



CHELMSFORD
COMMUNITY EDUCATION
WINTER / SPRING
2024



ART p. 11



COOKING p. 5



LANGUAGES p. 14

Register online at ChelmsfordCommunityEd.com

CONTENTS

1 IMPORTANT INFORMATION

2 YOUTH PROGRAMS

- 2 TEST PREP
- 2 ART
- 3 COOKING & BAKING FOR KIDS
- 3 YOUTH SPORTS
- 3 SPECIAL INTERESTS
- 4 CHILDREN'S EDUCATIONAL

5 ADULT PROGRAMS

- 5 IN THE KITCHEN
- 7 CRAFTS
- 10 PHOTOGRAPHY
- 11 ART
- 12 ONLINE LEARNING
- 12 TECHNOLOGY
- 14 HOME
- 14 LANGUAGES
- 15 FINANCE & ESTATE PLANNING
- 16 HEALTH & WELLNESS
- 17 FITNESS
- 19 DANCE
- 19 EDUCATIONAL PROGRAMMING
- 20 SPECIAL INTERESTS

21 CHILD CARE

22 ED2GO

23 TOWN NEWS

24 MUSIC

25 TRAVEL

Cover photo: Red Wing Farm is the location of the historic Hildreth-Robbins House. The property is significant as one of the major farmsteads of South Chelmsford of the 18th and 19th centuries. It is also distinctive as a rare 18th century farm that was owned by a woman, Sarah Hildreth.

INSTRUCTOR SPOTLIGHT: Courtney Fine



Courtney is a mom of three girls, marathoner, running coach, RYT 200 yoga instructor, certified Chopra Meditation Instructor, certified Chopra Ayurvedic Health practitioner and reiki master. She is passionate about sharing her love of fitness, holistic health, and mindfulness with others. With an in-depth knowledge of running, yoga, nutrition,

healing and meditation, she also has a Master's in Special Education, allowing her to connect with a wide audience. Courtney finds time daily to spend on her mat in order to create space in both body and mind. Today's world is a very busy one, often leaving us feeling overwhelmed, overworked, and not focusing on our own needs. Working with Courtney will teach you the importance of self-care and lead you on your path forward to find balance of body and mind. She fosters a community feeling in her classes where everyone has a place and will feel safe and supported. You will leave Courtney's classes with created space for more of what you would like to invite into your life, and with something new to practice or think about both on and off the mat. Learn more about Courtney at courtneyfinewellness.com.

CLASS KEY



NEW class



VIRTUAL class:
fully remote



HYBRID class:
partially remote,
partially in-person

Chelmsford Community Education

170 Dalton Road
Chelmsford, MA 01824
978-251-5151

Commed@chelmsford.k12.ma.us

Facebook: Chelmsford Community Education

Instagram: CommedWestlands

Website: ChelmsfordCommunityEd.com

Important Information

How To Register

Online registration is available at **ChelmsfordCommunityEd.com**. Our online registration system requires 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. Online accounts will provide Commed with emergency contacts, medical information, etc. in order for us to serve you better. Please call us at **978-251-5151** if you have any questions.

When Does Registration Begin?

Registration opens as soon as classes are posted online at **ChelmsfordCommunityEd.com**. We recommend customers register at least two weeks before classes begin. Classes with low enrollment risk cancellation. Registering early gives the best chance of classes running. There are no drop-in's for classes. Registration ends one week prior to the start date for each class.

Our Locations

Classes on Monday and Wednesday are held at the **Commed building, 170 Dalton Rd, Chelmsford, MA 01824**.

Classes on Tuesday and Thursday are held at **Chelmsford High School, 200 Richardson Rd, North Chelmsford, MA 01863**.

Discounts

A \$10 discount is given to senior citizens 65 and over. Senior Citizen discounts do not apply to one or two night classes. Students have one week from date of registration to contact Commed to arrange for discount. Discounts will not be given after the class has begun.

Weather Closings

The decision to cancel evening classes due to inclement weather will be made by 3 pm. Check our website at **ChelmsfordCommunityEd.com**, check your email for email updates, or call the Commed office at **978-251-5151**.

Course Withdrawal & Refunds

Refunds for courses are handled as follows:

1. A full refund will be given when a class is cancelled due to low enrollment.
2. A full refund, minus a \$10 processing fee, will be given for a cancellation more than 15 days prior to a class start date.
3. A full credit, minus a \$10 processing fee, will be given for a cancellation 8 – 15 days prior to the class start date. Credits expire one year from date of issue.
4. No refund or credit will be given for cancellations 7 days or less prior to class start date.
5. All classes are non-transferable. If you are unable to attend a class, for any reason, any attempt to transfer your registration to another person will not be honored.
6. Refund payments require up to a 30 day processing period for check refunds.
7. Trips have varied refund policies. Please refer to each individual trip information for details.
8. To request a refund, e-mail **adulted@chelmsford.k12.ma.us**

Questions

For questions regarding classes, registration, and dates contact Colleen Smith at **978-251-5151 x 6091** or **adulted@chelmsford.k12.ma.us**.

For questions regarding childcare, contact Michele Pielieski at **commed@chelmsford.k12.ma.us** or **978-251-5151 x 6092**.

Class Credits

Do you have a credit with us? Call **978-251-5151 x 6091** BEFORE you register for assistance in registering and applying your credit.

Course Cancellations

All classes are offered pending sufficient enrollment and are subject to cancellation at the discretion of Commed. If a class must be cancelled, you will be notified via email and a refund will be processed accordingly.

Youth Programs

TEST PREP

SAT PREPARATION, VERBAL

Instructor - Bethany Carlson

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 Room 209 **Age:** Teen 14+

7 Tuesdays, Feb 27 - April 9, 7 - 9 pm \$139

Register for both Math and Verbal for just \$249

SAT PREPARATION, MATH

Instructor - Bethany Carlson

This course 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 Room 209 **Age:** Teen 14+

7 Thursdays, Feb 29 - Apr 11, 7 - 9 pm \$139

Register for both Math and Verbal for just \$249

ART

FINE ARTS FOR KIDS

Instructor - Gopika Luthra

In this class, students will work with acrylics on canvas, mixed media sheets and watercolor sheets to learn different techniques to achieve particular effects. They will also learn different color mixing techniques. Students will be given tips & techniques according to their age group so that they can learn and enjoy painting. Each project will follow a different theme (landscape, seascape). A \$25 materials fee payable to the instructor will be collected the first day of class.

Location: CHS Room 253 **Grades:** 1 - 4

Session 1: 5 Tuesdays*, Jan 30 - Mar 5, 6:15 - 7:15 pm \$59

Session 2: 5 Tuesdays**, Mar 26 - Apr 30, 6:15 - 7:15 pm \$59

* No class Feb 20, ** No class April 16

LEARN TO DRAW FOR KIDS

Instructor - Gopika Luthra

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. Each project will follow a different theme (animals, people, winter). Students creativity will be encouraged.

Location: CHS Rm 253 **Ages:** 5 - 11

Session 1: 5 Thursdays*, Feb 1 - Mar 7, 6:15 - 7:15 pm \$59

Session 2: 5 Thursdays**, Mar 28 - May 2, 6:15 - 7:15 pm \$59

* No class Feb 22, ** No class April 18



My daughter loves the Learn to Draw class. The price is really affordable. Hope to see more classes like these so she can continue her skills and interest.

- Laura A.

COOKING & BAKING FOR KIDS

KIDS TEST KITCHEN

Instructor - Kids Test Kitchen LLC

Kid's Test Kitchen is on a mission to get eaters of all ages and abilities, cooking, tasting, and thinking about healthy ingredients! Each class presents students with an opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, they'll slice, dice, peel, measure, and cook until they've prepared the finished dish. Class closes with the opportunity to taste the result of their hard work. Students receive a printed recipe card and the focal ingredient, or a sample of the finished dish, so they can show off what they learned!

Location: Commed Cafe **Ages:** Grades 1 - 5.

Session 1: 6 Wednesdays*, Jan 24 - Mar 6, 5:30 - 6:30 pm \$185

Session 2: 6 Wednesdays**, Mar 27 - May 8, 5:30 - 6:30 pm \$185

* No class Feb 21, ** No class Apr 17

YOUTH SPORTS

ARCHERY FOR KIDS & TEENS

Instructor - On Site Archery

Learn one of the fastest growing sports in the country! This archery program is taught by a certified USA archery coach from On Site Archery. You will learn proper archery range procedures, safety, and how to shoot a bow and arrow through a step-by-step approach. Beginners and all skill levels are welcome. All equipment will be provided by On Site Archery.

Location: Commed Gym **Grades:** 3-5 & 6-12

Grades 3-5:

Session 1: 6 Mondays*, Jan 22 - Mar 4, 6 - 7 pm \$185

Session 2: 6 Mondays**, Mar 25 - May 6, 6 - 7 pm \$185

Grades 6-12:

Session 1: 6 Mondays*, Jan 22 - Mar 4, 7:15 - 8:15 pm \$185

Session 2: 6 Mondays**, Mar 25 - May 6, 7:15 - 8:15 pm \$185

* No class Feb 19, ** No class Apr 15

SPECIAL INTERESTS

HOME ALONE

Instructor - Janet Cullinane

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

Location: Commed Bldg. Room 17 **Ages:** 8 - 12.

