



WINTER / SPRING 2023



NEW CLASSES!



PHOTOGRAPHY p. 11



BAKING p. 8



SELF DEFENSE p. 18

Registration begins on **December 19** at **ChelmsfordCommunityEd.com**

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INSTRUCTOR SPOTLIGHT: Chef Diane Manteca



Diane has been a professional chef for 35 years, working in high end gourmet establishments as well as catering companies. She owned the Brickyard Cafe in Cambridge for 7 years, which was an eclectic and popular restaurant tucked away in the Fresh Pond area. Diane has co-authored a Zone cookbook on healthy eating and worked as a food consultant with

recipe development for a major corporation. She has been a culinary teacher at many schools and has participated in many charitable events including *Dana Farber: Cooking for a Cure*. She has worked with many famous Boston area chefs, cooking dishes out of their cookbooks for their cookbook signings. She recently taught local reality television celebrity Boston Rob Mariano how to make fresh pasta for his streaming series, Boston Rob Does Beantown. Her biggest passion is teaching - especially Italian cuisine which is her specialty. In addition to teaching, Chef Diane has a YouTube Channel (My Italian Kitchen by Chef Diane Manteca), and a Facebook page of the same name for her videos and recipes.

ABOUT OUR COVER

Chelmsford's first school house was built in 1718 but burned down and was replaced by the present brick building in 1802. It served as a public school for 50 years. More recently it has housed artifacts for the Historical Commission and has served as an information booth for town events.

Our cover image was photographed by Chelmsford resident Lee Fortier. Lee moved to Chelmsford in 1978. Self-taught, he has been a photographer for 40 years and has won numerous awards throughout his career. To see more visit leefortier.com.

IMPORTANT INFO

How To Register

Online registration is available at **ChelmsfordCommunityEd.com**. Our online registration system requires that you create an account with a user-name and password. Your new account will let you register and pay online with a credit card. Online accounts will provide Commed with emergency contacts, medical information, etc. in order for us to serve you better. Please call us at **978-251-5151** if you have any questions.

When Does Registration Begin?

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

Our Locations

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

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

Discounts

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

Weather Closings

The decision to cancel evening classes due to inclement weather will be made by 3 pm. Check our website at **ChelmsfordCommunityEd.com**, check your email for email updates, or call the Commed office at **978-251-5151**. Please do **not** call the High School.

Course Withdrawal & Refunds

Refunds for courses are handled as follows:

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

Questions

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

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

Class Credits

Do you have a credit with us? Call Colleen at 978-251-5151 x6091 BEFORE you register for assistance in registering and applying your credit.

Course Cancellations

All classes are offered pending sufficient enrollment and are subject to cancellation at the discretion of Commed. If a class must be cancelled, you will be notified approximately one week prior to the class start date.

YOUTH

TEST PREP

SAT PREPARATION, VERBAL

Instructor - Bethany Carlson

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

Location: CHS Room 209 **Age:** Teen 14+

7 Tuesdays, Begins Feb 28, 7:00 - 9:00 pm \$139

Register for both Math and Verbal for just \$249

SAT PREPARATION, MATH

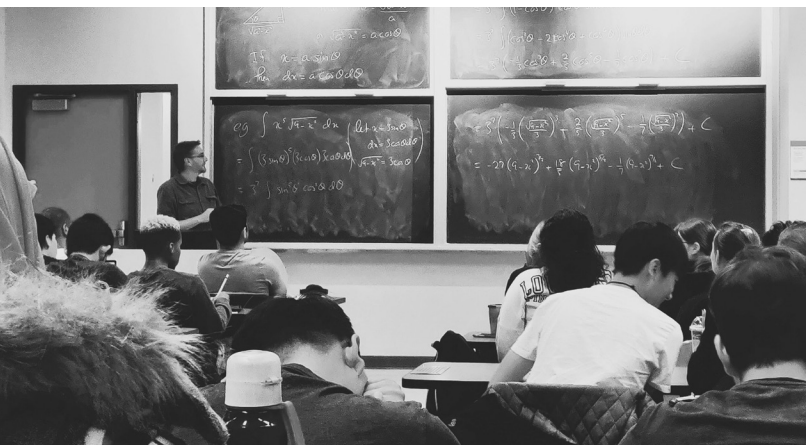
Instructor - Bethany Carlson

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

Location: CHS Room 209 **Age:** Teen 14+

7 Thursdays, Begins Mar 2, 7:00 - 9:00 pm \$139

Register for both Math and Verbal for just \$249



AP CALCULUS AB TEST PREP

NEW

Instructor - David Foley

The AB exam preparation course will include a review of and problem solving in the following areas, to include the use of a graphing calculator. Functions, Limits and Continuity, Differentiation, Applications of Differential Calculus, Antidifferentiation, Definite Integrals, Applications of Integration to Geometry, and Differential Equations.

Location: Commed Room 15 **Age:** Teen 14+

7 Mondays, Begins Jan 23, 7:00 - 9:00 pm \$139

AP CALCULUS BC TEST PREP

NEW

Instructor - David Foley

The BC exam preparation course will consist of a review of and problem solving in the following areas, to include the use of a graphing calculator. Advanced topics in Functions, Advanced topics in Differentiation, Advanced topics in Differential Calculus, Advanced topics in Antidifferentiation, Advanced topics in Applications of Integration to Geometry, and Advanced topics in Differential Equations, Sequences and Series.

Location: Commed Room 15 **Age:** Teen 14+

5 Mondays, Begins Mar 27, 7:00 - 9:00 pm \$99

THE ARTS

LEARN TO DRAW FOR KIDS

Instructor - Gopika Luthra

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

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

Session 1: 5 Thursdays, Begins Jan 26, 6:15 - 7:15 pm \$59

Session 2: 5 Thursdays, Begins Mar 23, 6:15 - 7:15 pm \$59

My daughter loves the learn to draw class. The price is really affordable. Hope to see more classes like these than can continue her skills and interest.

- Laura A.

FINE ARTS FOR KIDS

Instructor - Gopika Luthra

In this class, students will work with acrylics on canvas, mixed media sheets and watercolor sheets to learn different techniques to achieve particular effects. They will also learn different color mixing techniques. Creativity of each student is encouraged in the class. Students will be given tips & techniques according to their age group so that they can learn and enjoy painting. A \$25 materials fee payable to the instructor will be collected the first day of class. Students should bring an old shirt or smock to wear while painting.

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

Session 1: 5 Tuesdays, Begins Jan 24, 6:15 - 7:15 pm	\$59
Session 2: 5 Tuesdays, Begins Mar 21, 6:15 - 7:15 pm	\$59

COOKING & BAKING FOR KIDS

HOT COCOA BOMBS FOR KIDS

Instructor - Susanne Carpenter

In this class, just for kids, they will create 3 different flavored hot chocolate bombs and have fun decorating them with chocolate, sprinkles, and cookie crumbs. You will even make your own marshmallows to go along with them!

Location: Commed Kitchen **Ages:** 8-14

1 Monday, Jan 30, 6:00 - 7:30 pm	\$39
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KIDS TEST KITCHEN

Instructor - Kids Test Kitchen LLC

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

Location: Commed Cafeteria **Ages:** See below.

Grades 6-8: 6 Mondays, Begins Jan 23, 5:30 - 6:30 pm	\$185
Grades 1-5: 6 Mondays, Begins Mar 20, 5:30 - 6:30 pm	\$185

FAMILY FUN COOKIE DECORATING WORKSHOPS

NEW

Instructor - Sarah Conte

Join us for a fun evening of decorating sugar cookies! This class will focus less on technique and more on kids having fun. Kids will be able to decorate their pre-baked cookies any way they like. Lots of icing and sprinkles will be provided. Families will go home with 6 decorated cookies. Please note: This activity is designed for families to participate together. Your family registration requires a parent and a limit of 2 children at least 5 years old. Parents understand that they must supervise their child(ren).

