



CHELMSFORD  
COMMUNITY EDUCATION

# FALL 2023



**CREATIVE WRITING p. 12**



**YOGA p. 16**



**FLOWER ARRANGING p. 14**

**Registration begins on August 15 at [ChelmsfordCommunityEd.com](https://ChelmsfordCommunityEd.com)**



# CONTENTS

## 1 IMPORTANT INFORMATION

## 2 YOUTH PROGRAMS

- 2 TEST PREP
- 2 THE ARTS
- 2 COOKING & BAKING
- 3 HOBBIES
- 3 HEALTH & WELLNESS
- 3 YOUTH SPORTS
- 4 SPECIAL INTERESTS
- 5 CHILDREN'S EDUCATIONAL

## 6 ADULT PROGRAMS

- 6 COOKING
- 7 BAKING
- 9 HOBBIES
- 10 PHOTOGRAPHY
- 11 THE ARTS
- 12 ONLINE LEARNING
- 13 TECHNOLOGY
- 14 FLOWER ARRANGING
- 14 ENVIRONMENT / SUSTAINABILITY
- 15 LANGUAGES
- 15 FINANCE & ESTATE PLANNING
- 16 HEALTH & WELLNESS
- 18 RECREATION & FITNESS
- 19 EDUCATIONAL PROGRAMMING
- 19 SELF DEFENSE
- 20 SPECIAL INTERESTS

## 21 CHILD CARE

## 22 ED2GO

## 23 NEWS FROM AROUND TOWN

## 24 MUSIC

## 25 TRIPS

**Cover photo:** Heart Pond in Chelmsford

# INSTRUCTOR SPOTLIGHT: Cheryl Quintal, American Sign Language



**Cheryl Quintal** is married, a mother of 2 daughters, and lives in Dracut. She is currently teaching ASL 1 and 2 at North Shore Community College and Memorial Spaulding Elementary, and is an ASL tutor for the Deaf Studies program at Northern Essex Community College and is now teaching ASL 1 and 2 for their deaf studies program. Cheryl is a member of the Massachusetts State Association for the Deaf, and was a

board member for the Lowell Commission on Disabilities for 5 years. Cheryl, who became Deaf at 2 years old, has extensive experience teaching and tutoring ASL. Cheryl's lesson plan is designed to help make learning fun and engage students to help them learn more quickly. Education is the passion that truly enriches her life. Cheryl loves inspiring students and helping them build their self-confidence to reach great achievements both academically and socially, as well as in their ASL abilities. She is extremely passionate in sharing her knowledge and dedication to this course.

## CLASS KEY



NEW class



VIRTUAL class:  
fully remote



HYBRID class:  
partially remote,  
partially in-person

## Chelmsford Community Education

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

Commed@chelmsford.k12.ma.us

**Facebook:** Chelmsford Community Education

**Instagram:** CommedWestlands

**Website:** ChelmsfordCommunityEd.com

# IMPORTANT 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**.

## Course Withdrawal & Refunds

Refunds for courses are handled as follows:

1. A full refund will be given when a class is cancelled due to low enrollment.
2. A full refund, minus a \$10 processing fee, will be given for a cancellation more than 15 days prior to a class start date.
3. A full credit, minus a \$10 processing fee, will be given for a cancellation 8 – 15 days prior to the class start date. Credits expire one year from date of issue.
4. No refund or credit will be given for cancellations 7 days or less prior to class start date.
5. All classes are non-transferable. If you are unable to attend a class, for any reason, any attempt to transfer your registration to another person will not be honored.
6. Refund payments require up to a 30 day processing period for check refunds.
7. Trips have varied refund policies. Please refer to each individual trip information for details.
8. To request a refund, e-mail **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 x 6091** BEFORE you register for assistance in registering and applying your credit.

## Course Cancellations

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

# YOUTH

## 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.

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

7 Tuesdays, Sep 12 - Oct 24, 7 - 9 pm \$139

**Register for both Math and Verbal for just \$249**

### SAT PREPARATION, MATH

*Instructor - Bethany Carlson*

This course prepares students for the SAT Math test. It is designed to reduce anxiety and increase test scores. SAT workbook included.

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

7 Thursdays, Sep 14 - Oct 26, 7 - 9 pm \$139

**Register for both Math and Verbal for just \$249**

## THE ARTS

### FINE ARTS FOR KIDS - UPDATED

*Instructor - Gopika Luthra*

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

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

**Session 1:** 5 Tuesdays, Sep 12 - Oct 10, 6:15 - 7:15 pm \$59

**Session 2:** 5 Tuesdays\*, Oct 24 - Dec 5, 6:15 - 7:15 pm \$59

\* No class Oct 31 or Nov 21

### LEARN TO DRAW FOR KIDS - UPDATED

*Instructor - Gopika Luthra*

In this drawing class, you will work on fun projects while learning drawing techniques and tips. These will include step-by-step drawings in addition to some time for free draw. Each project will follow a different theme (animals, people, fall, winter). Your creativity will be encouraged.

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

**Session 1:** 5 Thursdays, Sep 14 - Oct 12, 6:15 - 7:15 pm \$59

**Session 2:** 5 Thursdays, Oct 26 - Nov 30, 6:15 - 7:15 pm \$59

## COOKING & BAKING

### FAMILY FUN COOKIE DECORATING WORKSHOPS

*Instructor - Sarah Conte*

Join us for a fun evening of decorating sugar cookies! Your child 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 Monday, Oct 23, 6 - 8 pm \$39



## 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 Rm 17 **Ages:** See below.

**Grades 3-5:** 6 Mondays, Sep 18 - Oct 30, 5:30 - 6:30 pm \$185

**Grades 6-8:** 6 Mondays, Nov 6 - Dec 11, 5:30 - 6:30 pm \$185

## 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, Sep 20 - Oct 25, 5:30 - 6:30 pm \$135

**Session 2:** 6 Wednesdays, Nov 8 - Dec 13, 5:30 - 6:30 pm \$135



## 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

**Session 1:** 6 Wednesdays, Sep 13 - Oct 18, 5:30 - 6:15 pm \$69

**Session 2:** 6 Wednesdays\*, Nov 1 - Dec 13, 5:30 - 6:15 pm \$69

\* No class Nov 22

## YOUTH SPORTS

### ARCHERY FOR KIDS & TEENS

*Instructor - On Site Archery*

Come join us this fall 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

Grades 3-5:

**Session 1:** 6 Mondays\*, Sep 11 - Oct 23, 6 - 7 pm \$180

**Session 2:** 6 Mondays, Nov 6 - Dec 11, 6 - 7 pm \$180

Grades 6-12:

**Session 1:** 6 Mondays\*, Sep 11 - Oct 23, 7:15 - 8:15 pm \$180

**Session 2:** 6 Mondays, Nov 6 - Dec 11, 7:15 - 8:15 pm \$180

\* No class Oct 9

## FALL TENNIS

*Instructor - Marcel Gamache, MG Tennis Academy*

This program is designed for players of all abilities from beginner to an advanced level, regardless of age. Lessons will be broken up by age and will be 3 days per week (Tuesdays, Wednesdays, & Fridays) for 4 weeks.

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

<b>U6:</b> T, W & F, Sep 12 - Oct 6, 4:30 - 5:30 pm	\$325
<b>U10:</b> T, W & F, Sep 12 - Oct 6, 5:30 - 6:30 pm	\$325
<b>U16:</b> T, W & F, Sep 12 - Oct 6, 3:30 - 4:30 pm	\$325

## SPECIAL INTERESTS

### LEGO ADVENTURES: GET YOUR LEGO GAME ON!

**NEW**

*Instructor - Right Brain Curriculum*

Are you a Lego master? If so, it's time to show off your skills! Each week in Lego Adventures, there is a new challenge to build: from skyscrapers to farms, bridges to airports, space stations to main streets, and everything in between! First, our Right Brain Curriculum instructors will review the history of what we are about to build: How airports graduated from landing strips to vast travel networks, how Depression-era farms survived hordes of grasshoppers, how aeroelasticity explains why the Tacoma bridge nicknamed "Gallopertie" collapsed. Then, it's time to build! You will create a model of each type of structure out of an enormous assortment of provided Legos, then present your creation as we photograph and document it. Learning and Legos: A perfect match!

**Location:** CHS Cafe 2 **Grades:** 2 - 5

6 Tuesdays, Sep 12 - Oct 17, 5:30 - 7 pm	\$155
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My son looked forward to his Lego class on Tuesdays. He loved it and wants to go every week.

- Genevieve B.

### LEGO CHALLENGES: READY, SET LE-GO!

*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 Cafe 2 **Grades:** 2 - 5

6 Thursdays*, Oct 26 - Dec 7, 5:30 - 7 pm	\$155
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\* No class Nov 23

### WRITING WIZARDS: LET YOUR IMAGINATION RUN WILD!

**NEW**

*Instructor - Right Brain Curriculum*

Do you like stories about mythical creatures, magicians, and wizards? Or maybe you dream about going on an alien space adventure! As the author, it will all be up to you, as you give life to a fantasy world of your own design. Mold your protagonist and give them some villainous bad guys to outsmart, design a breathtakingly beautiful setting or a dystopian underworld. Our Right Brain Curriculum teachers will help you with the nuts & bolts: Giving your story a gripping conflict, "Stretching out" a scene, bringing your dialogue to life, sequencing events, and choosing those ultra-impressive synonyms. Top it all off with a dedication, "About the Author" page, illustrations, and a gorgeous cover as you become a published creative writer!

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

6 Tuesdays, Oct 24 - Dec 5, 5:30 - 7 pm	\$155
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\* No class Oct 31





## 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 Room 15 **Ages:** 8 - 12

**Session 1:** 1 Wednesday, Oct 11, 5:30 - 7:30 pm \$29

**Session 2:** 1 Monday, Dec 4, 5:30 - 7:30 pm \$29

## YOUR VOICE: PUBLIC SPEAKING FOR KIDS

NEW

*Instructor - Right Brain Curriculum*

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

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

6 Thursdays, Sep 14 - Oct 19, 5:30 - 7 pm \$155

## 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. In this hands-on, interactive class, you will give your child the training they need, before they need it.

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

1 Monday, Nov 13, 6 - 7:30 pm \$49

**Register NOW at  
ChelmsfordCommunityEd.com**

## CHILDREN'S EDUCATIONAL

### BLAST BABYSITTING & CPR CERTIFICATION

*Instructor - Juanita Allen Kingsley*

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

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

1 Tuesday, Nov 7, 2:30 - 5:30 pm \$100

I really enjoyed this course. It was super fun an engaging!

- Adele T.



# ADULTS

## COOKING

**All cooking classes are instructor demonstration combined with student participation. Please note that these 3 hour classes require participants to stand in the kitchen space for the full class. The cost of food and supplies is included.**

### THE ART OF PASTA MAKING

*Instructor - Diane Manteca*

Learn to make pasta dough from scratch, cutting fettuccini, then moving on to prepare ravioli with spinach and ricotta filling. Sauces will include marinara and roasted red pepper cream sauce. Learn which pasta machines are the best, where to purchase them, and different price ranges and styles to best suit your needs in the kitchen.

**Location:** Commed Kitchen

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1 Wednesday, Sep 27, 6 – 9 pm	\$65
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Diane always offers vegetarian options along with traditional recipes.

- Linda F.

### GNOCCHI THREE WAYS WITH BOLOGNESE

*Instructor - Diane Manteca*

Learn to make light as air gnocchi, as it is done in Italy. We will be making classic potato gnocchi, butternut squash gnocchi, and Tuscan spinach & ricotta gnocchi. To sauce them up, authentic bolognese sauce, along with marinara sauce and brown butter sage sauce will be made.

**Location:** Commed Kitchen

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1 Monday, Oct 2, 6 – 9 pm	\$65
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### COOKING FROM SPAIN

**NEW**

*Instructor - Diane Manteca*

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

**Location:** Commed Kitchen

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1 Wednesday, Oct 11, 6 – 9 pm	\$65
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### ZUPPA ITALIANA

*Instructor - Diane Manteca*

Italian Chefs throughout time have created some incredible soups! Join Chef Diane for some of these flavorful and easy to make Italian soups. You will cook Classic Minestrone, Tuscan Sausage & Kale, Italian Wedding Soup, and Escarole & White Beans. Leave class with a new appreciation for Italian homemade soups that you can have as a meal or just as a starter.

