



# **Fall 2020**

## **Virtual**

## **Course Catalog**

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

Thus far, 2020 has presented many challenges for our community, but Chelmsford Community Education is committed to developing new and innovative programming that will enhance the lives of our members. We appreciate those of you who have supported us through this difficult time and thank you all for the continued support we know is to come.

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](http://ChelmsfordCommunityEd.com), or call us at 978-251-5151.

Robyn Adams  
Director

# FALL 2020

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# Important Information

## How to Register

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

## Adult Ed Waitlist Registrations – NEW!

You will be waitlisted for classes at the time of registration and will not be charged until the minimum number of registrants required has been reached. Transfer from waitlist to class roster will be done in order of waitlisted registration.

## Registration Confirmation

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

## Discounts

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

## When Does Registration Begin?

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

## Course Withdrawal & Refunds

Refunds for a course are handled as follows:

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

## ED2GO Online Classes

CommEd offers a wide range of highly interactive courses that you can take entirely over the internet. Online courses are brought to you through colleges and universities that employers know. All online courses are led by expert instructors, and are affordable, fast and convenient. Visit our ed2go website for information on classes in Accounting and Finance, Business, Computer Applications, Grant Writing, Personal Development and many more! For information and enrollment see page 18 of this catalog.

## Virtual Class Info

Virtual classes will primarily be conducted on video conferencing software but may be partially pre-recorded. All class login information will be provided either in your registration receipt or via email approximately one week prior to class.

The majority of our classes will be held virtually during our fall session, but some classes may be available for in-person learning based on town and state guidelines later in the session.

## Who Can Enroll?

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

## Questions

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

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

## Mission Statement

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

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

## Trip Information

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

## Trips Update

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

## Commed Office Staff

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



## Virtual Private Music Instruction

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

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



## Test Prep

### SAT Preparation - Verbal

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

**Location:** Virtual **Age:** 15+

**Instructor:** Bethany Carlson

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7 Tuesdays, Begins September 22, 7:00-9:00pm, \$139  
Register for both Math and Verbal for just \$249

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### SAT Preparation - Math

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

**Location:** Virtual **Age:** 15+

**Instructor:** Bethany Carlson

---

7 Thursdays, Begins September 24, 7:00-9:00pm, \$139  
Register for both Math and Verbal for just \$249

---

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

## Academic

### Creative Writing

Do you enjoy putting together words to create new worlds, enhance doodles, envision characters, and just have fun? If you'd like to explore the power of words, this virtual creative writing class is for you! In this class, you will create a shape poem, descriptive paragraph, open-ended narrative, and more. Emphasis will be on how the individual students can grow with their work. At the end of the course, students will have a virtual book of their writings, suitable for printing and presenting to family and friends.

**Location:** Virtual **Grades:** 6-8

**Instructor:** Kristin Morris

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

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## The Arts

### Pottery & Fused Glass Workshops

Come Zoom with us! This 5-week art workshop series offers art using several different techniques designed for children in grades K-5. During this class you will paint 2 pieces of ready-made pottery, 1 Mosaic decoration project, 1 fused glass suncatcher, and 1 canvas painting with acrylics. Supply kits will be available for pickup the week before the class starts. The pottery & fused glass projects should be brought back at the end of the session for firing so that the pottery becomes food safe.

**Location:** Virtual **Grades:** K-5

**Instructor:** Tricia Langeleh

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5 Tuesdays, Begins October 20, 4-5pm, \$80

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## The Arts (Cont.)

### Drawing for Kids

In this 5-week class, we will start with the 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.

**Location:** Virtual Class    **Ages:** 5-11

**Instructor:** Gopika Luthra

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5 Mondays, Begins October 5, 6:00-7:00pm \$60  
5 Mondays, Begins November 9, 6:00-7:00pm \$60

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## Special Interests

### Home Alone

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

**Location:** Virtual Class    **Age:** 9-13

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Tuesday, September 15, 5:00-7:00pm, \$29  
Thursday, October 15, 5:00-7:00pm, \$29  
Tuesday, December 15, 5:00-7:00pm, \$29

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## Educational Gaming

### Metrocraft Level 1

Students learn economics, civics, geometry, history and technology as they work together to create a city within a virtual *Minecraft* world. *Minecraft* is a limitless platform for students to learn academic skills in a highly engaging virtual environment. In this problem-solving class, students design their own house and business as they learn about budgeting, profit and loss and supply and demand. As they serve on a city council, they study how laws are made and work together to create and vote on a city constitution of laws. Students use mathematics and geometry to construct a working urban environment. STEM skills have never been so fun!