Location: Commed Cafeteria **Ages:** 5 and older.

1 Wednesday, Mar 8, 5:30 - 7:00 pm	\$39
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UPSIDE DOWN MELTING ICE CREAM CONE CAKE

NEW

Instructor - Susanne Carpenter

There will be no tears over this dropped cone! Each registered participant will receive a 6-inch crumb coated cake to start and will learn how to create the ice cream that looks like it is melting over the top of the cake. At the end of class, you will box up your masterpiece to take home with you! Includes the cost of food and supplies.

Location: Commed Kitchen **Ages:** 8-14

1 Wednesday, Apr 26, 6:00 - 7:30 pm	\$58
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HOBBIES

CHESS FOR KIDS

Instructor - Chess Wizards

Enter into a magical and exciting world of chess! You will participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia, and more! The specialized classes are a blast for everyone! Whether you have been playing chess for your entire life and want to improve, are brand new to the game, or just want to have a fun experience with your friends, this is the class for you!

Location: Commed Conf. Rm. 2 **Grades:** 6-12

Session 1: 6 Wednesdays, Begins Jan 25, 5:30 - 6:30 pm	\$128
Session 2: 6 Wednesdays, Begins Mar 22, 5:30 - 6:30 pm	\$128

CROCHET FOR KIDS & TEENS

Instructor - Tracey Spooner

This class will teach you the basics of learning to crochet. Learn about yarn types and what to use for which project, hook types, how to hold your hook and yarn. You will learn basic crochet stitches (chain stitch, slip stitch, single crochet, half double crochet, double crochet), and will also learn to work flat in rows. Throughout the course you will work on learning stitches and by the end of class you will end up with a completed multi-stitch scarf.

Location: Commed Rm 17 **Ages:** 9 - 16

Session 1: 6 Wednesdays, Begins Jan 25, 5:30 - 6:30 pm \$69

Session 2: 6 Wednesdays, Begins Mar 22, 5:30 - 6:30 pm \$69



HEALTH & WELLNESS

YOGA FOR KIDS

Instructor - Courtney Fine

This welcoming practice introduces children to yoga, teaching flexibility and strength as well as self-soothing breathing techniques. Practicing yoga poses encourages children to clear their mind and focus, building self-confidence and coordination while teaching respect for self and others. This focus translates to the ability to act and behave mindfully and with compassion, to be brave, to know happiness and to find an inner peace. While building strength, lengthening muscles, increasing balance and learning to listen to the breath, students will also develop techniques to handle stress.

Location: Commed Rec Room **Ages:** 8 - 12

5 Wednesdays, Begins Mar 29, 5:45 - 6:45 pm \$65

RECREATION & FITNESS

BOLLYWOOD DANCERCISE FOR KIDS

NEW

*Instructor - Nikita Rao,
Bollywood Dance Academy USA*

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, de-stress, have fun, and burn calories.

Location: CHS Cafe 1 **Ages:** 8 - 14

Session 1: 6 Thursdays, Begins Jan 26, 5:45 - 6:45 pm \$79

Session 2: 6 Thursdays, Begins Mar 23, 5:45 - 6:45 pm \$79

HULA HOOPING FOR HEALTH KIDS

Instructor - Jennifer Aucoin

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

Location: CHS Cafe 1 **Ages:** 8 - 17

Session 1: 6 Tuesdays, Begins Jan 24, 5:45 - 6:45 pm \$79

Session 2: 6 Tuesdays, Begins Mar 21, 5:45 - 6:45 pm \$79



YOUTH SPORTS

ARCHERY FOR KIDS & TEENS

Instructor - On Site Archery

Come join us this winter and learn one of the fastest growing sports in the country. This archery program is taught by a certified USA archery coach from On Site Archery. You will learn proper archery range procedures, safety, and how to shoot a bow and arrow through a step-by-step approach. Beginners and all skill levels are welcome. All equipment will be provided by On Site Archery. **Location:** Commed Gym **Grades:** 3-5 & 6-12

Session 1: 6 Mondays, Begins Jan 23, 6:00 & 7:15pm \$162

Session 2: 6 Mondays, Begins Mar 20, 6:00 & 7:15pm \$162

SPRING TENNIS

Instructor - Marcel Gamache, MG Tennis Academy

Get ready for summer tennis with this 5-week spring session! This program is designed for players of all abilities - from beginner to an advanced level, regardless of age. Group lessons will be broken up by age (U6, U10, and U16) and will be on Saturday mornings for 5 weeks.

Location: CHS Outdoor Tennis Courts **Ages:** U6, U10, U16

U6: 5 Saturdays, Begins Apr 8, 9:00 - 10:00 am \$125

U10: 5 Saturdays, Begins Apr 8, 10:00 - 11:00 am \$125

U16: 5 Saturdays, Begins Apr 8, 11:00 - 12:00 pm \$125

SPECIAL INTEREST

HOME ALONE

Instructor - Janet Cullinane

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

Location: Commed Conference Room 2 **Ages:** 8 - 12

1 Monday, Jan 23, 5:30 - 7:30 pm \$29

LEGO CHALLENGES: READY, SET LE-GO!

NEW

Instructor - Right Brain Curriculum

If you love building with LEGOS, this is the class for you! Each week you will be challenged to create a sensational LEGO scene. Each challenge is a mystery that your teacher will reveal - A helicopter rescue scene? A space shuttle launch site? LEGO Godzilla attacking a city? Be ready for anything! Then it's off to the races as you and a partner have limited time to create your scene and present it to the class. Presentation skills will be key as you try to persuade your classmates that your LEGO creation is #1. Our Right Brain Curriculum instructors will help you use persuasive language, eye contact and proper posture for perfected presentations. LEGOS and public speaking... now that's a match!

Location: CHS Room 206 **Grades:** 2 - 5

6 Tuesdays, Begins Mar 7, 5:30 - 7:00 pm \$145

My son looked forward to his Lego class on Tuesdays. He loved it and wants to go every week.

- Genevieve B.

BUSINESS SHARKS: STEP INTO THE SHARK TANK!

NEW

Instructor - Right Brain Curriculum

Got an idea for a side-less taco, a shirt that never stains, or a no-spill baby bottle? Then it's time to put on your inventor's hat and design the business of your dreams! As our Right Brain Curriculum teachers get you up to speed on business plans, market competition, budgets and presentation skills, you will bring your one-of-a-kind idea to life. You will design your flagship store, write and perform in your own TV commercial, and create a prototype product that will change the lives of millions. Armed with your "elevator pitch" you will present your business to our volunteer panel of Sharks in the Shark Tank, persuading them to get behind your big idea! So get those wheels turning, it's time to take care of business!

Location: CHS Room 206 **Grades:** 2 - 5

6 Thursdays, Begins Mar 9, 5:30 - 7:00 pm \$145

SELF-DEFENSE FOR KIDS

*Instructor - Aaron St. Louis,
SMART Defense Tactics*

This class will teach your child about awareness, observation skills, and how to respond to any potential interaction. Give your child the training they need, before they need it.

Location: Commed Gym **Ages:** 8 - 12

1 Monday, May 8, 6:00 - 7:30 pm	\$49
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NEW

ETIQUETTE SKILLS FOR KIDS & TEENS

*Instructor - Nikki Sawhney, New England
School of Protocol*

Give your child a strong foundation in social graces, dining etiquette and interpersonal skills. Our goal is to empower them with confidence and propel them towards personal and professional success. Communication is the most important key to leadership success. New England School of Protocol aims to instill life skills, social consideration, and mutual respect. They believe that etiquette leads to civility in the home, school and society that we live in.