**Location:** Commed Kitchen

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1 Wednesday, Nov 8, 6 – 9 pm	\$65
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### HOLIDAY ENTERTAINING

*Instructor - Diane Manteca*

Join Chef Diane Manteca and learn how the pros celebrate the festive season in the kitchen. Menu may include: Sausage-Stuffed Jalapeno Poppers, Roasted Prosciutto-Wrapped Figs, Shrimp Gazpacho Shooters, BBQ Tandoori Chicken Skewers with Yogurt Dip, Mini Pissaladier Canapes. Includes the cost of food and supplies.

**Location:** Commed Kitchen

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1 Wednesday, Nov 29, 6 – 9 pm	\$65
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### THANKSGIVING SIDE DISHES & DESSERT

*Instructor - Diane Manteca*

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

**Location:** Commed Kitchen

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1 Wednesday, Nov 15, 6 – 9 pm	\$65
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## AN ITALIAN CHRISTMAS DINNER

NEW

*Instructor - Diane Manteca*

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

**Location:** Commed Kitchen

1 Wednesday, Dec 6, 6 – 9 pm

\$65

## BAKING

**All baking classes are instructor demonstration combined with student participation. Please note that these 3 hour classes require participants to stand in the kitchen space for the full class. The cost of food and supplies is included.**

## MACARONS & MACAROONS

NEW

*Instructor - Susanne Carpenter*

Is it a macaron or a macaroon? In this class you will learn the difference! This is a hands-on class where students will learn how to make the brightly colored French macarons with a flavored ganache filling, and the classic coconut macaroon that is equally delicious. Allergen Warning: We will be using a nut flour.

**Location:** Commed Kitchen

1 Monday, Sep 18, 6 – 9 pm

\$65

Susanne is a great teacher whose instruction instills confidence in the class participants. Please offer more classes by Susanne!

- Lisa P.

## DATE NIGHT DESSERTS: SOUFFLE & PANNA COTTA

NEW

*Instructor - Susanne Carpenter*

Bring a date, or come alone! In this class you will learn how to make a light, fluffy, and billowy souffle and a creamy, smooth Italian custard each with their own accompanying sauces. Two wonderful desserts that can easily be made at home for any special occasion.

**Location:** Commed Kitchen

1 Monday, Sep 25, 6 – 9 pm

\$65

## BAGELS & SPREADS

NEW

*Instructor - Susanne Carpenter*

Let's get the water boiling! In this class you will learn the process of making bagels from deciding what flour is best to use, how to shape, and just how long to boil them before they bake. You will finish the class by creating some spreads to enjoy with our freshly baked bagels.

**Location:** Commed Kitchen

1 Wednesday, Oct 25, 6 – 9 pm

\$65

## 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 a pastry cream that will be used for filling the pastries.

**Location:** Commed Kitchen

1 Monday, Oct 30, 6 – 9 pm

\$65

## THANKSGIVING PIES & TARTS

NEW

*Instructor - Susanne Carpenter*

Are you bringing a dessert for Thanksgiving? In this hands on class, students will learn to make a Burgundy Berry Pie with a decorative crust and a classic French Apple tart with a sweet tart crust. Both are sure to be showstoppers at the dessert table as they will look just as amazing as they taste. Allergen warning: we will be using nut flour.

**Location:** Commed Kitchen

1 Monday, Nov 6, 6 – 9 pm

\$65

## BISCUITS & ROLLS

*Instructor - Susanne Carpenter*

Everyone needs a good biscuit & roll recipe for holiday gatherings. In this class, you will learn how to make delicious, light, flaky biscuits and warm, yeasty rolls. You will explore incorporating additional flavors to the biscuits and different ways to shape the rolls so both can be the perfect accompaniment to any dinner.

**Location:** Commed Kitchen

1 Monday, Nov 13, 6 – 9 pm

\$65

**NEW**

## CHRISTMAS COOKIE BOX

*Instructor - Susanne Carpenter*

'Tis the season for spreading good cheer, and what better way than with cookies! In this class, you will work together to make an assortment of cookies each with all the aromas and flavors of the holiday. This is a fun class where the only requirement is a willingness to roll up your sleeves and get your hands in the dough. Allergen warning: nuts will be used.

**Location:** Commed Kitchen

1 Wednesday, Dec 13, 6 – 9 pm

\$65

**NEW**

## HOLIDAY MACARONS

*Instructor - Susanne Carpenter*

Learn to make this brightly colored French cookie, Holiday Edition! In this hands-on class you will learn to make the French macaron meringue batter and, in addition to piping the standard macaron shape, we will be piping holiday trees and snowmen! You will finish the class by filling the macarons with holiday-inspired flavors. This is a great class for those that have already taken our French Macaron class, in addition to first timers.

**Location:** Commed Kitchen

1 Monday, Nov 27, 6 – 9 pm

\$65

**NEW**

## COOKIE DECORATING BASICS

*Instructor - Sarah Conte*

Learn the basics of decorating sugar cookies. You 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 Cafe

1 Monday, Sep 11, 6 – 9 pm

\$49

## CAKE DECORATING 101

*Instructor - Christina Silk*

Learn to prepare your cake for decorating and how to make Buttercream Icing in different consistencies. Experiment with different bag striping techniques, pressure control and how to angle your bag to get the desired effect. Master creative decorating techniques like stars, rosettes, wavy lines, loops, borders, including zig zags, ruffles, shells, bead borders, leaves, and flowers. Supplies not included.

**Location:** CHS Life Skills Room

4 Tuesdays, Sep 19 - Oct 10, 6:30 – 8:30 pm

\$109

**NEW**

## BISCOTTI & ITALIAN COOKIES

*Instructor - Diane Manteca*

No need to go to the North End or Italian pastry shops when you can make fabulous Italian cookies in your own home kitchen for the holidays. In this class you will learn how to make biscotti, sesame cookies, anise glazed cookies with sprinkles and ricotta cookies. Take home a big box of these treasures to share with your family and friends.