**Location:** Virtual Class    **Age:** 9-13

**Instructor:** Right Brain Curriculum

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6 Mondays, Begins October 5, 5:30-7:00pm, \$117

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### Metrocraft Level 2

Metrocraft Level 2 is a continuation of Level 1 and builds on what you have learned and built in the first class. Level 1 is required prior to taking this class. In this continuation, you will create businesses, create tv commercials, create expansions plans, vote on transportation plans, create road plans, create city grid planning, create environmental plans, and create campaigns for mayor and running an election.

**Location:** Virtual Class    **Age:** 9-13

**Instructor:** Right Brain Curriculum

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6 Mondays, Begins November 16, 5:30-7:00pm, \$117

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## Cooking

### Healthy Cooking for Kids

If your child loves to cook or would like to learn how to prepare yummy, healthy farm to table snacks and meals, they should join nutritionist Megan Curran for cooking class! Students will learn how to read food labels, identify hidden sugars, and prepare nutrient rich, delicious snacks and meals. Recipes for all foods demonstrated are included. Learning to cook at a young age can create healthy habits that will last a lifetime!

**Location:** Virtual Class **Grades:** 5-8

**Instructor:** Megan Curran

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4 Mondays, November 23, 6:00-8:00pm, \$125

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## Family Baking

Chelmsford Community Education is pleased to offer a special series – Holiday baking at home with the family! Taught by our pastry chef, Evelyn Schichner, this series is designed for the whole family to participate. Classes are taught virtually so you can bake in your own kitchen. Take one or all three – a fun activity for the whole family!

\* Recipes and a list of supplies/ingredients will be provided approximately one week prior to class.

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

### Halloween Treats\*

Let's get into the spirit of Halloween and make some party goodies! How about strawberry ghosts, banana ghosts, Halloween candy bark, spider brownie pizza, and more! You'll have fun in the kitchen with your family and can plan a Halloween menu around the goodies you make!

**Location:** Virtual Class **Age:** All ages (family)

**Instructor:** Evelyn Schichner

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Saturday, October 10, 12:30-3:00pm, \$43

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### Thanksgiving Decorated Pies\*

Learn to bake pies and dress them up with festive Thanksgiving decorations! How about a pumpkin pie with a turkey on top, or an apple pie with fall leaves, and pecan tassies? Come have fun in the kitchen with pastry Chef Evelyn Schichner and your whole family will enjoy the results!

**Location:** Virtual Class **Age:** All ages (family)

**Instructor:** Evelyn Schichner

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Saturday, November 21, 12:30-3:00pm, \$43

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### Christmas Yule Log\*

We are going to have so much fun making a yule log known in France as a *Buche de Noel*! We'll bake, fill, roll, and frost a cake as a log. Then we're going to decorate it with holly and berries made from homemade marzipan, candied cranberries, and other treats. Your family masterpiece will look too good to eat – but take a picture and then enjoy – it will be delicious!

**Location:** Virtual Class **Age:** All ages (family)

**Instructor:** Evelyn Schichner

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Saturday, December 12, 12:30-3:00pm, \$43

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# Virtual Chess



Registration includes account with Chesskid.com and all other handouts/materials required. Skill Level Placement Test will be made available to determine which skill level fits your child the most.

Skill level can be adjusted mid-session based on your child's advancement.

Two separate 7-week sessions available.

## Proud Pawns – Brand New Players

Brand new to chess. Learn how the pieces move and capture, how the board is set up, and chess language.

**Location:** Virtual Class **Grades:** K-8

**Instructor:** Chess Wizards

I: 7 Wednesdays, September 16, 6:00-6:50pm, \$105

II: 7 Wednesdays, November 4, 6:00-6:50pm, \$105

## Nifty Knights – Beginner

Fully understand piece movement and capturing. Learning check, checkmate, piece value, basic tactics, basic opening ideas and thinking ahead.

**Location:** Virtual Class **Grades:** K-8

**Instructor:** Chess Wizards

I: 7 Wednesdays, September 16, 6:00-6:50pm, \$105

II: 7 Wednesdays, November 4, 6:00-6:50pm, \$105

## Brilliant Bishops – Intermediate

Understand checkmate, solves Mate-in-1 puzzles with ease. Learning more tactics and using them regularly. Learning basic endgames and can win when ahead. Starting to thinking about their opponents' plans along with their own.

