



CHELMSFORD
COMMUNITY EDUCATION

COURSE CATALOG FALL 2024



Register online at ChelmsfordCommunityEd.com



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CLASS KEY

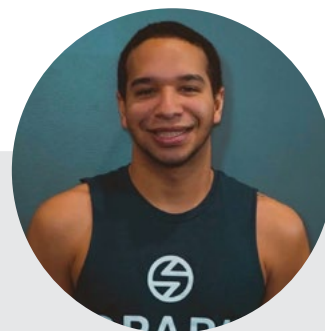
 **NEW** Class

 **TRAVEL** Class

 **VIRTUAL** Class:
fully remote

 **FALL ONLY** Class

 **HYBRID** Class:
partially remote, partially in-person



INSTRUCTOR SPOTLIGHT

AARON BRYANT

Aaron is from Methuen, MA and is a Double Warrior earning both his Bachelors and Masters degrees at Merrimack College. Aaron started his career in 2018 as a paraprofessional at South Row Elementary, and continues to work there in the afternoon as part of the Extended Day Care team. For the past 4 years, he has worked at the Marshall Middle School in Billerica as a school counselor.

Aaron has been a licensed Zumba instructor since 2018 and has taught at Community Education since 2019. Since then he also became a Zumba Toning, Zumba Kids, Strong Nation (HIIT), RYT 200 yoga, and Pound Fit Instructor. When he is not at school or teaching, Aaron likes to watch tv, play video games, hang out with friends, hike, travel, and crochet. As a group exercise instructor, he believes that everyone should try a group exercise class and that one class will not be enough.

The atmosphere, community, instructor, and attitude will make all the difference. So, keep trying new classes until you find the right fit! His goal is to make sure you are moving and having fun! Remember there are no mistakes; we only have accidental solos! Group exercise is not only great for the body, but also for the mind and soul.

ABOUT OUR COVER

Bruce Freeman Rail Trail - Bruce N. Freeman, a State Representative from Chelmsford from 1969 until his death in 1986. In June 1985, the first formal meeting was held to discuss the creation of a recreational trail along the abandoned Penn Central railroad line spanning 18 miles from Industrial Avenue in Lowell to South Sudbury. Because he was a champion of the initiative, it was dedicated in his honor and formally named the Bruce Freeman Rail Trail. Passing through Lowell, Acton, Carlisle, Chelmsford, Concord, Westford, and South Sudbury, the trail intersects with Lowell National Park, Minuteman Historic, park, and state forests and is a favorite of runners, hikers, joggers, bike riders, and in the winter months, cross country skiers and snow shoeing enthusiasts.

IMPORTANT INFORMATION

HOW TO REGISTER

Online registration is available at **ChelmsfordCommunityEd.com**. Our online registration system requires that you create an account with a username 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. Check 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 refund details.
8. To request a refund, send an e-mail to adulsted@chelmsford.k12.ma.us

QUESTIONS

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

For questions regarding childcare, contact Michele Pieleski at commmed@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 is cancelled, you will be notified via email and refunded.



YOUTH PROGRAMS



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, September 10 – October 29, 7:00 - 9:00 pm **\$139**
(No class on September 17)

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. Bring a pencil, pen and graphing calculator to class.

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

7 Thursdays, September 12 – October 24, 7:00 - 9:00 pm **139**

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



ART

ADVENTURES IN DRAWING NEW

Instructor: **Nancy Fillip**

Fun and variety is the theme of this drawing class. Each week you will draw in your own personal art journal. The topic for each class will be varied, including nature, animals, objects and more. You will learn to use different tools for drawing such as pencils, markers, gel sticks, micron pens and more. A \$25 supply fee paid to the instructor on the first day of class for all supplies needed in a fun art bag!

Location: CommEd Room 21 **Grades:** K-1 & 2-5

Grades K-1:

5 Mondays, September 9 – October 7, 5:30 - 6:15 pm **\$59**

Grades 2-5:

5 Mondays, September 9 – October 7, 6:30 – 7:30 pm **\$59**



My daughter loved this class with Nancy! We are sad its over.

RACHEL S.



My son absolutely loved the class

KELLY P.

PAINT SAMPLER FOR KIDS NEW

Instructor: **Nancy Fillip**

Explore different types of materials and techniques in this art class. Each week you will be painting on a different surface like heavy paper, canvas, wood, canvas board and more. The topic for each class will be different, including nature, animals, abstract objects to name a few. Each class you will use different mediums for painting such as paint sticks, watercolors, acrylic paint pens and more. A \$25 supply fee paid to the instructor on the first day of class for all supplies needed in a fun art bag!

Location: CommEd Room 21 **Grades:** K-1 & 2-5

Grades K-1:

5 Mondays, October 28 – December 2, 5:30 - 6:15 pm **\$59**
(No Class on November 11)

Grades 2-5:

5 Mondays, October 28 – December 2, 6:30 – 7:30 pm **\$59**
(No Class on November 11)

COOKING & BAKING FOR KIDS

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 Cafe **Age:** Grades 1-5

Session 1:

6 Mondays, September 9 – October 21, 5:30 - 6:30 pm, **\$205**
(No Class on October 14)

Session 2:

6 Mondays, October 28 – December 9, 5:30 - 6:30 pm, **\$205**
(No Class on November 11)



My daughter LOVED Kids Test Kitchen! She would come home raving about how awesome the food was and always insisted on making the recipes again at home! She looked forward to it every week!

KATHERINE P.

SPECIAL INTERESTS

CHESS FOR KIDS

Instructor: **Chess Wizards**

This interactive, discovery-based class inspires students to think ahead, visualize their goals, treat others with respect and learn from mistakes. Classes are geared to suit children of all skill levels from chessling to checkmate artist, students will build upon their knowledge through lessons, tournaments, variation games and more!