Location: CHS Staff Dining Room **Grades:** 2 - 7 (Teen Interview Prep Workshop - Grades 8-12)

Children's Dining Etiquette Workshop:

1 Tuesday, Jan 24, 5:30 - 7:00 pm	\$70
1 Thursday, Mar 9, 5:30 - 7:00 pm	\$70

Children's Social Skills Workshop:

1 Tuesday, Jan 24, 7:15 - 8:30 pm	\$65
1 Thursday, Mar 9, 7:15 - 8:30 pm	\$65
1 Monday, Apr 10, 5:30 - 7:00 pm	\$70

Children's Restaurant Ready Workshop:

1 Thursday, Feb 16, 5:30 - 6:30 pm	\$55
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Children's Conversation Skills Workshop:

1 Thursday, Feb 16, 6:40 - 7:40 pm	\$55
1 Monday, Apr 10, 7:15 - 8:15 pm	\$55

Teen Interview Prep Workshop:

1 Thursday, Feb 16, 7:45 - 9:00 pm	\$70
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CHILDREN'S EDUCATIONAL

BLAST BABYSITTING & CPR CERTIFICATION

Instructor - Juanita Allen Kingsley

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

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

1 Thursday, Feb 9, 5:30 - 8:30 pm	\$95
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**Register NOW at
ChelmsfordCommunityEd.com**

ADULTS

COOKING

COOKING ACROSS ASIA

Instructor - Diane Manteca

Authentic Asian cooking doesn't need to be intimidating anymore! Come roll up your sleeves with Chef Diane and learn the techniques to produce authentic cuisine covering a number of important traditions and cultures. From China you'll make Peking Capital Sauce Pork Ribbons, from Thailand you'll make Gai Tung (Braised Chicken in Spices), from Vietnam you'll make Hot & Sour Shrimp Soup, and from Malaysia you will make Ayam Limau Purut (Chicken with Lime Loaf). Four countries in 3 hours? Not bad for a Wednesday night! Includes the cost of food and supplies. (Demonstration and participation).

Location: Commed Kitchen **Ages:** 18+

1 Wednesday, Jan 25, 6:00 – 9:00 pm

\$59

RAVIOLI & SAUCES WORKSHOP

Instructor - Diane Manteca

Our favorite pasta maker 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. Includes cost of food and supplies. (Demonstration and participation).

Location: Commed Kitchen **Ages:** 18+

1 Wednesday, Feb 1, 6:00 – 9:00 pm

\$59

HILL TOWNS OF ITALY: ITALIAN PROVENCAL COOKING

NEW

Instructor - Diane Manteca

Some of the best cuisine in Italy comes from the hill towns. Join Chef Diane in preparing some of her favorite dishes from Chianti country, Liguria (the Italian Riviera), and Umbria (central Italy). Menu may include Warm Farro & Chickpea Salad, Homemade Focaccia with Olivada Spread, Braciole Ubraiche (Pork Cutlets), tocco di Fungi (Tagliatelle in Mushroom Sauce). Includes cost of food and supplies. (Demonstration and participation).

Location: Commed Kitchen **Ages:** 18+

1 Wednesday, Feb 15, 6:00 – 9:00 pm

\$59

IT'S RAINING MEATBALLS

NEW

Instructor - Diane Manteca

It's raining meatballs, and everyone loves meatballs! They make perfect appetizers, amazing sandwich fillings, and even satisfying dinners! Learn the art of this most versatile and delicious morsel. Menu may include Sante Fe Meatballs, Coconut Curried Meatballs, Creamy Scandinavian-style Meatballs "ala IKEA", Moroccan Tagine Meatballs. Includes cost of food and supplies. (Demonstration and participation).

Location: Commed Kitchen **Ages:** 18+

1 Wednesday, Mar 1, 6:00 – 9:00 pm

\$59

THE ART OF PASTA MAKING

Instructor - Diane Manteca

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

Location: Commed Kitchen **Ages:** 18+

1 Wednesday, Mar 15, 6:00 – 9:00 pm

\$59

Diane does an excellent job teaching her cooking classes. The classes are also fun & informative.

- Roberta P.

HEALTHY COOKING & NUTRITION

BOOST YOUR IMMUNITY WITH BONE BROTH

NEW

Instructor - Saundra Smart

There are many health benefits in bone broth. It has been shown to boost immunity, decrease inflammation, and improve gut health. Bone broth provides nutrients, is low in calories, helps with digestion and joint health, helps to boost protein intake, and might help to support your immune system. Bone broth is high in collagen, necessary for keeping skin elastic and hydrated. Some research indicates that bone broth can even help you sleep. Learn the nutritional benefits of consuming bone broth and other health power houses in this lecture with class participation in preparation and cooking.

Location: Commed Kitchen **Ages:** 18+

1 Monday, Feb 6, 6:00 – 9:00 pm

\$49

THE BENEFITS OF MUSHROOMS

NEW

Instructor - Saundra Smart

One of the most important health benefits of mushrooms is that they provide a source of vitamin D. Vitamin D is a nutrient essential for your health, as it helps with the absorption of calcium and promotes bone and brain health. Mushrooms can also help with depression, boost your memory, and help with heart health. This class offers hands-on participation in preparing several mushroom based recipes.

Location: Commed Kitchen **Ages:** 18+

1 Monday, Mar 6, 6:00 – 9:00 pm

\$49

IMPROVE YOUR GUT HEALTH

NEW

Instructor - Saundra Smart

If you notice signs of poor gut health, lifestyle factors may help improve your gut microbiome and benefit your overall health. Microbiome is the collection of natural micro-organisms that live on our skin. Skin and gut microbiomes play an important role in many skin issues, including allergies, acne, and eczema. Come learn about probiotics and prebiotics, healthy and necessary bacteria that can improve digestive health by restoring the natural balance in your gut. You will participate in the preparation of several gut healthy recipes during this part lecture, part cooking class. **Location:** Commed Kitchen **Ages:** 18+

1 Monday, Mar 20, 6:00 – 9:00 pm

\$49

SUPERFOODS

NEW

Instructor - Saundra Smart

Superfoods are foods that are considered more nutritionally dense than other foods. Superfoods are mostly plants, but fish, and even sometimes red meat and fats, are labeled as 'superfoods.' Pulses are part of the legume family; the term pulse refers to the edible seed within the pod. Beans, lentils, chickpeas, and split peas are pulses that have a lot going for them in terms of nutrition. They are affordable, sustainable, high in protein, fiber, and are nutrient dense. Packed with iron, magnesium, zinc, B vitamins, and potassium, many superfoods are considered antioxidants. Learn the benefits of superfoods while preparing some superfood recipes during class.

Location: Commed Kitchen **Ages:** 18+

1 Monday, Apr 24, 6:00 – 9:00 pm

\$49

BAKING

HOT COCOA BOMB WORKSHOP

NEW

Instructor - Susanne Carpenter

You've probably seen the videos of someone dropping a chocolate sphere into a steaming cup of milk and watching it open up, spilling its contents to create a delicious drink. Maybe you have even purchased some bombs. In this class you will learn to create these delicious hot chocolate bombs in three different flavors. You will even make your own marshmallows to go along with it.

Location: Commed Kitchen **Ages:** 18+

1 Monday, Jan 23, 6:00 – 9:00 pm

\$59

DATE NIGHT DESSERTS

NEW

Instructor - Susanne Carpenter

Sign up with your partner, a friend, or come alone. In this class you will learn how to make a creme brulee with a burnt sugar crust that cracks when you tap it, and the famous molten lava cake. Two restaurant quality desserts that you will be able to create again and again at home.

