

# Chelmsford Community Education

170 Dalton Road, Chelmsford, Massachusetts 01824 ♦ 978-251-5151

# FALL 2021



# Course Catalog

Register at [ChelmsfordCommunityEd.com](https://ChelmsfordCommunityEd.com)



# From the Director

As we begin our Fall 2021 session, we are excited to return to in-person programming and are offering a diverse collection of courses. We provide a balance of programs to support academic, social and physical growth. We strive to meet the interests of all of our patrons. The goal of Community Education has always been to bring people together, and now more than ever we are committed to that mission.

As a community we have supported each other from afar during the pandemic and we are now able to foster safe learning spaces where people can come together and reconnect in person. We will continue to adjust our COVID policies to mirror the recommendations of the Chelmsford Public Schools, and the most current information.

We rely on feedback from our Community. Please reach out to us if there are courses you would like to see offered in the future or if you have a special knowledge or skill that you would like to share.

For more information, please visit our website at [ChelmsfordCommunityEd.com](http://ChelmsfordCommunityEd.com), or call us at 978-251-5151.

Robyn Adams  
Director

# FALL 2021

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## Important Information

Chelmsford Community Education is located at 170 Dalton Road, Chelmsford (The Westlands School).

## How to Register

Online registration is available at [ChelmsfordCommunityEd.com](http://ChelmsfordCommunityEd.com). We require that you create an account with a user-name and password. Your new account will let you register and pay online with a credit card. Questions: Email us at [commed@Chelmsford.k12.ma.us](mailto:commed@Chelmsford.k12.ma.us)

## When Does Registration Begin?

Registration is currently open. We recommend customers register at least two weeks before classes begin. Registering early gives the best chance of classes running. Registration ends one week prior to the start date for each class.

## Registration Confirmation

You are officially enrolled as soon as we receive your payment. An email address is required for a confirmation email to be sent to you from [ChelmsfordCommunityEd.com](http://ChelmsfordCommunityEd.com).

## Discounts

A \$10 discount is given to senior citizens 65 and over. Senior citizen discounts do not apply to one to two-night classes. Discounts will not be given after the class has begun.

## Course Withdrawal & Refunds

Refunds for a course are handled as follows:

1. A full refund minus a \$10 processing fee will be given for a cancellation more than 15 days prior to a class start date.
2. A full credit will be given for a cancellation 8-15 days prior to the class start date. Credits expire one year from date of issue.
3. No refund or credit will be given for cancellations 7 days or less prior to class start date.
4. Refund payments require up to a 30-day processing period.
5. Trips have a different refund policy. Please refer to individual trip information for details.
6. To request a refund, email us at [adulted@chelmsford.k12.ma.us](mailto:adulted@chelmsford.k12.ma.us)



## We are hiring!!

Chelmsford Community Education is looking for teachers for our Winter/Spring 2022 class session!

- Real Estate
- Photography
- Karate
- Debate/Public Speaking
- Bee Keeping
- Fashion Design/
- Illustration
- Finance
- Make Up 101
- Crafting
- Quilting
- Pastry & Baking
- Flower Arranging
- Pickleball
- Food/Meal Prep
- Cooking
- Music Instruction
- Foreign Language
- Improv Comedy
- History – Local, State & American
- Self Defense

If you have a special skill or talent that you would like to share with our community, we would love to hear from you!!

Contact Colleen at [Smithc@Chelmsford.k12.ma.us](mailto:Smithc@Chelmsford.k12.ma.us) or 978-251-5151 x6091

## **Covid-19 Update**

Please note, as of August 16, 2021, the Chelmsford School District Superintendent's office is requiring the use of masks for all people - vaccinated or unvaccinated - when inside any of our school buildings, so please remember to bring a mask to class with you. Outdoor programs do not require the use of a mask but is encouraged for those who are unvaccinated.

## **ED2GO Online Classes**

CommEd offers a wide range of highly interactive courses that you can take entirely over the internet. Online courses are brought to you through colleges and universities that employers know. All online courses are led by expert instructors, and are affordable, fast and convenient. Visit our ed2go website for information on classes in Accounting and Finance, Business, Computer Applications, Grant Writing, Personal Development and many more! For information and enrollment see page 16 of this catalog.

## **Who Can Enroll?**

Residents of Chelmsford and non-residents are welcome to enroll in our classes at the same tuition.

## **Questions**

For questions on classes, dates and registration, contact Colleen Smith at [adulthood@Chelmsford.k12.ma.us](mailto:adulthood@Chelmsford.k12.ma.us) or **978-251-5151 x6091**

For questions regarding childcare, contact Michele Walsh at [commed@Chelmsford.k12.ma.us](mailto:commed@Chelmsford.k12.ma.us) or **978-251-5151 x6092**

## **Mission Statement**

Chelmsford Community Education is a self-sustaining branch of the Chelmsford Public Schools. Learning is a lifelong pursuit, with areas of interest and needs that are vast. Accordingly, our goal is to offer a wide variety of programs. The selections range from academics, enrichment, sports and recreation to childcare services. We strive to provide high quality classes, programs and activities at an affordable price for students of all ages.

**Register NOW at**  
**[ChelmsfordCommunityEd.com](http://ChelmsfordCommunityEd.com)**

## Trip Information

- Register at ChelmsfordCommunityEd.com
- Departure and return locations will be at Chelmsford Community Ed, 170 Dalton Road, Chelmsford, unless otherwise noted. Other possible pick up/drop off locations are Burlington or Billerica.
- Busses cannot wait for late arrivals.
- Email will be sent the week prior to the trip with details.

## Trips Update

Our travel company has been working with the bus company to ensure the safest possible travel by adhering to state distancing guidelines, sanitizing, and PPE. Due to the pandemic, trips will be added to our online registration system as more information about venue availability is received prior to each trip.

