



CHELMSFORD
COMMUNITY EDUCATION

FALL 2019

Register online at
ChelmsfordCommunityEd.com

FROM THE DIRECTOR

At Chelmsford Community Education, we celebrate education as a lifelong process. We provide a balance of programs to support academic, social, and physical growth. Our goal is to offer activities that meet the needs of all our patrons.

Chelmsford Community Education has undergone several significant improvements over the last year. At our location on Dalton Road our brand new, state of the art and accessible playground has been completed. The combination of natural playscape, dinosaur fossils and multiage equipment make this the perfect place for our students to explore. The new air conditioning on the second floor also offers a cool place for our enrichment programs.

During the past year we have also implemented a new registration program. Our new registration process is designed to meet the needs of busy families by offering one location to sign up all members in your family. All classes are listed on our website. After setting up your family account, you simply add classes to your shopping cart.

As we continue to evolve we look forward to feedback from our Community. Please reach out to us if there are courses you would like to see offered in the future.

For more information please visit our website at **ChelmsfordCommunityed.com**, or call us at **(978) 251-5151**.

Robyn Adams
Director

FALL 2019

TABLE OF CONTENTS

Important Information 1

Youth Programs 3

Test Prep

SAT Preparation -Verbal	3
SAT Preparation - Math	3

The Arts

Learn To Draw For Kids	3
Fine Arts For Kids	3

Hobbies

NEW Elementary Chess Explorers	3
NEW Middle School Chess Explorers	4

Recreation & Fitness

Karate - Little Dragons	4
Karate - Juniors	4

Special Interest

Home Alone	4
------------	---

CommEd Office Staff

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

Evening Programs

Jim Buckley, Supervisor, CommEd Building
 Amanda Abraham, Supervisor, Chelmsford High School

Adult Programs 5

Hobbies

Basic Digital SLR Photography	5
NEW iPhone Photography	5
Sewing	5
Knitting	5

The Arts

Beginning Drawing For Adults	6
------------------------------	---

Computers

Microsoft Word	6
Microsoft Excel	6

Health & Wellness

NEW Connecting With Your Guardian Angels	6
NEW Reiki Level 1 Certification	7
New Science For Care of ADD/ADHD	7
Fact From Fiction: The Truth About Weight Loss	7
NEW Stress Without Distress:	
Proven Methods to Keep Stress Under Control	7
Finding Balance Through Mindfulness	8

Recreation & Fitness

NEW Vinyasa Flow Yoga For All Levels	8
Gentle Flow Yoga	8
NEW Get Moving With Zumba!	8
Karate - Adults	8

Special Interest

Getting Paid to Talk, Making Money With Your Voice	9
You Can Afford College If...	9

Trips 9

Childcare 11

Town News 13

INFO

IMPORTANT INFORMATION

How to Register

Online registration is available at **ChelmsfordCommunityEd.com**. Our new 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.**

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 Chelmsford CommEd.

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 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. Refund payments require up to a 30 day processing period.
6. Trips have a different refund policy. Please refer to individual trip information for details.
7. To request a refund, e-mail **adulted@chelmford.k12.ma.us**

Who Can Enroll?

Residents of Chelmsford and non-residents are welcome to enroll in our classes at the same tuition. Adult classes are open to ages 18+. Under-enrolled classes may be cancelled up to seven days prior to start date, so please register early.

Discounts

A \$10 discount is given to senior citizens 60 and over. Senior Citizen discounts do not apply to one 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.

Course Cancellations

All classes are offered pending sufficient enrollment and are subject to cancellation at the discretion of CommEd.

Weather Closings

The decision to cancel evening classes due to inclement weather will be made by 3 pm. Check our website at ChelmsfordCommunityEd.com or call the CommEd office at 978-251-5151. Please do not call the High School.

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.**

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 go to **www.ed2go.com/ChelmComEd.**

MUSIC LESSONS

CommEd offers music lessons in voice, piano, violin, viola, cello, guitar, bass, ukulele, flute, clarinet, and saxophone. 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**. Contact Andrea Worrall at **adulthood@chelmsford.k12.ma.us** or **978-251-5151, x6092** with questions.

QUESTIONS

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

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

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.

KIDS

TEST PREP

THE ARTS

SAT Preparation, Verbal

Instructor: Ben Berube

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 207 **Age:** Teen +.