Location: Commed Kitchen **Ages:** 18+

1 Monday, Feb 13, 6:00 – 9:00 pm

\$59

FRENCH MACARONS

Instructor - Susanne Carpenter

Learn to make these brightly colored classic French confections. In this hands-on class, you will learn to make the french macaron meringue batter, pipe, bake the cookies and then fill them with a flavored ganache. You will learn what makes these cookies so finicky and how to ensure success when you make them on your own at home.

Location: Commed Kitchen **Ages:** 18+

Session 1: 1 Monday, Feb 27, 6:00 – 9:00 pm \$59

Session 2: 1 Monday, Apr 3, 6:00 - 9:00 pm \$59

NEW

SWEET & SAVORY SCONES AND POPOVERS

Instructor - Susanne Carpenter

Learn how to make a perfectly flaky scone and a light and airy popover. You will explore different flavor combinations and how to alter their ingredients to suit your palate. Sunday morning coffee will never be the same.

Location: Commed Kitchen **Ages:** 18+

1 Wednesday, May 3, 6:00 – 9:00 pm \$59

NEW

PATE A CHOUX

Instructor - Susanne Carpenter

In this class you will learn how to make this classic French dough that is the basis of many beloved pastries. Join us as we work together to make the shells for both eclairs and creme puffs. You will finish the class by making pastry cream that will be used for filling the pastries.

Location: Commed Kitchen **Ages:** 18+

1 Wednesday, Mar 22, 6:00 – 9:00 pm \$59

NEW

COOKIES AROUND THE WORLD

Instructor - Susanne Carpenter

Chocolate chip & oatmeal raisin cookies are nice, but how about adding some other cookies to your repertoire. Come join us for a journey around the world as we make Austrian Linzers, Peruvian Alfajores, French Madeleines, and Swedish Chokladsnittars.

Location: Commed Kitchen **Ages:** 18+

1 Wednesday, May 10, 6:00 – 9:00 pm \$59

NEW

COOKIE DECORATING BASICS

Instructor - Sarah Conte

Learn the basics of decorating sugar cookies. Students will work with pre-baked cookies and will learn about icing consistency, flooding, and basic wet on wet decorating. Registrants will go home with 6 decorated cookies.

Location: Commed Kitchen **Ages:** 18+

1 Monday, Mar 27, 6:00 – 8:00 pm \$49

NEW

TEA TIME PASTRIES

Instructor - Susanne Carpenter

Do you fancy having a tea party? Learn how to make some classic British treats that pair perfectly with tea. In this class, you will be making petite Victoria sandwich cakes, as well as a classic British scone to resemble a Bakewell tart.

Location: Commed Kitchen **Ages:** 18+

1 Wednesday, Apr 12, 6:00 – 9:00 pm \$59

NEW

ALL ABOUT THE CRUST

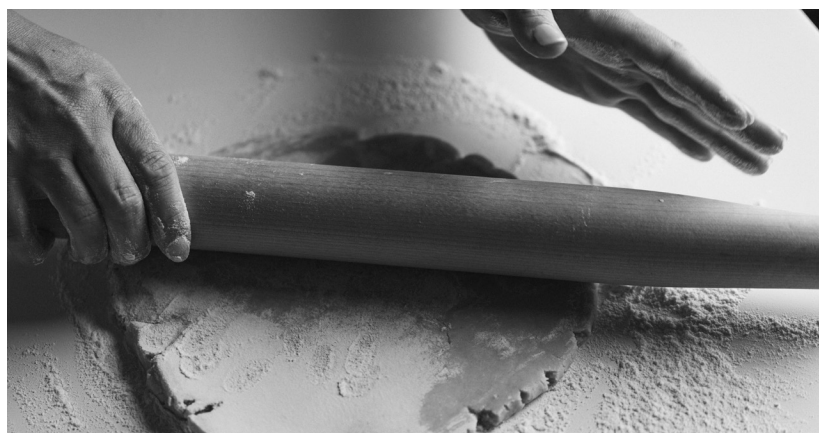
Instructor - Susanne Carpenter

Do you struggle with creating a flaky pie crust, or knowing how to keep your bottom crust from getting soggy? Did you know that certain crusts work better for certain pies? In this class you will make a standard pie crust two different ways for two different pies; one for a Galette, and the other for a fruit tart. You will learn tips and techniques for making the dough, how to prevent a soggy bottom and when to use one type of crust versus another.

Location: Commed Kitchen **Ages:** 18+

1 Wednesday, May 17, 6:00 – 9:00 pm \$59

NEW



HOBBIES

CROSS STITCH CRAFTING

Instructor - Annette Presseau

Get crafty with Annette as she shows new cross stitchers how to get started and experienced stitchers how to complete that project they are struggling to complete. Crafting is a relaxing activity that has been proven to help relieve stress. During class, Annette will talk about other types of crafting as well.

Location: CHS Room 213 **Ages:** 18+

2 Tuesdays, Beginning Mar 7, 6:30 – 8:00 pm \$39

CRAFT IDEAS FOR PEOPLE WITH DEMENTIA

Instructor - Annette Presseau

Do you have someone in your life who is battling dementia? Help your loved one stay more connected and engaged using crafts specifically designed to challenge mental and physical dexterity. Our instructor, Annette, worked as an activities assistant in a memory care unit and offers examples of crafts you can provide to keep the mind engaged.

Location: CHS Room 213 **Ages:** 18+

1 Tuesday, Mar 21, 6:30 – 8:00 pm \$29

SEWING

Instructor - Therese Quinn

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

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

9 Tuesdays, Begins Mar 14, 6:00 – 8:45 pm \$165

I have been coming to Terry's classes for two sessions and I love them. Each class we learn new sewing techniques. I would definitely recommend to my friends.

- Jeya K.

KNITTING

Instructor - Dale Keothe

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

Location: CHS Main Conference Room **Ages:** 18+

Session 1: 6 Tuesdays, Begins Jan 24, 6:00 – 8:00 pm \$89

Session 2: 6 Tuesdays, Begins Mar 21, 6:00 – 8:00 pm \$89

CROCHET FOR ADULTS

Instructor - Tracey Spooner

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

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

Session 1: 6 Wednesdays, Begins Jan 25, 6:45 – 8:15 pm \$89

Session 2: 6 Wednesdays, Begins Mar 22, 6:45 – 8:15 pm \$89

QUILTING FOR BEGINNERS

Instructor - TBD

This 6-week course for beginners focuses on selecting fabric, reading and understanding blocks, hand piecing, putting the top together, basting, and quilting. At the end of class, students will have a wall hanging of a 4 block quilt with shashing and borders.

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

6 Thursdays, Begins Jan 26, 6:00 – 8:00 pm \$89

APPLIQUE

Instructor - TBD

Applique is ornamental needlework in which pieces of fabric are sewn or stuck onto a large piece of fabric to form pictures or patterns. Come learn the different ways to applique to enhance your quilting projects.

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

4 Thursdays, Begins Apr 6, 6:45 – 8:15 pm \$59

SCALLOP SHELL DECOUPAGE**NEW***Instructor - Lisa Young*

In this workshop you will create 3 beautiful decoupage scallop shells that can be used as trinket dishes or hung as art, or as an ornament. Choose from a wide variety of themes and prints to make your design. This simple 4-step process is fun and easy to do. Scallop shells are 4.5 to 5 inches wide each. Great for yourself, or to give as a gift.