**Location:** Commed Kitchen

1 Monday, Dec 11, 6 – 9 pm

\$65

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



## HOBBIES

### INTRODUCTION TO CRICUT DESIGN SPACE

**NEW**

*Instructor - Tracey Spooner*

Are you wondering what a Cricut machine is, or maybe you are already thinking about getting one but are confused as to what model you should get. Come have all your Cricut questions answered! This is a basic introductory class to the machine and what it can do. Our instructor will have sample projects made with the Cricut to help you leave with a better understanding of what is involved in getting the most from your Cricut machine!

**Location:** Commed Room 15

1 Monday, Oct 23, 6:30 – 8:30 pm	\$49
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### 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 will 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

10 Tuesdays, Sep 12 - Nov 21, 5:45 – 8:45 pm	\$ 179
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### KNITTING

*Instructor - Dale Keothe*

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

**Location:** CHS Main Conference Room

5 Tuesdays, Sep 26 - Oct 24, 6:30 - 8:30 pm	\$75
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### CROCHET FOR BEGINNERS

*Instructor - Tracey Spooner*

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

**Location:** Commed Room 15

<b>Session 1:</b> 6 Wednesdays, Sep 13 - Oct 18, 5:30 - 6:30 pm	\$59
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<b>Session 2:</b> 6 Wednesdays*, Nov 1 - Dec 13, 5:30 - 6:30 pm	\$59
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\* No class Nov 22

Tracey was a wonderful instructor! She really helped show me how to crochet, and showed me how easy it can be! She was so helpful and provided great resources!

- Christina C.

### CROCHET LEVEL 2

**NEW**

*Instructor - Tracey Spooner*

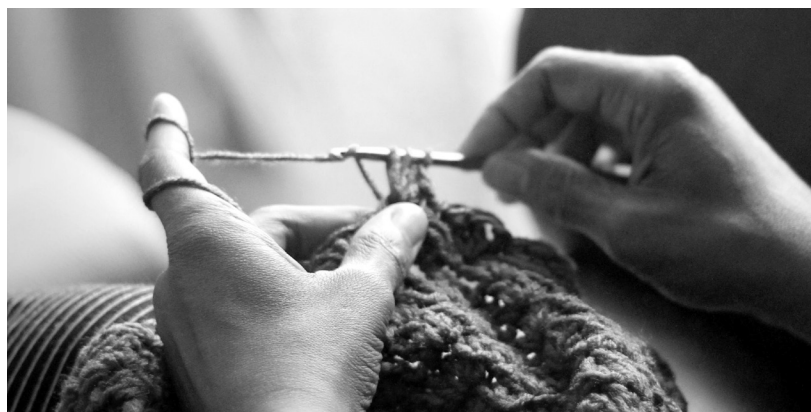
This class is for intermediate level crocheters. In Crochet Level 2, you will move to more difficult projects and more complex stitch variations and techniques with detailed shaping and finishing.

**Location:** Commed Room 15

<b>Session 1:</b> 6 Wednesdays, Sep 13 - Oct 18, 7 - 8:30 pm	\$89
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<b>Session 2:</b> 6 Wednesdays, Nov 1 - Dec 13, 7 - 8:30 pm	\$89
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\* No class November 22





## QUILTING - UPDATED

*Instructor - Melissa Dawson*

This course focuses on selecting fabric, reading and understanding blocks, hand piecing, basting, and quilting. At the end of class, you will have a wall hanging of a 4 block quilt with sashing and borders. This class is for beginners, intermediate, and experienced sewers.

**Location:** CHS Room 109

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10 Thursdays, Sep 21 - Dec 7, 6 - 8:30 pm	\$179
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\* No class Sep 28, Nov 23

Melissa gave us thorough instruction and great tips that you don't find on YouTube videos!

- Julie F.

## SCALLOP SHELL DECOUPAGE

*Instructor - Lisa Young*

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

**Location:** CHS Cafe 1

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1 Thursday, Sep 26, 6:30 - 8:30 pm	\$49
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## SEA GLASS WINDOW WORKSHOP

*Instructor - Lisa Young*

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

**Location:** CHS Cafe 1

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1 Thursday, Nov 2, 6:30 - 8:30 pm	\$59
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## COASTAL SEA GLASS TREE WORKSHOP

*Instructor - Lisa Young*

Create a set of two beautiful Sea Glass Trees. One that will be 7-9 inches tall, and the other 4 1/4-6 1/4 inches tall. Choose colors from sea blue, turquoise, green, crystal white, red, orange, yellow, pink, and plum (mix and match). Leave as is and use them as year-round decor or embellish them and use as holiday treasures. Great for yourself, or to give as gifts. Embellishments include starfish, pearls, and shells. (Bring your own items to add if you like.) All materials to make a set of two trees are included.

**Location:** Commed Room 17

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1 Wednesday, Nov 29, 6:30 - 8:30 pm	\$69
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## PHOTOGRAPHY

### DIGITAL PHOTOGRAPHY 1

*Instructor - Steve McGrath*

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

**Location:** CHS Room 211

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5 Tuesdays, Sep 12 - Oct 10, 6 - 8 pm	\$169
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### DIGITAL PHOTOGRAPHY 2

*Instructor - Steve McGrath*

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

**Location:** CHS Room 211

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5 Tuesdays, Oct 17 - Nov 14, 6 - 8 pm	\$169
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## THE BUTTERFLY PLACE PHOTOGRAPHY WORKSHOP

NEW



*Instructor - Steve McGrath*

Join us in this Macro/Close Up Hybrid Photography Workshop. In your first class, you will meet online to go over a presentation, and check your camera settings, learn about compositions for this type of photography, and manual focusing. The second class will be held at the Butterfly Place where you will prepare your camera then have an hour to photograph the Butterflies. Your final class will end with discussion and sharing of the images that you took. This 3 class workshop is suitable for all skill levels and all cameras.