Monday, Jan 22, 5:30 - 7:30 pm \$29

LEGO MATHEMATICS



Instructor - Right Brain Curriculum

Learn math with Legos! Each week you will be tasked with a Lego project to build things from mansions to skyscrapers, swimming pools to zoos. But there's a catch! Each project will require you to use a particular math concept. Your pool model might require a perimeter of exactly 16 inches. Or your skyscraper budget may call for a mezzanine that totals exactly \$250 as calculated in Lego bricks. Our Right Brain Curriculum teacher will have your back and will review key concepts including area, perimeter, measurement, probability, geometry, decimals, and estimation. Create your Lego models and then get ready to solve word-problems upon completion.

Location: CHS Cafe 1 **Grades:** 3 - 6

6 Thursdays, Jan 25 - Mar 7, 5:30 - 7 pm \$155

* No class Feb 22

HANDS-ON ELECTRONICS



Instructor - Circuit Lab

Tinker with electronics while learning the basics of computer programming. We begin by experimenting with the fundamentals of electronics and circuitry, and step up to projects where our class of young makers will design their own interactive and programmable devices. Participants use Arduino micro-controller boards to build interactive devices and learn about computers and coding. We will experiment with LEDs, resistors, motors, and sensors. Each class day gives participants the chance to design a hands-on-project with the guidance of skilled Circuit lab instructors.

Location: CHS Room 234 **Grades:** 3 - 5

6 Tuesdays*, Jan 30 - Mar 12, 5:30 - 7 pm \$155

* No class Feb 20

YOUR VOICE: PUBLIC SPEAKING FOR KIDS

Instructor - Right Brain Curriculum

Public Speaking can be one of life's scariest tasks, but it doesn't have to be! In this fun and engaging class, you will play improvisation games, serve as an anchor in a classroom newscast, take the pro or con side in a debate on whether teachers should assign homework, and practice making eye contact in a staring contest. Our Right Brain Curriculum instructors will coach you in using a loud voice, scanning your audience, making eye contact, speaking from notes, and making persuasive arguments, all while you gain your confidence as a speaker. Let's make public speaking fun!

Location: CHS Cafe 1. **Grades:** 3 - 6

6 Thursdays*, Mar 28 - May 9, 5:30 - 7 pm	\$155
---	-------

* No class Apr 18

INTERACTIVE CIRCUITRY

Instructor - Circuit Lab

Take your electronics knowledge to the next level in this hands-on class. We will dive into the world of electronics and circuitry, working with sensors, wireless communications, and computer programming. Using Arduino microcontrollers, MIT App Inventor Software, and the Scratch programming language. Projects include building custom apps for phones and tablets, wirelessly controlling lights, designing our own game controllers, and more. Each class gives participants the chance to design a hands on project with the guidance of Circuit Lab instructors.

Location: CHS Room 234 **Grades:** 6 - 8

6 Tuesdays*, Apr 2 - May 14, 5:30 - 7 pm	\$155
--	-------

* No class Apr 16



Juanita was very knowledgeable on the material taught. She made me feel comfortable in the course.

Emily D.

CHILDREN'S EDUCATIONAL

BLAST BABYSITTING & CPR CERTIFICATION

Instructor - Juanita Allen Kingsley

The BLAST! (Babysitter Lessons and Safety Training) program provides training in pediatric first aid, household safety, and the fundamentals of childcare. Topics covered range from how to react responsibly to medical emergencies, how to perform first aid for common childhood injuries and illnesses, how to set-up and run your own babysitting business and how to entertain with games and songs. Participants receive a certificate of completion, easy to follow first aid instructions and a sitter checklist to copy for each job. This training course is for potential teenage babysitters, taught by an EMT. Participants will also be certified in CPR/AED.

Location: Session 1: Commed, Room 17, Session 2: CHS Career Career Center. **Ages:** 11-13

Session 1: Monday, Feb 26, 5:30 - 8:30 pm	\$100
--	-------

Session 2: Tuesday, Apr 23, 3:15 - 6:15 pm	\$100
---	-------



Adult Programs

IN THE KITCHEN

All cooking & baking classes are instructor demonstration combined with student participation. Please note that these 3 hour classes require participants to stand in the kitchen space for the full class. Includes the cost of food and supplies unless otherwise noted on the registration page.

GREEK CUISINE

NEW

Instructor - Martha Coravos

Moussaka is a traditional Greek dish comprised of layers of eggplant, potatoes, and meat sauce topped with bechamel all baked to golden brown. Pastichio is a delicious pasta dish very similar to lasagna. In this one-night class, we will learn how to make these delicious Greek favorites in the authentic way.

Location: Commed Kitchen

1 Monday, Jan 22, 6 – 9 pm \$65

CAKE DECORATING 101

Instructor - Christina Silk

Learn to prepare your cake for decorating and how to make Buttercream Icing in different consistencies. Experiment with different bag striping techniques, pressure control and how to angle your bag to get the desired effect will be shown. Master creative decorating techniques like stars, rosettes, wavy lines, loops, borders, including zig zags, ruffles, shells, bead borders, leaves, and flowers.

Location: CHS Life Skills Room

Session 1: 5 Tuesdays*, Jan 23 - Feb 27, 6:30 - 8:30 pm \$129

Session 2: 5 Tuesdays**, Mar 19 - Apr 23, 6:30 - 8:30 pm \$129

* No class Feb 20, ** No class Apr 16

WEEKEND BRUNCH

NEW

Instructor - Diane Manteca

Enjoy a special weekend brunch time with some brand new recipe ideas that is sure to wow your family and friends! You will be making Tater Tot Waffles with Herbed Creme Fraiche, Italian Breakfast Pizza with Roasted Veggies and Eggs, Chicken and Sweet Potato Hash, Maple Sausage Patties, and Pecan Rolls made with store bought puff pastry for a sweet treat.

Location: Commed Kitchen

1 Wednesday, Jan 24, 6 – 9 pm \$65

LEARN TO MAKE GREEK SPINACH PIE

NEW

Instructor - Martha Coravos

Spinach Pie (Spanakopita) is a traditional Greek dish where spinach, feta, scallions, and eggs are baked in a golden, buttered crispy phyllo dough. It is delicious as an appetizer, or it can be served as a meal with a side. In this one-night class, you will learn how to make a spinach pie in the authentic way.

Location: Commed Kitchen

1 Wednesday, Jan 31, 6 – 9 pm \$65

COOKIE DECORATING: BEYOND THE BASICS

NEW

Instructor - Sarah Conte

Go beyond the process of flooding cookies to working with pre-flooded cookies. You will learn decorating techniques that you can use again and again to impress your family and friends.

Location: Commed Kitchen

1 Monday, Feb 5, 6 – 8 pm \$39

CHOCOLATE TRUFFLES & MORE

NEW

Instructor - Lisa Parcella

This course will cover a variety of easy and impressive chocolate treats that are endlessly adaptable based on your preferred flavor profiles. From beautiful truffles to crunchy barks, to creamy cocoa blocks, these treats are not only delicious, they make great gifts for teachers, neighbors, and others to help beat the winter blues!

Location: Commed Kitchen

1 Wednesday, Feb 7, 6 – 9 pm \$65

MARDI GRAS: NEW ORLEANS COOKING

Instructor - Diane Manteca

Since you can't get to New Orleans for Mardi Gras, bring it to your kitchen and enjoy the party! The menu for this hands-on cooking class includes Jambalaya with Chicken, Seafood and Andouille Sausage, Shrimp Etoufee, and Chicken Gumbo. You will round out the meal with New Orleans Bread Pudding with Sauce. Toast to this special holiday and continue to use these amazing recipes year round!

Location: Commed Kitchen

1 Monday, Feb 12, 6 – 9 pm \$65

A NIGHT OF SOUPS

Instructor - Diane Manteca

Come in from the cold to prepare a tasty Portuguese Kale & Chorizo Soup, and a Cuban Black Bean Soup. Next spoon into New England Seafood Chowder, and Indian Red Lentil & Sweet Potato Soup. Some soups are a meal unto themselves, some round out a special dinner, and all are healthy

Location: Commed Kitchen

1 Wednesday, Feb 28, 6 – 9 pm \$65

REGIONAL ITALIAN PASTA SAUCES



Instructor - Diane Manteca

Whether you're a beginner to Italian cuisine, or just looking to boost your arsenal, come learn from one of the masters of Italian home cooking! In this class, you will prepare Quatro Formaggio, and Speck with Pappardalle from the Emilia Romagna region, Pumpkin Ravioli with Brown Butter Sage Sauce from Tuscany, Umbrian Meat Ragu with Rigatoni from Umbria, Amatriciana with Penne from Campania, and Roasted Walnut Sauce with Tagliatelli from Venezia.

Location: Commed Kitchen

1 Monday, Mar 4, 6 – 9 pm \$65

TUSCAN FAVORITES

Instructor - Diane Manteca

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: Commed Kitchen

1 Wednesday, Mar 13, 6 – 9 pm \$65

GNOCCHI THREE WAYS WITH BOLOGNESE

Instructor - Diane Manteca

Learn to make light as air gnocchi, as it is done in Italy. You 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.