## Commed Office Staff

**Robyn Adams, Director**  
**Stefanie Fields, Assistant Director**  
**Michele Walsh, Childcare Supervisor**  
**Colleen Smith, Adult Education**  
**Program Coordinator**  
**Linda Westland, Secretary**  
**Rhonda Poole, Office Assistant**



## Virtual Private Music Instruction

Chelmsford Community Education offers music lessons in Voice, Piano, Violin, Viola, Cello, Guitar, bass, Ukulele, Flute, Oboe, Clarinet, Saxophone, Bassoon, Trumpet, Trombone, Tuba, and Baritone. Our qualified instructors are recruited and supervised by CommEd and the Chelmsford Public Schools Fine and Performing Arts Department.

For lesson availability and pricing go to ChelmsfordCommunityEd.com or contact Colleen Smith at [smithc@Chelmsford.k12.ma.us](mailto:smithc@Chelmsford.k12.ma.us)



## Test Prep

### SAT Preparation - Math

This class prepares students for the SAT Math test. It is designed to reduce anxiety and increase test scores. SAT workbook included. Bring a pencil, pen and graphing calculator to class.

**Location:** CHS Rm 207 **Age:** 15+

**Instructor:** Bethany Carlson

7 Tuesdays, September 14, 7:00-9:00pm, \$139  
Register for both Math and Verbal for just \$249

### SAT Preparation - Verbal

This course prepares students for the SAT Verbal test by analyzing the different types of SAT verbal questions and developing test-taking strategies. You will increase your vocabulary through direct study, word analysis and by practicing test taking through extensive use of SAT tests. SAT workbook included. Bring a pencil and pen to class.

**Location:** CHS Rm 207 **Age:** 15+

**Instructor:** Bethany Carlson

7 Thursdays, September 16, 7:00-9:00pm, \$139  
Register for both Math and Verbal for just \$249

## The Arts

### Drawing for Kids

In this drawing class, students will work on fun projects while learning drawing techniques and tips. These will include step-by-step drawings in addition to some time for free draw. Student's creativity will be encouraged. Two Sessions.

**Location:** CHS Rm 256 **Ages:** 5-11

**Instructor:** Gopika Luthra

(I): 5 Thursdays, September 16, 6:30-7:30pm, \$59  
(II): 5 Thursdays, November 4, 6:00-7:00pm, \$59

## Fine Arts for Kids

Let's paint fun projects on canvas and wood! Students will paint their choice of subjects on canvas and wood using acrylics while learning different painting tips and techniques. Students will have access to different painting projects and ideas. They will be provided with individual instructions (Based on their skill level). Supplies will be provided for a \$25 fee payable to instructor at first class. Two sessions.

**Location:** CHS Room 256 **Ages:** 5-11

**Instructor:** Gopika Luthra

(I): 5 Tuesdays, September 14, 6:30-7:30pm, \$59  
(II): 5 Tuesdays, November 2, 6:00-7:00pm, \$59

## Hobbies

### Chess for Kids

Enter into a magical and exciting world of chess! You will participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia, and more! Our specialized classes are a blast for everyone! Whether you have been playing chess for your entire life and want to improve, are brand new to the game, or you just want to have a fun experience with your friends - this is the class for you! This program is for all levels of ability - from beginners to more advanced players. Two 6-week sessions available for Fall 2021!

**Location:** Comm Ed Rm 21 **Ages:** 6-12

**Instructor:** Chess Wizards

I: 6 Wednesdays, September 15, 5:30-6:30pm, \$120  
II: 6 Wednesdays, November 3, 5:30-6:30pm, \$120

**Register NOW at**  
**ChelmsfordCommunityEd.com**



## Special Interests

### Home Alone

Does your child know what to do in an emergency or if a stranger comes to the door? The Home Alone Program is designed to teach children simple rules and procedures for responsible self-care. The class will have a discussion concerning these very important issues. Participants will receive a certificate of completion.

**Location:** Commed Rm 15 **Age:** 8-12

**Instructor:** Janet Cullinane

Tuesday, September 13, 5:30-7:15pm, \$29

Thursday, October 13, 5:30-7:15pm, \$29

Tuesday, December 13, 5:30-7:15pm, \$29

### Growing Strong: Empowering Young Women

This unique series addresses some of the challenges and growth opportunities that face many young girls today. Classes will be interactive, creative, inspiring, and FUN, utilizing art, games, discussion, and role play. Topics will include self confidence, self-care, friendship, conflict resolution, social media engagement, courageous communication, and why kindness matters. Girls will work to understand the importance of a positive self image, how to develop critical thinking, and communication skills, how to navigate the challenges and joys of friendship, and how to make a difference in the world. Every girl enrolled will receive a journal for class and personal use.

**Location:** CHS Career Center **Age:** 10-12

**Instructor:** Holly Redding Cooper

6 Thursdays, October 14, 6:00-7:30pm, \$149

**Register NOW at**  
**ChelmsfordCommunityEd.com**

## Special Interests

### Kids CPR

If you are caring for kids or you are old enough to be left alone with your friends, you need to know how to keep yourself and others safe. In this workshop, you will learn how to prevent injuries and respond appropriately in case of a medical emergency. We will cover CPR, show you how an AED works, learn about allergic reactions and how to treat burns, breaks and sprains. We'll also show you what you should have in a mini first-aid kit.

**Location:** CHS Career Center **Age:** 10-13

**Instructor:** Juanita Allen Kingsley, EMT

Thursday, October 7, 5:30-7:00pm, \$55

### Blast Babysitter Lessons & Safety Training

This course covers how to handle the basics of childcare, how to react responsibly to medical emergencies and injuries, and how to perform first aid for common childhood injuries. Participants also learn about choking prevention and relief, and how to call 911. We will also teach you how to set up and run your own babysitting business.

**Location:** CHS Career Center **Age:** 11-13

**Instructor:** Juanita Allen Kingsley, EMT

Thursday, October 7, 7:00-9:00pm, \$55

#### **SPECIAL SAVINGS:**

Register for both Kids CPR and Blast Babysitting and save \$10! Look for the combined class online or contact Colleen at [smithc@Chelmsford.k12.ma](mailto:smithc@Chelmsford.k12.ma)

## Physical Fitness/Sports

### Hula Hooping for Health

Our hula hooping class for children and teens (ages 8-17) is a total blast! Hula Hoop fitness will improve coordination, increase flexibility and build core strength! Your child or teen will experience the excitement of hoop dance through learning fun tricks on and off the body (or through learning fun tricks in and out of the hoop!) Modifications are available to accommodate any level student, from beginners to the advanced. Hoops will be provided in class for use or students may bring their own.

