

Chelmsford Community Education

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

Winter/Spring



2021 Virtual

Course Catalog

Register at ChelmsfordCommunityEd.com



From the Director

As we enter a new year, we are hopeful that many of the challenges we faced in 2020 are behind us and we can look ahead to a healthier, happier and more fulfilling 2021. The Fall session saw many new programs, and Chelmsford Community Education is committed to continuing to develop new and innovative programming that will enhance the lives of our members. As always, we appreciate those of you who have supported us, and thank you all for the continued support we know is to come.

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.

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

For more information, please visit our website at ChelmsfordCommunityEd.com, or call us at 978-251-5151.

Robyn Adams
Director

WINTER SPRING 2020

Table of Contents

Important Information.....	1
----------------------------	---

Youth Programs	4
-----------------------------	---

Test Prep

SAT Preparation – Verbal.....	4
-------------------------------	---

SAT Preparation – Math.....	4
-----------------------------	---

The Arts

Drawing for Kids.....	4
-----------------------	---

Pottery & Fused Glass Art.....	4
--------------------------------	---

Academic

NEW: Creative Writing.....	5
-----------------------------------	---

Learning Games

Metrocraft.....	5
-----------------	---

Business Sharks.....	5
----------------------	---

Expert Architects.....	5
------------------------	---

Sports & Fitness

Cheerleading.....	6
-------------------	---

Soccer Skills.....	6
--------------------	---

Soccer Tots.....	6
------------------	---

Hoopster Tots.....	6
--------------------	---

Phys Ed Fun.....	7
------------------	---

NEW: Hula Hooping for Kids.....	7
--	---

Cooking

NEW: Kids Can Cook: Breakfast!.....	7
--	---

NEW: Kids Can Cook: Flatbread Pizza!.....	7
--	---

NEW: Kids Can Cook: Pot Pies!.....	7
---	---

NEW: Kids Can Cook: Chocolate Mousse Dessert!.....	8
---	---

Special Interests

Home Alone.....	8
-----------------	---

NEW: BLAST Babysitting Course.....	8
---	---

NEW: First Aid for Kids.....	8
-------------------------------------	---

Chess

Proud Pawns (New Beg.).....	9
-----------------------------	---

Nifty Knights (Beg.).....	9
---------------------------	---

Brilliant Bishops (Int.).....	9
-------------------------------	---

Radical Rooks (St. Int.).....	9
-------------------------------	---

Adult Programs	10
-----------------------------	----

Cooking

NEW: Italian Farmhouse Cooking.....	10
--	----

NEW: Meal Prepping: Fix, Freeze & Feast.....	10
---	----

NEW: Italian Winter Soups & Stews.....	10
---	----

NEW: Cooking for New Orleans: Mardi Gras.....	10
--	----

The Art of Pasta Making.....	11
------------------------------	----

NEW: Italian Regional Cuisine.....	11
---	----

NEW: International Vegetarian Cuisine.....	11
---	----

NEW: Italian Cookies & Biscotti.....	11
---	----

NEW: Sugo Italiano: Saucing Your Pasta.....	11
--	----

NEW: Creative Seafood Dishes.....	11
--	----

DIY Charcuterie Boards

Cheese Boards: Board Basics.....	12
----------------------------------	----

Cheese Boards: Cheese & Chocolate.....	12
--	----

The Arts

NEW: Beginning Drawing for Adults.....	12
---	----

NEW: Mixed Media 2-D Collage Art Workshop.....	12
---	----

NEW: Intermediate Drawing for Adults.....	12
--	----

NEW: Mixed Media 3-D Collage Art Workshop.....	13
---	----

NEW: Creativity with Alcohol Inks Art Workshop.....	13
--	----

NEW: Pottery for Adults: Hugging Snowman.....	13
--	----

NEW: Pottery for Adults: Square Snowman.....	13
---	----

Languages

Beginner & Intermediate Spanish.....	13
--------------------------------------	----

Physical Fitness

Get Moving with Zumba.....	14
----------------------------	----

WINTER SPRING 2020

Table of Contents (Cont.)