Location: Commed Kitchen

1 Monday, Mar 18, 6 – 9 pm \$65

SPRING HOLIDAY PIES & CAKES



Instructor - Lisa Parcella

This course will focus on welcoming spring by learning to make lemon meringue pie and discuss other treats you can make with meringue, including striped meringues and pavlovas. A loaf of pound cake with a citrus variety of orange cardamom, lemon poppyseed and grapefruit sour cream varieties will be explored with one of the three made in class, and a traditional one-pan bunny cake!

Location: Commed Kitchen

1 Monday, Mar 25, 6 – 9 pm \$65

DOLCE: ITALIAN DESSERTS



Instructor - Diane Manteca

Italians don't leave desserts up to chance and have developed a repertoire of classic sweets that satisfy palates around the world. Celebrate classic Italian desserts, including Ricotta Pie, Classic Tiramisu, and Italian Fruit Crostada.

Location: Commed Kitchen

1 Wednesday, Mar 27, 6 – 9 pm \$65

HAVANA NIGHTS

Instructor - Diane Manteca

Learn to prepare traditional recipes that celebrate Cuba's rich history that blends the flavors and techniques of Spanish, African, and Caribbean cuisines. The menu may include: Guiso de Maiz (Corn Chowder Cuban Style), Picadillo Clasico (Cuban Savory Beef), Moros y Cristianos (Rice and Black Beans), Platanos Maduros (Fried Plantains), and Pastel de Limones Criollos de Cayo Hueso (the original Cuban Key Lime Pie).

Location: Commed Kitchen

1 Monday, Apr 1, 6 – 9 pm \$65

LEARN TO MAKE GREEK PASTRIES

NEW

Instructor - Martha Corovos

In this one-night class, you will learn how to make two delicious Greek pastries in the authentic way. Koulourakia (sesame butter cookies) and Kourambeithes (powdered sugar cookies) are wonderful treats your family and friends will enjoy.

Location: Commed Kitchen

1 Monday, Apr 8, 6 – 9 pm \$65

CHINESE CUISINE

Instructor - Diane Manteca

Learn to make delicious, healthy Chinese food in your own kitchen. You will prepare classic Chinese dishes including Spring Rolls, Hot & Sour Soup, Kung Pao Chicken, and Vegetable Lo Mein. Also, get tips on Chinese cooking techniques, and discuss where to find Chinese ingredients.

Location: Commed Kitchen

1 Wednesday, Apr 10, 6 – 9 pm \$65

COOKING FROM SICILY

NEW

Instructor - Diane Manteca

Learn to cook and eat some of the most popular and classic Sicilian dishes. In this class, you will make Sicilian Mussels with Saffron and Garlic Toast, Chicken Marsala, Pasta Arrabbiata, and Cannoli Parfaits. Leave class with a new appreciation of the rich and distinctive flavors that come from this southern part of Italy.

Location: Commed Kitchen

1 Wednesday, Apr 24, 6 – 9 pm \$65

THE ART OF PASTA MAKING

Instructor - Diane Manteca

Learn to make 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 the best, where to purchase them, and different price ranges and styles to best suit your needs in the kitchen.

Location: Commed Kitchen

1 Monday, Apr 29, 6 – 9 pm \$65

A SOUTHERN BBQ

NEW

Instructor - Diane Manteca

Learn how to be the BBQ master this Summer! Learn to make an authentic North Carolina Dry Rub and BBQ Sauce with Baby Back Ribs. A Sweet Potato Salad, along with Southern BBQ Beans will be the perfect sides. Finish this all of with the famous "Nilla" Vanilla Pudding that is served with a feast like this!

Location: Commed Kitchen

1 Monday, May 6, 6 – 9 pm \$65

SWEET BREAKFAST TREATS

NEW

Instructor - Lisa Parcella

Learn how to make pillowy cinnamon rolls that stay fresh and soft long after they are out of the oven, along with a versatile base coffee cake that can be adapted to many flavor profiles. You will cover raspberry cream cheese, glazed espresso, and traditional cinnamon crumb.

Location: Commed Kitchen

1 Wednesday, May 8, 6 – 9 pm \$65

CRAFTS

SEWING

Instructor - Therese Quinn

This class is based on your own individual project. The first class is held at Jo-Ann Fabrics in Westford, where you receive help in choosing a pattern, fabric, and the supplies you will need to purchase. In the following classes, you will learn how to measure correctly, read, adjust, cut out a pattern, and put it all together. Please bring your own sewing machine to class.

Location: CHS Room 109

10 Tuesdays*, Feb 27 - May 7, 5:45 – 8:45 pm \$ 179

* No class Apr 16

Diane is wonderful and has a very easy way of teaching. The class is interactive for all and explains the cooking every step of the way.

- Phyllis B.

KNITTING

Instructor - Dale Keothe

Do you know how to knit but would like to tackle a more challenging project or learn a new knitting skill? Beginners will learn how to cast on, knit, purl, and cast off while knitting a small coin purse. Continuing knitters should bring their own projects and will receive assistance in fixing mistakes and mastering new techniques from the teacher.

Location: CHS Main Conf. Room

Session 1: 4 Tuesdays, Jan 23 - Feb 13, 6:30 - 8:30 pm \$59

Session 2: 4 Tuesdays, Mar 5 - Mar 26, 6:30 - 8:30 pm \$59

CROCHET FOR BEGINNERS

Instructor - Tracey Spooner

You will learn basic crochet stitches (chain stitch, slip stitch, single crochet, half double crochet, double crochet) and explore yarn types and what to use for which project, hook types and how to hold your hook. You will also learn to work in rows and in the round. Throughout the course, you will work on multiple small projects.

Location: CommEd Room 21.

Session 1: 6 Wednesdays*, Jan 24 - Mar 6, 5:30 - 6:30 pm \$59

Session 2: 6 Wednesdays**, Mar 27 - May 8, 5:30 - 6:30 pm \$59

* No class Feb 21, ** No class Apr 17

CROCHET LEVEL 2

Instructor - Tracey Spooner

This class is for intermediate level crocheters. In Crochet Level 2, you will move to more difficult projects and more complex stitch variations and techniques with detailed shaping and finishing.

Location: CommEd Room 21.

Session 1: 6 Wednesdays*, Jan 24 - Mar 6, 7 - 8:30 pm \$89

Session 2: 6 Wednesdays**, Mar 27 - May 8, 7 - 8:30 pm \$89

* No class Feb 21, ** No class Apr 17

Dale was an excellent instructor. Kind, extremely knowledgeable and patient! I was so happy with the course and looking forward to her next one! She got me excited about Knitting again!

- Kelly C.

QUILTING - UPDATED

Instructor - Melissa Dawson

This 6-week course focuses on selecting fabric for styling, design and color, sizing and understanding blocks as well as sewing stitches, working with templates, basting and quilting, and more. This class is for all levels of ability.

Location: CHS Room 109

Session 1: 6 Thursdays*, Jan 25 - Mar 7, 6:00 - 9:00 pm \$59

Session 2: 6 Thursdays**, Mar 28 - May 9, 6:00 - 9:00 pm \$59

* No class Feb 22, ** No class Apr 18

SNOWFLAKE SHADOW BOX WITH CRICUT DESIGN SPACE

NEW

Instructor - Tracey Spooner

Shadow boxes are so much fun to make, and a Cricut makes them super easy! With some paper, a frame, and glue, you can make a beautiful, one-of-a-kind shadow box of your very own! You will go through the steps in Cricut Design space to cut the individual layers for 1 project then each participant will be supplied with a packet with all layers already cut.

Location: CommEd Room 15

1 Monday, Jan 22, 6 - 8 pm \$29

VALENTINE TEA TOWELS WITH CRICUT DESIGN SPACE

NEW

Instructor - Tracey Spooner

Learn the process of iron-on Cricut projects with these Valentine Tea Towels. You will learn the steps to design, cut, weed, and prepare your iron-on vinyl to complete your towels. Two different images will be used and each student will leave with a set of two towels.

Location: CommEd Room 15

1 Monday, Feb 5, 6 - 8 pm \$29

MID-WINTER FLOWER ARRANGING

NEW

Instructor - Mary B. Hayes

Don't let February gray weather get you down! Let's play with fresh flowers and create some uplifting beauty. You will use seasonal flowers such as tulips, flowering branches and evergreens, and you bring home a beautiful arrangement! Please bring your own clippers, all other supplies provided.

Location: CHS Cafe 2

1 Tuesday, Feb 6, 6 - 8 pm \$69

PAPER FLOWERS WITH CRICUT DESIGN SPACE

NEW

Instructor - Tracey Spooner

Come see how to make beautiful paper flowers to either put in a shadow box or a vase. These versatile flowers can be used anywhere to brighten your space. Several options for flowers will be available to students and you will work on how the flowers are rolled and assembled during class. You will leave with a minimum of 6 paper flowers.

Location: Commed Room 15

1 Monday, Apr 22, 6 – 8 pm \$29

CREATE YOUR OWN CUTTING GARDEN

Instructor - Mary B. Hayes

Learn to make your own small but productive cutting garden and create lots of fresh floral arrangements this summer! Learn which plants are easiest and most reliable to grow, including annuals, perennials, shrubs and herbs. You will learn about soil preparation, maintenance (the smart way), harvesting flowers, end-of-season garden clean-up, and more! This program includes a demonstration of assembling a spiral, hand-tied bouquet that will be raffled off to one lucky member of our class. Each registrant will receive seed packets of easy-to-grow annuals.