6 classes, Tuesdays, Begins September 17, 7:00 - 9:00 pm, \$139
Register for both Math and Verbal for just \$249

SAT Preparation, Math

Instructor: Bethany Carlson

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 Room 207 **Age:** Teen +.

6 classes, Thursdays, Begins Sept 26, 7:00 - 9:00 pm, \$139
Register for both Math and Verbal for just \$249

Learn To Draw For Kids

Instructor: Gopika Luthra

In this class we will start with basics. Students will learn about drawing shapes, proportions, depth (perspective) and shading. The class will cover projects that will give a basic understanding of these concepts to go to the next level. Please bring a sketch book, sketching pencils, pencil sharpener, ruler, and colored pencils to class.

Location: CommEd Room 17. **Grades:** 1-4.

Session 1:

5 classes, Mondays, Begins September 16, 6:30 to 7:30 pm, \$60

Session 2:

5 classes, Mondays, Begins November 4, 6:30 to 7:30 pm, \$60

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. Creativity of each student is encouraged in the class. Students will be given tips & techniques according to their age group so that they can learn and enjoy painting. **A \$25 material fee payable to the instructor will be collected the first day of class.** Students should bring an old shirt or smock to wear while painting.

Location: CommEd Room 17. **Grades:** 1-4.

Session 1:

5 classes, Wednesdays, Begins Sept. 18, 6:30 to 7:30 pm, \$60

Session 2:

6 classes, Wednesdays, Begins Oct. 30, 6:30 to 7:30 pm, \$69

HOBBIES

NEW! Elementary Chess Explorers

Instructor: Gwen Meines

Explore the world of chess! This class is for elementary school students who already know the rules of the game. Each class will begin with chess matches between students and as well as tips on tactics and strategy. Students will also have the opportunity to explore chess related puzzles and try variations on the game of chess like bughouse, monster chess and chess solitaire.

Location: CHS Café 1. **Grades:** 1-4.

3 classes, Thursdays: September 26, October 3 and October 10, 5:30 to 6:45 pm, \$25.

NEW: Middle School Chess Explorers

Instructor: Gwen Meines

Explore the world of chess! This class is for middle school students who already know the rules of the game. Each class will begin with chess matches between students and as well as tips on tactics and strategy. Students will also have the opportunity to explore chess related puzzles and try variations on the game of chess like bughouse, monster chess and chess solitaire.

Location: CHS Café 1. **Grades:** 5-8.

3 classes, Thursdays: September 26, October 3 and October 10, 7:00 to 8:00 pm, \$25.

RECREATION & FITNESS

Karate - Little Dragons

Instructor: Chris Massood

Respect and courtesy are just two of the many benefits that your child can achieve through Karate. Students are encouraged to become the best that they can be. Learning to set and achieve goals by using the ABC's of Karate (Attitude, Behavior and Character), students learn how to be successful in whatever goal they desire. Testing fee for qualified students at the end of the session is \$25. Questions? Please contact the instructor at 603-566-4673.

Location: CommEd Gym. **Ages:** 3 - 6.

22 classes, Mondays & Wednesdays, Begins September 16, 5:30 - 6:00 pm, \$225

Karate - Juniors

Instructor: Chris Massood

During this age-specific class, students experience the self-empowerment that martial arts provide. Students learn to improve their focus and martial arts techniques. Testing fee for qualified students at the end of the session is \$25. Questions? Please contact the instructor at 603-566-4673.

Location: CommEd Gym. **Ages:** 7 - 17.

22 classes, Mondays & Wednesdays, Begins September 16, 6:05 - 6:50 pm, \$225

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? 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: CHS Room 206. **Ages:** 8-12.

Session 1: 1 class, Thursday, September 26, 5-7 pm, \$29

Session 2: 1 class, Thursday November 7, 5-7 pm, \$29

Basic Digital SLR Photography

Instructor: Nick DePasquale
nickdepasqualephotography.com

The Basic Digital SLR class is designed for beginner and advanced beginner photographers to give them the knowledge and tools to take better photographs. In this class students will learn about their Digital SLR (DSLR) camera and how to shoot images in the manual modes and begin to learn how to see images like a photographer. The class will discuss: understanding DSLR features and functions, exposure, focusing and depth of field, and understanding composition and the elements of visual design. There will be fun photo assignments between classes. **Participants should bring a Digital SLR camera that provides the ability to adjust ISO, shutter speed, and aperture.**

Location: CHS Room 243. **Ages:** 18+.

