college visits and more. There will be time during each session for Q and A. Marla Platt, MBA, CPC is a college consultant and academic coach. Her company, Achieve Coach, supports students and families in selecting and applying to colleges. Marla is a member of the Independent Educational Consultants Association.

**2 Wednesdays, March 24 and 31**                      **7:00 to 9:00pm**                      **B331**                      **\$55**

**SAT I VERBAL REVIEW****Dotty Greenberg**

Prepare for the May SAT. Learn the techniques and strategies for the "Critical Reading" sections. Practice sentence completion interpretation as you amass a greater vocabulary. Sharpen your comprehension and answering ability skills for the reading passages. For the "Writing Skills" sections, learn what is expected and how the 25 minute essay is graded. Review the grammar skills needed for the three different types of multiple choice questions. Please note: Homework is given for each session and is a vital tool in acquiring and mastering all of these skills.

**4 Wednesdays, starting March 31                      6:30-8:30pm                      B330                      \$260**

**SAT II: BIOLOGY (E/M) TEST REVIEW****Tom Danko**

A concentrated, intense review for students who have already taken biology. The Biology E/M Test has a common core of 60 questions, followed by 20 questions in each specialized section;(Biology-E for Ecology or Biology-M for Molecular). Students decide whether to take Biology-E or Biology-M on the test day by gridding the appropriate code on their answer sheet. Common core topics of review include cellular and molecular biology, ecology, classical genetics, organismal biology, and evolution. The ecology review will cover energy flow, nutrient cycles, populations, communities, ecosystems and biomes. The cellular and molecular review will include cell structure, cell organization, mitosis, meiosis, photosynthesis, cellular respiration, enzymes, molecular genetics, biosynthesis, and biological chemistry. Test taking strategies will be emphasized. These sessions are designed to prepare the June 5 test.

**4 Wednesdays, starting May 12                      6:30-8:30pm                      Lecture Hall                      \$165**

**DRIVERS EDUCATION COURSE**

Students will learn good driving skills and qualify for significant insurance reduction with this course, offered by Anderson Statewide Driving School, which is approved by the Massachusetts Registry of Motor Vehicles. The program includes 30 hours of classroom instruction, 12 hours (new law as of September 1, 2007) behind-the wheel training, and 6 hours observation. and one 2 hr parent class. Driving lessons are scheduled at the student's convenience, with free door-to-door service. Students may begin the course without a learner's permit, but must be at least 15 years, 9 months of age. Registration applications are available in the main office at the high school and are to be mailed directly to Anderson's with your check to 61 Nicholas Rd, Ste A4 Framingham, MA 01701. Choose one of the sessions below. The \$663.00 fee includes the cost of the course, observations and driving hours, as well as the cost for the Registry Certificate. A payment Plan is available.

**Sessions begin:****March 8, April 26 Mondays, Tuesdays, Wednesdays 6:30-8:30pm****July 12                      Mondays through Fridays                      9:00 -12:00pm****Lecture Hall                      \$663**