

# LINCOLN-SUDBURY

FALL 2019 / WINTER 2020

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# ADULT EDUCATION

**COURSE AND SESSION START DATES:**

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**PLEASE REGISTER EARLY!  
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1/9	HOW TO CREATE A T-SHIRT & PHOTO...QUILT	3
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## SPECIAL OPPORTUNITIES

### GO SEE IT TRAVEL!

*Instructed by Kathy & Jeff Klofft*

Appealing to those who want to help with planning the family vacation or anyone interested in travel. *The Kloffts are avid travelers and photographers who share travel information and resources. They don't sell trips or work as travel agents. Visit their website at [goseeittravel.com](http://goseeittravel.com)*

### New! SO YOU WANT TO GO TO DISNEY WORLD!

We'll share a Walt Disney World travelogue and tips from our recent trip (June 2019). Great for first-time visitors or those that haven't been to Disney World recently. We will show you ways to make planning easy so that your visit will be a happy, memorable and magical time for you and your family.

DAY	DATE	TIME	ROOM	FEE
WED	11/6	7:00-8:30PM	Conference Room B	\$29/family

### New! SO YOU WANT TO GO TO GALAPAGOS!

Incredible wildlife that inspired Darwin! Sounds awesome, but sometimes travel planning can send you down an internet rabbit hole, hours are lost, and your dream trip never gets planned. This seminar will help you cut planning time, learn money saving tips and GO! Our travelogue will give you an instant, real sense for the place. You'll leave the class with a sense for what to expect, direction about what you'll want to see and do, and practical guidance on how to arrange your trip. Finally, you'll come home with a packing list and tips on how to prepare for a Galapagos vacation!

DAY	DATE	TIME	ROOM	FEE
WED	1/8	7:00-8:30PM	Conference Room B	\$29/family

### New! CREATE YOUR OWN WEBSITE IN 5 MINUTES!

*Instructed by Aaron Schine, LS Staff*

Don't let the web intimidate you. Claim your space online today, and discover what is possible with expert guidance along the way! Through the use of WordPress, you will dive in and create your very own website. WordPress is the modern standard for creating powerful websites with ease. Participants can use our computers or bring their own. You can also bring photo files on a USB stick to add some personality and pizzazz to your site right out of the gate. Would you like to go further? Additional nights will be available, depending on attendance and interest. *Aaron Schine has been a member of the Educational Technology department at L-S since 2016. Aaron is A+ and Network+ certified, and an Apple-certified technician.*

DAY	DATE	TIME	ROOM	FEE
FRI	10/4	7:00-8:30PM	B332	\$29

### New! INFOGRAPHICS

*Instructed by Mara Levin*

Infographics are graphic visual representations of information and data that are attractive and compelling. They capture the reader's attention, present information clearly, and use powerful design and imagery to create a lasting impression. In this 6-week class, Mara Levin, longtime award-winning art director, illustrator, and educator will guide students to discuss the benefits of infographics in communications, review great examples, learn about what makes them work and what to avoid, discover PowerPoint tools and techniques for making infographics and work individually on one or more projects to use for business and/or marketing. Please bring a laptop with a recent version of PowerPoint to class. *In her professional work, Mara has created simple to complex internationally published infographics for Fortune 500 companies including Sanofi, Genzyme, Labcorp, and Electric Insurance (a GE company). She is the owner of Access Design & Illustration, a graphic design firm specializing in branded marketing materials for companies of all sizes in healthcare and finance. More information: [mlevin@accessdesignnow.com](mailto:mlevin@accessdesignnow.com)*

DAY	DATE	TIME	ROOM	FEE
WED	1/8-2/12	4:00-6:00PM	B330	\$139

## New! ENJOYING SUDBURY'S OPEN SPACES

*Instructed by Neela de Zoysa*

*Co-Sponsored by Sudbury Valley Trustees*

Sudbury has over 4,000 acres of protected open space and the scenic Sudbury River with wetlands, forests and wildlife. These include national wildlife refuges, state lands, town conservation lands and Sudbury Valley Trustees' properties. This 4-week indoor course will focus on the value of these areas and opportunities to enjoy nature in Sudbury; highlight locations for hiking, walking, birdwatching, wildflowers, and canoeing. You will get a flavor of vistas, plants and wildlife, orientation to basic rules of use, family and dog friendly locations, maps and handouts with easy to reference resource lists. A \$10 materials fee is payable to the instructor at the first class. *Neela de Zoysa is a Sudbury resident with 35 years of experience in natural resource conservation. She is a Core Instructor for the Native Plant Trust (former New England Wildflower Society) and serves on the Outreach Advisory Committee of Sudbury Valley Trustees. Neela is a past Board member and Chair of Outreach for the Friends of the Assabet River National Wildlife Refuge and former Research Associate of the Arnold Arboretum of Harvard University.*

DAY	DATES	TIME	ROOM	FEE
THURS	9/26-10/17	7:00-8:00PM	Conference Room B	\$49

## RESIDENTIAL ADDITION 101

*Instructed by Nancy Dickinson*

If you have been thinking of adding on to your house, but don't know where to start, this one night class is for you! Nancy will give an overview of the design and construction process for residential additions and renovations. The class will review zoning and septic issues, programming, budgeting, whether to "move or stay", the architectural process, contractor selection, permitting and what to expect during construction. Time will be allowed for questions about your specific project. *Nancy Dickinson, Principal at Dickinson Architects in Concord, is a registered architect with over 25 years of experience; for 20 years, she has specialized in Residential Design. See her website at [DickinsonArc.com](http://DickinsonArc.com).*

SESSION	DAY	DATE	TIME	ROOM	FEE
1 - Fall	TUES	10/29	7:00-9:00PM	B330	\$29
2 - Winter	TUES	2/4	7:00-9:00PM	B330	\$29

## New! IMPROVE YOUR HOME'S APPEAL

*Instructed by Faina Shapiro*

Wish your home was clutter-free and organized? Professional home organizer, income property manager and home stager Faina Shapiro will teach you how to transform and organize each space in your home and how to keep it that way. From kitchens and laundry rooms to home offices and garages, every room in your home will be tackled step-by-step. Methods, tools, tricks and checklists will be provided to declutter your home. Faina will share essential cleaning product recommendations to help you save time and sustain your home's appeal and value. Feel free to bring pictures of specific areas you need help organizing or cleaning to discuss at the end of class. *Faina Shapiro is a professional home organizer and home stager who focuses on helping her clients save money while maintaining their home.*

DAY	DATE	TIME	ROOM	FEE
TUES	10/29	6:30PM-8:30PM	B335	\$25

## BEGINNER JAPANESE

*Instructed by Jennifer Dubois, LS Faculty*

This 6-week course will offer an introduction to spoken and written Japanese. Students will learn introductory vocabulary, basic grammar, conversational phrases, and the Japanese phonetic alphabet, as well as some snippets of Japanese culture! *Ms. Dubois holds a degree in Japanese Studies from Wellesley College.*