**Location:** CHS Cafeteria 1 **Age:** 8-17

**Instructor:** Jennifer Aucoin

8 Tuesdays, September 14, 6:00-7:00pm, \$70

### Street Hockey with Skyhawks

Score a winning goal with our NEW Street Hockey program! Coaches teach the key concepts of passing, shooting, defense, stick handling, and speed in this safe, non-checking introductory environment. Specifically designed for beginning and intermediate players, this program teaches new skills, builds confidence and instills valuable life lessons such as teamwork, sportsmanship, and respect. Equipment will be provided. No skates allowed. Shoes required.

**Location:** CHS Basketball Courts **Age:** 8-12

**Instructor:** Skyhawks Sports Academy

7 Thursdays, September 16, 4:00-5:00pm, \$99

**Register NOW at**  
**ChelmsfordCommunityEd.com**

### Tennis

Due to the amazing success of our summer tennis program, we have expanded the program to offer Fall Tennis! This program is designed for players of all abilities - from beginner to an advanced level, regardless of age. Lessons will be broken up by age (U6, U10, and U16) and will be 3 days per week for 5 weeks.

**Location:** CHS Tennis Courts **Age:** 4-16

**Instructor:** Marcel Gamache

5 Weeks (TWR) September 14, \$375

U16: 3:30 - 4:30pm

U6: 4:30 - 5:30pm

U10: 5:30 - 6:30pm

## Social Skills

Give your child a strong foundation in social graces, dining etiquette and interpersonal skills. Our goal is to empower them with confidence and propel them towards personal and professional success. Communication is the most important key to leadership success. However, research shows that in today's age of social media, with a decrease of face-to-face conversations, interpersonal skills are on the decline. A person who has well refined social skills conveys confidence. This can create an appealing differentiator that sets himself or herself apart.

### Children's Dining Etiquette Workshop

Want to take your school aged children out to eat with you at a fine dining or a large social event but you're a little afraid how they might behave? This workshop is designed to teach them how to conduct themselves in any setting.

Topics include approaching and seating at the table, understanding the place setting, appropriate table conversation, how to correctly hold silverware and so much more!

**Location:** CHS Staff Dining Room **Grades:** 2-7

**Instructor:** Nikki Sawhney

Thursday, October 7, 6:00-7:30pm, \$65

## Children's Social Skills Workshop

Children are the leaders of tomorrow. Help them to feel self-reliant and confident in any social situation with this workshop. The skills learned in this workshop will help them succeed in school, socially, and later professionally which will set them apart as they navigate the social pressures of life. Topics include: the importance of greeting others, eye contact, making appropriate conversation, proper telephone etiquette, and so much more!

**Location:** CHS Staff Dining Room **Grades:** 2-7  
**Instructor:** Nikki Sawhney

Thursday, October 28, 6:30-8:00pm, \$60

## Teen Social Skills Workshop

Give your teenager the lifelong gift of courtesy, resilience, and good manners with this workshop aimed to empower them to become confident, independent, and respectful adults who will move through life with poise and grace.

Topics include: the importance of greeting others, self-respect and respect for others, making appropriate conversation, email, text and social media etiquette, and so much more!

**Location:** CHS Staff Dining Room **Grades:** 8-12  
**Instructor:** Nikki Sawhney

Tuesday, November 16, 7:30-9:00pm, \$60

## Children's Dining Prep for the Holidays Workshop

Holidays are a stressful time of year and we can all use a little help to brush up on our etiquette, especially children. In this 60-minute workshop your child will learn to convey confidence, courtesy, and be self-reliant in any social or dining situation.

Topics Include using please and thank you, passing food at the table, how to correctly hold silverware, American and continental styles of dining, and so much more!

**Location:** CHS Staff Dining Room **Grades:** 2-7  
**Instructor:** Nikki Sawhney

Thursday, November 28, 6:00-7:30pm, \$65

## Teen Restaurant Ready Etiquette Workshop

In this class students will learn how to use good manners at the table when dining out at a restaurant or special event. Good table manners show self-awareness, respect, and courtesy to others, which are important tools for social interactions that will benefit teens personally and professionally for the rest of their lives.

Topics Include waiting for a table, speaking to servers, the menu and ordering food, trying new foods, and so much more!

**Location:** CHS Staff Dining Room **Grades:** 8-12  
**Instructor:** Nikki Sawhney

Tuesday, December 7th, 7:00-8:00pm, \$50

## Teen Prep for the Holidays Dining Etiquette Workshop

Present your teen with the opportunity to feel self-reliant and confident in any dining and social situation by taking an interactive lesson taught by our certified etiquette consultant. This workshop is designed to teach each student how to conduct themselves in any dining setting and when meeting new people. Topics include seating and table space, appropriate table conversation, passing food at the table, what to do with unwanted food, and so much more!

**Location:** CHS Staff Dining Room **Grades:** 8-12  
**Instructor:** Nikki Sawhney

Thursday, December 16th, 6:30-8:00pm, \$65



**Register NOW at**  
**ChelmsfordCommunityEd.com**

## Cooking

### The Art of Pasta Making

In this one-night class, we will be making pasta dough from scratch, cutting fettuccini, then moving on to prepare ravioli with spinach and ricotta filling. Sauces will include marinara and roasted red pepper cream sauce. Learn which pasta machines are best, where to purchase them, and different price ranges and styles to best suit your needs in the kitchen.

**Location:** Comm Ed Kitchen **Age:** 18+  
**Instructor:** Diane Manteca

Wednesday, September 29, 6:00-9:00pm, \$58

### Mediterranean Cooking

Mediterranean cuisine relies on ingredients that are rich in whole foods, such as fresh vegetables, seasonal fruits, natural meats and poultry, wild fish, and dairy. It stresses foods that are high in fats too, such as olive oil and nuts. Chef Diane

Manteca wants to teach you recipes that highlight the benefits of Mediterranean cooking. Our menu will include: Roasted Garlic Cauliflower Hummus, Almond & Beef Meatball Soup, Fig & Ginger Chicken Tagine, Charmoula Roasted Vegetables.