**Location:** Hybrid (virtual & in person)

### 3 Classes:

Thursday, Sep 14 (virtual) 5:30 - 7:30 pm

Saturday, Sep 16 (Butterfly Place) 9 am - 12 pm

Thursday, Sep 21 (virtual) 5:30 - 7:00 pm

\$65

This class was great. Class 1 prepared us for what to expect and how to best take photographs in a botanical setting. Class 2 was at Tower Hill Botanic Garden where we were given coaching on best camera settings, composition etc. Class 3 was an opportunity to show some of our photographs and learn about editing etc. Well organized and packed with information.

- Amanda F.



## WATERFALLS & COVERED BRIDGES PHOTOGRAPHY WORKSHOP

NEW



*Instructor - Steve McGrath*

In this 3 class waterfalls and covered bridges photography workshop, you will learn how to capture waterfall & bridge images in the beautiful foliage in October. Time permitting, we will photograph 5 waterfalls and 3 covered bridges throughout Western MA beginning with Shelburne Falls. The workshop will cover settings for how to get a smooth look to your images. You will also discuss how to adjust your shutter speed to cover a variety of lighting situations and to create a variety of looks in your compositions. Whether you want smooth water, a bit of motion in the falls, or to stop the movement of water completely, we'll talk about how to achieve these results.

**Location:** Hybrid (virtual & in person)

### 3 Classes:

Friday, Oct 27 (virtual) 6 - 7:30 pm

Saturday, Oct 28 (Shelburne Falls) 9 am - 12 pm

Thursday, Nov 2 (virtual) 7:30 - 9 pm

\$89

## THE ARTS

### BEGINNING DRAWING FOR ADULTS

*Instructor - Deb Arsenault*

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

**Location:** Commed Room 17

4 Wednesdays, Sep 13 - Oct 4, 6:30 - 8:30 pm

\$59

Deb is very knowledgeable, and she makes the class feel welcoming and comfortable!

- Angelica M.

## INTERMEDIATE DRAWING FOR ADULTS

*Instructor - Deb Arsenault*

This class builds on what was learned in the beginners class. It is designed to take the intermediate student to the next phase in their artistic development.

**Location:** Commed Room 17

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4 Wednesdays, Oct 18 - Nov 8, 6:30 - 8:30 pm \$59

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## CREATIVE WRITING WORKSHOP

NEW

*Instructor - Debbie Swanson*

Whether you enjoy journaling, blogging, writing children's stories, or you're penning the next great novel, this interactive workshop will cover the basics of creative writing. You will explore topics such as the use of descriptive language, how to show rather than tell, getting to the point of the story (the thesis), captivating use of dialog, and more. You'll use writing prompts and exercises each week to get the ideas flowing. Each workshop will be a mix of class discussion, open workshop, writing time, peer reviewing, and writing tips.

**Location:** Commed Room 21

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**Session 1:** 6 Mondays\*, Sep 11 - Oct 23, 6 - 8 pm \$129

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**Session 2:** 6 Mondays, Nov 6 - Dec 11, 6 - 8 pm \$129

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\* No class Oct 9

## ONLINE LEARNING

### GROW YOUR BUSINESS WITH INSTAGRAM



*Instructor - Nickie Welsh*

What can you do on Instagram that can result in huge growth for your customer base and sales? We've got the answers you need in this beginner level class to grow your business with Instagram. You'll learn the key steps needed in order to improve your company bottom line and also gain more followers. Plus, you'll learn to make your content irresistible and have fun in the process!

**Location:** Virtual

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1 Tuesday, Sep 12, 1 - 2 pm \$29

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## A PARENT'S GUIDE TO TIKTOK



*Instructor - Nickie Welsh*

Have you heard the latest about TikTok? In this class you will take a look at the fastest growing social media app used by millions each day. Learn how it's used and how parents can also help their kids stay safe while on it. We'll cover everything you need to know as it's paving the future of a new social media.

**Location:** Virtual

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1 Tuesday, Sep 19, 1 - 2 pm \$29

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## CELL PHONES & PARENTING - OH MY!



*Instructor - Nickie Welsh*

When your child has a Smartphone there are key things you should know in order to keep them safe and secure. In this class you'll understand recommended safety settings on popular social media apps, parental apps for your child's Smartphone, and more! We simplify this complicated technology so that you and your child can use the phone safely.

**Location:** Virtual

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1 Tuesday, Sep 26, 1 - 2 pm \$29

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## MY KID WANTS TO BE A YOUTUBER - HELP!



*Instructor - Nickie Welsh*

Does your child dream of having their own YouTube channel? Eliminate the worry with this helpful class as we walk you through the steps on how to set up a YouTube channel, safety settings, and consideration for kids having their own channel. Parents will learn the basic guidelines of being able to help manage and monitor their activity, all while incorporating practical business skills when it comes to managing a channel. Parents will leave the class with helpful guidelines to get their kid's channel started safely and a solid foundation for their child's new creative outlet in 2023.

**Location:** Virtual

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1 Thursday, Oct 5, 1 - 2 pm \$29

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## TECHNOLOGY

### MICROSOFT EXCEL FOR BEGINNERS

*Instructor - Annette Perrotta*

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

**Location:** CHS Room 321

6 Thursdays, Sep 14 - Oct 19, 6:30 - 8 pm

\$109

### UNDERSTANDING EXCEL PIVOT TABLES



*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

1 Monday, Oct 2, 6:30 - 9 pm

\$45

### DESIGN A ONE PAGE WEBSITE USING CANVA



*Instructor - Annette Perrotta*

Canva is a global multi-national graphic design platform that is used to create social media graphics and presentations. The app includes readymade templates used to create and edit a website. Come to class with ideas as to what you would like to promote. By the end of class, a basic one page website will be created and can be published!

**Location:** CHS Room 321

3 Thursdays, Oct 3 - Oct 17, 6:30 - 8 pm

\$49

### UNDERSTANDING HOME WIFI

*Instructor - Rod Gregoire*

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

**Location:** CHS Room 234

**Session 1:** 1 Tuesday, Oct 3, 6 - 8 pm

\$29

**Session 2:** 1 Thursday, Nov 16, 6 - 8 pm

\$29

I learned so much about home WiFi that I didn't know. Very helpful course. The instructor was very patient and thoughtful with explanations.