DAY	DATES	TIME	ROOM	FEE
WED	10/16-11/20	7:00-8:00PM	B448	\$150

**New! US-RUSSIA-CHINA RELATIONS:  
FOREIGN POLICY IN THE POST-COLD WAR ERA**

**Instructed by Michael M. Lustig**

How and why did relations among the United States, Russia and China deteriorate in the Post-Cold War period? Why has foreign policy become extraordinarily volatile and confusing? In this lively, interactive seminar, students will examine the great-power rivalry, the political, economic and military rise of China, as well as the resurgence of Russian authoritarianism. We'll ask the question: If China and Russia have become more powerful states, does the United States need a different foreign policy? What exactly has the United States policy been towards China and Russia? *Michael M. Lustig is the author of an article on "Mikhail Gorbachev" in Frank W. Thackeray and John E. Findling, eds., Statesmen Who Changed the World. Mr. Lustig received an advanced degree in history from Brown University, and has instructed foreign policy, social science, and modern European history at Brown and Boston University for over a decade. He is keenly interested in Post-Cold War politics, and since 2002 has been involved in editing social science and history texts.*

DAY	DATE	TIME	ROOM	FEE
WED	10/30	6:30-8:00PM	Conference Room B	\$10

**BEGINNER CONVERSATIONAL ITALIAN**

**Instructed by Carla Peretto**

Would you like to order in a restaurant, learn the currency or navigate around Italy? In this 6-week course, students will learn basic expressions through games and role playing. Cultural elements will be part of the instruction. Please bring the booklet, *Conversational Italian in 7 days* (available from Amazon or elsewhere). *Carla holds a Master's Degree in Italian from the University of Padua, Italy. She has taught Italian in Italy, Switzerland, and the US.*

DAY	DATES	TIME	ROOM	FEE
TUES	10/8-11/12	6:00-7:30PM	B330	\$150

**CONVERSATIONAL FRENCH: Ideal for travelers!**

**Instructed by Elizabeth Ann Grushkin**

This course 6-week course will present some basic and easy French to prepare you to hold conversations, and to handle common challenges while traveling. Students will learn French vocabulary, phrasing and pronunciation to help you while conversing, and with your experiences at restaurants, hotels, museums, directions, and negotiating money. This is an intensive program geared to those who have never studied French. There may be a small fee for study materials. *Elizabeth Ann Grushkin minored in French at Cornell University, is the French Language Tutor at Walnut Hill School for the Arts, and at the Boston Mentor Academy.*

DAY	DATES	TIME	ROOM	FEE
SAT	10/5-11/23, no classes 10/12, 11/09	8:00-9:00AM	B330	\$150

**CONVERSATIONAL SPANISH: Ideal for travelers!**

**Instructed by Elizabeth Ann Grushkin**

This 6-week course will present some basic and easy Spanish to prepare you to hold conversations, and to handle common challenges while traveling. Students will learn Spanish vocabulary, phrasing and pronunciation to help you while conversing, and with your experiences at restaurants, hotels, museums, directions, and negotiating money. This is an intensive program geared to those who have never studied Spanish. There may be a small fee for study materials. *Elizabeth Ann Grushkin studied Spanish at the University of Madrid, and minored in French at Cornell University. Elizabeth is the Spanish language tutor at Walnut Hill School for the Arts in Natick, and at the Boston Mentor Academy.*

DAY	DATES	TIME	ROOM	FEE
SAT	10/5-11/23, no classes 10/12, 11/09	9-10:00AM	B330	\$150

**BEGINNER SPANISH - LEVEL 1**

**Instructed by Elba M. Fernandez**

This 8-week course is designed for individuals with little or no previous knowledge of the Spanish language. The course will focus on learning basic grammar, including conjugations of the verb "to be," and other verbs in their infinite form. In addition, students will learn how to introduce themselves to others, use greetings and farewells correctly, ask and respond to questions, be able to tell time, and express emotions. By the end of the course, students should know how to engage in small conversations about day-to-day topics, be able to read and comprehend short stories, and pronounce words from an extensive vocabulary. A materials fee of \$10 is payable to the instructor at the first class for a copy of *Espanol Progresivo, Level 1* workbook. *Elba is a native Spanish speaker with many years of experience. Elba is a passionate teacher who enjoys helping her students get the most out of her course.*

DAY	DATES	TIME	ROOM	FEE
THURS	10/10-12/12, no classes 10/31, 11/28	7-8:30PM	B335	\$150

**ADVANCED BEGINNER CONVERSATIONAL ITALIAN**

**Instructed by Carla Peretto**

Would you like to continue to learn more about how to navigate in Italy while on business or vacation? In this 6-week course, students will build upon what they learned in the beginner class through games and role playing. In this course, more language structure and vocabulary will be addressed. Cultural elements will be a part of the instruction. Please bring the booklet, *Conversational Italian in 7 days* (available from Amazon or elsewhere). *Carla holds a Master's Degree in Italian from the University of Padua, Italy. She has taught Italian in Italy, Switzerland, and the US.*

DAY	DATES	TIME	ROOM	FEE
TUES	10/8-11/12	7:30-9:00PM	B330	\$150

**CREATIVE & CULINARY ARTS**

**New! CREATE A TOWN-SPIRIT WALL-HANGING QUILT**

**Instructed by Mary Jalenak**

Using the LS school logo or the Wayside Inn Gristmill as your inspiration, create the top of a small wall-hanging quilt using paper piecing. Perfect for all levels and anyone interested in learning this quilting technique. In this 4-week class you will plan, prep and get started. Portable sewing machine optional. A basic supply list will be provided prior to the first class, plus a quilt kit fee of \$45 will be payable to the instructor. *Mary Jalenak has taught quilt-making locally for 15 years and has shown quilts in area quilt shows. She currently teaches at Wayside Sewing in Marlborough. [waysidesewing.com](http://waysidesewing.com)*

DAY	DATE	TIME	ROOM	FEE
THURS	10/10-11/7, no class 10/31	7:00-8:30PM	A302	\$75

**New! HOW TO CREATE A T-SHIRT & PHOTO MEMORY QUILT**

**Instructed by Mary Jalenak**

In 4-weeks, Mary will show you how to turn your T-shirts and/or photos into a lovely commemorative quilt. All levels are welcome from crafters to accomplished quilters. This class is a perfect follow up to the Create a Town-Spirit Wall-Hanging Quilt class. For the center of your memory quilt, you may use what you created or start with something new. Portable sewing machine optional. A basic supply list will be provided prior to the first class, plus a quilt kit fee of \$32 will be payable to the instructor. The quilt kit includes the pattern, stabilizer and pressing cloth for preparing the t-shirts for quilt construction. You will need to have your own t-shirts or photo fabric transfers, as well as the fabric to complete the quilt. During the first class, Mary will work with you to determine the amount of fabric and what colors to use before you buy. *Mary Jalenak has taught quilt-making locally for 15 years and has shown quilts in area quilt shows. She currently teaches at Wayside Sewing in Marlborough. [waysidesewing.com](http://waysidesewing.com)*

DAY	DATE	TIME	ROOM	FEE
THURS	1/9-1/30	7:00-8:30PM	B335	\$75

## KNITTING FOR BEGINNERS

*Instructed by Diane Johnson*

The fall is a perfect time to learn to knit! This 4-week class will teach the basics of knitting (knit/purl stitch, casting on & off) while making a lovely hat or cowl for yourself or to give as a gift! If time permits, you could knit both. *Diane is the owner of Knits and That in Acton, MA. Please visit her website at [knitsandthat.com](http://knitsandthat.com)*

DAY	DATES	TIME	ROOM	FEE
TUES	10/8-10/29	7:00-9:00PM	A302	\$75

## **New!** KNIT FINGERLESS MITTS USING STRANDED KNITTING

*Instructed by Diane Johnson*

A 3-week introduction to 2 color stranded knitting while making a lovely pair of fingerless mitts. You'll learn techniques/tricks for carrying the yarns behind the work and using both hands for knitting. *Diane is the owner of Knits and That in Acton, MA. [knitsandthat.com](http://knitsandthat.com)*