**Location:** Virtual Class **Grades:** K-8

**Instructor:** Chess Wizards

I: 7 Wednesdays, September 16, 6:00-6:50pm, \$105

II: 7 Wednesdays, November 4, 6:00-6:50pm, \$105

## Radical Rooks – Strong Intermediate

1-move puzzles are easy. Can name and demonstrate all major tactical themes, set up combinations or escape them. Sees the whole board and can plan 2+ moves ahead. Creates their own game plan. Less goofy mistakes. Learning more basic openings and endgames.

**Location:** Virtual Class **Grades:** K-8

**Instructor:** Chess Wizards

I: 7 Wednesdays, September 16, 6:00-6:50pm, \$105

II: 7 Wednesdays, November 4, 6:00-6:50pm, \$105

**About Chess Wizards:** We believe strongly that education should be fun and exciting. Since our first classes in 2002, our Chess Wizards have inspired thousands of children across the United States and Canada to think logically, solve problems, win graciously, and learn from defeat. Our academy is so successful because our approach is so unique. Chess classes and lessons are based around our original, fun, and high-energy Chess Wizards curriculum. Regardless of a child's ability Chess Wizards makes chess fun for all!

## Cooking



### A Maine Shore Dinner

Put down the top of your convertible and join Diane Manteca in a hands-on culinary journey to the beaches of Maine! You will learn to prepare classic seaside dishes, lobster and all. The menu includes: Clam and Fresh Corn Chowder, Steamed Lobster with Drawn Butter, Homemade Biscuits, Mid-Coast Potato Salad, and Maine Blueberry Pie.

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

**Instructor:** Diane Manteca

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Wednesday, September 16, 6:00-8:00pm, \$43

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### Asian Fusion

Americans have grown to love fusion restaurants, which combine various cuisines of different countries on one menu, or feature dishes that combine elements of different culinary traditions. In this class, Diane Manteca will do just that by teaching you to create your own Asian fusion meal at home! You will learn to prepare dishes like Indonesian beef curried noodles, Vietnamese fresh shrimp spring rolls, Thai holy basil pork, or an authentic General Tso's chicken recipe you probably haven't seen at your typical Chinese restaurant. Shake things up with these recipes and be inspired to create a fusion menu of your own!

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

**Instructor:** Diane Manteca

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Wednesday, September 23, 6:00-8:00pm, \$43

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### Comfort Food Classics

It's that time of year when we crave comfort foods like Baked Macaroni & Cheese, Old Fashioned Pot Roast, Baked Pasta with Sausages & Turkey, and Sun-dried Tomato Meatloaf. Join Chef Diane Manteca to make the recipes your Mom used to make, as well as preparing new, more contemporary twists to these classic recipes.

**Location:** Virtual Class **Ages:** 18+

**Instructor:** Diane Manteca

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Wednesday, September 30, 6:00-8:00pm, \$43

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### A Night in Havana

Come join our own island hopper, Chef Diane Manteca for a deep dive into the cuisine of Cuba! 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:** Virtual Class **Ages:** 18+

**Instructor:** Diane Manteca

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Wednesday, October 7, 6:00-8:00pm, \$43

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### Soups & Chowders

Come in from the cold with Chef Diane Manteca to prepare a tasty Mulligatawny Soup, Escarole and White Bean "Minestra." Next, spoon into Chipotle Corn and Potato Chowder, and Butternut Squash & Sweet Potato Bisque. Some soups are a meal unto themselves, some round out a special dinner, and all are healthy.

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

**Instructor:** Diane Manteca

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Wednesday, October 14, 6:00-8:00pm, \$43

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



## A Greek Dinner

Greek cuisine evokes thoughts of sun, exotic flavors, and fresh ingredients of the land and the sea. Join Chef Diane Manteca for a hands-on cooking class that will bring you down to the blue waters of the Greek Islands. The feast will include a Cucumber, Tomato & Feta Salad, Greek Sautéed Chicken with Capers & Oregano, Greek Stewed Potatoes & Greek Lemon Roasted Potatoes. Enjoy fabulous dishes prepared with your very own hands in your own kitchen.

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

**Instructor:** Diane Manteca

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Wednesday, October 21, 6:00-8:00pm, \$43

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## Holiday Entertaining

What could possibly be better than learning to prepare primo holiday party food with one of the Chelmsford Community Ed's most beloved instructors? Nothing, as far as we're concerned! Join party animal, Chef Diane Manteca, and learn how the pros celebrate the festive season in the kitchen. Menu may include: Sausage-Stuffed Jalapeno Poppers, Roasted Prosciutto-Wrapped Figs, Shrimp Gazpacho Shooters, BBQ Tandoori Chicken Skewers with Yogurt Dip, Mini Pissaladier Canapes.