8 classes, Tuesdays, Begins October 1, 6:30 – 8:30 pm, \$99

NEW: iPhone Photography

Instructor: Nick DePasquale
nickdepasqualephotography.com

In this class, you will learn how to take wonderful photographs with your iPhone camera. Learn how to use all of its built-in functions to creatively compose shots, focus properly, and expose for great images. Learn how to edit your photos and about apps for post-processing and backup. **Please note that this course is for Apple iPhones only. Prerequisites: Participants must have an Apple iPhone. Bring your Apple iPhone to class.**

Location: CHS Room 243. **Ages:** 18+.

2 classes, Tuesday, September 10 and Thursday, September 12, 6:30 – 8:30 pm, \$25

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 notions you will need to purchase. 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 has to offer.

Location: CHS Room 109. **Ages:** 18+.

10 weeks, Tuesday, Begins September 10, 6 – 8:45 pm, \$149

Knitting

Instructor: Dale Keothe

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. **Beginners should bring a ball of medium weight yarn number 4 (preferably a light color wool) and size 6, 7 or 8 straight or circular knitting needles to class.**

Location: CommEd Room 2. **Ages:** 18+.

Session 1:

4 classes, Mondays, Begins September 23, 6:45-8:45 pm, \$55

Session 2:

4 classes, Mondays, Begins November 4, 6:45-8:45 pm, \$55

THE ARTS

Beginning Drawing For Adults

Instructor: Bethany Peck

This fun, 4-week 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 students will have the confidence they need to draw what inspires them. 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 15. **Ages:** 18+.

4 weeks, Wednesdays, Begins November 6, 6:00 - 8:00 pm
(no class November 27), \$59

TECHNOLOGY

Microsoft Word

Instructor: Annette Presseau

From copying and pasting, to changing font colors, to designing a newsletter, this class will show you how to do everything that most people use Microsoft Word for every day. Class instruction will include creating documents, saving documents, selecting text, copying, cutting and pasting text, changing fonts and font sizes, bullet and number lists, borders, footers, clip art, word art and tables. Some of the in-class exercises include letters, party announcements, newsletters, resumes, flyers, lists, and greeting cards. **Location:** CHS 244. **Ages:** 18+.

6 classes, Tuesdays, Begins September 17, 6:30 - 8:00 pm, \$109

Microsoft Excel

Instructor: Annette Presseau

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. Some of the topics covered are adding up columns, formulas, sorting and manipulating data, tips and tricks, filtering, and freezing panes. Fun in-class exercises include creating and maintaining lists, setting up a budget, and importing different types of text files. **Location:** CHS 244. **Ages:** 18+.

6 classes, Thursdays, Begins September 26, 6:30 - 8:00 pm,
\$129

HEALTH & WELLNESS

NEW: Connecting With Your Guardian Angels

Instructor: Michelle Grossman

Join us for an evening of fun as we 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 your guardian angels, and feel their presence touch and surround you.

Location: CHS Room 203. **Ages:** 18+.

1 night, Tuesday, October 1, 6:30 - 8:30 pm, \$29

NEW: Reiki Level 1 Certification

Instructor: Barbara Moura, Reiki Master

Reiki is a Japanese technique – “laying on hands” - that offers a sense of relaxation, stress reduction and promotes healing. In this 12-hour course you will learn the history of Reiki, how Reiki works, The Seven Main Chakras, how crystals work, hand positions, what Reiki can heal, Reiki Attunement with the Chakra Meditation and more. After completing this course you will be able to perform a Reiki Treatment on yourself, others and animals.

Location: CHS Room TBD. **Ages:** 18+.

6 classes, Thursdays, Begins October 3, 6:30-8:30 pm, \$150

New Science For Care Of ADD/ADHD

Instructor: Dr. Gerard Cassista

Exciting new science demonstrates that a high percentage of people are diagnosed with ADD/ADHD and how to clearly tell both apart. You will be given step-by-step instructions on how to deal with each condition. This is cutting edge technology with powerful, predictable results. We highly encourage school nurses, counselors, teachers and parents who deal with this issue take part in this lively presentation. You will leave empowered with the knowledge to transform and frequently eliminate this very serious problem.