Physical Fitness (cont.)

NEW: Qigong: The Lunchtime Stretch.....	14
NEW: Yoga for Beginners.....	14
Pre-Natal Yoga.....	14
NEW: Yoga For Building Strength.....	15
NEW: Hula Hooping for Health (Adults).....	15

Health & Wellness

Health Claims: Fact or Fiction?.....	15
Health Literacy.....	15

Special Interests

NEW: Chess for Beginners.....	16
Finding the Right Fit: College Admission Process....	16
Making Money With Your Voice.....	16
Ed2Go.....	16

Come Teach with Us

If you have a special skill or knowledge that you would like to share with your community, come teach a class with us! Email your class ideas to Colleen at smithc@chelmsford.k12.ma.us

Like our Facebook Page

Don't miss out on all the news, class updates, fun pictures and free activities. Like our Facebook page at: Chelmsford Community Education.

Contests & Special Events

Chelmsford Community Education is committed to offering educational and extra-curricular activities to enhance the lives of our community.

We have some exciting activities coming up during 2021. Watch for more details on our Facebook page (Chelmsford Community Education), or by going to our website (ChelmsfordCommunityEd.com) on these and other experiences to be announced soon!

- Snowman Building Contest
- Commed Caper Mystery
- Valentine's Day Contest
- Take & Make Craft Boxes
- Walk Off The Pounds
- Interactive Story Telling

Important Information

How to Register

Online registration is available at 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

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.

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

ED2GO Online Classes

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

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 Winter/Spring 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** or **978-251-5151 x6091**

For questions regarding childcare, contact Michele Walsh at **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



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

7 Tuesdays, Begins February 23, 7:00-9:00pm, \$139
Register for both Math and Verbal for just \$249

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 February 25, 7:00-9:00pm, \$139
Register for both Math and Verbal for just \$249

Register NOW at
ChelmsfordCommunityEd.com

The Arts

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

5 Mondays, Begins February 1, 6:00-7:00pm \$60

5 Mondays, Begins March 29, 6:00-7:00pm \$60



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

5 Wednesdays, Begins January 27, 4-4:45pm, \$80

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. 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 Class **Grades:** 6-8

Instructor: Kristin Morris

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

Learning Games

Metrocraft

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

Vacation Week: February 16-19,, 1:00-4:00pm, \$149

Vacation Week: April 20-23, 1:00-4:00pm, \$149

Business Sharks

In our Business Sharks class, students play the role of young entrepreneurs as they start with the germ of an idea for a business and product and take it through the entire entrepreneurial process. Our students develop prototypes, formulate a business plan and devise a marketing strategy. Meanwhile, students learn through contextual lessons on concepts such as competition, profits and branding while designing print ads, acting out "TV commercials," researching real estate locations and designing their storefronts. The class concludes with our young executives pitching their ideas to a "Shark Tank" panel of parents. These young entrepreneurs will really be taking care of business!

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

Instructor: Right Brain Curriculum

Vacation Week: February 16-19, 12:30-3:30pm, \$149

Vacation Week: April 20-23, 12:30-3:30pm, \$149

Expert Architects

The sky is the limit in Expert Architects! In this math, writing and presentation class, students each serve as president of a new architectural firm and are tasked with designing and building the city's next skyscraper. Students study a kid-friendly history of skyscrapers and create a blueprint of their own stylized tall building. They then must weigh other considerations including the environment, traffic and surrounding buildings using Google Earth to find the perfect location for their project. Our expert architects create a three-dimensional model of the structure and present their work to invited parents.