Location: CommEd Cafe **Age:** 6-12

Session 1:

6 Wednesdays, September 11 – October 16,
5:30 – 6:30 pm

\$159

Session 2:

6 Wednesdays, October 30 – December 11,
5:30 – 6:30 pm
(No class on November 27)

\$159



KIDDING AROUND YOGA

Instructor: **Jane Lynch**

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 find inner peace. In class, you will dance, march, jog, shake, skip, and limbo while practicing traditional yoga poses.

Location: CommEd Rec Room **Age:** 6-12

6 Mondays, September 9 – October 21, 5:30 – 6:15 pm **\$69**
(No Class on October 14)

TEEN YOGA

Instructor: **Jane Lynch**

Geared toward teens, this class will explore the mind-body connection through breath work, asanas (poses), and meditation. Yoga reduces stress by bringing your nervous system back into balance and produces hormones such as oxytocin and serotonin causing improved mood and sense of wellbeing. Classes will be centered around lessons that may include gratitude affirmations, yoga bracelets, and lanyards.

Location: CommEd Rec Room **Age:** 12-17

6 Mondays, October 28 – December 9, 5:30 – 6:15 pm **\$69**
(No class on November 11)

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. There will be class discussions concerning these very important issues. Participants will receive a certificate of completion.

Location: CommEd Room 15 **Age:** 8-12

Session 1:

Monday, September 9, 5:30 – 7:30 pm

\$29

Session 2:

Wednesday, October 16, 5:30 – 7:30 pm

\$29

SHARK TANK JR.

Instructor: **Right Brain Curriculum**

Got an idea for a sideless taco, a shirt that never stains, or a no spill baby bottle? It's time to put on your inventor's hat and design the business of your dreams! Learn about business plans, competition, budgets, and presentation skills, to bring your one-of-a-kind idea to life. Design your flagship store, write and perform in your own TV commercial, and create a prototype of a product that will change the lives of millions. You will present your business and persuade your audience to get behind your big idea!

Location: CHS Room 213 **Grades:** 3-6

6 Thursdays, September 12 – October 17,
5:30 – 7:00 pm

\$179

CIRCUIT MAKERS 101

NEW CONTENT

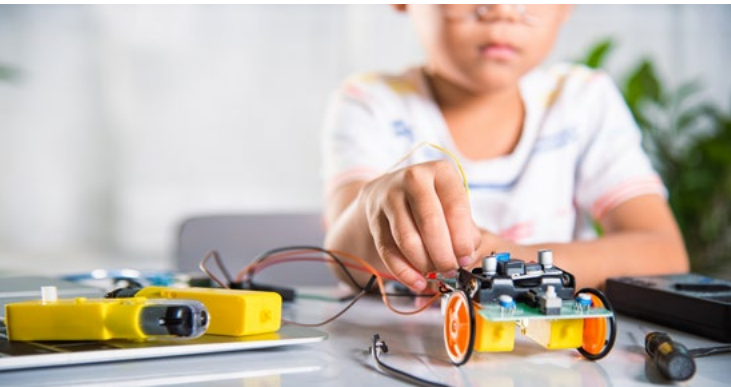
Instructor: **Circuit Lab**

Let's get creative with electricity! In this junior hands-on electronics class, students will gain experience with creating their own electronics, designing custom light-up greeting cards, electric games, mazes, and even musical instruments. Each class consists of a circuitry lesson and a hands-on electronics project, using components like lights, buzzers, switches, motors, and sensors. Each class gives participants the chance to design a hands-on project with the guidance of a skilled Circuit lab instructor.

Location: CHS Room 213 **Grades:** 1-3

6 Tuesdays, September 10 – October 22,
5:30 - 7:00 pm
(No Class on September 17)

\$159



WRITING WIZARDS

Instructor: **Right Brain Curriculum**

Do you like stories about mythical creatures, magicians, and wizards? Dream about going on an alien space adventure? Time travel? It will all be up to you to give life to a fantasy world of your own design. Mold your protagonist, give them some villainous bad guys to outsmart, design a beautiful setting, or a dystopian underworld. Our RBC teachers will help you give your story a gripping conflict, bring your dialogue to life, sequence events, and choose those impressive synonyms. Finish with a dedication, "About the Author" page, illustrations, and a cool cover as you become a published author!

Location: CHS Room 213 **Grades:** 2-5

6 Thursdays, October 24 – December 12,
5:30 - 7:00 pm
(No Class on October 31 or November 28)

\$179

"Phil is very friendly and knowledgeable. He is great with the kids."

NOURA K.

APP INVENTORS

NEW CONTENT

Instructor: **Circuit Lab**

Want to know how the apps work on your phone or i-Pad? Do you already have the next great app idea and just need to know how to make it? Use MIT App Inventor Software to make fun, creative apps for Android phones and tablets. You will also explore wireless communication by building custom Bluetooth hardware controllers and readouts for our apps. Learn both the programming and design aspects of creating great apps and the opportunity to build apps of your own with the guidance of a Circuit Lab instructor.

Location: CHS Room 213 **Grades:** 4-7

6 Tuesdays, October 29 – December 3,
5:30 - 7:00 pm

\$159

CHILDREN'S EDUCATIONAL

BLAST BABYSITTING/CPR CERTIFICATION COURSE

Instructor: **Juanita Allen Kingsley**

The BLAST! program, provides training in pediatric first aid, household safety, and the fundamentals of childcare. Learn how to react to medical emergencies, perform first aid for common injuries and illnesses, set-up and run your own babysitting business and entertain with games and songs. Certificate of completion provided plus easy to follow first aid instructions and a sitter checklist. This training course is for potential teenage babysitters, taught by an EMT. Participants will also be certified in CPR/AED.