**Location:** Comm Ed Kitchen **Age:** 18+  
**Instructor:** Diane Manteca

Wednesday, October 6, 6:00-9:00pm, \$58

### New England Cooking with Apples

Learn to use our bounty of New England apples to create a delicious full course dinner. We will use Macintosh, Cortland, Honey Crisp & more. Full course dinner includes Baked Brie & Apple Cranberry Compote, Butternut Squash & Apple Bisque, Maple Glazed Chicken with Sautéed Apples, Mashed Sweet Potato with Parsnip & Apples, and a French Normandy Apple Tart.

**Location:** Comm Ed Kitchen **Ages:** 18+  
**Instructor:** Diane Manteca

Wednesday, October 20, 6:00-9:00pm, \$58

### Gnocchi Three Ways with Bolognese

In this class, learn to make light as air gnocchi, as it is done in Italy. We will be making classic potato gnocchi butternut squash gnocchi, and Tuscan spinach & ricotta gnocchi. To sauce them up, authentic bolognese sauce, along with marinara sauce and brown butter sage sauce will be made. Includes the cost of food and supplies

**Location:** Comm Ed Kitchen **Ages:** 18+  
**Instructor:** Diane Manteca

Wednesday, November 3, 6:00-9:00pm, \$58

### Creative Thanksgiving Sides & Dessert

Get an early start on making a memorable feast for Thanksgiving! Learn how to put a fresh spin on your favorite side dishes. We will be making Chestnut & Apricot Stuffing, Winter Root Mash, Brussels Sprouts with Maple Mustard Sauce, and Sweet & Sour Red Cabbage. Finish your feast with Pumpkin Gingerbread Pudding!

**Location:** Comm Ed Kitchen **Age:** 18+  
**Instructor:** Diane Manteca

Wednesday, November 17, 6:00-9:00pm, \$58



**Register NOW at**  
**ChelmsfordCommunityEd.com**

## A Tuscan Dinner

Ah, Tuscany! The food, the landscape, the villas, the wine. You may not be able to fly to Italy at a moment's notice to enjoy the riches of Tuscany, but you can bring a little Tuscany to your dinner table. Learn to prepare a traditional Tuscan meal at home. Make a salad of Fava Beans, Romano, Fennel, and Greens; cook Penne Pasta in Porcini Mushroom Sauce; and Chicken Al Forno, made with Olives, Tomatoes, and Rosemary. A specialty of Tuscany, Si Torta Di Nonna, a custard-filled cornmeal creation topped with pine nuts, ends the meal.

**Location:** Comm Ed Kitchen **Age:** 18+

**Instructor:** Diane Manteca

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Wednesday, December 1, 6:00-9:00pm, \$58

## Biscotti & Italian Cookies

No need to go to the North End or Italian pastry shops when you can make fabulous Italian cookies in your own home kitchen just in time for the Easter holidays. In this class we will learn how to make biscotti, sesame cookies, anise glazed cookies with sprinkles and ricotta cookies. Take home a big box of these treasures to share with your family and friends.

**Location:** Comm Ed Kitchen **Ages:** 18+

**Instructor:** Diane Manteca

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Wednesday, December 8, 6:00-9:00pm, \$58

## Computers

### Intro to Microsoft Excel

Session 1: What Microsoft Word is to words and letters, Microsoft Excel is to numbers. This class shows you the basics of how to use Microsoft. Some of the topics covered are adding up columns, basic formulas, sorting data, tips and tricks, graphs and charts, filtering, copying and pasting, find and replace, and freezing panes. Fun in-class exercises include creating and maintaining lists, and setting up a budget.

Session 2: This Excel class is a continuation of part 1 and continues to show you how to use Microsoft Excel. Some of the topics covered are adding up columns on large spreadsheets, import files, conditional formatting, formulas, functions, pivot tables, encryption, templates, copy cell from another spreadsheet, merging data from another files, and tips and tricks. Fun in-class exercises and importing/merging files will be covered.

**Location:** CHS Room 244 **Ages:** 18+

**Instructor:** Annette Presseau

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Sess 1: Thursday, September 16, 6:30-8:00pm, \$89

Sess 2: Thursday, October 21, 6:30-8:00pm, \$89

## Educational

### First Aid & CPR for Adults

The ASHI Pediatric CPR, AED and First Aid training program provides an ideal training solution for schools, Scout Leaders, childcare providers, youth sports coaches and other required to learn how to respond to medical emergencies involving children and infants. Topics covered include First Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult and Pediatric CPR & AED. Students will receive a 2 year certification upon completion.

**Location:** CHS Library **Age:** 18+

**Instructor:** Juanita Allen Kingsley, EMT

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Thursday, October 14, 6:00-9:00pm, \$80

## Educational (Cont.)

### Digital Film Production for Beginners

Lights! Camera! Action!

Learn how to script, produce, and edit a short film! During this eight-week class, participants will work as a group to create a short film through pre-production, filming and editing. Instructor: Pat Snow

All experience levels are welcome. This class is being offered through Chelmsford Television and has a maximum of 6 spaces for the fall session, so don't miss out - register today!

**Location:** Parker Middle Telemedia **Age:** 18+

**Instructor:** Pat Snow

Tuesday, October 5, 7:00-8:30pm, \$50

## Baking & Cake Decorating

### Learn to Decorate with Buttercream Icing

Come join us and learn the art of cake and dessert decorating. Decorate filled cupcakes with stars, rosettes, wavy lines, loops, and swirls. You will also learn borders, leaves, grass, drop flowers, daisies, sunflowers and zinnias. By our final class, you will learn how to write on a cake and make beautiful ribbon roses.