Location: CHS Room 232

1 Tuesday, Apr 23, 6:30 - 8:00 pm \$29

MAY DAY POSIES!

Instructor - Mary B. Hayes

Make floral posies to give to friends for May Day (May 1). The British tradition of secretly gifting neighbors and friends with flower posies is catching on here too! Make three flower posies using spring's ephemeral flowers. Bring your own clippers, all other supplies provided.

Location: CHS Cafe 2

1 Tuesday, Apr 30, 6:30 - 8:30 pm \$69

SCALLOP SHELL DECOUPAGE

Instructor - Lisa Young

In this workshop you will create 3 beautiful decoupage scallop shells that can be used as trinket dishes, hung as art, or as an ornament. Choose from a wide variety of themes and prints to make your design. This is a simple 4-step process that is fun and easy to do. Great for yourself, or to give as a gift.

Location: CHS Cafe 2

1 Tuesday, May 7, 6:30 - 8:30 pm \$49

SEA GLASS WINDOW WORKSHOP

Instructor - Lisa Young

Make a sea glass window using shells, star fish, urchins, sand dollars, stones, glass, driftwood, coral, sand and other items to make a wood framed 8" x 10" art piece. Create your own design or use one of the provided templates (bring your own items to add if you like). Due to curing time, you will complete your design in the workshop and be given a kit and instructions to complete at home.

Location: CHS Cafe 1

1 Tuesday, Mar 19, 6:30 - 8:30 pm \$59

COASTAL SEA GLASS TREE WORKSHOP

Instructor - Lisa Young

Create a beautiful 10-inch Sea Glass Tree suitable for display all year long. Choose colors from sea blue, turquoise, green, crystal white, red, orange, yellow, pink, and plum (mix and match). Great for yourself, or to give as gifts. Embellishments include starfish, pearls, and shells. (Bring your own items to add if you like.) All materials to make one 10-inch tree are included.

Location: CHS Cafe 1

1 Thursday, Apr 25, 6:30 - 8:30 pm \$69

HEART MUG RUG

NEW

Instructor - Annette Perrotta

Everybody loves a heart, they symbolize love and goodness. You will love how simply these hearts can be patched from nothing more than a few scraps of fabric. At the end of this one-night class you will have the perfect resting place for your cup and cookie that not only looks good but is practical too.

Location: CHS Career Center

1 Thursday, May 9, 6:30 - 8:30 pm \$29



PHOTOGRAPHY

DIGITAL PHOTOGRAPHY 1

Instructor - Steve McGrath

Are you still getting to know your digital camera and its features? Here's an opportunity to learn from an expert in this course for beginners! Have your camera ready and learn when and how to use its special features such as program mode, manual mode, aperture priority and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plant, people, macro, and landscape photography.

Location: Commed Room 15

5 Wednesdays, Jan 24 - Feb 28, 5:30 - 7:00 pm \$169

* No class Feb 21

DIGITAL PHOTOGRAPHY 2

Instructor - Steve McGrath

You are comfortable with your camera and you want more! In this class you will explore the use of intermediate camera controls such as metering (spot, matrix, center weight), exposure and exposure compensation, ISO, aperture and shutter priority. You will take an in-depth look at manual focus and its use, fill flash and flash modes, as well as controlling motion, composition, and many other intermediate and advanced techniques. You should be familiar with your camera (also, bring your camera manual to class) and be ready for some in-depth photographic training.

Location: Commed Room 15

5 Wednesdays, Mar 20 - Apr 24, 5:30 - 7:00 pm \$169

* No class Apr 17

SMARTPHONE PHOTOGRAPHY

NEW

Instructor - Steve McGrath

Learn how to take great images on your phone! You will learn how to use your smartphone to photograph and explore the editing apps built right in! Learn how to share and print your images and find out how to use essential controls on your phone along with identifying the best tools for editing and image management.

Location: Commed Room 15

2 Wednesdays, Mar 6 - Mar 13, 7:00 - 8:30 pm \$49

MACRO/CLOSE UP PHOTOGRAPHY

NEW



Instructor - Steve McGrath

Spring, summer, winter, or fall, macro photography opens the door to a wonderful new world of photo opportunities. This course will show you ways to use your existing camera gear to make spectacular macro photographs. The close-up world is a magical place full of pattern, color, and abstract imagery. Flowers become abstract works of art; rusty doors become textured canvasses; stones become polished gems; butterflies and other insects can become sci-fi monsters!

Location: Hybrid (virtual & in person)

3 Classes:

Friday, Feb 9 (virtual) 6 - 8 pm
Sunday, Feb 11 (Tower Hill Botanical Gardens) 10 am - 1 pm
Wednesday, Feb 14 (Commed Room 15) 7:15 - 8:45 pm \$89

LANDSCAPE PHOTOGRAPHY

NEW



Instructor - Steve McGrath

In this Beginner/Intermediate Landscape Photography Class learn all the various camera settings you can use when taking landscape photography utilizing your shutter and aperture settings for the best exposure. Including understanding and using natural light, finding the best composition, understanding the ways different focal length lenses behave, and using depth of field and the use of filters. Tripods are also a plus but not mandatory for the class. Smartphones or Digital Cameras are acceptable for this class.

Location: Hybrid (virtual & in person)

3 Classes:

Wednesday, Mar 20 (Commed Room 15) 7:15 - 8:45 pm
Sunday, Mar 24 (Location & Time TBD)
Wednesday, Mar 27 (Commed Room 15) 7:15 - 8:45 pm \$89



WILDLIFE PHOTOGRAPHY

NEW



Instructor - Steve McGrath

In this course, you will learn how to use your digital camera like a pro and improve your wildlife photographic technique. Understand the settings of your camera and what you need to compose a professional looking photograph. You'll have the opportunity to practice what you've learned at the Southwick Zoo with Steve on hand to give you tips. With so many great photographic opportunities and challenges at the Zoo, you'll have plenty of pictures and new skills to take home!

Location: Hybrid (virtual & in person)

3 Classes:

Wednesday, Apr 10 (virtual) 6:00 - 7:30 pm	
Saturday, Apr 13 (Southwick Zoo), 10 am - 1 pm	
Wednesday, Apr 17 (virtual) 6 - 8 pm	\$89

ART

BEGINNING DRAWING FOR ADULTS

Instructor - Deb Arsenault

This fun drawing course will help the beginning artist take their stick figures to a new level. Leave those drawing insecurities outside the studio door. Through a series of drawing exercises, foundation principles will be taught so that by the end of this course you will have the confidence you need to draw what inspires you. Topics include: drawing tools, line & form, values, composition, contours, ellipses and perspective. Please bring a sketch book, graphite pencil kit, pencil sharpener, ruler and kneaded eraser.

Location: Commed Room 17

4 Wednesdays, Mar 20 - Apr 10, 6:30 - 8:30 pm	\$59
---	------

INTERMEDIATE DRAWING FOR ADULTS

Instructor - Deb Arsenault

This class builds on what was learned in the beginners class. It is designed to take the intermediate student to the next phase in their artistic development. Please bring a sketch book, graphite pencil kit, pencil sharpener, ruler and kneaded eraser.

Location: Commed Room 17

4 Wednesdays, Apr 24 - May 15, 6:30 - 8:30 pm	\$59
---	------

ZENTANGLE ART

NEW

Instructor - Nancy Phillip

Zentangle has taken the world by storm. If you can hold a pen, you will love doing this form of art. Zentangle is an easy, fun, and very relaxing form of art that allows you to create beautiful images by drawing structures patterns called tangles using a micron pen. Tangles are a combination of line, dots, curves, and orbs put together to form a beautiful design. No artistic skills are necessary to be successful in completing weekly projects.

Location: Commed Room 21

Session 1: 4 Mondays, Jan 22 - Feb 12, 6:30 - 8 pm	\$59
---	------

Session 2: 4 Mondays, Mar 11 - Apr 1, 6:30 - 8 pm	\$59
--	------

ACRYLIC PAINTING FOR BEGINNERS

NEW

Instructor - Nancy Phillip

Have no fear! Acrylics is one of the easiest mediums to use if you want to learn to paint or have limited experience and would like to improve. Throughout this course you will learn how to effectively paint with acrylics through a variety of methods using various tools. The artwork will cover representational and abstract styles, use different types of brushes, and creating a variety of textures. The nicest thing about acrylics is you can paint right over your mistakes and start again.

Location: Commed Room 17

8 Wednesdays, Jan 24 - Mar 20, 6 - 8 pm	\$159
---	-------

* No class Feb 21

PAINTING BIRDS IN WATERCOLORS

NEW

Instructor - Diane Cogliano

This beginner 4-week course will focus on painting birds using watercolors. In the first class you will practice drawing birds. You will learn how simple it is to do using just a few shapes to start. Explore the many ways you can use this versatile and delicate medium to create the desired affects you are looking for.

Location: CHS Room 252

4 Thursdays, Jan 25 - Feb 15, 6 - 8 pm	\$79
--	------

PAINTING LANDSCAPES IN WATERCOLORS



Instructor - Diane Cogliano

This beginner course focuses on painting landscapes using watercolors. In the first class you will practice watercolor techniques and learn to block in your drawing and apply them. Let your creativity flow in this fun class.