DAY	DATES	TIME	ROOM	FEE
MON	10/28-11/18, no class 11/11	7-9:00PM	A302	\$60

## **New!** KNIT A MOEBIUS COWL-SCARF

*Instructed by Diane Johnson*

In one night, Diane will guide you through the cast-on and knitting of a cowl-scarf with an eternal twist. With the Moebius cast-on, you knit from the center to the outside edge. The cowl-scarf is very elegant, practical and versatile. This is based on the pattern and technique created by Cat Bordhi. *Diane is the owner of Knits and That in Acton, MA Please visit her website at [knitsandthat.com](http://knitsandthat.com)*

DAY	DATE	TIME	ROOM	FEE
WED	1/22	7:00-9:00PM	A302	\$25

## KNIT A CustomFit© SWEATER

*Instructed by Diane Johnson*

In this 6-week class, Diane will help you knit a great-fitting sweater using Amy Herzog's CustomFit© program. Learn to knit a sweater that fits YOUR measurements and YOUR gauge! Diane will start with an overview of Amy Herzog's "Knit to Flatter", provide expertise in selecting yarn/knitting the right swatch, and then help you choose a CustomFit© sweater. Then it's on to knitting details – the best cast-on/off for your project, shaping, picking up stitches, seaming, and blocking techniques. *Diane is the owner of Knits and That in Acton, MA. Please visit her website at [knitsandthat.com](http://knitsandthat.com)*

DAY	DATES	TIME	ROOM	FEE
THURS	1/30-3/12, no class 2/20	7:00-9:00PM	A302	\$99

## **New!** PAINTING FOR ALL WITH OIL PAINT STICKS

*Instructed by Mara Levin*

Oil paint sticks are fun and easy for beginning artists, but are also a favorite tool of modern professionals including Dayna Collins and the late great Jean-Michel Basquiat. Come explore this exciting medium, in a supportive environment that encourages creativity, under the guidance of Mara Levin, BFA. In this 6-week class, we will discuss fine abstract and representational works by professionals, review painting surface options and learn simple ways to make your own, discover a variety of painting techniques and create a series of small paintings in a style of your choice. Please bring to the first class: \$60 materials fee (for an introductory set of R&F Pigment half-sticks and 8 archival painting supports), 16"x 20" or larger drawing board, triangular palette knife, disposable gloves, and a painting rag or paper towels. *Mara Levin is an award-winning fine artist, art educator, and graphic designer ([www.MaraLevin.com](http://www.MaraLevin.com)). She teaches drawing and painting at schools and in her "Art Studio at the Farm" in Bolton.*

DAY	DATE	TIME	ROOM	FEE
WED	10/16-11/20	6:30-8:30PM	B329	\$99

## CALLIGRAPHY: Introduction to Copperplate & Italic

*Instructed by Diane McDougall-Desautelle*

This 8-week class offers students the chance to learn the differences and similarities between these two popular styles of calligraphy. Students will learn how different types of steel pen nibs are used to create the thick and thin lines that form these beautiful alphabets. Each student will receive their own dip-pen set including two steel nibs (one broad edge and one pointed), a straight "pen holder", and ink. You will learn the strokes used to create lowercase and uppercase letters in both Copperplate script and the Italic hand. A \$25 materials fee (payable to instructor at the first class) covers all handouts (exemplars, guidelines, and practice sheets), penholder, steel nibs, ink, and customized practice pads. *Diane, a graduate of Tufts University and the School of the Museum of Fine Arts -Boston, holds a Master of Arts in Teaching, and a Bachelor of Fine Arts. She is a member of Masscribes, Inc. New England Calligraphy Organization, International Association of Master Penmen, Engrossers and Teachers of Handwriting, and the Framingham Artists' Guild. For more information, please visit Diane's website: [www.thistleworkstudio.com](http://www.thistleworkstudio.com)*

SESSION	DAY	DATES	TIME	ROOM	FEE
1- Fall	THURS	10/3-12/5, no class 10/31, 11/28	7-9PM	B330	\$165
2 -Winter	THURS	1/9-3/5, no class 2/20	7-9PM	B330	\$165

## INTRODUCTION TO DIGITAL SLR PHOTOGRAPHY

*Instructed by Harrison G. Ball*

Go beyond the automatic settings on your digital camera, and develop your photographic vision by learning how aperture, shutter speed and ISO can be manipulated to yield creative images. In 4 weeks, participants will learn about RAW vs. JPEG images, white balance, depth of field, and exposure. Hands-on exercises on exposure metering and autofocus will give you a better understanding of your camera's capabilities. As you learn to take control of your camera, we will discuss the basics of composition and how to express your vision. We will also explore how to display your images through print and digital medium. Flash and macro photography will be discussed with a hands-on introduction to off-camera flash. Course requirements include a digital SLR (not mirrorless) camera. *Harrison G. Ball is a retired physician and avid photographer. A member of the Gateway Camera Club, Dr. Ball has exhibited his work and entered a number of photographic competitions.*

DAY	DATES	TIME	ROOM	FEE
WED	10/23-11/13	7:00-9:00PM	Conference Room A	\$125

## **New!** DRAWING FOR ALL

*Instructed by Sandy Wilensky*

Learn a variety of drawing techniques in 8 weeks including contour-blind and modified, gesture, upside down, and shading. Participants will use graphite, charcoal, and ink to draw a variety of subjects including animals, the natural world, and manmade objects. Participants may bring a provided list of materials or purchase them from the instructor for \$13. *Sandy has had a career in education, experience-teaching people from age 3-93. She is a certified art instructor and believes strongly in the ability of all people to learn in a supportive setting.*

DAY	DATE	TIME	ROOM	FEE
TUES	9/24-11/12	6:00-8:00PM	B321	\$169

## WOODWORKING

*Instructed by Paul Shultz, LS Faculty*

Appropriate for both beginners and the experienced, in this 8-week class you will learn the skills to use both hand and machine tools. Enjoy the state-of-the-art wood shop, and work on your own projects or learn something new. Students must provide their own wood. Paul can help in locating plans and wood. *All students must attend first class.*

DAY	DATES	TIME	ROOM	FEE
TUES	10/1-11/19	6:30-9:30PM	B232	\$275

## CUPCAKE DECORATING 101

*Instructed by Adrienne Dunne*

Have you ever walked by the bakery and thought... "I would love to decorate a cupcake like that?" Well now you can! You will learn basic icing techniques using decorating bags, piping bags, and a variety of decorating tips. While food ingredients are included, you will need to bring some basic kitchen tools. A short list will be provided. A cupcake tasting is included! Ages 13 and up are welcome. Maximum participants: 12. *Adrienne Dunne, a certified baker & Level III Wilton certified decorator, has been decorating cakes for over 20 years.*

DAY	DATE	TIME	ROOM	FEE
WED	10/23	6:00-8:00PM	B321	\$50

## COOKING: NORTHERN ITALIAN CUISINE

*Instructed by Carla Peretto*

Would you like to learn how to create and taste the many delicacies of Northern Italy? In this fun, lively, social and Italian-inspired 4-week course, students will learn to make and taste risotto in different flavors, soups, sauces that are not "red" and Northern Italian desserts. We'll share cheese & crackers as we cook, and students should bring their appetites to sample their authentic Italian creations (along with the recipes to use again). A short list of basic kitchen tools will be provided prior to the first class, and a materials fee of \$40 (which covers all 4 classes) is payable to the instructor at the first class. *Carla holds a Master's Degree in Italian from the University of Padua, Italy.*