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

**Instructor:** Diane Manteca

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Wednesday, October 28, 6:00-8:00pm, \$43

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## A Chinese Dinner

Learn to make delicious, healthy Chinese food in your own kitchen. Chef Diane Manteca helps you 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:** Virtual Class **Age:** 18+

**Instructor:** Diane Manteca

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Wednesday, November 4, 6:00-8:00pm, \$43

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## Creative Thanksgiving Sides

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

**Location:** Virtual Class **Ages:** 18+

**Instructor:** Diane Manteca

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Wednesday, November 18, 6:00-8:00pm, \$43

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## Cooking From Spain

Learn to create Spain's classic flavors and dishes of Spain, using ingredients that are famous to the country, like saffron & smoked paprika. Prepare the famous Salad Olivier, a Spanish Seafood, Chicken & Chorizo Stew, Smoked Roasted Potatoes and finish the dinner with Caramel Custard Flan. Leave class having prepared a delicious dinner with recipes you will use again and again.

**Location:** Virtual Class **Ages:** 18+

**Instructor:** Diane Manteca

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Wednesday, December 2, 6:00-8:00pm, \$43

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## Ravioli & Sauces Workshop

Our favorite pasta maker, Chef Diane Manteca is back in the kitchen - and this time, it's all about RAVIOLI! Make pasta dough from scratch and prepare a variety of fillings and sauces to pair. Discover how easy it is to make stuffed ravioli at home in this hands-on class! Menu may include: Wild Mushrooms and Shallots with Fresh Tomatoes & Roasted Garlic Sauce, Seafood with Mascarpone & White Wine Sauce, Butternut Squash & Cranberry with Brown Butter Sauce, Swiss Chard, Ricotta & Pancetta with Creamy Vodka Sauce.

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

**Instructor:** Diane Manteca

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Wednesday, December 9, 6:00-8:00pm, \$43

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## An Italian Christmas Dinner

Create an Italian Christmas dinner in a fun, hands on class, cooking up all things Christmas. You will learn and taste recipes from all around Italy and their various regions. The menu will include: Tuscan Marsala & Mushrooms on Bruschetta, Roman Artichoke Fritters with Garlic Aioli, Lasagna with Bechemal, Meat Sauce from Parma, and Sicilian Baccala Arranto (Baked Cod with Pine Nuts & Raisins.) Finish your dinner with Marscapone & Rum Soaked Cherries. Explore Italy's traditions and celebrate the holidays with us! Buone Feste!

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

**Instructor:** Diane Manteca

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Wednesday, December 16, 6:00-8:00pm, \$43

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## Couples Cooking Classes



### A Tuscan Dinner

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

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

**Instructor:** Diane Manteca

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Friday, September 18, 6:00-8:00pm, \$43

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

## A French Dinner

Transport yourself to a cozy Paris bistro, the kind where locals gather to enjoy good company and rustic comfort food. The atmosphere is inviting, and the food is satisfying. Join instructor Diane Manteca for a hands-on cooking class where you will create delicious French dishes that are easy for two. You'll start with a fresh Nicoise salad; then simmer over the stove to make the perfect chicken burgundy with mushrooms and finish it all off with a sweet apple tart. You'll end your French journey with great recipes and some new virtual friends.

**Location:** Virtual Class **Ages:** 18+

**Instructor:** Diane Manteca

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Friday, October 16, 6:00-8:00pm, \$43

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## Cooking With Wine

Wine elevates an average dish to a sensually delectable status. With a few good recipes and a little know-how (not to mention the vino!), change a basic chicken, meat, or pasta dish into a meal that is exotic, enticing, and perfect for entertaining. Savor the elegance of chicken Marsala; ravioli with white wine sauce; beef in Chianti sauce; and port wine reduction with fruit. End class with a full stomach and a new appreciation for wine.

**Location:** Virtual Class **Ages:** 18+

**Instructor:** Diane Manteca

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Friday, November 20, 6:00-9:00pm, \$43

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## A Night in Morocco

Discover the exotic, enticing cuisine of Morocco! Join Chef Diane Manteca for a hands-on cooking class that highlights delicious dishes from this beautiful country. We will prepare Salad of Chickpeas and Charmoula Dressing, Moroccan Chicken Tagine, Vegetable Couscous, and end with figs, Pear & Honey for Dessert. Enjoy fabulous dishes prepared by your very own hands in your own kitchen.