Location: CHS Room 252

4 Thursdays, Mar 7 - Mar 28, 6 - 8 pm

\$79

SOCIAL MEDIA FOR BUSINESS



Instructor - Nickie Welsh

Driving new customer traffic to your website and promoting your business is imperative in today's technology world. Don't let your skillset or company get left behind by missing the key social media rules you need to know! In this class, you'll learn how to craft a simple but effective social media marketing strategy, listen directly to customers and implement tips to grow your business all while staying organized without technology overwhelm.

Location: Virtual

1 Tuesday, May 7, 1 - 2 pm

\$29

ONLINE LEARNING

HOW TO PRESENT SOCIAL MEDIA ANALYTICS WITH EASE



Instructor - Nickie Welsh

Expand your skills as you learn the basics to discuss social media analytics from Facebook, Instagram and YouTube. This critical skill is a must for anyone of all ages, whether you're an employee, small business owner, volunteer, etc. You will learn a step-by-step process so that you can get started today and confidently present and discuss how a post performed on social media.

Location: Virtual

1 Tuesday, Feb 6, 1 - 2 pm

\$29

USING SNAPCHAT SAFELY IN 2024



Instructor - Nickie Welsh

Have you been curious as to what Snapchat is exactly? In this workshop we will cover everything adults need to know about one of most popular social media apps in the world. You'll learn the foundation for how Snapchat is used, what the basic features include, and more. Stay up to date in today's digital world with this fun and informational class. Attendees will learn the basic fundamentals of how the app works, how to set up safety features, how to check for profile details, and how advertisers work to target audience members.

Location: Virtual

1 Tuesday, May 14, 1 - 2 pm

\$29

HOW TO USE VENMO SAFELY IN 2024



Instructor - Nickie Welsh

Stay up to date by expanding your technology knowledge and learn what you need to know about the mobile payment service called Venmo. Learn how to pay friends, businesses, or receive money without using cash or checks. You'll leave this class with a confident understanding of how to set up Venmo safely, fees to avoid, and real world scenarios you or your family and friends may use with this mobile payment option.

Location: Virtual

1 Thursday, Feb 15, 1 - 2 pm

\$29

TECHNOLOGY

UNDERSTANDING EXCEL PIVOT TABLES



Instructor - Ray Pournali

Spreadsheet skills are essential in today's workplace but merely compiling all your data into a spreadsheet is one thing; making sense of it is another. Pivot tables allow you to arrange information quickly and efficiently so you can examine it from various perspectives. You will develop the skills to create pivot tables from scratch, and will become very comfortable with using built-in features such as slicers, dynamic charts, conditional formatting and more!

Location: Virtual

1 Monday, Jan 22, 6:30 - 8:30 pm

\$49

UNDERSTANDING HOME WIFI

Instructor - Rod Gregoire

Wi-Fi has become an essential utility in the home, almost as important as electricity, plumbing, and heating/air conditioning. Nearly every electronic device you buy for your home today comes with Wi-Fi built in. If your Wi-Fi doesn't work well, your home won't work well. This course will teach you the basics of home networking and Wi-Fi and ways to improve it.

Location: CHS Room 234

1 Tuesday, Mar 12, 6 - 8 pm

\$29

CUT THE CABLE: YOUR TV OPTIONS IN THE DIGITAL AGE

Instructor - Annette Perrotta

Like so many things today, cable television prices seem to just keep rising. In this 1 1/2-hour lecture, you will discuss what people are doing to save money on their cable bill and how you can make simple changes that will help you save money.

Location: CHS Room 213

1 Tuesday, Jan 30, 6:30 - 8 pm

\$29

MICROSOFT EXCEL FOR BEGINNERS

Instructor - Annette Perrotta

What Microsoft Word is to words and letters, Microsoft Excel is to numbers. This class shows you the basics of how to use Microsoft Excel and then some. Some of the topics covered are basic formulas, sorting data, graphs and charts. In-class exercises include creating and maintaining lists and setting up a budget.

Location: CHS Room 321

6 Thursdays, Jan 25 - Mar 7, 6:30 - 8 pm

\$109

* No class Feb 22



MICROSOFT EXCEL LEVEL 2

Instructor - Annette Perrotta

This course will familiarize you with spreadsheet terminology and the fundamental concepts of Microsoft Excel 2016, including identifying Excel window components, navigating worksheets, and downloading templates. You will review the basics of entering and editing text, values, and formulas, and how to save workbooks in Excel, as well as in other formats. You will learn how to move and copy data and formulas, how to determine absolute and relative references, and how to work with ranges, rows, and columns and to use simple functions. Learn how to easily apply formatting techniques to worksheet data and create and modify charts. Finally, you will review workbooks for spelling errors, modify page setup, and print worksheets.

Location: CHS Room 321

6 Thursdays, Mar 21 - May 2, 6:30 - 8 pm

\$109

* No class Apr 18

CANVA DESIGN SOFTWARE FOR BEGINNERS

Instructor - Annette Perrotta

Canva is a global multi-national graphic design platform that is used to create social media graphics and presentations. The app includes readymade templates. Great for graphic design of a newsletter, greeting cards, websites. Create Facebook posts, postcards, flyers and more. Come see what Canva is about!

Location: CHS Room 321

3 Tuesdays, Feb 6 - Feb 27, 6:30 - 8 pm

\$55

* No class Feb 20

Annette is a wonderful lady! She is very thorough and patient with all of us and our questions. And we had a lot of questions. She emailed us all the exercises each week that we went over in class. I had the pleasure of taking two of her classes and look forward to more!

- Andrea D.

HOME

MICROGREENS 101 AND INDOOR GARDENING

Instructor - Ray Pourali

Grow your own nutrient-packed microgreens that can be harvested right from your kitchen countertop! It's easy, fun, and a budget friendly and rewarding hobby that can become an important part of your healthy lifestyle. In this workshop you will learn about indoor gardening techniques such as: Microgreens, hydroponics, and sprouting. Learn how to set up a growing unit by upcycling items from your home. Join this workshop and explore the positive financial and environmental impacts of indoor gardening. A small amount of complimentary organic seeds will be provided to registrants.

Location: Commed Room 17

1 Monday, Jan 29, 6:30 - 8:30 pm \$39

INTRODUCTION TO BEEKEEPING



Instructor - John Hedly

Come see what it takes to be a beekeeper, the equipment you'll need to set up your first hive, adding bees to your hive, the first hive inspection, keeping your bees happy and healthy, the roles that each bee plays in the hive, understanding swarms, and honey extraction. Also learn the important role the honeybees play in pollinating about a third of the fruits and vegetables we eat every day!

Location: CHS Room 213

2 Thursdays*, Feb 15 - Feb 29, 6:30 - 8:30 pm \$79

* No class Feb 22

SUSTAINABILITY AND INDOOR ORGANIC COMPOSTING

Instructor - Ray Pourali

Are you interested in organic composting? You can compost even if you don't have access to a backyard! Learn how to create and maintain a healthy, odorless compost bin that will be fully operational year-round. You can build a compost system by upcycling everyday items from your home. Learn how to harvest compost, and how to make compost 'tea'.

Location: Commed Room 15

1 Monday, Mar 18, 6:30 - 8:30 pm \$59

WEED TO PLATE: BACKYARD FORAGING



Instructor - Ray Pourali

Embark on a captivating adventure with backyard foraging in Massachusetts. Discover the hidden treasures of wild edible plants and ancient herbal remedies while reconnecting with nature. Don't miss this sustainable living experience that unlocks the rich tapestry of flavors in your own backyard.

Location: Commed Room 17

1 Monday, Apr 22, 6:30 - 8:30 pm \$59

HOME DECLUTTER: GETTING YOUR HOUSE UNDER CONTROL - ONCE AND FOR ALL

Instructor - Allison Rothwell

Are you struggling with decluttering your home and getting it organized? Perhaps you are a busy parent with young kids struggling with organization, or maybe you are downsizing your family home and need to fit your belongings into a smaller home. Maybe you have to clean out a family members home. No matter the reason, this workshop will teach you how to declutter the right way, get organized, and stay that way!

Location: CHS Room 232

1 Tuesday, May 7, 6 - 8 pm \$49

LANGUAGES

CONVERSATIONAL FRENCH FOR BEGINNERS



Instructor - Lauren Salazar

This structured course focuses primarily on oral expression and is designed for beginners. You will learn how to introduce yourself, talk about your interests, and understand basic commonly used phrases. You will engage in interactive activities, games, and roleplay scenarios to strengthen your ability to communicate effectively with others.

Location: CHS Room 239

10 Tuesdays, Jan 23 - Apr 2, 6:30 - 8:30 pm \$189

* No class Feb 20

CONVERSATIONAL SPANISH FOR BEGINNERS

NEW

Instructor - Lauren Salazar

This structured course focuses primarily on oral expression and is designed for beginners. You will learn how to introduce yourself, talk about your interests, and understand basic commonly used phrases. You will engage in interactive activities, games, and roleplay scenarios to strengthen your ability to communicate effectively with others.