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

Tuesday, September 24, 3:15 – 6:15 pm

\$100



ADULT PROGRAMS



IN THE KITCHEN

All cooking & baking classes are instructor demonstration combined with student participation. Please note that these 2 - 3 hour classes require participants to stand in the kitchen space for the full class. Includes the cost of food and supplies unless otherwise noted on the registration page.

CHARCUTERIE: **NEW** CREATING YOUR OWN CHEESE BOARDS

Instructor: **Abby Linn Thatcher**

Charcuterie (pronounced "shahr-ku-tuh-ree") is the art of preparing and assembling cured meats and other meat products, but many people use the term charcuterie to refer to an assortment of meats that are paired with different accompaniments, such as toast, fruit, cheese, and sauces. Almost every new American restaurant is putting charcuterie on menus because of the artisanal qualities, and the vibrant amount of colors and items you can put on the board.

Location: CommEd Kitchen

End of Summer Cheese Board

Wednesday, September 11, 6:30 - 8:00 pm **\$65**

Autumn Cheese Board

Wednesday, October 23, 6:30- 8:00 pm **\$65**

ASIAN FUSION

Instructor: **Diane Manteca**

Americans have grown to love fusion restaurants, which combine various cuisines of different countries on one menu, or feature dishes that combine elements of different culinary traditions. Learn to make delicious and popular Chinese and Thai dishes including Beef Massaman Curry, Shrimp Pad Thai, Tu-Shaing Pork, and Chicken Shu Mei. Get tips on cutting and cooking techniques and discuss where to find and shop for Asian ingredients. Enjoy these Asian dishes at home and you may never get take-out again!

Location: CommEd Kitchen

Monday, September 16, 6:00 - 9:00 pm **\$65**

GREEK CUISINE: **NEW** SPANAKOPITA & BAKLAVA

Instructor: **Martha Coravos**

In this 1-night class, you will make one main dish and one dessert. Spanakopita is a classic Greek main dish where spinach, feta, scallions, and eggs are layered in buttered phyllo dough and baked into a golden, crispy pie. Baklava is a delicious honey & nut delicacy enjoyed in Greece and many Middle Eastern Countries.

Location: CommEd Kitchen

Wednesday, September 18, 6:30 - 8:30 pm

\$49

"Diane was a great instructor and answered questions effectively. The recipes we used were great. Several that we'll certainly make again."

SARAH M.

STRESS FREE WEEKDAY MEALS **NEW**

Instructor: **Diane Manteca**

Take a break from tedious cooking after a busy day and learn to put together a dinner in under 30 minutes! In class you will be making Apricot-Bourbon Chicken Cutlets, Santa Fe Turkey Meatballs, Baked Salmon with Mango Chutney and Sheet Pan Thyme & Lavendar Chicken with Roasted Baby Potatoes. Leave class with some easy, and delicious recipes!

Location: CommEd Kitchen

Monday, September 23, 6:00 - 9:00 pm

\$65

COMFORT FOOD CLASSICS WITH A TWIST! NEW

Instructor: **Diane Manteca**

Comfort food can evoke many childhood memories. Experience an updated twist with these great recipes. In class you will be making a Macaroni & Cheese Shepards Pie, Chicken Pot Pie with Roasted Root Vegetables, Herbed Biscuits, Asian Hoisin Turkey Sloppy Joe's, and Italian Sausage & Beef Meatloaf. Leave class with a whole new outlook on comfort foods that will surely make these the choice for dinner again and again.

Location: CommEd Kitchen

Wednesday, September 25, 6:00 – 9:00 pm **\$65**

AFRICAN COOKING FROM SENEGAL & CAMEROON NEW

Instructor: **LaFortune Djabea**

Experience the flavors of Senegal with Thieboutienne, a traditional dish from the Wolof people. This delicious meal features a blend of vegetables, chicken, yucca, and rice. Delve into the art of Senegalese cooking and discover its rich history. You will also be exploring the vibrant cuisine of Cameroon with Poulet DG. This flavorful dish combines carrots, green beans, fried plantains, and chicken for a truly unique dining experience. For our vegetarian and vegan friends, mushrooms will be available as a delicious alternative.

Location: CommEd Kitchen

Monday, September 30, 6:00 – 9:00 pm **\$65**

FALL & WINTER FARMERS MARKET FOODS NEW

Instructor: **Diane Manteca**

New England has some wonderful produce available during the Fall and Winter months. Put all those special ingredients together for some delicious recipes. You will be making a Baby Kale, Cranberry, Goat Cheese & Pecan Salad with Orange Vinaigrette, Cider Basted Chicken Breasts with Sauteed Apples and Calvedos, a fabulous Creamy Pumpkin Sausage & Sage Sauce with Pasta. Finish class with a Pear & Ginger Crisp. Enjoy beautiful local produce with these great dishes!

Location: CommEd Kitchen

Wednesday, October 2, 6:00 – 9:00 pm **\$65**

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

Monday, October 7, 6:00 – 9:00 pm **\$65**

FRENCH CUISINE NEW

Instructor: **Diane Manteca**

Arguably, French cuisine is some of the best food on the planet! Learn to create great recipes for any special occasion that are simple but are sure to impress. You will make Moules Marinier (Mussels in Wine), Chicken in Tarragon Cream Sauce, classic Ratatouille, and finish with the famous Crème Caramel. Create this beautiful dinner for friends and family again and again.

Location: CommEd Kitchen

Wednesday, October 9, 6:00 – 9:00 pm **\$65**



Great Class and instructor! I highly recommend!

BETH B.

GREEK CUISINE: NEW
PASTITSIO & KOULOURAKIA

Instructor: **Martha Coravos**

Learn to make Pastitsio, the Greek version of lasagna, which consists of two layers of pasta mixed with eggs and Greek cheese and one layer of tomato meat sauce. Koulourakia are a traditional Greek butter-based pastry dessert that is hand shaped and glazed with egg.