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

1 Thursday, Mar 30, 6:30 - 8:30 pm

\$49

SEA GLASS WINDOW WORKSHOP*Instructor - Lisa Young*

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

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

1 Thursday, Apr 27, 6:30 - 8:30 pm

\$59

PHOTOGRAPHY**DIGITAL PHOTOGRAPHY 1****NEW***Instructor - Steve McGrath*

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

Location: CHS Room 211 **Ages:** 18+

5 Tuesdays, Begins Feb 7, 6:00 - 8:00 pm

\$169

Register NOW at
ChelmsfordCommunityEd.com

SMARTPHONE PHOTOGRAPHY**NEW***Instructor - Steve McGrath*

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

Location: Commed Room 17 **Ages:** 18+

3 Mondays, Begins Feb 13, 6:00 - 7:30 pm

\$69

DIGITAL PHOTOGRAPHY 2**NEW***Instructor - Steve McGrath*

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

Location: CHS Room 211 **Ages:** 18+

5 Tuesdays, Begins Mar 28, 6:00 - 8:00 pm

\$169

TOWER HILL PHOTOGRAPHY WORKSHOP**NEW***Instructor - Steve McGrath*

Take your Garden Photography from good to great by capturing Tower Hill Botanical Gardens at its most beautiful. During this workshop you will learn to sharpen your awareness of light on the landscape. If you are an Beginner/Intermediate photographer, looking to fine tune your skills and expand your knowledge of Photography then this course is for you! We will discuss how to use wide-angle, normal and telephoto lenses most effectively in the garden to strengthen your composition for maximum impact. You will also learn to use creative white balance and ISO for expanding your images.

Location: Hybrid (virtual & in person) **Ages:** 18+**3 Classes:**

Thursday, May 4 (online) 6:00 - 7:30 pm

Saturday, May 6 (Tower Hill) 10:00 am - 1:00 pm

Tuesday, May 9 (CHS) 6:00 - 8:00 pm

\$89

THE ARTS

BEGINNING DRAWING FOR ADULTS

Instructor - Deb Arsenault

This fun, 4-week drawing course will help the beginning artist take their stick figures to a new level. Leave those drawing insecurities outside the studio door through a series of drawing exercises. Foundation principles will be taught so that by the end of this course students will have the confidence they need to draw what inspires them. Topics include: drawing tools, line & form, values, composition, contours, ellipses and perspective. Please bring a sketch book, graphite pencil kit, pencil sharpener, ruler and kneaded eraser.

Location: Commed Room 17 **Ages:** 18+

4 Wednesdays, Begins Mar 15, 6:30 - 8:30 pm \$59

INTERMEDIATE DRAWING FOR ADULTS

Instructor - Deb Arsenault

This 4-week class builds on what was learned in the beginners class. It is designed to take the intermediate student to the next phase in their artistic development. Leave those drawing insecurities outside the studio door through a series of drawing exercises. Please bring a sketch book, graphite pencil kit, pencil sharpener, ruler and kneaded eraser.

Location: Commed Room 17 **Ages:** 18+

4 Wednesdays, Begins Apr 12, 6:30 - 8:30 pm \$59

TECHNOLOGY

UNDERSTANDING EXCEL PIVOT TABLES

NEW

Instructor - Ray Pourali

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

Location: Virtual **Ages:** 18+

1 Wednesday, Mar 1, 6:30 - 9:00 pm \$45

UNDERSTANDING HOME WIFI

NEW

Instructor - Rod Gregoire

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

Location: CHS, Room 234 **Ages:** 18+

Session 1: 1 Tuesday, Feb 7, 6:00 - 8:00 pm \$29

Session 2: 1 Tuesday, Apr 4, 6:00 - 8:00 pm \$29

CUT THE CABLE

Instructor - Annette Presseau

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

Location: CHS 213 **Ages:** 18+

Session 1: 1 Tuesday, Feb 7, 6:30 - 8:00 pm \$29

Session 2: 1 Tuesday, Apr 25, 6:30 - 8:00 pm \$29

Session 3: 1 Thursday, May 11, 6:30 - 8:00 pm \$29

MICROSOFT EXCEL FOR BEGINNERS

Instructor - Annette Presseau

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

Location: CHS 321 **Ages:** 18+

5 Thursdays, Begins Jan 26, 6:30 - 8:00 pm \$99



MICROSOFT EXCEL LEVEL 2**NEW***Instructor - Annette Presseau*

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

Location: CHS 321 **Ages:** 18+

6 Thursdays, Begins Mar 23, 6:30 - 8:00 pm	\$109
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SOCIAL MEDIA SKILLS FOR BEGINNERS**NEW***Instructor - Annette Presseau*

Do you want to gain a better understanding of exactly what social media is all about? This class will go over step-by-step basics for Facebook, Instagram, Snapchat, Twitter, and YouTube. Common questions and insights on social media will be reviewed so that you're up to date on the latest buzz words and topics. Come and learn to share, search and connect and leave this class social media savvy! No prior social media experience necessary.

Location: CHS 321 **Ages:** 18+

Session 1: 1 Tuesday, Jan 31, 6:30 - 8:00 pm	\$29
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Session 2: 1 Tuesday, May 2, 6:30 - 8:00 pm	\$29
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FACEBOOK 101**NEW***Instructor - Annette Presseau*

In this class you will learn to feel confident using the world's most popular social media site to safely connect with family and friends. Attendees will learn the basics along with posting photos and other top tips for utilizing the site. We will also review the recommended privacy settings and you will leave this training with the knowledge you need to navigate confidently through the social media platform.

Location: CHS 321 **Ages:** 18+

Session 1: 1 Tuesday, Feb 28, 6:30 - 8:00 pm	\$29
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Session 2: 1 Thursday, Mar 9, 6:30 - 8:00 pm	\$29
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COMPUTER BASICS FOR SENIORS**NEW***Instructor - Annette Presseau*

This course is specifically designed for seniors to understand the basics of computers and have hands-on support while learning to navigate it. A basic overview of settings and where to find applications and tools will be discussed. Time will be allotted for questions and some one-on-one assistance.

Location: CHS 321 **Ages:** 18+

1 Tuesday, Apr 4, 6:30 - 8:00 pm	\$29
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ENVIRONMENT / NATURE**VALENTINE'S DAY POSIES****NEW***Instructor - Mary B. Hayes*

Learn to make floral posies to give to friends for St. Valentine's Day. This international holiday isn't just for romantic partners, it's for anyone you care about: friends, neighbors, teachers. Make two cute floral posies using seasonal flowers and decorate them with matching ribbons. Please bring your own clippers. All other supplies will be provided.

Location: CHS Life Skills Room 225 **Ages:** 18+

1 Thursday, Feb 9, 6:30 - 8:00 pm	\$69
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MICROGREENS 101**NEW***Instructor - Ray Pourali*

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

Location: Commed Conference Room 2 **Ages:** 18+

1 Monday, Feb 27, 6:30 - 9:00 pm	\$39
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WINTER TO SPRING FLORAL ARRANGEMENT

NEW

Instructor - Mary B. Hayes

Make your own fresh floral arrangement that bridges the seasons from winter to spring. You will use seasonal flowers such as tulips, hellebores, and flowering branches. Please bring your own clippers. All other supplies will be provided.

Location: Commed Room 15 **Ages:** 18+

1 Wednesday, Feb 1, 6:30 - 8:00 pm \$69

ST. PATRICK'S DAY CENTERPIECES

NEW

Instructor - Mary B. Hayes

This hands-on workshop where you will create a rustic green and white, Irish-inspired floral centerpiece. Learn basic design principals, conditioning flowers, and how to maximize vase life. Please bring your own clippers. All other supplies will be provided.