**Location:** Commed Bldg. Cafe **Age:** 18+

**Instructor:** Mary Napoli

4 Mondays, September 13, 6:45-8:45pm, \$59

**Register NOW at**  
**ChelmsfordCommunityEd.com**

## Royal Icing Flowers & Basketweave in Buttercream

In this course you will learn how to make 2 kinds of icing, Buttercream and Royal Icing, and learn how to change the consistencies depending on the application. You'll learn bag positions and pressure control. Students will also be taught how to use it for the technique of Brush Embroidery. Royal Icing is the ideal medium to construct gingerbread houses because it dries quickly. It can be piped directly onto fondant for a very finished look. You will learn color principles so that your desserts are very complimentary. We will create cornelli lace, brush embroidery, petals, and blossoms, including rosebuds, half roses, and the full rose. Stems, leaves, violet leaves, pansies, violets, lilies, and poinsettias will also be shown. Royal icing flowers can be made in advance and stored for several months until you are ready to use them. We will talk about the principles of floral cake design relating to proportion, form, and balance. In the last class, you will design a cake incorporating the beautiful art of basketweave in addition to adding your own royal icing flowers.

**Location:** Commed Bldg. Cafe **Age:** 18+

**Instructor:** Mary Napoli

4 Mondays, October 18, 6:45-8:45pm, \$59

## The Arts

### Mixed Media 2D Collage Art Workshop

Collage is a technique of art creation that brings together different forms of media to create a whole. This class shows you how to assemble paper, paint, and bits of found images to create pieces you will be proud of. The class will cover technique, color theory and good composition.

**Location:** Commed Bldg. **Age:** 18+

**Instructor:** Deb Arsenault

2 Wednesdays, September 29, 6:30-8:30pm, \$39

## The Arts (Cont.)

### Mixed Media 3D Collage

#### Art Workshop

In Mixed Media 3-D collage art workshop, you'll learn how to assemble interesting media and objects in a personal creative way. The class covers subjects such as techniques, good composition, balance and color theory.

**Location:** Commed Bldg. **Age:** 18+

**Instructor:** Deb Arsenault

2 Wednesdays, October 20, 6:30-8:30pm, \$39

### Grape Decorated Frosted Wine Bottle Nightlight

Join us as we make a beautiful glass bead Grape Decorated Frosted Wine Bottle Nightlights. A complete kit of materials will be provided (for a \$10 materials fee payable to our instructor when you arrive for your class). This beautiful light can be used as an ambiance light for your kitchen or another room in your home. When lit, the string of lights will bounce through the glass stones projecting parts of the shapes and colors anywhere near it. Come for a fun night out with friends, or start your holiday crafting early by making your first holiday gift of the season!

**Location:** Commed Bldg. Rm 17 **Age:** 18+

**Instructor:** Susan Stonier

Monday, September 20, 6:30-8:30pm, \$29

Monday, November 8, 6:30-8:30pm, \$29

## Hobbies & Crafts

### Knitting

Would you like to learn how to knit? Do you know how to knit but would like to tackle a more challenging project or learn a new knitting skill? This class is open to anyone interested in knitting.

Beginners will learn how to cast on, knit, purl, and cast off while knitting a small class project.

Continuing knitters should either bring their own projects or the instructor will provide a project in class for the cost of the materials.

**Location:** CHS Main Office Conf. Rm **Age:** 18+

**Instructor:** Dale Koethe

6 Tuesdays, October 19, 6:30-8:30pm, \$83

### Beer Making: Home Brewing Intro

This course is a compilation of facts, techniques, methods, and examples resulting from many years of brewing experience. If you like lagers or ales, anything from pale to pilsners, saison to stout, and like the idea of producing something you will love to drink – this course is for you. The course presumes no prior experience, but even if you are a seasoned brewer – there will be content to interest and intrigue. Everyone will receive a kit to brew a SMaSH IPA at home, and we will preview and practice the techniques involved during the first two classes. There will be plenty of time for questions and discussion while things are cooking in the kitchen along with guidance on equipment and supplies to brew your own beer at home.

**Location:** Commed Kitchen **Age:** 18+

**Instructor:** Jerry Lotto

3 Mondays, September 20<sup>th</sup>, 6:30-8:30pm, \$109

### Memory Photo Board

#### with Ribbon

Display your important photos in a special way by making this memory photo board with ribbon. A complete kit of materials will be provided (for a \$10 materials fee payable to the instructor when you arrive for your class). Get creative with your fabric and ribbon choices to complete this board that would be a beautiful addition to your home or a treasured gift for a family member or friend.

**Location:** Commed Bldg. Rm 17 **Age:** 18+

**Instructor:** Susan Stonier

Monday, October 4, 6:30-8:30pm, \$29

Monday, November 29, 6:30-8:30pm \$29

**Register NOW at**  
**ChelmsfordCommunityEd.com**

## Hobbies & Crafts

(Cont.)

### Sewing

This class is based on your own individual project. **The first class is held at Jo- Ann Fabrics in Westford**, where you will be helped in choosing a pattern, fabric, and the notions you will need for your project. In the following classes, held at Chelmsford High School, you will learn how to measure correctly, read, adjust, cut out a pattern, and, finally, put it all together. **Please bring your own sewing machine to class.** By using your own machine you will become more familiar with all that your machine can do.

**Location:** CHS Rm 109 **Age:** 18+

**Instructor:** Therese Quinn

10 Tuesdays, September 21, 6:00-8:45pm, \$149

## Languages

### Intro to Basic Spanish

Have you ever wished you could speak another language? Are you planning a trip and want to be able to communicate better with the locals? Students will learn by application and practice, using listening, speaking, reading and writing activities. A textbook will be included in the cost of this program.

**Location:** Commed Rm 17 **Age:** 18+

**Instructor:** Ashley Frankian

8 Wednesdays, September 15, 6:00-8:00pm, \$159

### Complete Spanish - Intermediate

In this continuation of what students learned in Intro to Basic Spanish, students will continue to learn by application and practice, using listening, speaking, reading and writing activities. A textbook will be included in the cost of this program. It is suggested that all students registering for this class complete Intro to Basic Spanish first, but our instructor can offer a simple placement test to determine which class would be most appropriate for your skill level.