DAY	DATES	TIME	ROOM	FEE
WED	10/30-11/20	6:30-8:30PM	B321	\$175

## MAKE & TAKE CALZONES

*Instructed by Adrienne Dunne*

Explore the endless possibilities of making calzones, a baked Italian turnover, fresh from your own oven! In this fun, hands-on class, Adrienne Dunne will go over the dough and filler options while you prepare a calzone to take home to bake. You will be given the opportunity to personalize your calzone with a few filling options. Calzones make a great appetizer, main course, and freeze well. While food ingredients are included, you will need to bring some basic kitchen tools. A short list will be provided. A calzone tasting is included! Maximum participants: 12. *Adrienne Dunne, a certified baker, has been baking for more than 20 years.*

DAY	DATE	TIME	ROOM	FEE
WED	1/15	6:00-8:00PM	B321	\$50

## SUDBURY ART STUDIOS

*Instructed by Janice Corkin Rudolf*

Open Studio time under the direction of award-winning artist and sculptor Janice Corkin Rudolf, BFA, MEd. Janice runs a sculpture class, and teaches a studio art class every Tuesday from 2-4 PM, where she works with students from beginners to advanced on the art form of their choice (terra cotta sculpture, painting or charcoal drawing). Sudbury Art Studios has an on-site kiln. Students are required to bring their ideas, however, most materials are all included. Group classes are \$30 and 24-hour notice is appreciated. Private lessons can be arranged at a mutual time, 7 days a week, for \$60/hour. The amount of classes can be decided by the individual. Some of Janice's public sculptures are on outdoor permanent display at Children's Hospital, Emmanuel College, Franklin Park Zoo, Brimmer and May School and most notably "An April Day" at Goodnow Library. Sudbury Art Studios is located at 37 Atkinson Lane, Sudbury. For more information, Janice can be reached at [jcorkinrudolf@gmail.com](mailto:jcorkinrudolf@gmail.com) or visit her website at [www.janicecorkinrudolf.com](http://www.janicecorkinrudolf.com)

## MAKE & TAKE TWO THANKSGIVING PIES

*Instructed by Adrienne Dunne*

Make your own from-scratch apple and blueberry Thanksgiving pies. Adrienne will teach you how to make a superb pie dough! You will also make the filling to your own individual taste and take the pies home ready to pop in the oven for Thanksgiving or freeze to use at a later date! While food ingredients are included, you will need to bring some basic kitchen tools. A short list will be provided. A pie tasting is included! Maximum:12. *Adrienne Dunne, a certified baker, has been baking for more than 20 years.*

DAY	DATE	TIME	ROOM	FEE
TUES	11/26	6:00-7:30PM	B321	\$50

## THANKSGIVING FRESH FLOWER CENTERPIECE IN A PUMPKIN

*Instructed by Nat Arena*

Have you seen those gorgeous pumpkin flower arrangements at florists, farmers markets, and online? A collection of blooms tightly packed into a bright orange pumpkin just screams "fall." It's an elegant take on fall decorating: setting the table for Thanksgiving dinner, adorning the mantle for the season change, or even to give as a gift. Come learn how to make one of these gorgeous fresh flower centerpieces and take it home to use for yourself or give as a gift! *Nat Arena has a degree in Plant & Soil Science from the University of New Hampshire. He was the manager of Arena Farms in Concord for over 40 years and is currently a manager at Volante Farms in Needham. All materials included.*

DAY	DATE	TIME	ROOM	FEE
TUES	11/26	7:30-9:00PM	A302	\$40



## HOLIDAY BOXWOOD TREE CENTERPIECE

*Instructed by Nat Arena*

Learn how to make an elegant centerpiece for the holidays, a miniature boxwood tree! You will create the tree with boughs of fresh boxwood and then decorate the tree with ornaments, bows, garlands, etc. The trees make a great gift or can be used to add some holiday cheer in your own home! *Nat Arena has a degree in Plant & Soil Science from the University of New Hampshire. All materials included.*

DAY	DATE	TIME	ROOM	FEE
TUES	12/3	7:00-9:00PM	B321	\$65



## **New!** HOLIDAY SUGAR COOKIE DECORATING

*Instructed by Adrienne Dunne*

Have you ever noticed beautifully decorated sugar cookies and thought, "How did they do that?" Participants will acquire basic sugar cookie prep, baking and decorating techniques. You will learn a superb sugar cookie dough recipe, rolling techniques, proven successful baking strategies, piping, flooding and color tinting. You will make and take home a selection of generous sized themed cookies perfect for your event. While food ingredients are included, you will need to bring some basic kitchen tools. A short list will be provided. Cookie tasting is included! Ages 13 and up are welcome. *Adrienne Dunne, a certified baker and Level III Wilton certified decorator, has been decorating cookies and cakes for over 20 years.*

DAY	DATE	TIME	ROOM	FEE
WED	12/11	6:00-8:00PM	B321	\$50

## STERLING SILVER JEWELRY MAKING

*Instructed by Theresa Carmichael*

An 10-week class, open to intermediate and advanced participants. Working in sterling silver, participants will continue developing their skills through various projects involving fabricating, stone setting, fusing, Keum-boo, chasing, repousse and a variety of techniques as time and experience allow. Materials fee of \$60 payable to instructor. No discounts. 12 maximum. *Theresa Carmichael teaches jewelry making classes at the Lexington Arts and Craft Society and is a graduate of LSRHS, where she first learned silversmithing.*

SESSION	DAY	DATES	TIME	ROOM	FEE
1 - Fall	THURS	10/3-12/19, no classes 10/31, 11/28	6:30-9:30PM	B235	\$275
2 - Winter	THURS	1/2-3/12, no class 2/20	6:30-9:30PM	B235	\$275

## JEWELRY MAKING OPEN STUDIO

*Instructed by Theresa Carmichael*

An 8-week class, open to participants who have completed a beginning jewelry class. Participants will work independently to start or finish individual projects. There will be demonstrations each week geared towards participants' projects. No discounts. 12 maximum. *Theresa Carmichael teaches jewelry making classes at the Lexington Arts and Craft Society and is a graduate of LSRHS.*

SESSION	DAY	DATES	TIME	ROOM	FEE
1 - Fall	SAT	10/5-12/21, no classes 10/12, 11/9, 11/16, 11/30	9AM-12PM	B235	\$250
2 - Winter	SAT	1/4-3/14, no classes 1/18, 2/15, 2/22	9AM-12PM	B235	\$250

## **New!** HANDS-ON DIGITAL SOUND RECORDING & PRODUCTION

*Instructed by Steve Gabeler, Sponsored by LS Friends of Music*

Steve Gabeler, in conjunction with the Lincoln-Sudbury Friends of Music is offering a free workshop in the use of the equipment used to produce professional sound recordings of live indoor events. The workshop offers hands-on training of our portable sound recording equipment, the microphones used and proper placement, as well as software post-production sound editing for digital and CD mastering. The workshop is open to all members of the Lincoln and Sudbury community, minimum age 15. **Email [adult.ed@lsrhs.net](mailto:adult.ed@lsrhs.net) to arrange a mutually agreeable date and time. FREE**