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

Instructor: Right Brain Curriculum

Vacation Week: February 16-19, 12:30-3:30pm, \$149

Vacation Week: April 20-23, 12:30-3:30pm, \$149

Register NOW at

ChelmsfordCommunityEd.com

Sports

Cheerleading With Skyhawks

Skyhawks Cheerleading teaches young athletes the essential skills they need to lead the crowd and support the home team! A perfect sport for the virtual environment, Skyhawks' cheerleading teaches cheers, proper hand and body movements, as well as jumping techniques. All activities are designed to be performed in the comfort of the home or backyard. Participants will enjoy an active and fun experience, while coming away with new skills!

Location: Virtual Class **Age:** 6-9

Instructor: Skyhawks Sports Academy

5 Mondays, Begins February 1, 7:00-7:45pm, \$49

Soccer Skills with Skyhawks

Whether you are looking to sharpen your skills or learn the game for the first time, Skyhawks virtual soccer camp is a great way to stay active and have fun with soccer. This fast-paced, engaging program provides the perfect mix of game-based exercises and skill practice to promote agility and improve fundamental soccer skills. Ball control, dribbling, passing and shooting movements are the focus and all activities are designed to be performed in the home or backyard. Stay active with Skyhawks soccer!

Location: Virtual Class **Age:** 6-9

Instructor: Skyhawks Sports Academy

5 Tuesdays, Begins February 2, 7:30-8:15pm, \$49

Register NOW at
ChelmsfordCommunityEd.com

Soccer Tots With Skyhawks

Soccer Tots programs develop motor skills and self-confidence in a fun, engaging format. Skyhawks is excited to bring our best instructors together with our most popular games, to offer a unique at-home class that promotes the early development of soccer skills and a love for an active lifestyle. This fast-paced program will keep your child engaged with an imaginative warm-up and exciting activities that disguise learning and focus on fun!

Location: Virtual Class **Age:** 3-5

Instructor: Skyhawks Sports Academy

5 Tuesdays, Begins February 2, 4:00-4:45pm, \$49



Hoopster Tots With Skyhawks

Learning Basketball has never been more fun! This virtual Hoopster Tots class brings our best games and lessons into your living room, ensuring an enriching and active experience for your child. Featuring our best instructors, kids will have a blast and parents will come away with some great new activities to play with the family. Expect a dynamic warm-up, stretching best practices, fun games and some life skills along the way.

Location: Virtual Class **Age:** 3-5

Instructor: Skyhawks Sports Academy

5 Wednesdays, Begins February 3, 1:30-2:15pm, \$49

Sports (Cont.)

PhysEd Fun With Skyhawks

Skyhawks is proud to present an engaging, game-based physical education program designed for the home. With passionate instructors at the program's core, this class will offer children a wide variety of activities that involve locomotor, non-locomotor, manipulative skills and fitness development exercises. Our goal is to build self-confidence, create body awareness and inspire each participant with a passion for an active lifestyle.

Location: Virtual Class **Age:** 6-9

Instructor: Skyhawks Sports Academy

5 Wednesdays, Begins February 3, 4:00-4:45pm, \$49



Hula Hooping for Health - Kids

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

Location: CCE Field **Age:** 8-17

Instructor: Jennifer Aucoin

8 Tuesdays, Begins April 6, 6:00-7:00pm, \$70

Kids Cooking & Baking

Kids Can Cook: Breakfast!

How about some yummy banana muffins and a strawberry banana smoothie? Learn how to make this delicious breakfast to serve to your family, friends, and YOU! You'll learn how to mix and bake these muffins, with or without nuts. Your smoothie can be made with dairy or non-dairy ingredients, you choose! Be adventurous in the kitchen!!

Location: Virtual Class **Age:** 7-12

Instructor: Evelyn Schichner

Saturday, January 9, 10:00-11:00am, \$20

Kids Can Cook: Pizza!

Let's make some pizzas using a pre-made flatbread crust from the grocery store. Chef Diane will teach you to make a simple and delicious sauce and show you how to prepare toppings. Assemble your pizza and learn how to bake them, then you and your family can enjoy them for lunch! Recipes and a kitchen equipment list will be included.