**Location:** Virtual Class **Age:** 18+

**Instructor:** Ashley Frankian

8 Thursdays, September 16, 6:00-8:00pm, \$159

### American Sign Language for Beginners

In this course, we will learn some ASL basics: the alphabet, letters, colors, food and other topics. In addition to vocabulary, we will work on some simple sentence structures and learn about Deaf history and Deaf culture. This course is perfect for students with no ASL experience or anyone who needs to relearn ASL or practice.

**Location:** Commed Rm 17 **Age:** 18+

**Instructor:** Abbey Dick

8 Mondays, September 13, 5:30-6:30pm, \$89



**Register NOW at**  
**ChelmsfordCommunityEd.com**



## Physical Fitness

### Get Moving With Zumba

Zumba is an amazing dance fitness class that mixes Latin rhythms with low and high intensity moves for a calorie burning dance fitness party to tone the entire body. Each class combines cardio, muscle conditioning, balance and flexibility. You will leave each session with boosted energy! This class is being offered as a 12-week series on Mondays, Wednesdays or both days combined.

**Location:** Commed Ed Gym **Age:** 18+  
**Instructor:** Aaron Bryant

12 Mondays, September 13, 6:30-7:30pm, \$105  
 12 Wednesdays, September 15, 6:30-7:30pm, \$105  
 24 Combined, September 13, 6:30-7:30pm, \$185

### Hula Hooping for Health

Hula Hooping is not just for kids! Come learn how fun dancing with a hula hoop can be! No previous experience is necessary. Hula Hooping is a great way to burn calories, express yourself, stimulate your mind, strengthen your body, improve flexibility, build confidence, and improve hand/eye coordination. We will delve into a variety of hoop dance moves including on and off-body hooping. Hula Hoops during class time will be provided.

**Location:** CHS Cafeteria 2 **Age:** 18+  
**Instructor:** Jennifer Aucoin

8 Thursdays, September 16, 6:00-7:00pm, \$70

### Bollywood Dancercise

Bollywood dancing is one of the most versatile styles combining dance styles from India and around the world to create its own unique technique. This high intensity class is open to all levels of ability who want to learn to dance, e-stress, have fun and burn calories. This class is being offered as a 6-week series purchase or by individual class purchase of \$15 per class. Contact our office for more details on single class registration.

**Location:** CHS Café 2 **Age:** 18+  
**Instructor:** Jenish Thakkar

6 Tuesdays, September 21, 6:30-7:30pm, \$59

### Yoga For All Levels

This class focus is on relaxation through a slow-paced practice that features calming poses and an emphasis on stretching and breathing without intensity or rigorous movement. This class is great for all levels. This class is being offered as a 6-week series purchase on Mondays, Wednesdays, or both days combined. No class on October 11 or 13.

**Location:** Commed Rec Room **Age:** 18+  
**Instructor:** Kathy Otto

Session 1:

6 Mondays, September 13, 6:30-7:30pm, \$89  
 6 Wednesdays, September 15, 6:30-7:30pm, \$89  
 Combined Mon/Wed Class \$148

Session 2:

6 Mondays, November 1, 6:30-7:30pm, \$89  
 6 Wednesdays, November 3, 6:30-7:30pm, \$89  
 Combined Mon/Wed Class \$148



**Register NOW at**  
**ChelmsfordCommunityEd.com**

## Health & Wellness

### Connecting With Your Guardian Angels

Join us for an evening of fun and adventure! Learn about these Divine, non-denominational, spiritual beings who wish to connect with us, send us messages, and guide us on our paths. Connect with your angels and learn the best ways to communicate and work with them to improve your life on a daily basis. Practice some intuitive development skills to best connect with them and feel their presence touch and surround you.

**Location:** CHS Rm 203 **Ages:** 18+

**Instructor:** Michelle Grossman

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Thursday, November 2, 6:30-8:30pm, \$29

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### Fact From Fiction: The Truth About Weight Loss

If you are a man with a waist bigger than 40 inches or a woman with a waist bigger than 34.5 inches, you are probably insulin resistant and, for you, losing weight is almost impossible. If somehow you do lose weight, it is almost impossible to keep it off. Insulin resistance is the primary cause of the American obesity epidemic. It is also the primary cause of Type II diabetes, cholesterol, blood pressure and heart attacks. This program explains exactly what insulin resistance is and how to turn it around in three to four weeks. Once this is done, weight peels off and will stay off. We discuss size vs. fitness and body weight vs. body fat.

**Location:** CHS Rm 215 **Age:** 18+

**Instructor:** Dr. Gerard Cassista

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Tuesday, September 28, 7:00-9:00pm, \$29

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### The 4 Secrets to Thriving after a Breakup or Toxic Relationship

Discover why NOW is the perfect time for reflection and personal growth around relationships, and HOW you can take massive action towards happiness in these areas. The commonly believed misconception about the phrase "time heals all wounds" encourages people to just HOPE they will someday feel better and have the relationship of their dreams. This is not the reality. The reality is that we must CREATE the relationships we desire through processing our relationship trauma and better understanding ourselves and our patterns.

This course will challenge you to do more than just talk about problems, or move on from relationships for the sake of entering a new one, but rather, to TAKE ACTION in the first steps of healing and personal growth.

**Location:** CHS Rm 206 **Age:** 18+

**Instructor:** Emmi Fortin

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Tuesday, September 21, 6:00-8:00pm, \$29

Tuesday, October 19, 6:00-8:00pm, \$29

Tuesday, November 16, 6:00-8:00, \$29

Tuesday, December 14, 6:00-8:00, \$29

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**Register NOW at**  
**ChelmsfordCommunityEd.com**

## Special Interests

### You Can Afford College IF...

Financial aid goes to those families that plan in advance – ideally before December 31<sup>st</sup> of sophomore year of high school. This course teaches you concepts and strategies that will help you maximize financial aid by understanding the process, and how strategies may increase your eligibility even if you have a “high income.” The greatest amount of financial aid goes to those who act during the years before college. All schools are not alike, so it is important to know your options and opportunities. A Free financial aid analysis will be available to all attendees.