Location: CommEd Kitchen

Wednesday, October 16, 6:30 – 8:30 pm

\$49

KENYAN CUISINE NEW

Instructor: **LaFortune Djabea**

Join us for an exciting culinary journey through Kenya! You will learn to make traditional Kenyan dishes such as pilau rice, a delicious blend of potatoes, rice, and cilantro served with a side of Kachumbari, a refreshing mix of tomatoes, onions, cucumbers, and scallions. Choose to cook either chicken, or mushrooms to accompany your meal. For a taste of the Ivory Coast, you will also be whipping up a mouth-watering chicken roti with plantains or mushrooms (roti de poulet). Don't miss out on this unique experience to immerse yourself in the flavors of Kenya and beyond!

Location: CommEd Kitchen

Monday, October 28, 6:00 – 9:00 pm

\$65



ZUPPA ITALIANA

Instructor: **Diane Manteca**

Italian chefs throughout time have created some incredible soups that are so flavorful and easy to make. Learn to prepare 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 as a starter!

Location: CommEd Kitchen

Wednesday, October 30, 6:00 – 9:00 pm

\$65

Instructor is very knowledgeable, friendly, patient, and supportive.

JOHN G.



GREEK CUISINE: NEW
MOUSSAKA & KOURAMBEITHES

Instructor: **Martha Coravos**

Learn to make two delicious traditional Greek dishes. Moussaka is a main dish comprised of layers of eggplant, potatoes, and meat sauce, topped with bechamel sauce and baked to a golden brown. Kourambeithes are a powdered sugar cookies that are wonderful treats your family and friends will enjoy.

Location: CommEd Kitchen

Wednesday, November 6, 6:30 – 8:30 pm

\$49

COOKING FROM NAPLES NEW

Instructor: **Diane Manteca**

Make some of the most popular dishes from Naples in the region of Campania, Italy. You will make a delicious Mozzarella Impanata (Breaded Mozzarella), Maccheroni Alla Marinara (Pasta with Tomato Sauce, Sailor's Style), Sacicce E Friarelli (Sausages and Broccoli Rabe), and finish with a great dessert, Torta Caprese, the famous flourless chocolate tart. Go away with these great new recipes from one of the most favorite places to eat in Italy!

Location: CommEd Kitchen

Wednesday, November 13, 6:00 – 9:00 pm

\$65



WINTER RISOTTOS NEW

Instructor: **Diane Manteca**

Risotto is great any time of the year, even more so in the winter months. You will make Butternut Squash and Cranberry Risotto, Chestnut, Prosciutto & Mascarpone Risotto, Parsnip, Pear & Sage Risotto, and Chianti & Sun-Dried Tomato Risotto. Learn the techniques for making the best risotto, what kind of Arborio rice is the best, and how to properly serve it, in the authentic Italian way.

Location: CommEd Kitchen

Monday, November 18, 6:00 – 9:00 pm

\$65

THANKSGIVING SIDES & DESSERT

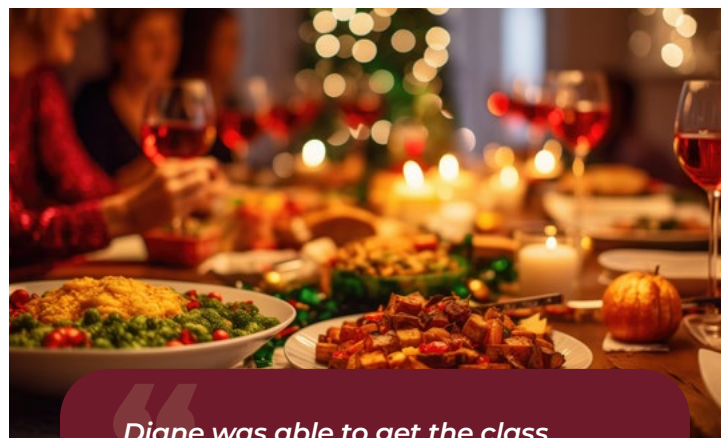
Instructor: **Diane Manteca**

Get an early start 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, Brussels Sprouts with Maple Mustard Sauce, and Sweet & Sour Red Cabbage. Finish your feast with Pumpkin Gingerbread Pudding!

Location: CommEd Kitchen

Wednesday, November 20, 6:00 – 9:00 pm

\$65



Diane was able to get the class through 3 mains, 2 sides, and a dessert all within the time for class. There was no pressure to rush and we enjoyed a yummy meal!

BEN P.

ITALIAN CHRISTMAS DINNER



Instructor: **Diane Manteca**

Join Chef Diane for an evening of delicious Italian recipes that will make your Christmas even more special! You will be making Cauliflower Fritters with Garlic Aioli, the famous Beef Braciolo simmered in a flavorful sauce, served with pasta, Sauteed Broccoli Rabe with Cannellini Beans. Finish with a Panettone Bread Pudding. These recipes are great any time of the year!

Location: CommEd Kitchen

Wednesday, December 4, 6:00 – 9:00 pm

\$65

BAKING

CAKE DECORATING 101

Instructor: **Christina Silk**

This course teaches the basics of how to successfully prepare your cake to decorate it. Learn different consistencies of frosting, how to color frosting, set up and fill your decorating bags. Get tips & tricks you won't find on YouTube! Techniques taught include borders, line work, dimensional piping flowers (rose and drop). This hands-on course will make you ready to prepare your own cake for a special occasion by week 2!

Location: CHS Life Skills Room 225

5 Thursdays, September 26 – October 24,
6:30 – 8:30 pm

\$129

DOLCE: ITALIAN DESSERTS II



Instructor: **Diane Manteca**

If you love Italian desserts, this class is for you! This Italian dessert class with all new recipes will teach you how to create these delicious recipes. You will be creating a mile high Orange Olive Oil Chiffon cake, Sicilian Tetu Spiced Cookies, a Tuscan Jam Tart and an Almond Ricotta Pie. Transport yourself to an Italian café with these great recipes!