Location: CHS Room 239

10 Thursdays, Jan 25 - Apr 4, 6:30 - 8:30 pm	\$189
--	-------

* No class Feb 22

AMERICAN SIGN LANGUAGE FOR BEGINNERS: 3 LEVELS!

Instructor - Cheryl Quintal

In these courses, you will learn ASL vocabulary, structure and grammar. You will develop basic conversational abilities with their partners and learn about Deaf history and culture. The beginner course is perfect for students with no ASL experience or anyone who needs to relearn ASL or practice. Levels 2 & 3 are for the intermediate and advanced learners.

Location: CHS Room 344

Beginners:

10 Thursdays*, Jan 25 - Apr 4, 5:30 - 6:30 pm	\$ 115
---	--------

Beginners - Level 2:

10 Thursdays*, Jan 25 - Apr 4, 6:45 - 7:45 pm	\$ 115
---	--------

Beginners - Level 3:

10 Thursdays*, Jan 25 - Apr 4, 8 - 9 pm	\$ 115
---	--------

* No class Feb 22

Cheryl Quintal is an exceptional teacher. She took the time to explain and sign words several times if I/we didn't get it the first time. She has a teaching style that (to me) is never boring. I learned and had a lot of fun doing it. Thank you Cheryl!

- Jean G.

FINANCE & ESTATE PLANNING

MEDICARE: WHERE DO I START?

Instructor - Patrick Clark

What is Medicare? What are the different parts of Medicare and what do they include? What options do you have to help get more coverage than what traditional Medicare provides? Join us for a very informative lecture that will help you understand Medicare and what your choices are.

Location: CHS Room 230

1 Thursday, Feb 15, 7 - 8 pm	\$29
------------------------------	------

UNDERSTANDING SOCIAL SECURITY

Instructor - Patrick Clark

How do you decide when is the best time to take social security benefits? How are benefits taxed? What if you receive a government pension? This class helps demystify and make sense of this confusing topic as you approach retirement age.

Location: CHS Room 230

1 Thursday, Mar 14, 7 - 8 pm	\$29
------------------------------	------

PREPARING FOR RETIREMENT

Instructor - Patrick Clark

Retirement is a big accomplishment that should be celebrated. Most people think of retirement as a financial goal, but often don't consider the lifestyle changes that it may bring. We will discuss how to prepare financially and mentally to live your best life in your second act. Special guest, life coach, Eric Allen.

Location: CHS Room 230

1 Thursday, Apr 25, 7 - 8 pm	\$29
------------------------------	------

SAVING MONEY IN A TOUGH ECONOMY

Instructor - Patrick Clark

While most Americans know that saving is important, when the economy hits upon tough times, having money in the bank in the form of savings can be critically important. However, saving money is always sage advice, no matter the state of the economy. Learn how you can easily cut back on every day, unnecessary purchases to help save money.

Location: CHS Room 213

1 Thursday, Apr 30, 6:30 - 8:00 pm	\$29
------------------------------------	------

HEALTH & WELLNESS

RESTORE AND RELAX WITH SOUND HEALING, REIKI, AND MEDITATION

Instructor - Courtney Fine

Sound healing, meditation, and reiki have been proven methods of relaxation and stress reduction. This class will focus on releasing stress, clearing the mind, and reconnecting to the silence that is already within us that we have drifted away from with the busyness of life. Class will include breath work, gentle stretches and restorative yoga poses paired with crystal bowl sound healing. Each participant will receive reiki as part of the restorative postures offered in class. The evening will conclude with a guided meditation.

Location: Commed Rec Room

1 Monday, Jan 29, 6:45 - 8:00 pm \$35

MEDITATION FOR BEGINNERS

Instructor - Marie Tremblay

Meditation is not so easy for everyone so let's do this together! 60 minutes of meditation is great for stress and a proven health asset at any age. You will have several variations of chair meditation as well as breath practice. Come dressed in comfortable clothing with water to hydrate. You will leave with handouts and tips to continue at home.

Location: CHS Staff Dining Room

1 Tuesday, Apr 30, 6 - 9 pm \$49

HEALING YOGA & MEDITATION

Instructor - Courtney Fine

Healing yoga and meditation will include yin yoga postures, Reiki, and guided meditation. Yin is a slow moving form of yoga with longer pose holds and deep stretches intended to increase joint mobility and hydrate fascial webs. It is also highly meditative and introspective, offering plenty of time and space for you to draw your awareness inside. Each week you will move through a series of postures and complete class with a guided mantra based meditation. Reiki will be offered to interested participants as well.

Location: Commed Rec Room

Session 1: 6 Wednesdays*, Jan 24 - Mar 6, 5:30 - 6:30 pm \$89

Session 2: 6 Wednesdays**, Mar 20 - May 1, 5:30 - 6:30 pm \$89

* No class Feb 21, ** No class Apr 17

CHAKRAS FOR BEGINNERS

Instructor - Marie Tremblay

This beginners guide to each of the seven main chakras breaks down how to identify and unblock each 'energy center'. Chakra unblocking refers to the ideas that when all of our chakras are open, energy can run through them freely and harmony can exist between the physical body, mind, and spirit. Participants will receive an information packet to bring home with them.

Location: CHS - Career Center

1 Tuesday, Jan 30, 6:00 - 8:30 pm \$39

ELDERBERRY & MARSHMALLOW SYRUP MAKING

NEW

Instructor - Marie Tremblay

Elderberry Syrup is a long used immune system strengthener. Though useful on its own, there are many options when making your own personalized batch. During this workshop, you will explore several health boosting herbs to address and strengthen the respiratory and immune systems. All students will go home with a 2-ounce bottle of marshmallow root syrup and a 2-ounce bottle of elderberry syrup.

Location: CHS Staff Dining Room

1 Tuesday, Feb 27, 6 - 9 pm \$49

STICKS AND STONES MAY HEAL YOUR BONES

Instructor - Michelle Kane

Sticks, roots, leaves, and bark are all beneficial "Herbal Medicine" aiding to heal bones. First by reducing inflammation with some sticks, "Oh Hello Birch Tree." Stones and crystals can assist your body to heal itself with their vibration. Metaphysical healing uses universal energy and can be used with any other type of healing. This class will focus on just a few natural items and you will leave with their chosen ones to continue using at home.

Location: CHS Career Center

1 Tuesday, Mar 12, 6 - 8:30 pm \$39



REIKI LEVEL 1 CERTIFICATION

Instructor - Marie Tremblay

Reiki is a Japanese technique, "laying on hands" that offers a sense of relaxation, stress reduction and promotes healing. Learn about the Seven Main Chakras, how crystals work, hand positions, Reiki Attunement with the Chakras Meditation and more. You will complete this class with a Reiki Level 1 certification. Class includes workbook and certificate of completion.

Location: CHS Career Center

Tuesday, Mar 26, and Thursday, Mar 28, 6 – 9 pm \$29

CONNECTING WITH ANGELS

Instructor - Michelle Grossman

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 Career Center

1 Thursday, Apr 4, 6:30 – 8:30 pm \$29

CRYSTALS FOR BEGINNERS

Instructor - Marie Tremblay

Crystals and gemstones have been used for health and protection since the beginnings of humankind. Everything in life is vibration and each crystal carries its own Hz frequency. No experience is necessary to enjoy this hands-on workshop and practice Earth Based Vibrational Energy with our soft meditation. Discover how crystals can increase your wellbeing. Each participant will take home the energized crystals used as well as a workbook to continue at home.

Location: CHS Staff Dining Room

1 Tuesday, May 14, 6:00 – 8:30 pm \$39

NEW

This class fits such a need in the area for a great vinyasa flow yoga.

- Lara L.

FITNESS

GENTLE SLOW FLOW YOGA

NEW

Instructor - Courtney Fine

Slow flow yoga is a breath-based, mindful movement practice that brings us home to our body, breath, and mind, in the present moment. A meditation in motion and mindful flow that invites us to practice slowing down and moving with more awareness, balance and grace. This class is all levels, and for anyone brand new as well as experienced in yoga. Each week you will move with ease through poses, invite in breath work, and assist our minds and bodies in finding balance and well-being

Location: Commed Bldg. Rec Room

4 Mondays, Jan 22 - Feb 12, 5:30 - 6:30 pm \$59

POUND WORKOUT

NEW

Instructor - Aaron Bryant

POUND workout classes combine cardio, Pilates, isometric movements and plyometrics with constant simulated drumming all to loud, high-intensity music. An energizing, infectious, sweat-dripping workout, each strike of the Ripstix releases a primal aggression as well as a neuromuscular reward of mixing sound and movement. POUND allows you to truly become the music.

Location: Commed Cafe

Session 1: 6 Mondays*, Jan 22 - Mar 4, 6:15 - 6:45 pm \$39

Session 2: 6 Mondays**, Mar 25 - May 6, 6:15 - 6:45 pm \$39

Register for Pound & Zumba for just \$95 for both

* No class Feb 19, ** No class Apr 15

GET MOVING WITH ZUMBA!

Instructor - Aaron Bryant

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! Sneakers, comfortable clothing, bring a towel and water.