Location: CHS Room 203. **Ages:** 18+.

1 night, Tuesday, October 1, 7:00 - 9:00 pm, \$29

Fact From Fiction: The Truth About Weight Loss

Instructor: Dr. Gerard Cassista

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 Room 203. **Ages:** 18+.

1 night, Tuesday, September 24, 7:00 - 9:00 pm, \$29

NEW: Stress Without Distress: Proven Methods to Keep Stress Under Control

Instructor: Dr. Gerard Cassista

Chronic stress is the real deal. It is the root of a great many illnesses and conditions all over the world. While it is difficult to avoid all stress, it is very possible to minimize it and keep it under control. Research shows most of our stress is actually of our own doing based on time stress, relationship stress and environmental stress. This presentation focuses on ways to avoid stress and a number of ways to deal with it when you get it. You will leave knowing exactly what to do and will be surprised at how easy it can be and how much better you will feel and function.

Location: CHS Room 203. **Ages:** 18+.

1 night, Tuesday, October 15, 7:00 - 9:00 pm, \$29

Finding Balance Through Mindfulness

Instructor: Michelle Grossman

Mindfulness involves being aware of our thoughts, emotions and why we do what we do. It means paying attention to the here and now. Mindfulness can increase our ability to cope with stressful situations, improve self-esteem, and feel more alive. Join us in exploring the topic of Mindfulness and how it can be a useful tool in our daily lives.

Location: CHS Room 203. **Ages:** 18+.

1 night, Tuesday, October 22, 6:30 – 8:30 pm, \$29

RECREATION & FITNESS

Vinyasa Flow Yoga For All Levels

Instructor: Kathy Otto

Vinyasa Flow Yoga classes dynamically link the flowing nature of breath with mindful, continual movement. This heat building flow not only increases strength and flexibility but trains the mind to be more content and relaxed throughout difficult challenges on and off the mat. Fluid yogis embrace qualities embodied by the universal elements to become grounded and balanced. In this class the instructor will offer hands-on assistance (if welcomed) and modifications for all levels. Please bring a yoga mat, two yoga blocks and water bottle to class.

Location: CommEd Rec Room. **Ages:** 18+.

6 classes, Wednesdays, Begins October 2, 6:30-7:30 pm, \$89

Gentle Flow Yoga

Instructor: Erin O'Sullivan

This class is slow paced and restorative, taking students through a series of poses that encourage mindfulness of the body and attention to breath. Students 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. Please bring a yoga mat and water bottle to class. Students of all levels are welcome.

Location: CommEd Rec Room. **Ages:** 18+.

6 classes, Mondays, Begins September 23, 6:00 – 7:00 pm, \$89

NEW! 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! There is no equipment necessary for this class – just wear sneakers and bring a towel and water.

Location: CHS Cafeteria 2. **Ages:** 18+.

6 classes, Thursdays, Begins October 3, 6:30-7:30 pm, \$39

Karate: Adults

Instructor: Chris Massood

Learn a realistic approach to self-defense against one or more opponents in this fun and safe class. No previous martial arts experience is required. Whether your goal is physical conditioning or to just get out and do something fun, you've come to the right place! Testing fee for qualified students at the end of the session is \$25. Questions? Please contact the instructor at 603-566-4673.

Location: CommEd Gym. **Ages:** 18+.

22 classes, Mondays & Wednesdays, Begins September 16, 7:00 – 8:00 pm, \$225

SPECIAL INTERESTS

Getting Paid To Talk, Making Money With Your Voice

Instructor: Voice Coaches

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, and 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: CHS Room 204. **Ages:** 18+.

1 night, Tuesday, November 12, 6:30 - 9:00 pm, \$29

You Can Afford College IF...

Instructor: Dick Man

Financial aid goes to those families that plan in advance—ideally before December 31st 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. **Ages:** 18+.

1 night, Thursday, October 3, 7:00 – 9:00 pm, \$29/\$39/couple

Important Trip Information

- Registration is through **ChelmsfordCommunityEd.com**.
- Departure and return locations will be at Chelmsford CommEd, 170 Dalton Road, Chelmsford, MA unless noted. Alternate pickup and return locations may be in Billerica or Burlington.
- Buses cannot wait for late arrivals.
- Email will be sent the week prior to the trip with details.