Location: CHS Staff Dining Room **Ages:** 18+

1 Tuesday, Mar 14, 6:30 - 8:00 pm \$69

HOW TO CREATE YOUR OWN CUTTING GARDEN

Instructor - Mary B. Hayes

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

Location: Commed Room 15 **Ages:** 18+

1 Wednesday, Apr 26, 6:30 - 8:00 pm \$29

LET'S MAKE MAY DAY POSIES

Instructor - Mary B. Hayes

May Day (May 1st) originated as a festival celebrating, Flora, the Roman goddess of flowers. Its still celebrated across the British Isles with May Day posies – Mini bouquets which are secretly left on the doorsteps of friends and neighbors. Learn how to make May Day Posies with spring flowers. Learn how to assemble the bouquet, what flowers to use, and how to wrap for delivery. You will learn how to grow some unusual spring flowers in your own garden. Each participant will make three spring posies to take with them. Please bring your own clippers. All other materials will be provided.

Location: CHS Staff Dining Room **Ages:** 18+

1 Thursday, Apr 27, 6:30 - 8:00 pm \$69

MAKE YOUR OWN PROM WRIST CORSAGE AND BOUTONNIERE

NEW

Instructor - Mary B. Hayes

Learn how to make a simple but beautiful floral wrist corsage on a metal cuff, with a matching boutonniere. Learn how to store your florals in a "hydration chamber" so they last for several days refrigerated. Express your unique style by making your own amazing floral accessories for the prom. All materials will be provided.

Location: Commed Cafeteria **Ages:** 18+

1 Thursday, May 25, 6:30 - 8:00 pm \$49

LANGUAGES

AMERICAN SIGN LANGUAGE FOR BEGINNERS

Instructor - Cheryl Quintal

In this course, you will learn ASL vocabulary, structure and grammar. You will develop basic conversational abilities with their partners and learn about Deaf history and culture. The beginner course is perfect for students with no ASL experience or anyone who needs to relearn ASL or practice.

Location: CHS, Room 242 **Ages:** 18+

10 Thursdays, Begins Jan 26, 6:00 - 7:00 pm \$115



AMERICAN SIGN LANGUAGE FOR BEGINNERS: LEVEL 2

Instructor - Cheryl Quintal

In this course, you will learn ASL vocabulary, structure and grammar. You will develop basic conversational abilities with their partners and learn about Deaf history and culture. Our beginner level 2 class is for that student who has completed the beginner course or has some basic knowledge of ASL.

Location: CHS, Room 242 **Ages:** 18+

10 Thursdays, Begins Jan 26, 7:15 - 8:15 pm \$115

FINANCE & ESTATE PLANNING

MEDICARE: WHERE DO I START?

Instructor - Patrick Clark

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

Location: CHS Room 230 **Ages:** 18+

1 Thursday, Feb 16, 7:00 – 8:00 pm \$29

PREPARING FOR RETIREMENT

Instructor - Patrick Clark

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

Location: CHS Room 230 **Ages:** 18+

1 Thursday, Mar 16, 7:00 – 8:00 pm \$29

Register NOW at
ChelmsfordCommunityEd.com

UNDERSTANDING SOCIAL SECURITY

NEW

Instructor - Patrick Clark

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

Location: CHS Room 230 **Ages:** 18+

1 Thursday, Apr 27, 7:00 – 8:00 pm \$29

HEALTH & WELLNESS

MANTRA MEDITATION

NEW

Instructor - Courtney Fine

The start of the New Year is a great time to set intentions and develop new sustainable routines to strengthen your body and mind. This course will introduce you to meditation and guide you in establishing and deepening your current practice. Courtney is a certified meditation Instructor, and has completed extensive training at the Chopra Center. Through this course, you will discover what meditation is, how mantras can guide your practice, and ways you can incorporate a practice into your daily life. Each session will include breathwork, gentle stretching, guided meditation, and an offering of Reiki or sound healing. Come to class dressed comfortably and bring a journal.

Location: Commed Bldg. Rec Room **Ages:** 18+

6 Wednesdays, Begins Jan 25, 5:45 - 6:45 pm \$89

GENTLE KRIPALU YOGA

Instructor - Kim Albert

Kripalu yoga is an inner journey of personal inquiry and outward expression as the poses come alive through your body. Kripalu yoga is a kind, compassionate, accessible practice that allows the individual to slow down and look inside. This class will generally begin with seated poses, move to standing sequences, and finish with floor poses. Many pose modifications options will be offered. All are welcome.

Location: Commed Rec Room **Ages:** 18+

Session 1: 6 Mondays, Begins Jan 30, 5:30 – 6:30 pm \$89

Session 2: 6 Mondays, Begins Mar 27, 5:30 – 6:30 pm \$89

KRIPALU YOGA

Instructor - Kim Albert

Kripalu yoga is an inner journey of personal inquiry and outward expression as the poses come alive in your body. Kripalu is a kind, compassionate, accessible practice that allows the individual to slow down and look inside. While all are welcome, this class will require the ability to move from the floor to standing, spend some time on hands and knees, and the willingness to explore personal options. Many pose modifications options will be offered.

Location: Commed Rec Room **Ages:** 18+

Session 1: 6 Mondays, Begins Jan 30, 6:45 – 7:45 pm \$89

Session 2: 6 Mondays, Begins Mar 27, 6:45 – 7:45 pm \$89

VINYASA FLOW YOGA FOR ALL LEVELS

Instructor - Courtney Fine

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

Location: Commed Rec Room **Ages:** 18+

Session 1: 6 Wednesdays, Begins Jan 25, 7:00 - 8:00 pm \$89

Session 2: 6 Wednesdays, Begins Mar 29, 7:00 - 8:00 pm \$89

Courtney is amazing! Excellent communication skills and is able to make the classes work with all levels effortlessly!

- Pam S.

CHAKRAS FOR BEGINNERS

Instructor - Marie Tremblay

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

Location: CHS - Career Center **Ages:** 18+

1 Tuesday, Jan 24, 6:00 – 8:30 pm \$39

CONNECTING WITH ANGELS

INSTRUCTOR - Michelle Grossman

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

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

1 Tuesday, Feb 28, 6:30 – 8:30 pm \$29

STICKS AND STONES MAY HEAL YOUR BONES

Instructor - Marie Tremblay

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

Location: CHS - Career Center **Ages:** 18+

1 Tuesday, Mar 28, 6:00 – 8:30 pm \$39

REIKI LEVEL 1 CERTIFICATION

Instructor - Marie Tremblay

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

Location: CHS - Career Center **Ages:** 18+

Session 1: Tues, Feb 7, and Thurs, Feb 9, 6:00 – 9:00 pm \$125

Session 2: Tues, Apr 11, and Thurs, Apr 13, 6:00 - 9:00 pm \$125

EXPLORING CRYSTAL ENERGY

NEW

Instructor - Michelle Grossman

Created over the millennia, healing crystals harness the life-giving elements of the Earth and the Universe. Harnessing the energy of the Sun, the Moon, and the oceans, semi-precious stones connect us to universal energy as soon as we come into contact with them. Many people wonder if crystals have healing powers, and while there are many anecdotes describing the curative effects of healing stones, crystal energy works differently on everyone depending on how receptive you are. When you are just starting to work with the energy of crystals, it can all feel quite overwhelming. What stones should you work with? Where do you begin? How do you get the most out of your energy crystals? Our instructor Michelle gives you the answers to all of your crystal questions so you can get started with your new energy tools.

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

1 Thursday, May 4, 6:30 – 8:30 pm	\$29
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RECREATION & FITNESS

SALSA FOR BEGINNERS

NEW

Instructor - Mary DeJesus

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

Location: Commed Gym **Ages:** 18+

6 Wednesdays, Begins Jan 25, 6:30 - 7:30 pm	\$69
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GET MOVING WITH ZUMBA!

Instructor - Mary DeJesus

Zumba is an amazing dance fitness class that mixes Latin rhythms with low and high intensity moves for a calorie burning dance fitness party to tone the entire body. Each class combines cardio, muscle conditioning, balance and flexibility. You will leave each session with boosted energy! There is no equipment necessary for this class – just wear sneakers and bring a towel and water.