## VIDEO PRODUCTION

*Instructed and Sponsored by Sudbury TV Staff*

SudburyTV is offering a FREE four-part workshop that gives aspiring producers an introduction to the wide variety of equipment necessary to produce broadcast-quality videos. We offer hands-on training of our portable and studio video cameras, the different types of microphones used, lighting for interviews, as well as editing video in Apple's Final Cut Pro software. Workshop participants will be allowed to sign out our portable camera kits upon completion of the course. The workshop is free, and open to all members of the Sudbury community. Minimum age 12; participants under grade 9 must be accompanied by a parent/guardian. For more information or to sign up, visit the SudburyTV website, [sudburytv.org](http://sudburytv.org), or email [info2@sudburytv.org](mailto:info2@sudburytv.org)

DAY	DATES	TIME	ROOM	FEE
WED	10/2-10/23	7:30-9:00PM	A207	FREE

**PLEASE REGISTER EARLY!  
CLASSES WHICH DO NOT MEET MINIMUM  
ENROLLMENT REQUIREMENTS MAY BE  
CANCELLED!**

## QUILT STUDIO

*Instructed by Marianne Hatton*

Do you have a quilt in progress that you would like to work on? Are you interested in trying quilt making for the first time? This class offers quilters a gathering place, with guidance. Come join us! Skill levels and projects may vary among the participants, and projects may vary between contemporary and traditional in style, making this 8-week fall and/or winter class a fun and stimulating environment in which to create your own quilts, large or small. *Marianne has taught quilt-making for over 25 years and is the author of the book "Simply Dynamic Sampler Quilts".*

SESSION	DAY	DATE S	TIME	ROOM	FEE
1 - Fall	WED	TBD	1:00-3:30PM	Senior Center	\$130
2 - Winter	WED	TBD	1:00-3:30PM	Senior Center	\$130

## PRIVATE MUSIC LESSONS

*Instructed by Local Music Teachers*

Private music lessons enable participants to grow musically at an individual pace, study advanced techniques on their instruments and begin to express themselves through improvisation. Lessons take place after school, weekday evenings or Saturday mornings at Lincoln-Sudbury High School. Register for one, two, or all three sessions. **Before registering, please email Adult Ed at [adult.ed@lsrhs.net](mailto:adult.ed@lsrhs.net) to determine availability of instructor.** \$40/30 min. lessons, \$55/45 min. lessons or \$75/60 min. lessons, plus a \$25 administrative fee per 8-week session. A portion of the administrative fee will be donated to LS Friends of Music. No Senior/Staff Discount.

INSTRUMENT	INSTRUCTOR	INSTRUMENT	INSTRUCTOR
Flute, Clarinet, Saxophone	Andy Bender	Guitar, Bass, Piano, Banjo, Ukulele	Alex Muri
Violin, Viola	Nicki Payne	Cello, Bass	Robb Aistrup
Oboe	Ron Kaye	Trumpet	Margaret Romero
Trombone, Low Brass	Leslie Havens	Percussion, Drum Set	Steve Bankuti

8-WEEK SESSION	DAY/TIME	DATES	NO LESSONS	TOTAL FEE 30/45/60 min.
1 - FALL	TBD	9/30-12/7	11/25-11/30	\$345/\$465/\$625
2 - WINTER	TBD	1/6-3/7	2/15-2/22	\$345/\$465/\$625
3 - SPRING	TBD	3/16-5/16	4/18-4/25	\$345/\$465/\$625

## STUDENTS & PARENTS

### YOU CAN AFFORD COLLEGE IF .....

*Instructed by Dick Man*

...you **PLAN** in advance, you **UNDERSTAND** the financial aid process, and you **ACT** early enough to be successful - before December of the child's sophomore year of high school. All schools are not alike, so it is important to know your options and opportunities. Free financial aid analysis will be available to all attendees. For more information please visit our website at [collegefundingadvisors.com](http://collegefundingadvisors.com)

DAY	DATE	TIME	ROOM	FEE
TUES	10/1	7:00-9:00PM	B330	\$29
TUES	3/3	7:00-9:00PM	B330	\$29

**PLEASE REGISTER EARLY!  
CLASSES WHICH DO NOT MEET MINIMUM  
ENROLLMENT REQUIREMENTS MAY BE  
CANCELLED!**

## COLLEGE PLANNING FOR HIGH SCHOOL FRESHMEN & SOPHOMORES: It's too early ... isn't it?

*Instructed by Todd Richman & Scott Kessler*

Many parents of 9th and 10th graders want to know what lies ahead in the college planning and admissions process. The goal of this session is not to add stress, but to help you understand the process, expectations and timing so your student can make smart decisions now that will keep options open for later. This session will address how colleges evaluate applicants, academic planning during high school, extracurricular and summer activities, considerations for student-athletes, when to take standardized tests and how to prepare, and why sophomore year is important to financial aid. We'll overview the college admissions roadmap and timeline so you know what's ahead, and answer your questions. *Todd Richman, founder of Achieve Admissions ([www.AchieveAdmissions.com](http://www.AchieveAdmissions.com)), provides personalized guidance for college planning, search and admissions. Scott Kessler is co-founder of InspireDo LLC ([www.inspireDo.com](http://www.inspireDo.com)) which leverages the latest brain training strategies to improve SAT/ACT scores. Pre-registration is required.*

DAY	DATE	TIME	ROOM	FEE
THURS	10/24	7:00-9:00PM	Lecture Hall	\$20/family

## COLLEGE COUNTDOWN: Applying to college step-by-step

*Instructed by Marla Platt*

This seminar guides sophomore and junior parents through the essential elements and questions around the college process, namely **"What does my student need to do to apply to college — and when?"** We will move along the college application roadmap, where you will learn about month-by-month steps beginning with the college search all the way through application time. We will cover topics including: smart list building, PSAT/SAT/ACT, Common and Coalition Applications, the role of the college essay, paying for college, interviewing, significance of extracurricular involvement, and an informed look at Early Action and Early Decision. Parents will be able to ask questions, gaining an honest perspective and clarity to help their students successfully apply to college well ahead of deadlines. *Marla Platt is an independent college consultant based in Sudbury, providing personalized guidance to students and families throughout the college search and application process. Marla has been a frequent speaker at the SERF College Fair, an alumni interviewer on behalf of Cornell University, a volunteer coach at Babson College's CLTP program, and is a member of the Independent Educational Consultants Association. [AchieveCoach.com](http://AchieveCoach.com)*

DAY	DATE	TIME	ROOM	FEE
WED	10/23	7:00-9:00PM	B330	\$20/family

## COMPLETING THE COMMON APPLICATION

*Instructed by Stephanie Stein Lapat*

**For High School Seniors Only.** This course will cover some of the most important elements of students' college applications: the personal statement and the activity page (expanded resume). While many students will be focusing on completing the Common Application, other students are welcome to focus on individual schools' applications. The first night, students will work on the activity page and begin brainstorming ideas for the big essay, a personal statement that works for many college and scholarship applications. The second evening, we will begin to fine-tune that personal statement. This personal statement can be the most important part of a student's application and we will work to make each student's essay a perfect representation of what matters most to that applicant. The first two evenings students will meet in a group at LS (please bring a laptop!). The third evening students will meet individually with Stephanie at an agreeable time to finalize their activity page and personal statement.