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

**Instructor:** Diane Manteca

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Friday, December 4, 6:00-8:00pm, \$43

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## French Cooking

### French Tarts

In French Tarts, you will learn how to make a buttery tart dough, a classic French pastry cream, and a creamy lemon curd as well as how to assemble these ingredients into elegant pastries that rival the finest patisseries in France! The menu includes, Tart aux Fruits avec Crème Pâtissière (French Fruit with Pastry Cream), Tart au Citron (Lemon Tart), and Tart a la Frangipaine (Almond Tartlets with Raspberries & Almonds) You can either make all three in class, or if you prefer, choose one to make during class and watch the other two being made so you can create them later.

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

**Instructor:** Evelyn Schichner

Thursday, September 10, 6:00-8:30pm, \$43

### Quiche

In this virtual class, you will learn how to make the class French pie dough, Pate Brisée. We will make an egg custard filling, which is a base for all quiches. During class, we will create three quiches – a vegetable, a meat, and of course the classic, Quiche Lorraine! Any or all of the quiches can be made in a regular size pie pan or individual tins.

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

**Instructor:** Evelyn Schichner

Tuesday, September 22, 6:00-8:30pm, \$43

### Tart Tatin

According to Wikipedia, "the Tart Tatin is a pastry in which the fruit is caramelized in butter and sugar before the tart is baked. Named after the hotel serving it as its signature dish, Tart Tatin originated in France but has spread to other countries over the years." In this class, you will learn step by step how to create this classic dessert and marvel at how easy it is to make.

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

**Instructor:** Evelyn Schichner

Thursday, October 8, 6:00-8:30pm, \$43

### French Crepes

Learn how to make these delicate treats using both a traditional crepe pan or a small skillet. We will create both sweet and savory fillings, which you can adapt to your personal taste. Once you discover how easy it is to make these treats, they will become a part of your culinary repertoire.

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

**Instructor:** Evelyn Schichner

Tuesday, October 13, 6:00-8:30pm, \$43

## Healthy & Plant Based Cooking

### Healthy Cooking for Adults

In this 4-week series, you will begin by learning to understand the language of healthy eating by discussing how certain foods can affect our bodies, which foods increase inflammation, and which help to decrease it, how to maximize the nutrition in the foods we eat, and how to meal prep healthy, home cooked meals.

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

**Instructor:** Megan Curran

4 Mondays, October 19, 6:00-8:30pm, \$129

### Boost Your Immunity:

### Bone Broth

Have you heard of the many health benefits of bone broth? It has been shown to boost immunity, decrease inflammation, and improve gut health. Learn how to make bone broth with nutritionist Megan Curran of Farm Fresh Nutrition. During this class you will learn the nutritional benefits of consuming bone broth and other health power houses.

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

**Instructor:** Megan Curran

Monday, December 7, 6:00-8:00pm, \$20

## Plant Based Cooking

### Secrets of Plant-Based Living

Learn 3 Chef secrets to simple, intuitive, and fun plant-based meal preparation that will make you excited to embrace a healthier lifestyle. During this class, we will make Cauliflower Rice Burrito Bowl with Carnitas Jackfruit

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

**Instructor:** Lauren D'Agostino

Tuesday, September 22, 6:00-8:00pm, \$43

### Satisfying Salads

Learn five components to create a salad you love and that will leave you satisfied. Recipe: Mediterranean Chickenless Salad with Creamy Greek Vinaigrette

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

**Instructor:** Lauren D'Agostino

Tuesday, September 29, 6:00-8:00pm, \$43

### How to Quit Sugar

Boost your immunity by reducing sugar. Learn healthy ways to sweeten baking, Recipe: Sweet Potato Brownie Sundae with Coconut Whipped Cream and Macerated Berries and Raw Caramel.

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

**Instructor:** Lauren D'Agostino

Tuesday, October 6, 6:00-8:00pm, \$43

### Cooking With Essential Oils

Learn the basics of cooking with oils safely, and the many other ways you can enjoy their benefits. Recipe: Lentil Meatballs with Green Pesto and Vegan Alfredo Pasta.