Location: Virtual Class **Age:** 7-12

Instructor: Diane Manteca

Saturday, January 23, 10:00-11:00am, \$20

Kids Can Cook: Pot Pie!

Learn to make a great and easy chicken pot pie. Chef Diane will use a rotisserie chicken, some easy to prepare vegetables, and a simple gravy. Top off your chicken pot pie with homemade biscuits demonstrated by Chef Diane. Everyone will love your creation! Recipes and a kitchen equipment list will be included.

Location: Virtual Class **Age:** 7-12

Instructor: Diane Manteca

Saturday, February 6, 10:00-11:00am, \$20

Register NOW at
ChelmsfordCommunityEd.com

Kids Cooking & Baking (Cont.)

Kids Can Cook: Chocolate Mousse!

Pastry Chef Evelyn will teach you how to make a chocolate bowl filled with a light delicious chocolate mousse, dressed with strawberries or raspberries. We will make chocolate bowls using balloons or muffin tins and whip up a fluffy chocolate mousse. You can decorate with fresh berries and enjoy this delicious treat with your whole family.

Location: Virtual Class **Age:** 7-12

Instructor: Evelyn Schichner

Saturday, February 27, 10:00-11:00am, \$20

Special Interests

Home Alone

Take the first steps towards independence! In this course, we will teach children the basics of being safe when home alone for short periods of time. We will talk about house safety, discuss internet safety, learn about accident prevention, fire safety prevention, and how to call 911. We will cover simple first aid techniques, such as how to relieve choking, and talk about to use our time wisely.

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

Instructor: Juanita Allen Kingsley

Wednesday, February 10, 3:30-5:00pm, \$50

Register NOW at
ChelmsfordCommunityEd.com

BLAST Babysitting Course

This training course is for potential teenage babysitters. The BLAST! (Babysitter Lessons and Safety Training) program provides training in pediatric first aid, household safety, and the fundamentals of childcare. In addition, this course helps prepare children to interview for a babysitting job, select safe and suitable games and activities, prevent accidents, perform basic first aid and begin babysitting safely and competently.

Location: Virtual Class **Age:** 11-14

Instructor: Juanita Allen Kingsley

Monday, March 1, 3:30-5:30pm, \$55



Kids First Aid

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

Location: Virtual Class **Age:** 11-14

Instructor: Juanita Allen Kingsley

Tuesday, March 2, 3:30-5:30pm, \$60

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 best.

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

Two separate 6 and 8-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: 6 Tuesdays, February 2, 5:00-6:00pm, \$88

II: 8 Tuesdays, March 30, 5:00-6:00pm, \$115

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: 6 Tuesdays, February 2, 5:00-6:00pm, \$88

II: 8 Tuesdays, March 30, 5:00-6:00pm, \$115

Brilliant Bishops – Intermediate

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

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

Instructor: Chess Wizards

I: 6 Tuesdays, February 2, 5:00-6:00pm, \$88

II: 8 Tuesdays, March 30, 5:00-6:00pm, \$115

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: 6 Tuesdays, February 2, 5:00-6:00pm, \$88

II: 8 Tuesdays, March 30, 5:00-6:00pm, \$115

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

Italian Farmhouse Cooking

After a recent trip to Italy, Chef Diane Manteca is excited to bring a new take on Italian cuisine to Chelmsford Community Education! The focus of this class will be on rustic, simple recipes that highlight ingredients and flavors reminiscent of the Italian countryside. Diane will be demonstrating how to make roasted prosciutto-wrapped leaks, stuffed eggplant and stuffed tomatoes, homemade (and hand cut!) Tagliatelle pasta with pork shank ragu, and for dessert, pears stuffed with fig jam and wrapped in pastry. Celebrate the heart and soul of Italy and enjoy a meal worthy of a farmer's table.