Location: CommEd Kitchen

Monday, November 4, 6:00 – 9:00 pm

\$65

HOLIDAY BREAD BASKET



Instructor: **Lisa Parcella**

What is more magical than the smell of freshly baked bread over the holidays? That feeling knowing the rolls you are pulling out of the oven were made in advance and yet, emerge soft, pillowy and perfect! In this class you will learn the secrets to making bake ahead dinner rolls that are only 7 minutes away from the holiday table or to enjoy anytime. Other breads will be discussed and explored as time permits.

Location: CommEd Kitchen

Monday, November 25, 6:00 – 9:00 pm

\$65

GINGERBREAD HOUSE CONSTRUCTION WORKSHOP



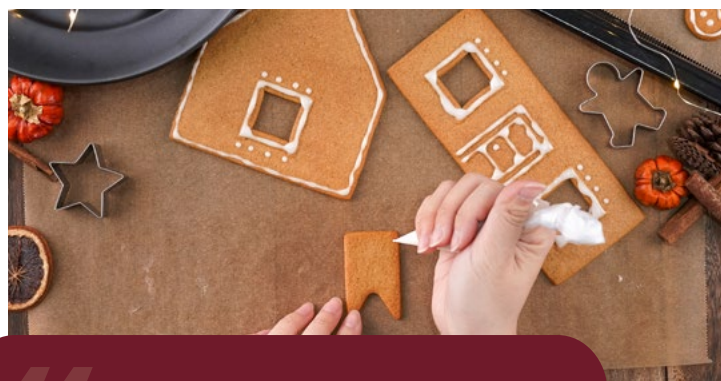
Instructor: **Lisa Parcella**

Is there anything more disappointing than rolling, cutting and baking a gingerbread house only to watch it collapse when the royal icing doesn't set quite right? In this class, you will learn all about fragrant, sturdy, construction grade gingerbread meant for building a foolproof construction adhesive that is edible and some tips and tricks around unique decorations for every style. Go home with the confidence to start an annual gingerbread house tradition!

Location: CommEd Kitchen

Monday, December 2, 6:00 – 9:00 pm

\$65



When we left I commented to my daughter how well run the class was and with so many things to juggle it was just really well done.

JOYCE M.

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, just in time 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

Monday, December 9, 6:00 – 9:00 pm

\$65

COOKIES FOR THE HOLIDAYS NEW

Instructor: **Lisa Parcella**

A complete cookie tray from just one dough?! In this class, you will learn to transform a basic dough into a variety of unique cookies like jam thumbprints, hidden kiss cookies, snickerdoodle, and double chocolate, suitable for holiday gift boxes, a neighborhood cookie swap, or your holiday table! Relax knowing that just one dough will satisfy all the dessert lovers on your holiday list!

Location: CommEd Kitchen

Wednesday, December 11, 6:00 – 9:00 pm **\$65**

CRAFTS

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 supplies 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, September 10 – November 19,
5:45 – 8:45 pm **\$229**
(No Class on September 17)

KNITTING

Instructor: **Dale Keothe**

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

Location: CHS Main Conf. Room

6 Tuesdays, September 24 – October 29,
6:00 – 8:00 pm **\$89**

CROCHET FOR BEGINNERS

Instructor: **Tracey Spooner**

Learn basic crochet stitches such as chain stitch, slip stitch, single crochet, half double crochet, double crochet. Explore yarn types and what to use for each project, and learn hook types and how to hold your hook. 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 21

Session 1:
6 Wednesdays, September 11 – October 16,
5:30 – 6:30 pm **\$59**

Session 2:
6 Wednesdays, October 30 – December 11,
5:30 – 6:30 pm **\$59**
(No Class on November 27)

CROCHET LEVEL 2

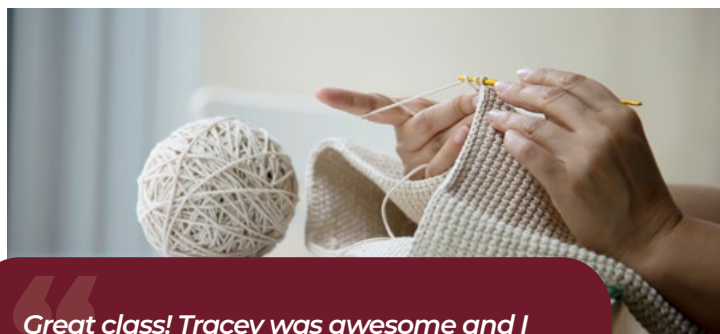
Instructor: **Tracey Spooner**

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 21

Session 1:
6 Wednesdays, September 11 – October 16,
7:00 – 8:30 pm **\$89**

Session 2:
6 Wednesdays, October 30 – December 11,
7:00 – 8:30 pm **\$89**
(No Class on November 27)



Great class! Tracey was awesome and I now have a new hobby!

EVELYN M.

T-SHIRT QUILTING WORKSHOP

Instructor: **Melissa Dawson**

Create a memorable, quality keepsake quilt using your own t-shirts. Learn how to prepare your shirts, then cut and piece them together with sashing and cornerstones. Quilt design and setting ideas will be discussed. The first class will take place at a fabric store where the instructor will help you select all the materials needed to make your quilt. This class is for all levels.

Location: CHS Room 109

5 Thursdays, October 10 – November 14,
6:00 - 9:00 pm
(No Class on October 31)

\$129

HOLIDAY TREE SKIRT QUILTING WORKSHOP

Instructor: **Melissa Dawson**

Add a special touch to your holiday tree by making your very own tree skirt. All levels of ability from beginner to more advanced will learn to cut and construct their tree skirt in this 3 week class. The first class will take place at a fabric store where the instructor will help you select all the materials needed to make your tree skirt.