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

**Instructor:** Lauren D'Agostino

Tuesday, October 13, 6:00-8:00pm, \$43

## Cake Decorating

### Decorating with Buttercream Icing

Learn the art of cake and dessert decorating! In this class you will learn many techniques including how to make buttercream icing, how to change icing consistencies and learn pressure control. The class will explore adding flavors, color combinations and various color effects such as a double bag swirl, bag striping and spatula striping. Students will learn to prepare two types of decorating bags, how to fill a bag, how to correctly hold the bag, how to level, tort, add filling, ice a cake smoothly and creative spatula technique. Students will also be taught to make dots, stars, rosettes, cupcake swirls, flowers, borders and basket weave techniques. Go to the CommEd website for a materials list.

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

**Instructor:** Mary Napoli

4 Wednesdays, October 7, 6:45-8:45pm, \$59

### Piping Simple Icing Flowers & Decorations

In this course you will learn how to make 2 kinds of icing, Buttercream and Royal Icing. Students will also be taught how to use it for the technique of brush embroidery. It is the ideal medium to construct gingerbread houses because it dries quickly. It can also be piped directly on fondant. The star and swirl drop flower, rosettes, leaf tip flowers, star, round tip flowers, and cactus will be shown as well as making flowers in batches to save time. Students will experiment with different color effects including bag striping, spatula striping, variegated color techniques and learn how to use color mist food sprays. Classes will include learning to apply color dusts with brushes to add beautiful realistic shading effects to your flowers. Go to the CommEd website for a materials list.

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

**Instructor:** Mary Napoli

4 Wednesdays, November 18, 6:45-8:45pm, \$59



## DIY Cheese Boards

### DIY Cheese Boards: Board Basics

Participants will learn how to assemble the ingredients for the perfect cheeseboard. Learn about basic pairings, salami roses, and a step by step demonstration. Complete class with your own delicious cheese board and impress the guests at your next party. All materials will be provided to make one board to take home.

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

**Instructor:** Abby Thatcher

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Monday, September 28, 7:15-8:45pm, \$43

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### DIY Cheese Boards: Dessert Cheese

In dessert cheese, participants will have fun learning all about what cheeses are classified as dessert worthy. Yes, some cheeses are considered dessert cheeses – not all are savory! Enjoy some nibbles as you create your own cheese board and discover why cheese is perfect for dessert! All materials will be provided to make one board to take home.

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

**Instructor:** Abby Thatcher

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Monday, October 5, 7:15-8:45pm, \$43

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### DIY Cheese Boards: Cheese & Chocolate

In cheese & chocolate, participants will learn about some surprising sweet and savory pairings while they create their own boards. We will walk about some other “companion foods” that you may like to incorporate for your next book club or date night. All materials will be provided to make one board to take home.

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

**Instructor:** Abby Thatcher

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Monday, November 16, 7:15-8:45pm, \$43

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## The Arts

### Beginning & Intermediate Drawing for Adults

This fun, 4-week drawing course will help the beginning artist take their stick figures to a new level and bring the intermediate student to the next phase in their artistic development. 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.

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

**Instructor:** Deb Arsenault

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4 Wednesdays, October 7, 6:00-8:00pm, \$59

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### Fused Glass Sushi Dish Art Workshop

Join us to create a fused glass sushi dish! We will go through each step and will fire this piece twice to ensure food safety. You can choose either purple trees, blue trees or fall color trees. All materials and firing services will be provided. Kits will be available for pickup at the Community Education office approximately 1 week prior to class.

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

**Instructor:** Tricia Langeleh

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Wednesday, October 21, 7:00-8:30pm, \$40

Thursday, November 19, 7:00-8:30pm, \$40

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

## Languages

### Intro to Basic Spanish

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

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

**Instructor:** Ashley Frankian

8 Tuesdays, September 22, 6:00-8:00pm, \$159

### Complete Spanish - Intermediate

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

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

**Instructor:** Ashley Frankian

8 Thursdays, September 24, 6:00-8:00pm, \$159

### English as A 2<sup>nd</sup> Language – Level 2

Students will learn and demonstrate understanding of written words and phrases, write phone numbers, addresses, dates, times, and prices. Students will work on development of sound/sign correspondence, word and sentence level literacy, pronunciation, and basic conversation skills. This class is a continuation of the beginner English as A 2<sup>nd</sup> Language class.

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

**Instructor:** Ashley Frankian

8 Wednesdays, September 23, 6:00-8:00pm, \$109

### English as A 2<sup>nd</sup> Language - Beginner

In this dynamic learning experience, students will learn to enhance their vocabulary, grammar, comprehension and life skills, within listening, speaking, reading and writing activities as well as, engaging in interactive assignments and discussions. Students will be able to increase their English Language Development and College Career Readiness skills, which will prepare them to reach their personal goals and be successful communicators within and out of the classroom setting. Textbooks will be included in the cost of this program.