**Location:** CHS, Room 204     **Age:** 18+

**Instructor:** Dick Man

Thursday, November 4, 7:00-9:00pm, \$29

### Finding the Right Fit: The College Admissions Process

Looking for the right school for your child? How can parents help their students with the college admissions process. Learn how merit money works and what you can do to better your position even if they are not a top student. In the past year, significant changes have occurred in the college admissions process; standardized testing has shifted and researching and visiting colleges has become more complicated. Learn why starting the process can offer significant advantages. Let Aaron Ladd help you find the right fit for your child’s college experience.

**Location:** CHS, Room 201     **Age:** 18+

**Instructor:** Aaron Ladd

Thursday, September 30, 7:00-8:30pm, \$29

**Register NOW at**  
**ChelmsfordCommunityEd.com**

### Keep Talking: An Intro to Professional Voice Over

Have you ever been told that you have a great voice? This class will explore numerous aspects of voice-over work for television, film, radio, audio books, documentaries and the internet. We will cover all the basics: How to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our voice coach producer! This class is informative, lots of fun and a great first step for anyone interested in voice acting professionally.

**Location:** Commed Rm 15     **Age:** 18+

**Instructor:** Will Hahn

Monday, November 01, 6:30-8:30pm, \$29

### I Have My DNA Results... Now What?

A DNA test is a good place to start, but where does one go from there? In this series of classes, participants will be given advice, tools, and strategies for beginning their genealogical adventures - and will investigate available resources to help them start their own family trees. Some class time will be provided for online guided research and tree building.

**Location:** CHS Computer Lab     **Age:** 18+

**Instructor:** David Martinez & Joyce Desjardins

10 Thursdays, September 23, 6:00-8:30pm, \$159



## Fall 2021 Trips

For more information on our trips, go to [ChelmsfordCommunityEd.com](http://ChelmsfordCommunityEd.com) or email us at [commed@Chelmsford.k12.ma.us](mailto:commed@Chelmsford.k12.ma.us)



### Kennebunkport, Maine

Date: September 25

Step on guide. Time for shopping in Dock Square and lunch on your own. Pickup at 8am, leave for home around 3pm.

### Red Apple Farm

Date: October 9

Hay Ride, \$15.00 food voucher for BBQ lunch, visit the country store and pick your own apples. Stop at Smith's Cheese shop on the drive home..



### New England Christmas Festival at Mohegan Sun

Date: November 6

Over 350 vendors. Includes admission to the festival and casino package if available.

### Yankee Candle & Bright Nights Holiday Lights

Date: December 12

Visit Yankee Candle Village for shopping, crafting, the candle museum, and dining. Stop at the Bright Nights Holiday Lights display.



All packages are based on safety, simplicity and cost. It is our primary goal to make our passengers feel comfortable when stepping on the Motorcoach.

More trips will be added to our website as information becomes available.

Travel arrangements provided by Celebration Tours II in Quincy, MA.

## Ed2Go Online Learning

Chelmsford Community Education partners with Ed2Go to offer a wide range of highly interactive courses that you can take entirely over the internet. All courses are led by expert instructors, many of whom are nationally know authors.

Some courses offered through Ed2Go are:

- Accounting Fundamentals
- SQL Series
- GRE Prep Series
- Grant Writing Suite
- Veterinary Assistant Series
- Technical Writing Suite
- Computer skills for the workplace
- Medical Terminology

- Advanced Comp TIA A+ Certification Prep
- Quickbooks with Microsoft Excel
- Discover Sign Language Series
- Introduction to Interior Design
- Start Your Own Small Business
- Fundamentals of Supervision Management
- Creating Web Pages
- 12 Steps to a Successful Job Search

To register for these or any of our other Ed2Go classes, go to [ed2go.com/chelmcomed/](http://ed2go.com/chelmcomed/)

# CHILDCARE

## FULLDAY

## PRESCHOOL

The Lion's Pride Preschool/Pre-K and Toddler Care Program offers a full day classroom experience for children. Our certified teachers come to our program with years of experience allowing the to offer a hands-on, theme-based curriculum with ease.

The Lion's Pride program offers care for children ranging from 18 months until the child is eligible for kindergarten. We are a small program that offers a comfortable family style feeling, while maintaining the standards and security of a school setting. The children are split into age appropriate classrooms: toddlers, three and four-year old children. This allows for specialized curriculum time that is age appropriate. Our days are packed with exciting activities and experiences which allow the children to grow and develop at their own pace.

Our classrooms are filled with learning centers and opportunities for the children to soar academically. With our state-of-the-art materials we are able to exceed the recommendations offered by the MA Preschool Curriculum Guideline. Children work in small groups with the teacher on a daily basis to achieve maximum development. The children in our rooms have separate areas for creative play, building & construction, circle time, writing, math & science exploration, art and music, and sensory play. We also include a weekly visit from our music teacher. Our Toddler classrooms offer a large space with an abundance of toys to allow our youngest students to play and explore. We provide areas for gross motor, fine motor and art within the classroom. The teachers work with each child to help them reach his/her personal developmental milestones. This classroom is filled with hugs, smiles and laughter.

Our Preschool Classroom recognizes that three-year old children are in a year of transition. They are seeking independence while still dependent on adult reassurance. Special focus on social skills is built into our plans. We provide daily activities to encourage social development and confidence, while providing safe boundaries. Our preschool curriculum is built around introduction of the alphabet. Each week is packed with exciting activities based on the letter of the week.

The Wrap Around Classroom is an integrated, mixed aged classroom for 3 and 4-year olds. This classroom focuses on social skills, as well as academic development centered on weekly letter-based themes. The classroom introduces the students to Foundations curriculum at age appropriate levels, while reinforcing the alphabet and numbers for our younger learners. Any student who attends CHIPS and needs extended care will join this classroom, as well as students from our Preschool and Toddler 2 classroom.

Our Pre-K curriculum has been created around week-long themes. The teachers are able to look at each unit in depth and provide the maximum learning opportunities. We use the Foundations curriculum to introduce writing in the same way as the Chelmsford Public Schools. We also realize the tremendous value of learning through play. The Pre-K classroom offers ample play time and creative activities to reinforce social skills and foster independence.