Location: CHS Room 109

3 Thursdays, November 21 – December 12,
6:00 - 9:00 pm
(No Class on November 28)

\$89



I had very limited knowledge on how to sew and am proud of the quilt that I made by the end. I learned so many different techniques that I feel confident that I can try making my own quilt on my own.

EVELYN M.

PHOTOGRAPHY

SMARTPHONE PHOTOGRAPHY

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 15

2 Wednesdays, September 11 – September 18,
5:30 - 7:00 pm

\$59



PHOTOGRAPHY FOR NEWBIES

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: CommEd Room 15

4 Wednesdays, September 11 – October 2,
7:30 - 9:00 pm

\$109

DIGITAL FILM MAKING FOR BEGINNERS

Instructor: **Zachary Scott, Chelmsford Telemedia**

Lights! Camera! Action! Work on the different phases of creating a film in this 8-week course which covers the process of scripting, filming, and editing. You learn script formatting, the workings of a video camera, and get a basic understanding of an editing software, as well as some lighting and sound tips too. Increase your knowledge of the medium with this helpful, hands-on course.

Location: Parker Middle School, Chelmsford Telemedia Studio

8 Tuesdays, September 17 – November 5,
7:00 – 9:00 pm

\$49

PHOTO FRIDAYS

NEW



Instructor: **Steve McGrath**

Are you comfortable with your camera, but you want more? This class 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, as well as fill flash and flash modes, and controlling motion, composition, and many other intermediate and advanced techniques.

Location: Virtual

5 Fridays, October 11 – November 15,
6:30 – 8:00 pm
(No Class on November 1)

\$119



Steve is a knowledgeable photographer and a great teacher.

LINDA H.

ART

BEGINNING DRAWING FOR ADULTS

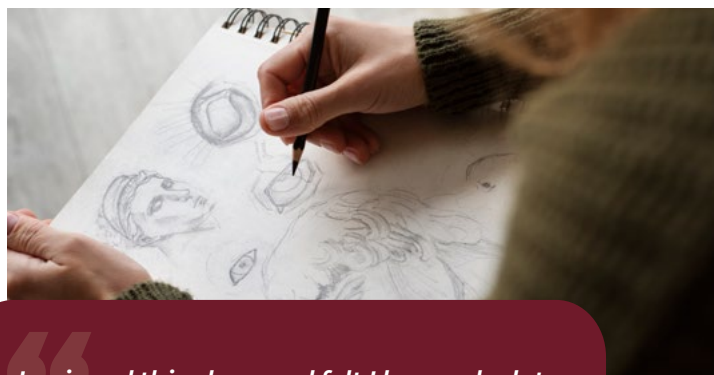
Instructor: **Deb Arsenault**

This fun drawing course will help the beginning artist take their stick figures to a whole 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 15

4 Mondays, September 16 – October 7,
6:30 – 8:30 pm

\$79



I enjoyed this class and felt I learned a lot.

JANE R.

INTERMEDIATE DRAWING FOR ADULTS

Instructor: **Deb Arsenault**

The intermediate class builds on what you learned in the beginner's class. It is designed to take the intermediate student to the next phase in their artistic development. Please bring a sketch book, graphite pencil kit, pencil sharpener, ruler and kneaded eraser.

Location: CommEd Room 15

4 Mondays, October 21 – November 18,
6:30 – 8:30 pm
(No Class on November 11)

\$79

ART SAMPLER FOR ADULTS

NEW

Instructor: **Nancy Fillip**

Try different styles of art using a variety of supplies in this fun class. **Absolutely no artistic talent is needed to be successful and we welcome any level of art skills.** You will have the opportunity to understand and create different styles of art in your own art journal that includes Pop Art, Zentangle, Abstract Art, Sacred Geometry, Folk Art, Soul Collage, the Collaboration of Music and Art and Cubism. You will try out different kinds of mediums such as Ecoline Markers, Micron Pens, Inktense Pencils, Watercolor Crayons & Brush Pens, Acrylic Paint Pens and more. All other materials will be provided for a \$25 supply fee due on the first day of class.

Location: CommEd Room 17

8 Wednesdays, September 11 – November 13,
6:00 - 8:00 pm
(No Class on October 2 or 16)

\$159

WATERCOLORS: LET'S PAINT FALL

NEW



Instructor: **Diane Cogliano**

You will explore a different fall subject each week using watercolors. Step-by-step instruction and support will be provided in this class for beginner through intermediate levels. Learn to mix colors and use different painting techniques to achieve exciting results.

Location: CHS Room 252

5 Thursdays, September 12 – October 10,
6:00 - 8:00 pm

\$99

LET IT SNOW! WINTER LANDSCAPE WATERCOLORS

NEW



Instructor: **Diane Cogliano**

Come and expand your creative side by creating art! Paint a different winter landscape scene in class each week. This class is for all levels of ability and provides guided instruction as you explore different painting techniques and color mixing processes.

Location: CHS Room 252

5 Thursdays, October 24 – December 5,
6:00 - 8:00 pm
(No Class on October 31 or November 28)

\$99

ONLINE LEARNING

Full descriptions of all online learning classes can be found on our website.

HOW TO CREATE YOUR OWN YOUTUBE CHANNEL

NEW



Instructor: **Nickie Welsh**

In this fun beginner class, you'll learn the basics to create and begin your very own YouTube channel!

Location: Virtual

Tuesday, September 24, 1:00 - 2:00 pm

\$29



PRACTICAL ChatGPT TRAINING FOR EVERYONE

NEW



Instructor: **Nickie Welsh**

Learn what you need to know about ChatGPT powered by Artificial Intelligence in this fun and engaging class.