- Marlene J.

### CUT THE CABLE: YOUR TV OPTIONS IN THE DIGITAL AGE

*Instructor - Annette Perrotta*

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

**Location:** CHS Room 213

**Session 1:** 1 Tuesday, Sept 19, 6:30 - 8 pm

\$29

**Session 2:** 1 Tuesday, Nov 7, 6:30 - 8 pm

\$29

Annette goes above and beyond to guide students along and answer any and all questions along the way, adapting the speed of instruction to the students' needs. She will send helpful information by email for practice purposes and will give advice if asked. She is a great instructor!

- Suzanne T.

## FLOWER ARRANGING

### HAND-TIED FLOWER ARRANGEMENT

NEW

*Instructor - Mary B. Hayes*

Learn two different ways to make a spiral, hand-tied bouquet. You will be using seasonal, locally grown flowers such as cosmos, dahlias, asters, and assorted greens. Take your gorgeous bouquet home with you!

**Location:** CHS Career Center

1 Thursday, Sep 14, 6:30 - 8 pm \$69

### SUCCULENT PUMPKIN WORKSHOP

NEW

*Instructor - Mary B. Hayes*

Learn to decorate a mini pumpkin with succulents, fresh and dried flowers, berries, and moss. You will not be cutting into your pumpkin, so the arrangement will last for months!

**Location:** CHS Career Center

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

### EVERGREEN & WINTER BERRY FLOWER ARRANGEMENT

NEW

*Instructor - Mary B. Hayes*

Make a beautiful winter arrangement for the holiday season using flowers, winter berries, and evergreens. Local floral designer Mary B. Hayes will provide instruction and guidance to make a long lasting, medium sized centerpiece.

**Location:** CHS Career Center

1 Tuesday, Dec 12, 6:30 - 8 pm \$89

## ENVIRONMENT / SUSTAINABILITY

### MICROGREENS 101

*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.

**Location:** Commed Room 15

1 Wednesday, Oct 25, 6:30 - 8:30 pm \$39

This was a great class. With easy instructions and loads of enthusiasm, we came away with everything we needed to get started. I started my growing arugula microgreens this weekend.

- Bonnie R.

**Register NOW at  
ChelmsfordCommunityEd.com**



## SUSTAINABILITY AND INDOOR ORGANIC COMPOSTING

*Instructor - Ray Pourali*

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

**Location:** Commed Room 15

1 Monday, Dec 4, 6:30 - 8:30 pm	\$55
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## LANGUAGES

### AMERICAN SIGN LANGUAGE FOR BEGINNERS: 3 LEVELS!

*Instructor - Cheryl Quintal*

In these courses, you will learn ASL vocabulary, structure and grammar. You will develop basic conversational abilities with their partners and learn about Deaf history and culture. The beginner course is perfect for students with no ASL experience or anyone who needs to relearn ASL or practice. Levels 2 & 3 continue to build on what you have learned so far.

**Location:** CHS Room 344

#### Beginners:

10 Thursdays, Sep 14 - Nov 16, 5:30 - 6:30 pm	\$ 115
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#### Beginners - Level 2:

10 Thursdays, Sep 14 - Nov 16, 6:45 - 7:45 pm	\$ 115
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#### Beginners - Level 3:

10 Thursdays, Sep 14 - Nov 16, 8 - 9 pm	\$ 115
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I really enjoyed the class. Cheryl was amazing. She took the time to get to know, and help all of us. She always followed up with an email after each class providing copies of her slides and pertinent website links for further information. Not only did we learn a lot but she made it a fun class. I look forward to taking another class with her.

- Lynne D.

## ENGLISH AS A SECOND LANGUAGE FOR BEGINNERS

**NEW**

*Instructor - Ellen Johnston*

In this dynamic learning experience, you will learn to enhance your vocabulary, grammar, comprehension and life skills by listening, speaking, reading and writing using activities as well as engaging in interactive assignments and discussions. You will be able to increase your English Language Development, which will prepare you to reach your personal goals and be successful communicators in and out of the classroom setting.

**Location:** CHS Room 205

10 Tuesdays, Sep 12 - Nov 21, 5:30 - 6:30 pm	\$219
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\* No class Oct 31

## FINANCE & ESTATE PLANNING

### MEDICARE: WHERE DO I START?

*Instructor - Patrick Clark*

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

**Location:** CHS Room 230

1 Thursday, Sep 14, 7 - 8 pm	\$29
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### PREPARING FOR RETIREMENT

*Instructor - Patrick Clark*

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

**Location:** CHS Room 230

1 Thursday, Oct 12, 7 - 8 pm	\$29
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## UNDERSTANDING SOCIAL SECURITY

*Instructor - Patrick Clark*

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

**Location:** CHS Room 230

1 Thursday, Nov 9, 7 – 8 pm

\$29

## HEALTH & WELLNESS

### MANTRA MEDITATION

*Instructor - Courtney Fine*

Any time of 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. 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.

**Location:** Commed Rec Room

6 Wednesdays, Sep 13 - Oct 18, 7:45 - 8:30 pm

\$69

### MEDITATION FOR BEGINNERS

*Instructor - Marie Tremblay*

Meditation is not so easy for everyone so let's do this together! 60 minutes of meditation is great for stress and a proven health asset at any age. You will have several variations of chair meditation as well as breath practice.

**Location:** CHS Staff Dining Room

1 Tuesday, Dec 5, 6 - 9 pm

\$49

## HEALING THROUGH AYURVEDA

**NEW**

*Instructor - Courtney Fine*

Meditation and healing through the 5 senses. Each and every one of us has the ability through our mind/body to heal and balance ourselves through the power of the five senses. Our senses are the gateway to the mind and therefore can have a significant effect on our emotional state. This 6-week class will focus each week on utilizing our senses to gain physical health and emotional well-being. Each week you will move through gentle stretching, breath-work, guided meditation and a discussion on how you can utilize your senses to create inner balance and stability.