Vermont Country Store

Date: Saturday, October 12, 2019

Time: 7 am to 7 pm

Fee: \$84.00 per person

Cancellation Waiver fee: \$15.00 per person

The Vermont Country Store invites you to step back in time and enjoy a leisurely stroll down memory lane. Wander their aisles, stocked to the rafters with penny candy, Vermont maple syrup, award-winning Vermont Cheeses and so much more! Enjoy the spectacular fall foliage and a delicious lunch at the New England House Restaurant! Lunch choices include maple apple sage pork loin, herb-crusted white fish, or chicken breast with broccoli and cheddar-onion-cider sauce.

Fabulous Fall in Massachusetts

Date: Sunday, October 13, 2019

Time: 9 am to 7 pm

Fee: \$84.00 per person

Cancellation Waiver fee: \$10.00 per person

Start the day with a fantastic brunch buffet at the King Philip Restaurant in Phillipston, MA! Afterwards, enjoy a stop at Red Apple Farm where they've got all the best treats fall has to offer! Our final stop will be at Smith Country Cheese Store where their cows make tons of scrumptious cheeses and dairy products! Come see what western Massachusetts has to offer during this gorgeous time of the year!

Radio City Christmas Spectacular

Date: Saturday, November 9, 2019

Time: 6 am to midnight

Fee: \$169.00 per person

Cancellation Waiver fee: \$45.00 per person

Join us for one of our most popular day trips ... the fabulous Radio City Christmas Spectacular, featuring the ever-popular Rockettes! Leave early morning for New York, where you will be dropped in the Rockefeller Center area, with time for lunch on your own and some browsing and shopping. Meet at Radio City for the afternoon performance of this classic show, which has thrilled kids of all ages since 1933. It's a great way to get into the spirit for the coming Holiday Season!

New York City Holiday Overnight Getaway

Date: Saturday to Sunday, November 30 to December 1, 2019

Fee: \$341.00 Twin, \$331.00 Triple, \$309.00 Quad, \$416.00 Single

Cancellation Waiver fee: \$45.00 per person

A delightful 2-day/1-night trip to New York City featuring the Radio City Music Hall Christmas Show. Seats are reserved in the orchestra/first mezzanine. Plus you will have time to get some Holiday shopping done in the Big Apple! You will stay at the Hilton Garden Inn in Ridgefield Park, NJ (or similar) with a full American breakfast included.

Pre-Holiday Shopping in New York

Date: Saturday, December 7, 2019

Time: 6 am to midnight

Fee: \$74.00

Cancellation Waiver fee: \$10.00 per person

Join us for a fun day trip to New York for some great shopping amid the hustle and bustle of this exciting city! Your coach will drop you near Rockefeller Center, close to the luxury shops of Fifth Avenue, massive St. Patrick's Cathedral, the ice rink, Today Show Studio, NBC Store, Radio City, and so much more! Times Square is just 7 blocks south, with restaurants and shops galore! You will have plenty of time to stroll, browse, shop and dine in the Rockefeller Center area.

CHILDCARE

FULLDAY PRESCHOOL

The Lion's Pride Full Day 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 them 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 enters 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 olds. 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 & sensory play. We also include a weekly visit to a computer specialist, and a monthly visit from our yoga teacher, and bimonthly 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 in to 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 & 4 year olds. This room provides a different dynamic by combining children of different ages; any student who attends CHIPs and need extended care will join this classroom. This classroom will focus on social skills as well as academic development centered on weekly themes.

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 Lively Letter and Handwriting without Tears 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 5 PM. Hot lunch, snacks & drinks are included. For more information please call **978-251-5151** to set up a tour! **Enrollment for 2020-2021 starts in January!**

PART-TIME PRESCHOOL

The Lion's Den offers a Part-Time Preschool experience in a warm, safe and secure learning environment. We are located in a very large, double classroom on the lower level of the Chelmsford High School. In this space, we have a block corner, a housekeeping area, game tables, tool center, a climber, a clay table, a water table, an easel, computers, and an arts and crafts area. For the first portion of the day, the children are free to choose any activities that interest them. Movement from one activity to another is regulated by the child. In addition, we have daily music and story / language blocks.