Location: Virtual

Tuesday, October 15, 1:00 - 2:00 pm

\$29

SIMPLIFIED SOCIAL MEDIA FOR BUSINESS

NEW



Instructor: **Nickie Welsh**

Driving new customer traffic to your website and promoting your business is imperative in today's technology world. Don't let your skillset or company get left behind by missing the key social media rules you need to know!

Location: Virtual

Tuesday, November 5, 1:00 - 2:00 pm

\$29

GROW YOUR BUSINESS WITH INSTAGRAM

NEWInstructor: **Nickie Welsh**

Learn what you can do on Instagram that can result in huge growth for your customer base and sales.

Location: Virtual

Thursday, December 5, 1:00 - 2:00 pm

\$29

TECHNOLOGY

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

Thursday, October 24, 6:30 - 8:30 pm

\$49

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 lecture, we 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 Room 230**Session 1:**

Tuesday, September 24, 6:30 - 8:00 pm

\$29

"With prices of everything going up this was so needed. Loved it. Came home and started doing my research and hope to make some changes very soon."

HEATHER P.

INTRODUCTION TO EXCEL

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. Some of the topics covered are basic formulas, freezing panes, sorting data, graphs and charts. In class exercises include creating and maintaining lists, setting up a budget, and importing different types of text files.

Location: CHS Room 3216 Thursdays, September 12 - October 17,
6:30 - 8:00 pm**\$129**

INTERMEDIATE EXCEL

NEWInstructor: **Annette Perrotta**

This course is a continuation of Introduction to Excel and will familiarize you with spreadsheet terminology and the fundamental concepts of Microsoft Excel 2016. In addition, you will learn formulas and functions, pivot tables, tables, conditional texts, arrays, shortcuts, sorting & freezing, encrypting files, and how to save workbooks in the native Excel format as well as in other formats. Finally, you will review worksheets, and modify page setups.

Location: CHS Room 3216 Thursdays, October 24 - December 12,
6:30 - 8:00 pm
(No Class on October 31 or November 28)**\$129**

CANVA: GRAPHIC DESIGN WEBSITE

Instructor: **Annette Perrotta**

Canva is the perfect digital tool for beginners and novices. Open up a world of possibilities by learning how to use the easiest design website available all for free. This class will teach you how to create designs from scratch or use templates with step-by-step guidance for any digital image you need. From online documents to business cards, email signatures and more, you'll leave this class with a practical guide to use Canva with confidence.

Location: CHS Room 3212 Tuesdays, October 1, and October 8
6:30 - 8:00 pm**\$49**

HOME & FAMILY

SUSTAINABILITY AND INDOOR ORGANIC COMPOSTING

Instructor: **Ray Pourali**

Are you interested in organic composting? Did you know 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 upcycling everyday items from your home. Learn how to harvest compost, and how to make compost 'tea'.

Location: CommEd Room 17

Monday, October 7, 6:30 - 8:30 pm

\$59



HOME DECLUTTER: DECLUTTERING YOUR KIDS!

Instructor: **Allison Rothwell**

Are you drowning in toys? Does your child bring home works of art from school every day? Does every birthday party gift bag end up on your kitchen counter? Then this class is for you! Come learn the best practices for organizing your home when young children just want to mess it up!

Location: CHS Room 232

Tuesday, October 22, 6:00 - 8:00 pm

\$49

A BUYER'S GUIDE TO REAL ESTATE

Instructor: **Maryanne Alexander**

Whether you have done it before or not, the challenge of home buying can be daunting. You will examine what you need to consider before you buy, and what you can expect from the buying process. From mortgage pre approval to closing costs, this class can help make your dreams of residential equity a reality!

Location: CHS Library

Tuesday, September 10, 6:30 - 8:00 pm **\$29/\$39 for Couples**



A GUIDE TO SELLING YOUR HOME

Instructor: **Maryanne Alexander**

Selling a home involves many moving parts so it's smart to be prepared and make important decisions like prepping your home before you list it, determining if upgrades are required to increase your financial return, hiring an agent, and setting an appropriate price. Learn some factors in selling that can help you get the most return on your investment.

Location: CHS Library

Tuesday, October 8, 6:30 - 8:00 pm

\$29/\$39 for Couples

Allison is a great instructor and is very knowledgeable and passionate about decluttering. She gave us great ideas of things to do to get started without distraction and without creating a big mess in your home. I loved that she also gave us examples of what she has done in her own home. I really enjoyed her class.

JUDIE T.

ACTIVITIES THAT MATTER: FINDING JOY AND PURPOSE IN DEMENTIA ENGAGEMENT

NEW



Instructor: **Olivia Companion**

Learn different methods of engaging someone with dementia through the day and through their progression of dementia. You will cover the dementia based Montessori method, types of activities, why they matter, bonuses of engagement, executing a successful activity, and modifying activities. This class is appropriate for personal and professional caregivers, but not for those living with dementia.

Location: CommEd Room 21

Monday, October 21, 6:00 – 7:00 pm

\$29



Olivia did an excellent job explaining the facts with her words and the materials she provided to us. The world needs this education.

DIANA K.



DEMENTIA CHALLENGES: A MONTESSORI APPROACH TO SUCCESS

NEW



Instructor: **Olivia Companion**

Gain the skills to conquer challenges by understanding triggers, reframing behaviors as symptoms, and mastering successful redirection techniques. Delve into the art of using fibs ethically and explore strategies for environmental preparation. Learn to tailor activities based on individual roles, strike a balance between connection and independence, create effective routines, and use cues for enhanced care. Elevate your approach to dementia care with this comprehensive and practical course.

This class is appropriate for personal and professional caregivers, but not for those living with dementia. This program has been approved for 1.0 Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. NASW-MA Chapter CE Approving Program Authorization Number D 92715.