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

Instructor: Diane Manteca

Wednesday, January 27, 6:00-8:00pm, \$43

Meal Prepping:

Fix, Freeze & Feast!

Sometimes we need a break, and just pull out dinner from the freezer, but there is no substitute for your own home cooking. Learn the tricks and shortcuts our own expert personal Chef Diane Manteca does for her clients and for herself! Diane will demonstrate how to make four flavorful, freezable dishes that you can tuck away and enjoy when you are too tired to cook! Our menu includes Mexican Brown Rice & Turkey Casserole, Chicken with Potatoes, Peas, and Curried Coconut Milk, Chickpea and Artichoke Stew, and Orange-Braised Pork Tenderloin with Veggies. She will also give you tips on the proper cooling, storing, defrosting, and labeling for your prepared dishes.

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

Instructor: Diane Manteca

Saturday, January 30th, 2:00-4:00pm, \$43

Italian Winter Soups & Stews

The people of Italy know their stuff when creating flavorful and healthy winter soups and stews, which are great all year round. Join Chef Diane Manteca and make the famous Italian Wedding Soup, Tuscan Ribolita Soup, Sicilian Cioppino Stew, and Roman Chicken and Artichoke Stew.

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

Instructor: Diane Manteca

Wednesday, February 3, 6:00-8:00pm, \$43

New Orleans Cooking: Mardi Gras

If you can't get to New Orleans for Mardi Gras, bring it to your kitchen and enjoy the party! Join Chef Diane Manteca and create the famous dishes that we all enjoy. In this virtual class, Chef Diane will demonstrate Jambalaya with Chicken, Seafood and Andouille Sausage, Shrimp Etouffee, and Chicken Gumbo. Diane will round out the meal with New Orleans Bread Pudding with Bourbon Sauce. Toast to this special holiday and continue to use these amazing recipes year round!

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

Instructor: Diane Manteca

Tuesday, February 16, 6:00-8:00pm, \$43



Register NOW at
ChelmsfordCommunityEd.com

The Art of Pasta Making

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

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

Instructor: Diane Manteca

Wednesday, February 24, 6:00-8:00pm, \$43

Italian Regional Cuisine

Journey to all regions of Italy and enjoy their delicious recipes. We will create a full meal from the top of Italy to the boot! Join Chef Diane Manteca as she makes Venetian Scallops, Tuscan Salad of Radicchio, Fennel and Shaved Parmesan from Florence, Bucatini with Eggplant and Mozzarella from Rome, and Sicilian Orange and Almond Cookies.

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

Instructor: Diane Manteca

Wednesday, March 10, 6:00-8:00pm, \$43

International Vegetarian Cuisine

Eating less meat and poultry is trending now, and you won't miss it with these flavorful recipes from around the world. Join Chef Diane Manteca as she shows you how to enjoy more vegetarian options. Diane will be demonstrating Vegetarian Paella, Southeast Asian Vegetable Stew, Vegetarian Shepard's Pie, and Wild Mushroom Burgundy. Cooking with beans, nuts, and tofu will give you the protein to round out these dishes and keep you healthy!

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

Instructor: Diane Manteca

Wednesday, March 31, 6:00-8:00pm, \$43

Italian Cookies & Biscotti

You can enjoy beautiful Italian cookies and Biscotti without ever making a trip to the bakery! Many authentic Italian cookies are simple enough to make at home and they're perfect for the holidays. Learn how to make twice-baked Biscotti and whip up some assorted versions. Move on to pine nut cookies, sesame triangles, Venetian cornmeal and currant cookies, and glazed anise cookies. Chef Diane Manteca will demonstrate the cookies that will surely be a favorite at your Easter celebration.