Location: Commed Cafe

Session 1: 6 Mondays*, Jan 22 - Mar 4, 7 - 8 pm \$69

Session 2: 6 Mondays**, Mar 25 - May 6, 7 - 8 pm \$69

Register for Pound & Zumba for just \$95 for both

* No class Feb 19, ** No class Apr 15

GENTLE FLOW YOGA

Instructor - Michelle Kane

This class is slow paced and restorative, taking students through a series of poses that encourage mindfulness of the body and attention to breath. You will start with grounding breath work, continue with yoga postures that will open the body and end with a relaxing savasana (5-10 minutes of laying on the back). This flow will help you to reduce stress and cultivate a sense of peace and well being. All are welcome.

Location: CommEd Rec Room

Session 1: 6 Mondays, Feb 26 - Apr 1, 5:30 - 6:30 pm \$89

Session 2: 4 Mondays, Apr 22 - May 13, 5:30 - 6:30 pm \$59

CLASSICAL MAT PILATES

Instructor - Jill Bagni

Pilates is a mind, body, and spirit practice with benefits that include improved posture, better coordination and balance. Increase lung capacity, improve concentration and focus. Increase body awareness, stress management, and injury prevention. Mat Pilates is a great choice for all levels of Pilates practitioners because the exercises not only can build in difficulty, but every exercise can also be modified to decrease or increase the level of challenge. Practicing Mat Pilates helps build a strong, balanced body and increases flexibility. As you progress in your practice, you will notice improvements in breathing, focus, and body awareness. This open level class welcomes all abilities from beginner to advanced.

Location: CHS Cafe 1

Session 1: 6 Tuesdays*, Jan 23 - Mar 5, 6 - 7 pm \$69

Session 2: 6 Tuesdays**, Mar 26 - May 7, 6 - 7 pm \$69

* No class Feb 20, ** No class Apr 16

MAT PILATES WITH PROPS

Instructor - Jill Bagni

This new form of pilates is very similar to Mat Pilates with the addition of employing props such as a pilates ring, small ball, exercise band and a bar to enhance your exercise experience.

Location: CHS Cafe 1

Session 1: 6 Tuesdays*, Jan 23 - Mar 5, 7:15 - 8:15 pm \$69

Session 2: 6 Tuesdays**, Mar 26 - May 7, 7:15 - 8:15 pm \$69

* No class Feb 20, ** No class Apr 16



VINYASA FLOW YOGA FOR ALL LEVELS

Instructor - Courtney Fine

All levels flow in this creative and dynamic form of yoga that uses breath to link physical yoga postures. Each class will offer grounding breath work, various postures sequenced to help increase flexibility, strengthen and tone muscles, and allow you to tune it in your body's own rhythm. Expect a fully balanced class each week that will leave you feeling strengthened in both body and mind. All levels are welcome to join this vigorous practice in finding one's state of flow!

Location: CommEd Rec Room

Session 1: 6 Wednesdays*, Jan 24 - Mar 6, 6:45 - 7:45 pm \$89

Session 2: 6 Wednesdays**, Mar 20 - May 1, 6:45 - 7:45 pm \$89

* No class Feb 21, ** No class Apr 17

VIRTUAL VINYASA FLOW YOGA



Instructor - Courtney Fine

Start your day with a new virtual yoga class! All levels flow in this creative and dynamic form of yoga that uses breath to link physical yoga postures. Each class will offer grounding breath work, various postures sequenced to help increase flexibility, strengthen and tone muscles, and allow you to tune it in your body's own rhythm. Expect a fully balanced class each week that will leave you feeling strengthened in both body and mind.

Location: Virtual

Session 1: 6 Tuesdays*, Jan 23 - Mar 5, 6:15 - 7:00 am \$69

Session 2: 6 Tuesdays**, Mar 19 - Apr 30, 6:15 - 7:00 am \$69

* No class Feb 20, ** No class Apr 16

PICKLEBALL

Instructor - Donald Van Dyne

Pickleball is a game that combines the aspects of tennis, table tennis (Ping-Pong), and badminton. It is a fun, easy-to-learn, and a low-intensity game that can be played by people of all ages and abilities.

Location: Varney Park

Beginners:

Session 1: 4 Tuesdays, Apr 23 - May 14, 9:00 - 10:15 am \$135

Session 2: 4 Thursdays, Apr 25 - May 16, 2:00 - 3:15 pm \$135

Advanced Beginner / Low Intermediate:

4 Tuesdays, Apr 23 - May 14, 10:30 - 11:45 am \$135

Intermediate:

4 Thursdays, Apr 25 - May 16, 3:30 - 4:45 pm \$135

DANCE

SALSA FOR BEGINNERS

Instructor - Deborah Hilse

Salsa for beginners is a structured, progressive class for those who have never had salsa instruction. Practice footwork and learn to develop timing to ensure that your steps are on the beat. (No partner is required for this high-energy exercise/dance program!).

Location: Commed Gym

Session 1: 6 Wednesdays*, Jan 31 - Mar 13, 6 - 7 pm \$69

Session 2: 6 Wednesdays**, Apr 3 - May 15, 6 - 7 pm \$69

* No class Feb 21, ** No class Apr 17

BALLROOM BASICS: SESSION 1

NEW

Instructor - Deborah Hilse

Discover the joys of ballroom dance in these beginner classes that will give you the basics to practice and learn the techniques of waltz, swing, rumba. No dance experience is required. Classes will be taught to both individuals and partners.

Location: Commed Gym

6 Wednesdays*, Jan 31 - Mar 13, 7:15 - 8:15 pm \$69

* No class Feb 21

BALLROOM BASICS: SESSION 2

NEW

Instructor - Deborah Hilse

Discover the joys of ballroom dance in these beginner classes that will give you the basics to practice and learn the techniques of foxtrot, cha-cha, and the hustle. No dance experience is required. Classes will be taught to both individuals and partners.

Location: Commed Gym

6 Wednesdays*, Apr 3 - May 15, 7:15 - 8:15 pm \$69

* No class Apr 17

I laughed, I danced, I had fun getting in shape! Can't wait for the next session to start up again!

- Laura M.

EDUCATIONAL PROGRAMMING

DIGITAL FILM MAKING FOR BEGINNERS

Instructor - Zachary Scott, Chelmsford Telemedia

Lights! Camera! Action! Work on the different phases of creating a film in this 8-week course which covers the process of scripting, filming, and editing. Students will learn script formatting, the workings of a video camera, and get a basic understanding of an editing software, as well as some lighting and sound tips too. Increase your knowledge of the medium with this helpful, hands-on course.

Location: Parker Middle School Chelmsford Telemedia Studio

8 Tuesdays, Jan 23 - Mar 19, 7 - 9 pm \$50

* No class Feb 20

FIRST AID & CPR CERTIFICATION

Instructor - Juanita Allen Kingsley, EMT

This 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 Career Center

1 Tuesday, Apr 23, 6:30 - 9:00 pm \$95



SPECIAL INTERESTS

LEARN TO PLAY CRIBBAGE

NEW

Instructor - Martha Coravos

Cribbage combines luck and skill, and the basics can be learned in one lesson. Cribbage is a card game for two or four players who use a cribbage board to peg points that they earn by playing certain combinations of cards. During the first night of this class, you will learn the rules of the game and your instructor will demonstrate game play. In the second class, you will review the rules, then break into teams and play a game or two.

Location: Commed Room 17

2 Mondays, Mar 4 & 11, 6:30 – 8:30 pm \$39

UNDERSTANDING THE CRIMINAL JUSTICE SYSTEM

NEW

Instructor - Martha Coravos

This course provides a basic overview of the Massachusetts criminal justice system. Students will learn how the police, the courts, and the correctional system operate, and how these branches work together. The instructor will lead the class through a hypothetical District Court case and a hypothetical Superior Court case and will explain each step of the process including arrest, arraignment, indictment, probable cause, assignment of counsel, bail, bail review, pretrial motions, trial, sentencing, probation, parole, and appeal.

Location: Commed Room 17

1 Monday, Apr 29, 6:30 – 8:30 pm \$29

ALL YOU NEED IS LOVE & A GUITAR! JAM SESSION

NEW

Instructor - Martha Coravos

Do you love Beatles, Buddy Holly, Everly Brothers, Elvis, and all the classic Oldies rock songs of the 50's and 60's? Bring your instrument and or voice to this fun open jam. We will follow the standard circle jam format, trading off who will lead us in a song of their choice. Players of all ability levels are welcome.

Location: Commed Room 17

1 Monday, Feb 12, 7 - 9 pm \$35



**Register NOW at
ChelmsfordCommunityEd.com**



Child Care Programs

FULLDAY PRESCHOOL

Lion's Pride is a full day Toddler/Preschool and Pre-K program.

Lion's Pride is a full day Toddler/Preschool and Pre K program. We offer care for children 18 months old up to children eligible to enter Chelmsford Public School Kindergarten. Lion's Pride is open from 7:00am-5:00pm.

Our curriculum has been designed to meet the needs of the whole child. It provides opportunities for increased exploration of motor skills, language, social development and STEM (science, technology, engineering and math). We introduce the children to FOUNDATIONS Phonics Curriculum, Math Expressions curriculum and Fountas & Pinnell literacy curriculum in coordination with Chelmsford Public Schools.

LPN Mixed Age Preschool/Pre-K Program.

Lion's Pride North is a mixed age, full day Preschool and Pre-K program. This preschool program is filled with state-of-the-art materials for learning and for play designed to engage both 3 and 4-year old's.