We also have an outdoor play area that is utilized every day, winter included, weather permitting. An integral part of our program is the association with the Family and Consumer Science Department at Chelmsford High School. Through the Exploring Early Childhood class, we obtain the services of student aides. These highly motivated students gain hands on experience in the preschool field while providing our staff with valuable assistance and favorably impacting our teacher/student ratio. A bonus for your child is the natural youthful exuberance teens provide. Call **978-251-5111** to schedule a tour.

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 Russell Hoyt, Preschool Coordinator at **hoytr@chelmsford.k12.ma.us** or **978-251-5188, x6062**.

EXTENDED DAY

Our **Extended Day Programs** offer a valuable service to working parents with children in grades K-6. Our qualified staff provides a safe and harmonious environment in which children make age appropriate choices that lead to sound social, emotional and physical development.

The Extended Day Program covers mornings (as early as 7AM) and afternoons (until as late as 6 PM). The program is offered at several sites: Byam, Center, Harrington and South Row. Parker offers afternoon coverage only for all middle school children in 5th & 6th grade (McCarthy students are bussed to Parker). In the AM, middle school children attend an elementary center then are bussed to their middle school.

Another service we provide is school vacation coverage on the November Professional Day, February, and April school vacations from 7 AM–6 PM at the Community Education Center (for an additional fee).

**Register NOW at
ChelmsfordCommunityEd.com**

NEWS FROM AROUND TOWN

Assessor's Office: Year 2020

It's Abatement, Personal Exemption, Tax Deferral & Circuit Breaker Credit time!

Applications are available at the Town Assessors Office (50 Billerica Road, Room 110), Monday to Friday, 8:30 a.m. to 4 pm, on the Town website www.townofchelmsford.us, and on the Department of Revenue website www.dor.state.ma.us/PUBL/FORMS/abatement.pdf.

Personal Exemptions: Exemption applications are filed annually between July 1st of the fiscal year and no later than April 1st of the fiscal year. Personal exemptions are as follows: Disabled Veterans & Paraplegic, Elderly, Elderly & Surviving Spouse, Blind, Community Preservation Surcharge Low/Moderate Income, and Hardship.

Tax Deferral: This permits a taxpayer at least 65 years or older to delay payment of property taxes. The taxes must be repaid with interest to the community upon the death of the taxpayer or sale of the property. Applicants must enter into a tax deferral and recovery agreement with the Board of Assessors, which will be recorded at the Registry of Deeds.

Hardship: This provides any person, in the judgment of the Board of Assessors, is so aged, infirmed and poverty stricken that they may be entitled to an exemption on a portion of or all property taxes. This provision applies only to persons and not to corporations, trusts or other legal entities.

Circuit Breaker Tax Credit: This State Provision allows a real estate tax credit in a current tax year. Applicants must be 65 years or older at the close of the taxable year, own or rent their principal residence and meet total income thresholds. Full guideline qualifications are available at the Department of Revenue website (www.dor.state.ma.us).

Board of Health

The following are services provided by the Board of Health at the Town Offices:

1. Blood Pressure Screening – First Thursday of each month from 9:00 a.m. to 12:00 pm
2. Education and Health Promotion Programs

Appointments are required for the following services:

1. Limited Immunizations for adults
2. Cholesterol and Blood Glucose Screening: \$20.00 fee
3. Home Visits: referral required from physician or Home Health Agency
4. Blood Pressure check.
5. Copies of documentation of previously administered vaccines: \$10.

Household Hazardous Waste Collection:

Saturday, November 2, 9:00 AM – 1:00 PM at the Department of Public Works, 9 Alpha Road.

MENTAL HEALTH SERVICES HELPLINE

is available Monday - Friday from 9 AM - 5 PM at

1-888-244-6843

Flu Clinics (Insurance card required):

- Wednesday, October 16, 3:30 pm – 4:30 pm, ages 65+ (hi dose formula will be available), 4:30 – 7 pm ages 3 years and older at the Chelmsford Senior Center, 75 Groton Road, North Chelmsford.
- Tuesday, November 12, 4:00 pm – 7:00 pm, ages 3 years and older at the Town Hall, 50 Billerica Rd, Lower Level 06.
- School based flu clinics for students at CHS, McCarthy and Parker Schools will be held on Tuesday, October 22.