Location: Commed Gym **Ages:** 18+

6 Wednesdays, Begins Mar 22, 6:30 - 7:30 pm	\$69
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PICKLEBALL

Instructor - Donald Van Dyne

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

Location: Varney Park **Ages:** 18+

Beginner Tuesdays:

4 Tuesdays, Begins Apr 25, 2:00 - 3:15 pm	\$135
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Intermediate Tuesdays:

4 Tuesdays, Begins Apr 25, 3:30 - 4:45 pm	\$135
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Beginner Thursdays:

4 Thursdays, Begins Apr 27, 3:30 - 4:45 pm	\$135
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Intermediate Thursdays:

4 Thursdays, Begins Apr 27, 2:00 - 3:15 pm	\$135
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HULA HOOPING FOR HEALTH FOR ADULTS

Instructor - Jennifer Aucoin

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

Location: CHS, Cafe 1 **Ages:** 18+

Session 1: 6 Tuesdays, Begins Jan 24, 7:00 - 8:00 pm	\$89
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Session 2: 6 Tuesdays, Begins Mar 21, 7:00 - 8:00 pm	\$89
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Don puts you at ease. He knows everything about pickleball and is a terrific instructor.

- Ann K.

BOLLYWOOD DANCERCISE FOR ADULTS



*Instructor - Nikita Rao,
Bollywood Dance Academy USA*

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, de-stress, have fun and burn calories.

Location: CHS, Cafe 1 **Ages:** 18+

Session 1: 6 Thursdays, Begins Jan 26, 7:00 - 8:00 pm \$89

Session 2: 6 Thursdays, Begins Mar 23, 7:00 - 8:00 pm \$89

EDUCATIONAL PROGRAMMING

FIRST AID & CPR CERTIFICATION

Instructor - Juanita Allen Kingsley, EMT

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

Location: Commed Conference Room 2 **Ages:** 18+

1 Monday, Feb 6, 6:00 - 8:30 pm \$95

U.S. COAST GUARD BOATING SKILLS & SEAMANSHIP



Instructor - Joseph LaFreniere Sr.

More in-depth and informative than the entry level Boat America class that ran in September. If you are serious about boating as an owner, worker, visitor of a boat owner, or just want to be comfortable aboard a vessel, then this class is for you! Presented by members of the U.S. Coast Guard Auxiliary, this 7-week class is approved by the National Association of State Boating Law Administrators (NASBLA).

Location: CHS Room 230 **Ages:** 15+

7 Tuesdays, Begins Jan 24, 6:00 - 8:00 pm \$109

SELF DEFENSE

KRAV FIT



*Instructor - Aaron St. Louis,
SMART Defense Tactics*

2 classes in one! Learn reality based self-defense and do drills that will help you lose weight, burn calories, and get in shape. Get a full body workout with drills based on self-defense tactics.

Location: CHS Cafe 2 **Ages:** 18+

6 Tuesdays, Begins Jan 24, 6:30 - 7:30 pm \$129

INTRO TO SELF DEFENSE



*Instructor - Aaron St. Louis,
SMART Defense Tactics*

You are responsible for your own safety. Get the training you need before you need it. In this class you will learn about situational awareness, de-escalation, and defenses against common street assaults. Be your own protector.

Location: Commed Gym **Ages:** 18+

1 Wednesday, May 10, 6:00 - 8:00 pm \$59

SELF DEFENSE FOR WOMEN



*Instructor - Aaron St. Louis,
SMART Defense Tactics*

You are your own protector. Learn about situational awareness, how to be a hard target, and defenses against physical attacks. Learn where to hit, and how to hit vulnerable targets to escape. Gain confidence and have a survival mindset to stay safe.

Location: Commed Gym (May 15) or CHS Cafe 2 (Mar 23)
Ages: 18+

Session 1: 1 Monday, May 15, 6:00 - 8:00 pm \$59

Session 2: 6 Thursdays, Begins Mar 23, 6:30 - 7:30 pm \$99

SAFETY & SELF DEFENSE FOR TEENS & COLLEGE STUDENTS



*Instructor - Aaron St. Louis,
SMART Defense Tactics*

This training is specific for teens and young adults heading to college. In this class you will learn about awareness, risk reduction, prevention, and tactics to protect yourself against physical attacks. Get the training you need, before you need it.

Location: Commed Gym **Ages:** 15+

1 Wednesday, May 17, 6:00 - 8:00 pm \$59

SPECIAL INTERESTS

GETTING PAID TO TALK: MAKING MONEY WITH YOUR VOICE

Instructor - Voice Coaches

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

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

Session 1: 1 Thursday, Mar 2, 6:30 - 8:00 pm	\$29
Session 2: 1 Tuesday, May 30, 6:30 - 8:00 pm	\$29

GENEALOGY: WHO AM I? TRACING MY FAMILY TREE

Instructor - Joyce Desjardins & David Martinez

A DNA test is a good place to start, but where do you go from there? In this 6-week series, participants will be given advice, tools, and strategies for beginning your genealogical adventures, and will investigate available resources to help you start your own family tree. Some class time will be provided for online guided research and tree building.

Location: CHS World Language Lab **Ages:** 18+

Session 1: 6 Thursdays, Begins Jan 26, 6:30 - 8:30 pm	\$89
Session 2: 6 Thursdays, Begins Mar 23, 6:30 - 8:30 pm	\$89

Register NOW at
ChelmsfordCommunityEd.com

YOU CAN AFFORD COLLEGE IF...

Instructor - Dick Man

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

Location: CHS Room 209 **Ages:** 18+

Session 1: 1 Tuesday, Jan 31, 7:00 – 9:00 pm	\$29/\$39/couple
Session 2: 1 Tuesday, Apr 25, 7:00 - 9:00 pm	\$29/\$39/couple

DIGITAL FILM PRODUCTION

Instructor - Pat Snow, Chelmsford Telemedia

Lights! Camera! Action! Learn how to script, produce, and edit a short film! During this eight-week class, you will work as a group to create a short film through pre-production, filming and editing. This class is being offered through Chelmsford Television and has a maximum of 6 spaces for the fall session, so don't miss out - register today! All experience Levels are welcome.

Location: Chelmsford Telemedia, Parker Middle School
Ages: 18+

8 Tuesdays, Begins Mar 14, 7:00 – 8:30 pm	\$50
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HOME DECLUTTER: GETTING YOUR HOUSE UNDER CONTROL - ONCE AND FOR ALL



Instructor - Allison Rothwell

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

Location: CHS Room 232 **Ages:** 18+

1 Tuesday, Apr 25, 6:00 – 8:00 pm	\$49
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MUSIC

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

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

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

Music is a more potent instrument than any other for education, because rhythm and harmony find their way into the inward places of the soul.

- Plato

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

- Yo-Yo Ma



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

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

CHILD CARE

FULLDAY PRESCHOOL

Lion's Pride is a full day Toddler/Preschool and Pre K program. We offer care for children 18 months old up to children eligible to enter Chelmsford Public School Kindergarten. There are 5 classrooms in our program. Our daily schedule includes a balance of structured academic activities and open-ended play. Lion's Pride is open from 7:00am-5:00pm.

Our curriculum has been designed to meet the needs of the whole child. It provides opportunities for increased exploration of motor skills, language, social development and STEM (science, technology, engineering and math). We introduce the children to FOUNDATIONS writing, Math Expressions curriculum and Fountas & Pinnell literacy curriculum in coordination with Chelmsford Public Schools. We emphasize a positive, safe, fun learning environment that helps children build their independence.

All classrooms have the following play areas: block area, writing center, dramatic play, art area, math and science center, and a sensory table. Our students are given 2 daily opportunities for gross motor play, using the full sized gym or our playground.