DAY	DATES	TIME	ROOM	FEE
MON	10/21 & 10/28, plus 1 private session	6:30-8:00PM	B335	\$235

## SAT: MATH REVIEW

*Fall: Instructed by Bouke Noordzij, LS Faculty*

*Winter: Instructed by Kate Grant, LS Faculty*

The goal of this 5-week course is to practice the types of questions that will be asked on the SAT, and reveal test-taking strategies designed to raise students' scores. Students will learn about time management and the benefits of taking an educated guess. Lastly, students will learn about their own mathematical abilities and the best way to approach the exam based on their individual skills. As students become more familiar with the test, and master SAT test-taking strategies, their confidence and scores are sure to grow! Please bring the following book to the first class: *The Official Study Guide to the SAT*, ISBN-13: 978-1457309281 (can be purchased on Amazon or elsewhere). The same book is being used by our SAT Verbal course. Please bring the graphing calculator you plan to use on the day of the test.

SESSION	DAY	DATES	TIME	ROOM	FEE
1 - Fall	TUE	9/24-10/22	6:00-8:00PM	B450	\$349
2 - Winter	TUE	1/28-3/3, no class 2/18	5:30-7:30PM	B450	\$349

## ACT: ENGLISH, READING & ESSAY REVIEW

*Instructed by Stephanie Stein Lapat*

The ACT is an appealing test because it always presents the same sections in the same order; its consistency will help us raise your score! In this 4-week course, students will learn and practice strategies to conquer one of the verbal sections. The final week will be a practice test. As students become more comfortable with the predictability of the ACT format, their confidence will increase and their scores will follow the same path. Please bring the following book to the first class: *The Official Study Guide to the ACT: 1st Edition* ISBN-13: 978-1119508069 (can be purchased on Amazon or elsewhere.)

SESSION	DAY	DATES	TIME	ROOM	FEE
1 - Fall	TUES	9/24-10/15	6:30-8:00PM	B335	\$320
2 - Winter	TUES	1/7-1/28	6:30-8:00PM	B335	\$320

## CHRISTO DRIVING SCHOOL

*Instructed by Christo's Staff*

This is a driving instruction course for teens which includes 30 hours of class time, 12 hours of driving and 6 observation hours. *Licensed by the Massachusetts Registry of Motor Vehicles for over 62 years, Christo Driving School specializes in Driver's Education for teens. Register directly with the Christo Driving School Office: (978) 443-4645, christodrivingschool.com*

SESSION	DAY	DATES	TIME	ROOM	FEE
1	Tu, Th	9/24-10/24	5:45-9PM	B329	\$750
2	Tu, Th	11/12-12/17, no class 11/28	5:45-9PM	B329	\$750

## SAT: VERBAL REVIEW

*Instructed by Stephanie Stein Lapat*

The SAT asks students to use analytical skills they have been developing throughout high school to tackle sections that are becoming increasingly academic (and less tricky). In this 5-week course, Ms. Lapat will prepare students for the Reading Test, Writing and Language Test and the SAT Essay. Each week of the course, students will learn and practice strategies to conquer one of the verbal sections. The final week will be a practice test. As students become more comfortable with each section of the SAT format, their confidence will increase and so will their scores! Please bring the following book to the first class: *The Official Study Guide to the SAT*, ISBN-13: 978-1457309281 (can be purchased on Amazon or elsewhere). The same book is being used by our SAT Math course. 5 student minimum.

SESSION	DAY	DATES	TIME	ROOM	FEE
1 - Fall	WED	9/25-10/30, no class 10/9	6:30-8PM	B335	\$349
2 - Winter	WED	1/8 - 2/5	6:30-8PM	B335	\$349

## FINANCIAL & LEGAL

*Instructors present their own views. LS Adult Education does not necessarily endorse their recommendations.*

### **New!** UNDERSTANDING CRYPTO-ASSETS, BLOCKCHAIN, AND "BITCOIN FEVER"

*Instructed by Andrew Rodwin*

While the media abounds with stories about the boom and bust cycle of bitcoin, most people don't understand the basic principles of how crypto-assets like bitcoin work. Night 1 will fully explain the technologies "under the hood," as well as relevant tools and the crypto ecosystem. We will cover coin types, mining, forking, wallets, cryptography, blockchain basics and forensics, transactions, exchanges, airdrops, faucets, government regulation, security, taxation, coin valuation criteria, and much more. While the course avoids investment recommendations, it provides participants with the conceptual and detailed knowledge required to understand how crypto-assets might affect them personally, as well as influence society at large. Conceived as a way to decentralize bitcoin, blockchain has emerged as a powerful tool in its own right. Night 2 will include a more advanced look at blockchain, and the disruptive effects it is beginning to have on finance and society. We will also cover distinctions between public and private blockchains, enterprise blockchain platforms, macro data about blockchains, why banks have been forced into piloting blockchain en masse, why blockchain is such a powerful tool to solve economic challenges, where blockchain is in the hype cycle, and a sector-by-sector view of disruptive blockchain innovation, including non-profit applications. *Andrew Rodwin spent four decades working in high tech, as a writer, software developer, and engineering team Director. A crypto-assets investor since 2015, Andrew has spent countless hours learning how crypto-assets work through detailed research and practice, and keeps abreast daily of the tidal wave of change in this intensely dynamic field. Andrew provides training, research, and consulting services for wealth managers, educational institutions, and individuals curious about how crypto-assets and blockchain technologies are transforming investing, finance, and society. He specializes in clearly and simply explaining complex concepts. You can learn more at <https://cryptotrainer.boston>*

DAY	DATES	TIME	ROOM	FEE
WED	10/16 & 10/23	7:00-9:00PM	Lecture Hall	\$49

## UNDERSTANDING MEDICARE

*Instructed by Daniel R. Williams CLU, CHFC, 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 and Medigap plans? Should I take Medicare if I am still employed? How do I avoid late sign up penalties? Does any part of Medicare cover long-term care expenses? These questions and many more will be answered in this very important class. No Senior/Staff Discount. *Dan Williams, CLU, CHFC, CFP is a Certified Financial Planner and co-founder of the Dover Group. He is a frequent speaker on retirement, estate planning and asset protection strategies and has been named as one of Boston's top planners in Boston Magazine and The Wall Street Journal.*

DAY	DATE	TIME	ROOM	FEE
MON	9/23	7:00-9:00PM	B330	\$29/single or couple
MON	1/13	7:00-9:00PM	B330	\$29/single or couple

**PLEASE REGISTER EARLY!  
CLASSES WHICH DO NOT MEET MINIMUM  
ENROLLMENT REQUIREMENTS MAY BE  
CANCELLED!**

**New! LEGAL INFORMATION SESSIONS**

*Instructed by Tiffany Bentley and David Raymon*

Tiffany Bentley has spent her entire legal career with the Private Client Group at Burns & Levinson, primarily focused on all aspects of Probate and Family Court litigation. Tiffany is also experienced in estate planning as well as estate and trust administration. David Raymon is an attorney in the firm's Private Client and Trusts & Estates Groups. Dave is a JD/CPA. He advises clients on tax and non-tax aspects of their estate planning, fiduciary duty actions, and other probate and trust-related controversies.

**ESTATE PLANNING, PROBATE & ESTATE LITIGATION**

You can't take it with you... but you can plan ahead. In this class, learn how to ease the burden on your family, friends, and loved ones by organizing your estate to smoothly and tax-efficiently transfer your assets at death. The class will provide an overview of the probate process, tips on how to avoid probate, and strategies for reducing your estate tax liability. Learn the importance of various estate plan documents, including wills, trusts, powers of attorney and health care proxies, that everyone should have. You will leave with a packet of take-home materials. No Senior/Staff Discount.