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

Instructor: Diane Manteca

Friday, April 2, 6:00-9:00pm, \$43

Sugo Italiano! Saucing Pasta

Learn to think "outside the box" and make these easy and flavorful pasta sauces instead of the usual marinara. Chef Diane Manteca will show you how to make Puttanesca Sauce, Creamy Parmesan Cream Sauce, Carbonara Sauce, and Amatriciana Sauce. Diane will also teach you how to match your sauces with the right pasta shape!

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

Instructor: Diane Manteca

Wednesday, April 21, 6:00-9:00pm, \$43

Creative Seafood Dishes

Cooking seafood and shellfish can seem daunting. How long do you cook it? Do you bake, broil or saute it? Learn some great recipes to bring your seafood dishes to a new level. In this virtual class, Chef Diane Manteca will be demonstrating Hoisin Glazed Salmon on Sauteed Ginger Bok Choy, Sicilian Seafood with Roasted Grape Tomatoes, French Baked Haddock with Creme Fresh & Capers, and finally, Belgian Mussels with Garlic Toast. Cook one or all of these recipes or just watch and learn!

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

Instructor: Diane Manteca

Wednesday, May 12, 6:00-8:00pm, \$43

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

Thursday, April 1, 7:00-8:00pm, \$43

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

Thursday, May 27, 7:00-8:00pm, \$43

The Arts

Beginning Drawing for Adults

This fun, 4-week drawing course will help the beginning artist take their stick figures to a new level. 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

4 Mondays, Begins January 25, 6:00-8:00pm, \$59

Mixed Media 2-D Collage Art Workshop

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

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

Instructor: Deb Arsenault

4 Wednesdays, Begins January 27, 6:00-8:00pm, \$59

Intermediate Drawing for Adults

This 4-week class builds on what was learned in the beginner's class. It is designed to take 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.

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

Instructor: Deb Arsenault

4 Mondays, Begins March 8, 6:00-8:00pm, \$59

The Arts (Cont.)

Mixed Media 3-D Collage Art Workshop

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

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

Instructor: Deb Arsenault

4 Wednesdays, Begins March 10, 6:00-8:00pm, \$59

Creativity with Alcohol Inks Art Workshop

In this four-week virtual class, you will learn to create interesting fluid imagery with Alcohol Inks on different non-porous media such as Yupo Paper, Glass and Tile. This class covers different techniques and tools for interesting effects.

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

Instructor: Deb Arsenault

2 Mondays, Begins April 26, 6:00-8:00pm, \$29

Pottery for Adults: Hugging Snowman Plate

Join us to create this beautiful hugging snowman plate! We will go through each step via a Zoom call and will fire this piece twice to ensure food safety. 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

Thursday, January 28, 7:00-8:30pm, \$40

Pottery for Adults: Square Snowman Plate

Join us to create this beautiful Square Snowman plate! We will go through each step via a Zoom call and will fire this piece twice to ensure food safety. 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

Thursday, February 25, 7:00-8:30pm, \$32



Languages

Beginner & Intermediate Spanish

This beginner/intermediate Spanish course takes Spanish language skills to the next level. Differentiation between beginning and intermediate levels will be provided through all classes to meet the various levels of all students. All language is covered in this course, including conversational speech, vocabulary, pronunciation, grammar and spelling, at both beginner and intermediate levels.

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

Instructor: Ashley Frankian

Session 1: 8 Tuesdays, January 26, 6:00-8:00pm, \$159

Session 2: 8 Tuesdays, March 30, 6:00-8:00pm, \$159

Register NOW at
ChelmsfordCommunityEd.com

Physical Fitness



Get Moving With Zumba

Zumba is an amazing dance fitness class that mixes Latin rhythms with low and high intensity moves for a calorie burning dance fitness party to tone the entire body. Each class combines cardio, muscle conditioning, balance and flexibility. You will leave each session with boosted energy! This class is being offered as an 8-week series purchase or by individual class purchase of \$15 per class.