Mental Health Services: William James College Freedman Center Community Resource and Referral HELPLINE: Available to all members of the Chelmsford community, the Freedman Center assists in finding appropriate mental health services for children, families, and adults. Callers are provided professional, personalized counseling, referrals matched for location, specialty, and insurance or fee requirements. The Freedman Center will guide each caller from the initial phone call until they are successfully matched to a provider.

For information related to mental health questions and services for children, families, and adults go to <https://interface.williamjames.edu>.

Unwanted Medication Drop Box Open 24/7:

There is an Unwanted Medication Drop Box in the Chelmsford Police Station lobby, available 24 hours a day. Any unwanted or expired medication (no liquids and no sharps) can be dropped into the drop box. Remove medication from the bottle and place it in a sandwich size zip lock baggie, and place in the drop box.

Medical Sharps Disposal: Residents are not permitted to dispose of any sharps into the town's curbside trash collection system. The BOH has set up times for residential drop off of medical sharps (needles, syringes with needles, lancets, and Epi-pens). Call the BOH at 978-250-5241 for more information.

Mercury Thermometer Take-Back Program:

Residents may bring old mercury thermometers to the BOH. Call 978-250-5241 for days and times.

Bicycle and Pedestrian Advisory Committee

Bicycling: Bicycles are governed by the same rules as motor vehicles. On the road, ride with the flow of vehicles and obey all traffic signals and signs. Helmets are required by State Law to be worn by all persons under the age of seventeen (17). As of August 2012, changes in State Law have made it easier for the police to issue tickets to bicyclists for traffic infractions.

Bruce Freeman Rail Trail: Pets should be on a short leash and owners are responsible for cleaning up after their pets. On the trail, pedestrians and cyclists should keep to the right at all times. Electric bikes are not allowed on the trail. Please report any violations to the Chelmsford Police by calling 978-256-2521. Contact the BPAC at chelmsford.bpac@gmail.com for additional information.

Events on the Trail: All groups of 25 or more wishing to use the trail must fill out an Event Registration Form at least 90 days in advance. This is an electronic form that once completed is sent automatically to the committee. A link to the form can be found on the BPAC webpage at www.townofchelmford.us/bicycle.cfm.

Chelmsford Senior Center

Residents and nonresidents 60 years or older can become a member of the Chelmsford Senior Center, and there is no fee for joining. Contact the Senior Center for more information:

Chelmsford Senior Center

75 Groton Road

978-251-0533

Monday through Friday, 8:30 a.m. to 4:00 p.m.

Email: dsiriani@townofchelmsford.us

Friends of the Senior Center, Inc.

75 Groton Road

978-251-1123

Email: FriendsSrCtr@aol.com

Facebook: Friends of the Senior Center , Inc.
Chelmsford

Town Clerk

Elections: The Presidential Primary will be held Tuesday, March 3, 2020 and our local election will be held Tuesday April 7, 2020. If you wish to run for Town Meeting Representative or a Town-wide office, you can pick up nomination papers in the Town Clerk's Office after January 1. It only takes 25 signatures of registered voters within your precinct to get on the ballot as a candidate for Town Meeting Representative. A town-wide seat only requires 50 signatures from any registered voter in Chelmsford.

2020 Census Form: Federal and local Census will be mailed in January 2020. Please review, update, sign and return the census form as soon as you receive it. This is essential in keeping the town's resident and voter lists accurate.

Dog Licensing: Be sure to license your dog before the deadline of February 28, 2020. To license online go to www.townofchelmsford.us/249/Dog-Licenses.

NEW PLAYGROUND



Register NOW at ChelmsfordCommunityEd.com

Non-Profit Org.
U.S. Postage
PAID
Permit No. 37
Chelmsford, MA



ECRWSS
RESIDENTIAL CUSTOMER

We offer:

- Youth Programs
- Adult Programs
- Trips
- Childcare
- Town News

NEW classes:

- Elementary Chess Explorers
- Middle School Chess Explorers
- iPhone Photography
- Connecting with your Guardian Angels
- Reiki Level 1 Certification
- Stress Without Distress: Proven Methods to Keep Stress Under Control
- Vinyasa Flow Yoga For All Levels
- Get Moving With Zumba



CHELMSFORD
COMMUNITY EDUCATION

1770 Dalton Road
Chelmsford, MA 01824