DAY	DATE	TIME	ROOM	FEE
TUES	9/24	7:00-8:30PM	B330	\$29/person or couple

**New! DIVORCE BASICS**

Perhaps no other legal issues are as emotionally difficult as divorce and custody disputes, touching on the most personal aspects of our daily lives, finances, and relationships. The burden can be lessened by understanding the process, and your rights and obligations. We'll cover how to start an action for divorce, strategies to keep yourself and your children financially safe and protected, custody/visitation issues, dividing marital assets, alimony, and the impact of prenuptial and postnuptial agreements. We'll review the different legal standard and presumptions that apply when parents are married versus unmarried and when guardians ad litem may be needed. You'll learn how to strategically decide your timing, what to anticipate throughout the process, and how life might look after the court grants the divorce. You will leave with a packet of take-home materials. No Senior/Staff Discount.

DAY	DATE	TIME	ROOM	FEE
TUES	10/15	7:00-8:30PM	Library Classroom	\$29/person

**New! PRE- AND POST-DIVORCE CONSIDERATIONS**

How will divorce impact my estate plan? What will co-parenting post-divorce look like? How do I enforce the terms of my divorce judgment? Is there any way to modify a divorce judgment? Is there anything I can do in my estate plan to protect my child's inheritance from a divorce? In this class, you will learn what you need to know post-divorce, as well as tips on how to protect a child's inheritance from divorce. You will leave with a packet of take-home materials. No Senior/Staff Discount.

DAY	DATE	TIME	ROOM	FEE
WED	11/13	7:00-8:30PM	B330	\$29/person

**LONG-TERM CARE PLANNING**

*Instructed by Len May*

The good news is that people are living longer. But living a long life doesn't guarantee that it will be a perfectly healthy one. At least 70% of people over age 65 will require some long-term care services at some point in their lives. Topics to be covered include: What are long-term care risks and consequences? Can you afford long-term care? What are the options? Can the government help? How do both the traditional and the new insurance alternatives work and which might be appropriate for your situation? How do I develop a plan of action? No Senior/Staff Discount. *Len May is a graduate of MIT's Sloan School of Management. He transitioned to a career in long-term care planning and insurance after he saw the consequence of both of his parents needing extended care. Len is an independent, certified long-term care specialist.*

DAY	DATE	TIME	ROOM	FEE
TUES	1/14	7:00-8:30PM	B330	\$29/single or couple

**DEMYSTIFYING SOCIAL SECURITY**

*Instructed by Daniel R. Williams CLU, ChFC, CFP*

Deciding how and when to claim Social Security is one of the most critical financial decisions a person will make in his or her lifetime. By not understanding the many complex rules surrounding Social Security, you could leave thousands of dollars on the table. In this class, you will learn when should I file for Social Security benefits? What are the advantages and disadvantages of filing at age 62 or deferring to age 70? How does the November 2015 change in the rules affect me? How can I make sure I am taking advantage of available spousal, survivor or divorced benefits? How much of my Social Security will be subject to income tax? What potential changes are in store for Social Security and how might they affect my claiming decision? These questions and many more will be answered in this very important class. No Senior/Staff Discount. *Dan Williams, CLU, ChFC, CFP is a Certified Financial Planner and co-founder of the Dover Group. He is a frequent speaker on retirement, estate planning and asset protection strategies and has been named as one of Boston's top planners in Boston Magazine and The Wall Street Journal.*

DAY	DATE	TIME	ROOM	FEE
MON	11/18	7:00-9:00PM	B330	\$29/single or couple
MON	2/10	7:00-9:00PM	B330	\$29/single or couple

**HEALTH, FITNESS & GAMES**

**New! DANCE: SWING WORKSHOP**

*Instructed by Carole Ann Baer*

This 6-week course will certainly get you on the floor and dancing. You will be ready for your holiday parties! Come join in on the fun as you learn the swing style, technique and footwork in a fun and easy setting. Dance steps will be taught in a pattern for easy recognition. Whether you have danced before or are just a beginner, you will LOVE this workshop! Partners are strongly suggested, as are comfortable and dance appropriate shoes.

DAY	DATES	TIME	ROOM	FEE
WED	9/25-11/6, no class 10/9	6:30-7:30PM	C120	\$149/couple

**New! MAP ADVENTURES - ORIENTEERING**

*Instructed by Cristina Luis*

Learn how to find your way efficiently with detailed maps made just for the navigation sport of orienteering. This 4-week course will give you more confidence in map reading skills and prepare you to attend local orienteering events. Classes will take place outside at LS and participants should be dressed for outside activity (running or hiking). No extra equipment necessary. Meet outside in the LSRHS Cafeteria Courtyard. *Cristina Luis has competed around the world as a former US National Orienteering Team member, coach and adviser.*

DAY	DATES	TIME	LOCATION	FEE
WED	9/11-10/2	4:30-6:00PM	LSRHS Cafeteria Courtyard	\$60

**BADMINTON**

*Instructed by Harve Jassal*

Badminton is the most popular and fastest racquet sport! It's 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 other experienced players in 8-weeks of exciting games! If you are looking for a great way to have fun while getting in shape, this is the place to be! Bring your racquet and we will provide the birdies.

DAY	DATES	TIME	ROOM	FEE
WED	9/25-11/20, no class 10/9	7:00-9:00PM	GYM 1	\$99

### New! TAI CHI

Instructed by **Ellie Horwitz**

Tai chi has been called a "perfect exercise!" Based on Qi Gong, tai chi is an ancient Chinese mind-body practice that involves controlled breathing and movement exercises for the cultivation of your energy. It involves gently flowing strengthening and conditioning movements which increase flexibility, promote relaxation, and enhance health, strength, and balance. Come join us in this wonderful 8-week exercise for body, mind, and spirit. All levels of experience and ability are welcome! *Ellie Horwitz has studied tai chi with Dr Peter Wayne, author of The Harvard Medical School Guide to Tai Chi and Dr Paul Lam, founder of the Tai Chi for Health Institute. Ellie is passionate about the benefits of practicing tai chi and sharing the principles with others.*

DAY	DATES	TIME	ROOM	FEE
TUES	9/24-11/12	6:00PM-7:00PM	C120	\$115

### TAI CHI: AN EXERCISE YOU CAN STICK WITH

Instructed by **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. This 8-week class is small and enrollment is limited. *Dr. Cheng-Jih Li 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 the United States.*

DAY	DATES	TIME	ROOM	FEE
SAT	1/4-3/14, no classes 1/18, 2/15, 2/22	10-11:15AM	C120	\$115

### New! MEAL PLANNING FOR OPTIMAL HEALTH

Instructed by **Elissa Goldman, MS RD LDN**

During the busy work week, meal planning and preparation can be rushed and tiring. This interactive workshop will focus on evidence-based basics of meal planning and preparation for optimal heart health. Join us and leave with practical tools and meal planning strategies. A snack tasting is included! *As a Registered Dietitian, Elissa is trained to provide her clients with personalized nutrition recommendations and tools to sustain a healthy lifestyle. For more information visit [nutritionbyelissa.com](http://nutritionbyelissa.com)*

DAY	DATE	TIME	ROOM	FEE
MON	10/28	7:30-8:30PM	B330	\$25

### New! HABITS FOR HEALTH & HAPPINESS

Instructed by **Longfellow Club Nutritionists**

Habits For Health & Happiness is a 12-week wellness program focused on making lasting lifestyle changes in nutrition, exercise and stress management for improved health. Participants experience significant weight loss, blood sugar, cholesterol and blood pressure reductions, decreased cravings and struggles with food, improved energy and better moods. Program includes before and after nutrition consultations and fitness assessments including cholesterol, blood sugar, blood pressure and % body fat measures. Included is membership to The Longfellow Club. Cost is covered by insurance in many cases. Please contact Jane Polley MS, RDN at [JaneLongfellowNutrition@gmail.com](mailto:JaneLongfellowNutrition@gmail.com) or 508-653-4633 for more information and to register.