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

**Instructor:** Ashley Frankian

8 Mondays, September 21, 6:00-8:00pm, \$99

## Physical Fitness

### Get Moving With Zumba

Zumba is an amazing dance fitness class that mixes Latin rhythms with low and high intensity moves for a calorie burning dance fitness party to tone the entire body. Each class combines cardio, muscle conditioning, balance and flexibility. You will leave each session with boosted energy! This class is being offered as a 12-week series purchase or by individual class purchase of \$15 per class.

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

**Instructor:** Aaron Bryant

12 Mondays, September 14, 6:30-7:30pm, \$105

## Physical Fitness

(Cont.)

### Get Moving With

### Zumba: Pre-Recorded Sessions

Have you always wanted to try Zumba but are afraid that you won't be able to keep up? Want to take Zumba but the class day and time just don't fit your schedule? Try this high intensity exercise at your own time & pace with 6 pre-recorded session that you can start and stop to fit your own speed of learning. Each class will be uploaded to You Tube and will be available for two days in that week before being removed and replaced by the next week's class. This is a great way to get a fun and energy boosting workout on your own schedule.

**Location:** Pre-Recorded **Age:** 18+

**Instructor:** Aaron Bryant

6 Thursdays, September 24, 6:30-7:30pm, \$45

### Pre-Natal Yoga

Enjoy a slow flow yoga practice that allows for time to create space in the mind and body, connect with your baby, create stability and find balance. This class is designed for both those new to yoga and for regular yoga practitioners. You will learn how to incorporate prenatal yoga variations into your regular yoga practice as well as your day-to-day life in an encouraging, supportive environment. Wherever you are in your pregnancy journey, there is a place for you here. 6-week sessions.

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

**Instructor:** Valerie Kacian

Sess. 1: 6 Tuesdays, September 15, 5:30-6:30pm, \$79

Sess. 2: 6 Tuesdays, November 10, 5:30-6:30pm, \$79

### Bollywood Dancersize

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

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

**Instructor:** Jenish Thakkar

6 Tuesdays, September 29, 6:30-7:30pm, \$59

### Vinyasa Flow Yoga

The Vinyasa style yoga flow will focus on breathing techniques; standing postures, muscle strengthening and lengthening, balancing, ending with seated postures and a final silent resting pose – Savasana. Our instructor is well versed in alignment and modifications to make these classes accessible to the newer yogi as well as keeping things challenging for the more advanced students. This class is being offered as a 6-week series purchase or by individual class purchase of \$15 per class.

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

**Instructor:** Kathy Otto

Sess. 1: 6 Wednesdays, Sept. 16, 6:30-7:30pm, \$79

Sess. 2: 6 Wednesdays,, October 28, 6:30-7:30pm, \$79

### Gentle Flow Yoga

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. This class is being offered as a 6-week series purchase or by individual class purchase of \$15 per class.

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

Sess. 1: 6 Mondays, September 14, 5:30-6:30pm, \$79

Sess. 2: 6 Mondays, October 26, 5:30-6:30pm, \$79

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

## Health & Wellness

### Connecting With Your Guardian Angels

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

**Location:** Virtual Class **Ages:** 18+  
**Instructor:** Michelle Grossman

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

### Mindfulness: Developing A Daily Practice

Have you ever wanted to learn how to become more mindful? Have you ever wondered how you can incorporate mindfulness but just can't find the time? Join this workshop and develop various tips and tools to bring mindfulness into your life.

**Location:** Virtual Class **Ages:** 18+  
**Instructor:** Michelle Grossman

Thursday, October 15, 6:30-8:30pm, \$29

### Health Claims: Fact or Fiction?

Health claims on foods labels and in marketing are claims by manufacturers that their product will reduce the risk of developing a disease or condition. Join us for a review of popular claims and the basis upon which these claims are developed.

**Location:** Virtual Class **Ages:** 18+  
**Instructor:** Nina Anderson

Thursday, December 3, 6:00-8:00pm, \$29

## Health Literacy

The degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions. Over 90 million adult Americans have difficulty understanding verbal and written health information which may contribute to poor health and healthy behaviors. Join Nina Anderson for this essential and informative virtual class.