**Location:** Commed Rec Room

6 Wednesdays, Nov 1 - Dec 13, 7:45 – 8:30 pm

\$69

\* No class Nov 22

### VINYASA FLOW YOGA FOR ALL LEVELS

*Instructor - Courtney Fine*

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

**Location:** Commed Rec Room

**Session 1:** 6 Wednesdays, Sep 13 - Oct 18, 6:30 - 7:30 pm

\$89

**Session 2:** 6 Wednesdays\*, Nov 1 - Dec 13, 6:30 - 7:30 pm

\$89

\* No class Nov 22

I love my weekly yoga practices with Yogi Fine. They are challenging enough to be engaging, and I leave feeling grounded and at ease.

- Jordan V.

## GENTLE FLOW YOGA

*Instructor - Michelle Kane*

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

**Location:** Commed Rec Room

**Session 1:** 6 Mondays\*, Sep 11 - Oct 23, 6 – 7 pm \$89

**Session 2:** 6 Mondays, Nov 6 - Dec 11, 6 – 7 pm \$89

\* No class Oct 9

## RESTORATIVE YOGA

*Instructor - Michelle Kane*

Restorative yoga is the practice of asanas (the physical positions during yoga), each held for longer than in conventional yoga as exercise classes. With the support of props such as folded blankets, to relax the body, reduce stress, and often to prepare for pranayama or breath regulation. All are welcome.

**Location:** Commed Rec Room

6 Mondays, Nov 6 - Dec 11, 7:15 – 8:15 pm \$89

## CLASSICAL MAT PILATES

*Instructor - Jill Bagni*

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

**Location:** CHS Cafe 1

**Session 1:** 6 Tuesdays\*, Sep 12 - Oct 24, 6 – 7 pm \$69

**Session 2:** 6 Tuesdays, Nov 7 - Dec 12, 6 – 7 pm \$69

\* No class Sep 26

## 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.

**Location:** CHS Career Center

1 Tuesday, Sep 12, 6 – 8:30 pm \$39

Marie's background, anecdotes and humor really amplified the class experience. She was so knowledgeable, down to earth and generous. The class was so chock full of information and tips that the 2 1/2 hours flew by. Highly recommend!

- Heather L.

## ADVANCED CHAKRAS

*Instructor - Marie Tremblay*

Building off Chakras for Beginners, you will learn how to use a pendulum to test chakras and learn blockages as well as learn about the higher chakras (numbers 8-11).

**Location:** CHS Career Center

1 Tuesday, Nov 14, 6 – 9 pm \$49

## REIKI LEVEL 1 CERTIFICATION

*Instructor - Marie Tremblay*

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

**Location:** CHS Career Center

Tuesday, Oct 24 & Thursday, Oct 26, 6 – 9 pm \$125

## 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 you will leave with their chosen ones to continue using at home.

**Location:** CHS - Career Center

1 Tuesday, Oct 3, 6 - 8:30 pm

\$39

## RECREATION & FITNESS

### SALSA FOR BEGINNERS

*Instructor - Mary DeJesus*

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

**Location:** Commed Gym

**Session 1:** 6 Wednesdays, Sep 13 - Oct 18, 5:30 - 6:30 pm \$69

**Session 2:** 6 Wednesdays\*, Nov 1 - Dec 13, 5:30 - 6:30 pm \$69

\* No class Nov 22

Mary is such a wonderful person with such a love of Salsa. She shared so many tips of what we can all expect when we venture out to dance at socials and clubs. She was so encouraging and spoke of the closeness of the Salsa community and how they will all help anyone new to Salsa dancing. It removed the fear of being inexperienced among more seasoned dancers. The class was a lot of fun!

- Wendy J.

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

**Location:** Commed Gym

**Session 1:** 6 Wednesdays, Sep 13 - Oct 18, 6:45 - 7:45 pm \$69

**Session 2:** 6 Wednesdays\*, Nov 1 - Dec 13, 6:45 - 7:45 pm \$69

\* No class November 22

### KRAV FIT

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

Two 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 1

6 Thursdays, Sep 14 - Oct 19, 6 - 7 pm

\$129

### 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, and a low-intensity game that can be played by people of all ages and abilities.

**Location:** Varney Park

#### Beginners:

**Session 1:** 4 Tuesdays, Sep 12 - Oct 3, 10:30 - 11:45 am \$135

**Session 2:** 4 Thursdays, Sep 14 - Oct 5, 2 - 3:15 pm \$135

#### Intermediate:

**Session 1:** 4 Tuesdays, Sep 12 - Oct 3, 9 - 10:15 am \$135

**Session 2:** 4 Thursdays, Sep 14 - Oct 5, 3:30 - 4:45 pm \$135





## EDUCATIONAL PROGRAMMING

### FIRST AID & CPR CERTIFICATION

*Instructor - Juanita Allen Kingsley, EMT*

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

**Location:** CHS Career Center

1 Tuesday, Nov 7, 6 - 8:30 pm \$95

### U.S. COAST GUARD BOATING SKILLS & SEAMANSHIP - UPDATED

*Instructor - Joseph LaFreniere Sr.*

Piloting and navigation with hands-on work plotting on nautical charts is covered. 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! This is a more in-depth and informative class than the entry level Boat America class. Presented by members of the U.S. Coast Guard Auxiliary, this class is approved by the National Association of State Boating Law Administrators (NASBLA).

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

8 Tuesdays, Sep 26 - Nov 21, 6 - 8 pm \$129

\* No class Oct 31



## SELF DEFENSE

### INTRO TO SELF DEFENSE

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

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

**Location:** Commed Cafe

1 Monday, Oct 2, 6 - 8 pm \$59

### SELF DEFENSE FOR WOMEN

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

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:** CHS Cafe 1

6 Thursdays\*, Oct 26 - Dec 14, 6 - 7 pm \$99

\* No class Nov 2, Nov 23

This was the best course I've ever taken. I feel so much more empowered and safe after taking this course. The instructor was amazing. He is so passionate and knowledgeable about self defense strategies for women.

- Ashley S.