LOCATION	DAY	START DATE	TIME
Longfellow Natick	MON	9/16	4:15-6:15PM
Longfellow Natick	WED	9/18	9:30-11:30AM
Longfellow Wayland	THURS	9/19	5:30-7:30PM
Longfellow Natick	MON	1/13	4:15-6:15PM
Longfellow Natick	WED	1/15	9:30-11:30AM
Longfellow Wayland	THURS	1/16	5:30-7:30PM

### New! BRAIN HEALTH FITNESS

Instructed by **Amy Podolsky**

Come and Play! Based on the cutting-edge science of Neuroplasticity, Ageless Grace® Brain Health Fitness is an invigorating, unique workout for your Brain and your Body. Ideal for anyone and everyone who wants to stay youthful and vibrant, and especially for those who like to laugh and have fun! Wear comfortable clothing and bring a water bottle. *Amy Podolsky is a national Ageless Grace® Brain Health Educator and Trainer. Her classes have been described as "upbeat, fun, and motivating!"*

DAY	DATE	TIME	ROOM	FEE
TUES	10/1	7:00-8:15PM	A302	\$25

### FIRST AID, CPR & AED

Instructed by **Juanita Allen Kingsley**

This American Heart Association course covers CPR, AED, First Aid, Medical/Injury Emergencies, Allergies, Epipens and Asthma. Participants receive 2-year American Heart Association certification in Pediatric First Aid and Adult and Pediatric CPR and AED use. This class is suitable for day-care providers, grandparents, coaches, scout leaders and parents. Ages 12 and up. Min 6 students/Max 10 students. No discounts. *Juanita Allen Kingsley is the owner of AllenKingsley--Lifelong Learning Essentials. She has a Bachelor of Science degree in Business Administration from Boston University. She completed her EMT training at Northeastern University. Juanita serves as an instructor and instructor-trainer with ASHI, the American Heart Association, and the National Safety Council.*

SESSION	DAY	DATE	TIME	ROOM	FEE
1 - Fall	MON	10/7	6:00-9:00PM	LS Library	\$95
2 - Winter	MON	1/27	6:00-9:00PM	LS Library	\$95

### BARRE3

Instructed by **Barre3 staff**

Barre3 is an 8-week, 60-minute workout that mixes athleticism, grace, and the latest innovations designed to balance the body. Inspired by ballet barre, yoga and Pilates, instructors guide you through a sequence of movements designed to tone and lengthen all major muscle groups, rev the heart rate, and strengthen the body. Barre3 is for everyone. Each individual is empowered to adapt postures and develop body awareness for lasting results. Please wear comfortable clothing. We will work barefoot or with sticky socks (purchased at studio). Classes are held at Barre3, 365 Boston Post Rd., Sudbury. **Register through L-S Adult Ed to receive the discounted rate.**

SESSION	DAY	DATES	TIME	FEE
1 - Fall	MON	9/16-11/18, no class 10/14, 11/11	5:45-6:45PM	\$110
2 - Fall	TUE	9/17-11/5	6:30-7:30PM	\$110
3 - Fall	WED	9/18-11/6	10:15-11:15AM	\$110
5 - Winter	TUE	1/7-2/25	6:30-7:30PM	\$110
6 - Winter	WED	1/8-2/26	5:45-6:45PM	\$110
7 - Winter	THU	1/9-2/27	10:15-11:15AM	\$110

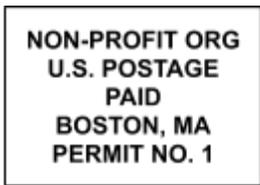
### FALL MYSTERY WALKS

Instructed by **Cindy LaRow & Tricia Garrett**

Join us this autumn for a 4-week series of walks in Sudbury, Lincoln and surrounding towns. Come get some exercise and bring your sense of adventure, as you meet new people and explore historical locations, geology, beautiful scenery, flora and fauna. Walks average 3-4 miles mostly in forested areas at a steady walking pace up and down hills and over some bumpy, rocky areas (with a few learning stops). Dress according to the weather, wear comfortable walking shoes and bring water. Please include your email address on the registration form and you will be contacted with specific information about the walks and meeting locations. In event of rain, we will cancel and add on another Tuesday.

DAY	DATES	TIME	FEE
TUES	9/24-10/15	9:30-11:45AM	\$49

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# LINCOLN-SUDBURY ADULT EDUCATION FALL 2019/WINTER 2020

Diane Alie, Director Theresa Kneeland, Assistant Director

978-443-9961 ext. 3326 [adult.ed@lsrhs.net](mailto:adult.ed@lsrhs.net) [www.lsrhs.net/sites/adulted/](http://www.lsrhs.net/sites/adulted/)

**REGISTER ONLINE:** [www.lsrhs.net/sites/adulted/](http://www.lsrhs.net/sites/adulted/)  
You may pay online from your checking account, Mastercard, Discover, or American Express. VISA is not accepted. Online payments incur a fee. You may also register online and mail us a check.

**REGISTER BY MAIL:** Mail your completed registration form and your check made payable to:  
**LS Adult Ed, 390 Lincoln Road, Sudbury, MA 01776**

**REGISTER EARLY!** Please register early as classes which do not meet minimum enrollment requirements may be cancelled, and some classes have maximum enrollment limits. **No confirmations are sent.** Students should consider their application accepted and report to class for the first meeting unless otherwise notified. All classes are held at Lincoln-Sudbury Regional High School unless otherwise specified. On the first night of class, please enter at the front entrance, facing Lincoln Rd.  
**Before registering for Private Music Lessons, email or call us first to determine availability of instructor.**

## REGISTRATION FORM Fall 2019/Winter 2020

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

COURSE #1: \_\_\_\_\_

TUITION \$: \_\_\_\_\_

COURSE #2: \_\_\_\_\_

TUITION \$: \_\_\_\_\_

**TOTAL TUITION \$:** \_\_\_\_\_

**TUITION AND FEES:** Tuition must be paid at the time of registration. Refunds in full will be granted for any course that must be cancelled due to under-enrollment or tuition may be transferred to another course if there is space. Refunds for any other reason must be requested one week before the first class meeting; a \$10 registration fee and any materials fee will be deducted from your refund. There is no tuition reduction if a student is unable to attend all classes. Lincoln & Sudbury residents over 65, and LS teachers and staff may request a 20% tuition discount (with some exceptions as noted in the course description) by indicating birth date or LS position on your registration form. This discount does not apply to materials fees.

**CANCELLATIONS:** Classes are not held on school holidays, during school vacation weeks or whenever school has been cancelled. Call LSRHS at 978-443-9961 for a recorded cancellation message. Check our website on the day of the class. We post all cancellations at [www.lsrhs.net/sites/adulted/](http://www.lsrhs.net/sites/adulted/)

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