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

Instructor: Aaron Bryant

Session 1: 8 Mondays, January 25, 6:30-7:30pm, \$70

Session 2: 8 Mondays, March 29, 6:30-7:30pm, \$70

Qigong: The Lunchtime Stretch

Get a mid-day refresh with 30 minutes of chair Qigong! Qigong is a centuries old practice of coordinating body posture and movement, breathing, and meditation used for the purposes of health and spirituality. Enjoy easy flow movements and breathing to calm your mind and boost your energy. All you need is a chair, comfortable clothing, and room to stretch your hands out in all directions.

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

Instructor: Martha Oesch

6 Mondays, Begins January 25, 12:00-12:30pm, \$39

Yoga for Beginners

Thinking of trying yoga in the new year but don't know where to start? Maybe you tried a class, and you are overwhelmed with the terms, poses, alignment, and breath? Yoga for Beginners is for you! This six-week class breaks down some of the yoga basics so you can enter any yoga class feeling confident and connected. Class size is kept small and held online. Please feel free to ask questions as we work together.

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

Instructor: Valerie Kacian

6 Tuesdays, Begins January 26, 6:00-7:00pm, \$79

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 Thursdays, January 28, 6:30-7:30pm, \$79

Sess. 2: 6 Thursdays, March 25, 6:30-7:30pm, \$79

Register NOW at
ChelmsfordCommunityEd.com

Physical Fitness

(Cont.)

Yoga for Building Strength

Do you think yoga is just stretching? Think again. Yoga builds tone, muscle, stamina, and strength as a compliment to any fitness program, as well as in your day-to-day life. Join Yoga for Building Strength to explore ways to improve your strength using your own body weight and handheld free weights. This exploration is held with mindful awareness and zoned in concentration. Open to all levels from those new to yoga to those who are experienced practitioners.

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

Instructor: Valerie Kacian

6 Tuesdays, Begins March 23, 6:00-7:00pm, \$79

Hula Hooping for Health

Hula Hooping is not just for kids! Come learn how fun dancing with a hula hoop can be! No previous experience is necessary. Hula Hooping is a great way to burn calories, express yourself, stimulate your mind, strengthen your body, improve flexibility, build confidence, and improve hand/eye coordination. We will delve into a variety of hoop dance moves including on and off-body hooping. Hula Hoops during class time will be provided. This class will be in person in the field behind the Community Education Building (The Westlands School, 170 Dalton Road).

Location: CCE Field **Age:** 18+

Instructor: Jennifer Aucoin

8 Thursdays, Begins April 1, 6:00-7:00pm, \$70

Register NOW at
ChelmsfordCommunityEd.com

Health & Wellness



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, February 11, 6:00-8:00pm, \$29

Health Claims: Fact or Fiction?

Health claims on food 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, April 8, 6:00-8:00pm, \$29

Special Interests



Virtual Chess for Adults

Have you watched The Queen's Gambit and like so many others, caught the bug to finally learn to play chess? Then this is the class for you! This 5-week, virtual class teaches you all the basics you need to play and win at chess through instruction and game play... all in the comfort of your own home.

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

Instructor: Chess Wizards

5 Wednesdays, Begins January 27, 7:00-9:00pm, \$75

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

Thursday, March 25, 7:00-8:30pm, \$29

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

Thursday, May 13, 6:30-8:30pm, \$29

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:

- Veterinary Assistant Series
 - Microsoft Excel Suite
 - Technical Writing Suite
- Computer skills for the workplace
 - Medical Terminology
- Quickbooks with Microsoft Excel
- Discover Sign Language Series
- Introduction to Interior Design
- Start Your Own Small Business

To register for these or any of our other Ed2Go classes, go to ed2go.com/chelmcomed/

CHILDCARE

FULLDAY

PRESCHOOL

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

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

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

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

The Wrap Around Classroom is an integrated, mixed age 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 5 PM (7AM until 3 PM during the pandemic). 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.