Lion's Pride follows the Chelmsford Public School calendar. Our hours of operation are 7 AM until 3 PM. For more information, please call 978-251-5151. Enrollment for 2021-2022 is currently underway. Visit **ChelmsfordCommunityEd.com** for pricing.

Please Note: Due to the Covid 19 Pandemic, some classroom descriptions and curriculum may be altered as required based on state guidelines.

# News from Around Town



Chelmsford Community Education has some fun things in store for our community during the 2021-2022 school year. Join us for some fun games, contests, and community events!

For more information, watch our website: [ChelmsfordCommunityEd.com](http://ChelmsfordCommunityEd.com) and like our Facebook page at Chelmsford Community Education.

## Senior Center

Anyone 60 years or older can become a member of the Chelmsford Senior Center and participate in the programs offered. There is no fee for joining and you do not need to be a resident of Chelmsford. Stop by for a tour and pick your application up soon!

Contact us:

Chelmsford Senior Center  
75 Groton Road  
N. Chelmsford, MA 01863

Phone: 978-251-0533

Monday through Friday: 8:30am to 4:00pm

Email: [dsiriani@chelmsfordma.gov](mailto:dsiriani@chelmsfordma.gov)

Friends of the Senior Center Inc.

75 Groton Road  
N. Chelmsford, MA 01863

Phone: 978-251-1123

Email: [FriendsSrCtr@aol.com](mailto:FriendsSrCtr@aol.com)

Facebook: Friends of the Senior Center, Inc. of Chelmsford

Website:

<https://www.chelmsfordma.gov/>

## Board of Health

For updates, please view the Board of Health Facebook page along with the Town of Chelmsford Website and the Health Department website:

Like us on Facebook for alerts and the latest news:

<https://www.facebook.com/ChelmsfordBoardofHealth>

Chelmsford, MA – Official Website:

<https://www.townofchelmsford.us/>

Health Department:

<https://www.townofchelmsford.us/156/Health-Department>

Cholesterol and Blood Sugar Screenings:

Screenings are held several times a year. The fee is \$20 and pre-registration is required. Clinic dates will be advertised through Chelmsford cable channel, the Board of Health website and the Chelmsford Board of Health Facebook page.

2021 Flu Clinics:

The Board of Health will offer flue clinics in the fall. Clinic dates will be announced through the Town website, Senior Messenger, and the Board of Health Facebook page. Hi dose formula will be available for those 65+. **EVERYONE** regardless of age **MUST** bring all health insurance cards (if you do not have insurance, you are still able to receive your vaccine at no cost). The BOH will also hold clinics for Senior Housing residents along with School based flu clinics for students at Chelmsford High School along with Parker & McCarthy Middle Schools.

# News from Around Town

## Board of Health (Cont.)

### Drop-in Blood Pressure Screening:

Screenings are held the first Thursday of each month (excluding holidays) from 9:00am to 12:00pm at the Board of Health office. No appointment needed.

### Medical Sharps Collection:

The Board of Health accepts sharps in a Sharps Container or Coffee Cans **ONLY**. Collections are held three times a year on the second Monday of April, September, and December from 9am to 4pm. Pre-registration is required (please note, you only need to register once).

### Library Series:

Throughout the year, the Board of Health collaborates with the Chelmsford Library to offer education programs for residents of the Greater Chelmsford area on a variety of health-related topics. Please check the Board of Health website and the Chelmsford BOH Facebook page, as well as the library website for updates.

### Project INTERFACE:

**William James INTERFACE Referral Service** is a **FREE & CONFIDENTIAL** mental health and wellness referral Helpline available Monday – Friday from 9am to 5pm at 888-244-6843 (please note, this is NOT a 24/7 hotline). This referral service is for individuals of all ages living in Chelmsford. Callers are matched with licensed mental health providers from the extensive database of over 7K providers in Massachusetts. The response time, on average, is within 2 weeks of their call to INTERFACE. Each referral best meets the location, insurance, and specialty needs of the caller.

Copies of documentation of previously administered vaccines:

Copies of any vaccine that you received through the Board of Health can be obtained by calling the BOH. The cost is **\$10.00 per copy**. Payment can be by cash or check. Requests made by individual or guardian only. You must come to the office with a photo ID to receive the copies.

### BOH Walking Group:

The Board of Health hosts free walking groups for all ability levels at 9am on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month from May through September. We meet at the 110 Ballfield on Chelmsford St. on the Bruce Freeman Trail where we discuss different health topics each time we meet! Registration is NOT required. In case of inclement weather, we will not meet.

### Household Hazardous Waste Day:

HHWD is offered twice a year to **Chelmsford Residents Only** on the last Saturday of April and October. The next HHWD is **Saturday, October 30, 2021, from 9am to 1pm located at the Chelmsford DPW (9 Alpha Road)**. You must bring and ID and fees may be charged for items. You may call Melissa Joyce, Sustainability Manager at 978-251-5203 or email [mjoyce@chelmsfordma.gov](mailto:mjoyce@chelmsfordma.gov) with questions.

### Unwanted Medication:

Dispose of your unwanted **pills only** at the Unwanted Medication Disposal Kiosk at the **Chelmsford Police Department (2 Olde North Road 24/7)**.

**Pills must be in secured zip-locked baggie no larger than two slices of bread.** Sharps (needles, lancets, syringes) will **NOT** be accepted. Please see previous info on **Medical Sharps Collection**. If you have unwanted liquid medication to dispose of, it is acceptable to mix it with an undesirable substance such as coffee grounds, kitty litter, or saw dust and put it in a bag and dispose that bag in your regular trash.

**Do NOT flush any time of medication down the drain.**

For questions, please call the Chelmsford Board of Health, (978) 250-5241

Monday, Wednesday & Thursday: 8:30am – 4pm

Tuesday: 8:30am – 7pm

Friday: 8:30am – 1pm

Town Hall Offices  
50 Billerica Road  
Chelmsford, MA 01824