### 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 and be ready, before you need it.

**Location:** Commed Cafe

1 Wednesday, Dec 13, 6 - 8 pm \$59

## SPECIAL INTERESTS

### SMART PLANNING FOR EUROPEAN VACATIONS

NEW

*Instructor - Wim Nijenberg*

When traveling in Europe, it is so important to make a smart travel plan that includes choosing the best cancellation and refund policies and how to keep up to date on current travel policies. Whether traveling individually or with a tour or cruise, gain an understanding of the importance of reading the fine print, and becoming aware of the many discounts in Europe to avoid missed opportunities. Even if you've already made your plans, you can still benefit from this information packed evening.

**Location:** Commed Room 17

1 Wednesday, Dec 6, 7 - 9 pm

\$39

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

*Instructor - Allison Rothwell*

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

**Location:** CHS Room 232

1 Tuesday, Sep 19, 6 - 8 pm

\$49

Allison was awesome! She motivated me with her knowledge, tips and presentation. I can't wait to start decluttering my home!

- Kim R.

## YOU CAN AFFORD COLLEGE IF...

*Instructor - Don Anderson*

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

1 Tuesday, Oct 10, 6:30 - 8:30 pm

\$29/\$39/couple

### RESOURCES FOR MASSACHUSETTS SENIORS AND CAREGIVERS

NEW

*Instructor - Olivia Evans*

Learn specific resources and benefits available to seniors in Massachusetts. Many topics will be covered, including starting points, public benefits including sourcing supplies, options for socialization and safety, and preparing documents.

**Location:** Commed Room 15

1 Monday, Oct 16, 6 - 7 pm

\$29

### FORMS AND STAGES OF DEMENTIA

NEW

*Instructor - Olivia Evans*

Learn about the most common forms of dementia and how the disease may progress over time. Get a better understanding of what dementia is, the most common types, signs/symptoms, and its progression.

**Location:** Commed Room 15

1 Monday, Dec 11, 6 - 7 pm

\$29



# 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 Phonics 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 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.

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 Phonics 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.

Please visit our website and view our Lion's Pride North Parent Handbook for all details:  
**ChelmsfordCommunityEd.com.**

**Registration for the 2024-2025  
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 Parker Middle School.

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

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

## PART-TIME PRESCHOOL

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



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





# NEWS

## FROM AROUND TOWN

### BOARD OF HEALTH

Health Department Fall Festival: Saturday, September 30, 2023, Center Town Common, 12:00 pm to 4:00 pm Join us for our 2nd annual Fall Festival! The Fall Festival aims to engage the community in family friendly fun that focuses on learning more about your health. Join our local, health-focused vendors as we celebrate the autumn season with fun activities such as a Princess performance and Superhero meet-and-greet, a petting zoo, pumpkin painting, Touch-a-Truck, and a variety of food trucks and refreshments! We hope to see you this fall!

Household Hazardous Waste Day is offered twice a year to Chelmsford Residents ONLY on the last Saturday of April and October. The next HHWD is Saturday October 28, 2023, from 9:00 AM to 1:00 PM located at Chelmsford DPW (9 Alpha Rd). You must bring an ID and fees may be charged for items. You may call Christopher Haley at 978-250-5203, e-mail [chaley@chelsmfordma.gov](mailto:chaley@chelsmfordma.gov) with questions, or consult the annual recycling flyer for more information.

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

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

### TOWN CLERK

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

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

Annual Dog License Renewals: MA State Law requires that all dogs be vaccinated against rabies and be licensed with the Town. All dog licenses expire on December 31st. The Town Clerk's Office begins licensing on December 1st each year. There is a two-month grace period before late fees begin to accrue and reminders are sent prior to the implementation of each incremental late fee. If your dog is one of the 417 unlicensed dogs in town, please license your dog immediately to avoid further legal action.

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

## CHELMSFORD CENTER FOR THE ARTS

The Chelmsford Center for The Arts (CCA) is a community center that focuses on connection, cultural expression, healing, storytelling, and play through the arts. They provide high-quality programs, performances, and third spaces in theater, visual arts, music, film, youth/teen development, and more. The CCA has many events planned for this fall including: Live Music Nights, Comedy Night with Bill Campbell & Friends, Fall Festival, Octoberfest, Horribles parade and party for kids, Improv murder Mystery, Homecoming: Annual Alumni Variety Show and Alumni Art Show, as well as the Prelude and holiday musical by the playground - auditions to be held in September.

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

## 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](mailto: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](mailto:FriendsSrCtr@aol.com) Facebook: Friends of the Senior Center, Inc. Chelmsford

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

# 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 Christopher McGillicuddy at [mcgillicuddyc@chelmsford.k12.ma.us](mailto:mcgillicuddyc@chelmsford.k12.ma.us) to find a teacher, instrument, and time that will work for you!

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

- Yo-Yo Ma

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

# 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**.

TRIPS

- **Neal Diamond & Friends Tribute:**  
September 7th
- **The McCartney Years Live in Concert:** September 21st
- **American Music Cities of Nashville & Memphis:**  
September 21-25th
- **Staying Alive: Bee Gees Tribute Band:** May 23rd
- **New Hampshire Turkey Train:**  
October 5th
- **Break for Moose Sunday River Resort:** October 5-7th
- **Splish Splash: The Music of Bobby Darin:** October 19th
- **Dancing Dream: Abba Tribute Band:**  
November 16th
- **Merry Country Christmas Show:**  
December 7th
- **Christmas at the Newport Mansions:**  
December 9th



## 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



# Come Join Our Team!



## Chelmsford Community Education

**Adult Education** is looking for teachers for upcoming evening class sessions in:

Real Estate  
Crafting & Art  
Foreign Language  
Acting & Improv Comedy  
and More!!

If you have a special skill or talent that you would like to share with our community, we would love to hear from you.

**Extended Day** is looking for counselors for our morning and afternoon extended day childcare program at our 4 elementary schools and Parker Middle School for the 2023-2024 school year.

Counselors  
Junior Counselors  
Specialized Counselors

*We are also looking for substitute teachers for our Lion's Pride/Lion's Pride North Preschool located at the Commed Building, 170 Dalton Road, and at Chelmsford High School.*

Questions? Contact us at **[commed@Chelmsford.k12.ma.us](mailto:commed@Chelmsford.k12.ma.us)**