Lion's Pride North is open from 6:45a.m. - 4:45p.m. giving parents a great option for full-day learning and social development for their child. Located at Chelmsford High School in a large, newly renovated classroom with student bathrooms in the classroom.

Lion's Pride North provides opportunities for increased exploration of motor skills, language, social development and STEM (science, technology, engineering and math). We are

introducing our students to FOUNDATIONS Phonics Curriculum, Math Expressions curriculum, and Fountas & Pinnell literacy curriculum in coordination with Chelmsford Public Schools.

A unique benefit of Lion's Pride North is that this classroom will be working with the CHS Early Childhood Growth and Development Classroom.

SUMMERFEST

The goal of Summerfest is to provide a valuable service to the families of children in the Chelmsford area.

The staff will make every effort to provide a safe and harmonious environment in which your child can make age appropriate choices that lead to sound social, emotional and physical development. We will be going on a variety of field trips this year with Summerfest. Summerfest is offered for students entering grades 1-6.

We offer a weekly field trip, and multiple special interest rooms, such as our STEM room, Art room, the Gym, and more! Summerfest will be open from 7:00 a.m. to 6:00 p.m.

SUMMERQUEST

SummerQuest is designed for kids entering 6th grade through entering 9th grade. We schedule our weeks with full day field trips that will bring your child to a variety of locations with exciting and enriching activities such as rock climbing, hiking, amusement parks, kayaking, ropes courses and more! We use these trips to create a social environment where kids can engage with their peers with guided independence.

We are a RAIN OR SHINE program! SummerQuest is open from 8:00 a.m. to 3:00 p.m.

EXTENDED DAY

The goal of the Chelmsford Extended Day Program is to provide an invaluable service to working parents of children in Chelmsford Public Schools. The staff will make every effort to provide a safe and engaging environment in which your child can make age appropriate choices that lead to sound social, emotional, and physical development.

Our program is located in five buildings for students entering Kindergarten through Grade 6: the Byam, Center, Harrington, and South Row Schools, for both the morning and afternoon sessions, and in the Parker Middle School for just the afternoon session. Elementary students will use their own buildings both before and after school. For the morning program, middle school students can be dropped off at their neighborhood elementary buildings and transportation will be provided to the Parker Middle School.

We also provide Childcare on the February and April Vacation for all children enrolled in the Extended Day Program from 7:00am-6:00pm. These vacation days are an additional cost.

Visit our website **ChelmsfordCommunityEd.com** for more information.

PART-TIME PRESCHOOL

Chelmsford Integrated Preschool (CHIPs) is an integrated preschool that includes both children with specific special needs and children who have no identified needs. Inclusive education provides meaningful education to developing young children. CHIPs is a program of Chelmsford Public Schools through a partnership between Special Education and Chelmsford Community Education. For more information contact Megan McGuirk, Preschool Coordinator at McGuirkM@chelmsford.k12.ma.us or 978-251-5188, x6062.



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 go to **ed2go.com/ChelmComEd**

- Arts and Design
- Business
- Computer Applications
- Computer Science
- Construction and Trades
- Health and Fitness
- Hospitality
- Information Technology
- Writing
- And Many More!



News From Around Town

BOARD OF HEALTH

Every 3rd Tuesday evening the Health Department collaborates with the Chelmsford Library to offer educational programs focused on a variety of health-related topics for residents of the Greater Chelmsford area. Please check the Health Department website and the Chelmsford BOH Facebook page, as well as the library website for updates.

The Chelmsford Health Department offers free blood pressure screenings the first Thursday of every month between the hours of 9am - 12pm at the health department office at the town hall, and the last Thursday of the month between the hours of 8:30am - 10:30am at the Chelmsford senior center.

Household Hazardous Waste Day is offered twice a year to Chelmsford Residents ONLY on the last Saturday of April and October. The next HHWD is Saturday April 27, 2024, from 9:00 AM to 1:00 PM located at Chelmsford DPW (9 Alpha Rd). You must bring an ID and fees may be charged for items. You may call Christopher Haley at 978-250-5203, e-mail chaley@chelmsfordma.gov with questions, or consult the annual recycling flyer for more information.

The Chelmsford Health Department hosts a depression & anxiety support group for individuals to give and receive peer advice and seek guidance from a licensed professional. Shantelle Castle, LICSW, and the health department's human services associate, Marissa Cameron hold sessions every 4th Tuesday of the month from 6:30-8:00pm in the Cabaret Room at the Chelmsford Center for the Arts.

Need assistance connecting with a mental health provider? Care Solace is Chelmsford's Mental Health referral service offered to Chelmsford residents and employees regardless of insurance. Care Solace will connect you with a provider who fits YOUR needs in a fraction of the time it would take to do the work on your own. For questions, call the Chelmsford Health Department at 978-250-5241. Please note, this is not an emergency response service. Please call 911 for a life-threatening emergency.

For updates and announcements, please sign up for alerts on the Town of Chelmsford Website, The Health Department website or follow the Chelmsford Board of Health page on Facebook: Town of Chelmsford - Official Website: <https://www.townofchelmsford.us/> Health Department: <https://www.townofchelmsford.us/156/Health-Department> Facebook: <https://www.facebook.com/ChelmsfordBoardofHealth/>

TOWN CLERK

The Fiscal Year 2024 property tax bill due dates are: 1st Quarter: August 1, 2023 2nd Quarter: November 1, 2023 3rd Quarter: February 1, 2024 4th Quarter: May 1, 2024 Bills will be mailed approximately 30 days before the due date.

You may register to vote in Massachusetts if you are a citizen of the United States, are at least 18 years of age, are a Massachusetts resident, and are currently not incarcerated by reason of a felony conviction. There are many ways to register to vote. For more information go to: <https://www.townofchelmsford.us/477/How-to-Register-to-Vote>

Annual Dog License Renewals: MA State Law requires that all dogs be vaccinated against rabies and be licensed with the Town. All dog licenses expire on December 31st. The Town Clerk's Office begins licensing on December 1st each year. There is a two-month grace period before late fees begin to accrue and reminders are sent prior to the implementation of each incremental late

fee. If your dog is one of the 417 unlicensed dogs in town, please license your dog immediately to avoid further legal action.

The local Census mailing will no longer contain dog license application forms. The form is obsolete thanks to the online dog license program. There will be a reminder printed on the form that your dog's license expired on December 31st and that it is time to renew. It is the responsibility of every dog owner to ensure that your dog has been properly vaccinated and licensed.

CHELMSFORD CENTER FOR THE ARTS

The Chelmsford Center for The Arts (CCA) is a community center that focuses on connection, cultural expression, healing, storytelling, and play through the arts. They provide high-quality programs, performances, and third spaces in theater, visual arts, music, film, youth/teen development, and more. The CCA has many events planned for this winter/spring.

For more information on these and other events, go to **Chelmsfordarts.org**

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 - Friday, 8:30 a.m. to 4:00 p.m. Email: dsiriani@chelmsfordma.gov

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

Music Programs

Between playdates, sports, family time, and school work, our time is already stretched thin. **WHY WOULD I WANT TO ADD ONE MORE THING?**

- Music engages the whole brain in ways that very few things can. Learning music is an act of focus, patience, and concentration. You are truly learning a new language!
- Boost self-esteem by learning how to accept constructive feedback and have individual accomplishments.
- Hand, muscle, and eye coordination. Great for sports too! Did you know most pro-athletes were diverse in their athletic development?
- Learning how to play an instrument is not only fun, but it lasts a **LIFETIME!** One of the major regrets of adults is not learning to play or quitting the piano when they were young.

Visit our website or send an email to engage with our coordinator Christopher McGillicuddy at mcgillicuddyc@chelmsford.k12.ma.us to find a teacher, instrument, and time that will work for you!

Music enhances the education of our children by helping them to make connections and broadening the depth with which they think and feel. If we are to hope for a society of culturally literate people, music must be a vital part of our children's education.

- Yo-Yo Ma

Travel

Chelmsford Community Education is proud to partner with **Best of Times Travel** to bring trips back to the Chelmsford Community!

Find more details about these and other upcoming trips at **ChelmsfordCommunityEd.com**.

- **Beach Boys Tribute Show:**
April 25th
- **Kennebunkport Getaway:**
May 22nd - 23rd
- **Rolling Stones Tribute Show:**
June 20th
- **Jimmy Buffet Tribute Show:**
July 16th
- **Gloucester Harbor Cruise:**
July 24th
- **Mount Washington Getaway:**
August 13 - 15th
- **Isle of Shoals,
Portsmouth Lighthouse
Harbor Cruise:** August 22nd



CommEd Office Staff

Robyn Adams, Director

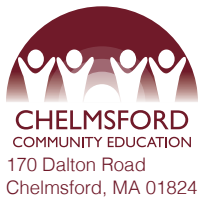
Kelley DiFolco, Assistant Director

Michele Pieveski, Childcare Supervisor

Colleen Smith, Adult Education Program
Coordinator

Linda Westland, Secretary

Rhonda Poole, Office Assistant



Non-Profit Org.
US Postage
PAID
Permit #37
Chelmsford, MA

Our summer program registration opens in March



Join our team this summer!
Visit ChelmsfordCommunityEd.com for more information.