**Location:** Virtual Class **Ages:** 18+  
**Instructor:** Nina Anderson

Thursday, October 22, 6:00-8:00pm, \$29

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

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:** Virtual Class **Ages:** 18+  
**Instructor:** Dr. Gerard Cassista

Tuesday, October 27, 7:00-9:00pm, \$29



## Health & Wellness(Cont.)

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

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

**Location:** Virtual Class **Age:** 18+  
**Instructor:** Dr. Gerard Cassista

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

### **New Science Care of ADD/ADHD**

Exciting new science demonstrates that a high percentage of people are diagnosed with ADD/ADHD. You will be given step-by-step instructions on how to clearly tell them apart and 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:** Virtual Class **Ages:** 18+  
**Instructor:** Dr. Gerard Cassista

Tuesday, November 17, 7:00-9:00pm, \$29

## Special Interests

### **You Can Afford College IF...**

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

**Location:** Virtual Class **Age:** 18+  
**Instructor:** Dick Man

Tuesday, October 20, 7:00-9:00pm, \$29

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

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

**Location:** Virtual Class **Age:** 18+  
**Instructor:** Aaron Ladd

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

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

## Special Interests

(Cont.)

### **Beer Making: Home Brewing Intro**

This course is a compilation of facts, techniques, methods, and examples resulting from many years of brewing experience. If you like ales, anything from pale to porters, saison to stout, and like the idea of producing something you will love to drink – this course is for you. The course presumes no experience, but even if you are a seasoned brewer – there will be content to interest and intrigue. There will be plenty of time for questions and discussion at the end of this lively and interesting presentation along with guidance on equipment and supplies to brew your own beer at home.

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

**Instructor:** Jerry Lotto

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Thursday, October 8, 6:00-8:00pm, \$29

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### **Getting Paid to Talk: Making Money With Your Voice**

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

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

**Instructor:** Will Hahn

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Tuesday, November 10, 7:00-9:00pm, \$29

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## Photography

### **Basic Digital SLR Photography**

This is a 6-week class 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 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 have a Digital SLR camera that provides the ability to adjust ISO, shutter speed and aperture.

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

**Instructor:** Nick DePasquale

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6 Wednesdays, September 30, 6:00-8:00pm, \$89

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### **Basic Digital SLR Photography: Homework Option**

The homework option is designed to help you practice all the things that you will learn in class. You will be given shooting assignments each week (4 assignments - one given each week during weeks 2, 3, 4 & 5 of Basic Digital Photography class) specific to that week's class material. The instructor will then review your work and provide positive and constructive feedback to help you take your work up another notch. The critiques are provided via video and can be downloaded for reviewing as many times as you like. The instructor will be available to answer questions via email. The best way to improve your photography is to learn from photos that worked well, and from photos that did not work so well. You must be registered for Basic Digital SLR Photography to participate in this class.

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

**Instructor:** Nick DePasquale

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4 Wednesdays, October 7, 6:00-8:00pm, \$50

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## iPhone Photography

In this 2-day workshop you will learn how to take wonderful photographs with your iPhone camera. Learn how to use all of your iPhone's 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.

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

**Instructor:** Nick DePasquale

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Mon & Tue, November 2-3, 6:30-8:30pm, \$29

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## Ed2Go Online Learning

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

Some courses offered through Ed2Go are:

- Accounting Fundamentals
  - SQL Series
  - GRE Prep Series
  - Grant Writing Suite
- Veterinary Assistant Series
  - Microsoft Excel Suite
  - Technical Writing Suite
- Computer skills for the workplace
  - Medical Terminology
- Advanced Comp TIA A+ Certification Prep
  - Quickbooks with Microsoft Excel
  - Discover Sign Language Series
  - Introduction to Interior Design
  - Start Your Own Small Business
- Fundamentals of Supervision and Management
  - Creating Web Pages
- 12 Steps to a Successful Job Search

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

# CHILDCARE

## FULLDAY

## PRESCHOOL

The Lion's Pride Preschool/Pre-K and Toddler Care Program offers a full day classroom experience for children. Our certified teachers come to our program with years of experience allowing 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 is eligible for kindergarten. We are a small program that offers a comfortable family style feeling, while maintaining the standards and security of a school setting. The children are split into age appropriate classrooms: toddlers, three and four-year old children. This allows for specialized curriculum time that is age appropriate. Our days are packed with exciting activities and experiences which allow the children to grow and develop at their own pace.

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

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

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

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

Lion's Pride follows the Chelmsford Public School calendar. Our hours of operation are 7 AM until 3 PM. For more information, please call 978-251-5151. Enrollment for 2020-2021 is currently underway. Visit **ChelmsfordCommunityEd.com** for pricing.

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