Lion's Pride is full for this school year.

Registration for Lion's Pride opens in January for the following school year. Please visit our website and view our Lion's Pride Parent Handbook for all details: ChelmsfordCommunityEd.com.

Lion's Pride North Mixed Age Preschool/Pre-K Program

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

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

Our two-year rotating curriculum has been designed to meet the needs of the whole child, and to challenge all ages. It provides opportunities for increased exploration of motor skills, language, social development and STEM (science, technology, engineering and math). We are introducing our students to FOUNDATIONS Pre-Writing curriculum, Math Expressions curriculum, and Fountas & Pinnell literacy curriculum in coordination with Chelmsford Public Schools. We emphasize a positive, safe, fun learning environment that helps children build their own independence.

A unique benefit of Lion's Pride North is that this classroom will be working with the CHS Early Childhood Growth and Development Classroom. Our younger students love the opportunity to learn from and play with their older high school role models.

Lion's Pride North is full for this year.

Registration for Lion's Pride North opens in January for the following school year. Please visit our website and view our Lion's Pride North Parent Handbook for all details: ChelmsfordCommunityEd.com.

**Registration for the 2023-2024
Lions Pride & Lions Pride North
school year opens in January**

EXTENDED DAY

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

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

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

Visit our website ChelmsfordCommunityEd.com for more information.

PART-TIME PRESCHOOL

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

SPOTLIGHT

We are so fortunate to have some amazing athletes from Chelmsford High School come to the Commed building throughout the year to perform community service. What an incredible group of young people who work so hard for our programs!



NEWS

FROM AROUND TOWN

BOARD OF HEALTH

Introducing Chelmsford's new FREE Mental Health Referral Service for Chelmsford Residents and Employees

We care about your well-being and partnered with Care Solace, a mental health care coordination service, to help you and your family connect to quality care.

At no cost to you, Care Solace will help you confidentially find available mental health and substance use treatment providers matched to your needs and insurance.

A multilingual team is available 24/7/365 to help you understand options, call providers on your behalf, and schedule an appointment - or use Care Match, the self-serve website to find a provider on your own.

Connect to care with any coverage including Medicaid, Medicare, and sliding scale options for those without insurance.

Call **888-515-7881** or visit
caresolace.com/chelmsford-ma

Blood Pressure Screenings

Did you know the **Chelmsford Health Department** offers **FREE** blood pressure screenings?

First Thursday of the month: Drop-in hours 9:00 AM – 12:00 PM, Board of Health Office, Town Hall

Last Thursday of the month: Drop-in Hours 8:30 AM – 10:30 AM, Chelmsford Senior Center, North Chelmsford

Regular blood pressure screenings are important in preventing heart attacks, heart failure, stroke, kidney disease, vision loss, & sexual dysfunction.

Medical Sharps Disposal

Did you know that throwing your medical sharps in the trash is dangerous AND against the law? Help us keep our community safe! Keep Sharps Out of the Trash!

What are Sharps? Needles, syringes, lancets, auto injectors, injection pens, infusion sets, or connection needles/sets.

Drop off times are from 9:00 AM - 4:00 PM on:

- December 12, 2022
- April 10, 2023
- September 11, 2023
- December 11, 2023

at:

Chelmsford Health Department

50 Billerica Rd.
Chelmsford, MA 01824
978-250-5241
www.chelmsfordma.gov

Important information:

- One time registration required
- Residential sharps only
- Sharps must be in a hard plastic container with secure lid
- Container must be clearly labeled as sharps. Container must be at least 3/4 full

Acceptable Containers

Rigid plastic containers with lid such as laundry detergent bottles, bleach bottle, plastic coffee container, or sharps container. Tape lid securely.

Residential Sharps Only

Please residential use only. No business, medical office, or commercial waste accepted.



Like us on Facebook - Chelmsford Board of Health



Follow us on Instagram
@chelmsford_health_department



Sign-up for alerts via the Town's Website
www.chelmsfordma.gov



Hear from us in the Town Manager's Newsletter, Chelmsford Senior Messenger, and the Chelmsford Community Education Catalog

SENIOR CENTER

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

Contact Us: Chelmsford Senior Center 75 Groton Road, N. Chelmsford, MA 01863 Phone: 978-251-0533 Monday through Friday, 8:30 a.m. to 4:00 p.m. Email: dsiriani@chelmsfordma.gov Facebook: Chelmsford Senior Center

Friends of the Senior Center, Inc. 75 Groton Road, N. Chelmsford, MA 01863 Phone: 978-251-1123 Email: FriendsSrCtr@aol.com Facebook: Friends of the Senior Center, Inc. Chelmsford

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

CHELMSFORD COMMUNITY EDUCATION

This year, we have seen some wonderful improvements to our Commed Building. The biggest upgrade is our kitchen. Our amazing DPW crew and contractors worked hard to install brand new, state of the art equipment, and work tables. Join us this winter and spring in our new kitchen space for one of our cooking or baking classes.

Calling all instructors! Do you have a skill or talent you would like to share with our community? Chelmsford Community Education is looking for teachers. For more information or to submit a program outline, contact Colleen at 978-251-5151 x6091 or adulterd@chelmsford.k12.ma.us

Do you want to build a snowman? Join us this winter for our annual snowman building contest as we beat the winter blues by decorating your own front lawn with a unique and creative snowman/display. Watch for details and game dates for this and other fun games on Facebook (Chelmsford Community Education), Instagram (CommedWestlands), and our website ChelmsfordCommunityEd.com.

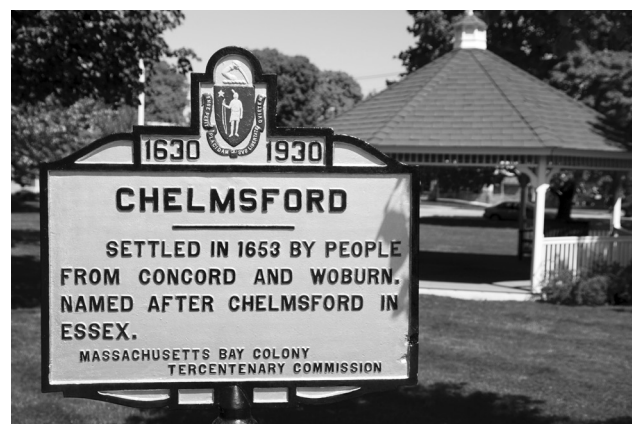


Photo by Lee Fortier

TRIPS

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

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

- **St. Patrick's Day with Irish Tenor Emmet Cahill:** March 8th
- **The People's Tenor, Michael Amante:** April 19th
- **Staying Alive: Bee Gees Tribute Band:** May 23rd
- **The Texas Tenors:** June 21st
- **The Glen Campbell Experience:** July 20th
- **Gloucester Harbor Lobsterbake Cruise:** July 27th
- **The Corvette's Doo Wop Revue:** August 9th
- **Martha's Vineyard Day Trip:** August 10th
- **Neal Diamond & Friends Tribute:** September 7th

CommEd Office Staff

Robyn Adams, Director

Kelley DiFolco, Assistant Director

Michele Pieveski, Childcare Supervisor

Colleen Smith, Adult Education Program Coordinator

Linda Westland, Secretary

Rhonda Poole, Office Assistant



COMING SUMMER 2023

Non-Profit Org.
U.S. Postage
P A I D
Permit No. 37
Chelmsford, MA



Summerfest Grades 1-6



Summerquest Grades 6-9



Summersplash Preschool

For information on these and other upcoming summer programs, follow us on:



Chelmsford Community Education



CommedWestlands



ChelmsfordCommunityEd.com

****ECRWSS****
RESIDENTIAL CUSTOMER