Location: CommEd Room 17

Monday, November 18, 6:00 – 7:00 pm

\$29

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 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 are for the intermediate and advanced learners.

Location: CHS, Room 344

Beginners:

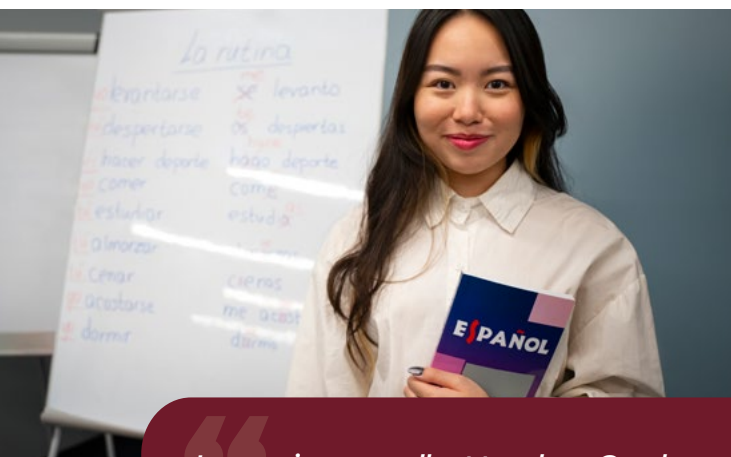
10 Thursdays, September 12 – November 21,
5:30 - 6:30 pm **\$119**
(No Class on October 31)

Level 2:

10 Thursdays, September 12 – November 21,
6:45 - 7:45 pm **\$119**
(No Class on October 31)

Level 3:

10 Thursdays, September 12 – November 21,
8:00 - 9:00 pm **\$119**
(No Class on October 31)



“Lauren is an excellent teacher. Good command of the language and gave personal input for learning.”

JOSEPH G.

CONVERSATIONAL FRENCH FOR BEGINNERS

Instructor: **Lauren Salazar**

This structured course focuses primarily on oral expression and is designed for beginners. You will learn how to introduce yourself, talk about your interests, and understand basic commonly used phrases. You will engage in interactive activities, games, and roleplay scenarios to strengthen your ability to communicate effectively with others.

Location: CHS Room 239

10 Tuesdays, September 10 – November 19,
6:00 - 7:00 pm **\$119**
(No Class on September 17)

CONVERSATIONAL FRENCH: LEVEL 2 NEW

Instructor: **Lauren Salazar**

This class is designed for students who have a basic knowledge of French and are ready to move to the next level of learning. The course focuses primarily on oral expression, understanding basic commonly used phrases, and engaging in interactive activities, games, and roleplay scenarios to strengthen your ability to communicate effectively with others.

Location: CHS Room 239

10 Tuesdays, September 10 – November 19,
7:15 - 8:45 pm **\$169**
(No Class on September 17)

CONVERSATIONAL SPANISH FOR BEGINNERS

Instructor: **Lauren Salazar**

This structured course focuses primarily on oral expression and is designed for beginners. You will learn how to introduce yourself, talk about your interests, and understand basic commonly used phrases. You will engage in interactive activities, games, and roleplay scenarios to strengthen your ability to communicate effectively with others.

Location: CHS Room 239

10 Thursdays, September 12 – November 21,
6:00 - 7:00 pm **\$119**
(No Class on October 31)

CONVERSATIONAL SPANISH: LEVEL 2

Instructor: **Lauren Salazar**

This class is designed for students who have a basic knowledge of Spanish and are ready to move to the next level of learning. The course focuses primarily on oral expression, understanding basic commonly used phrases, and engaging in interactive activities, games, and roleplay scenarios to strengthen your ability to communicate effectively with others.

Location: CHS Room 239

10 Thursdays, September 12 – November 21,
7:15 – 8:45 pm
(No Class on October 31)

\$169

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

Thursday, September 19, 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

Thursday, October 17, 7:00 – 8:00 pm

\$29

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

Thursday, November 7, 7:00 – 8:00 pm

\$29

HEALTH & WELLNESS

IMPROVE YOUR GUT HEALTH

Instructor: **Marie Tremblay**

With gut disease on the rise, the best defense is listening to your body and finding natural defenses and healers to welcome into your lifestyle. In class, you will review mindful ways to support your digestive system. You will practice “tuning in” to your body and review several plants and trees that support gut health. Students will have the opportunity to purchase herbs to take home if desired.

Location: CHS - Staff Dining Room

Thursday, September 19, 6:00 – 8:30 pm

\$39



SPIRIT GUIDE CONNECTION



Instructor: **Marie Tremblay**

We all have spirit guides who are by our side just waiting to assist and support us. In this workshop, you will be guided through several quiet exercises to open the connection and learn what it means to reach a higher level of spiritual connection. Like exercising a new muscle, your abilities will become stronger each time. Bring a journal, water, and an open mind.

Location: CHS - Staff Dining Room

Thursday, October 24, 6:00 - 8:30 pm

\$39

HERBS FOR BEGINNERS



Instructor: **Marie Tremblay**

Learn about herbs and their many uses.. Several herbs will be used to boost your herbal knowledge and understanding of how to prepare a decoction versus infusion poultice and oil. You will have the opportunity to purchase herbs to take home if desired.

Location: CHS - Staff Dining Room

Thursday, November 14, 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 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, December 3, and Thursday, December 5,
6:00 - 9:00 pm

\$129



Thank you for providing the public with this valuable opportunity. Please keep this course going.

JENNIFER A.

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 others 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

Tuesday, September 24, 6:30 - 8:30 pm

\$99

GROWING MUSHROOMS ON YOUR KITCHEN COUNTER



Instructor: **Ellen Vig**

Mushrooms are a great source of vitamin D which helps with the absorption of calcium and promotes bone and brain health, helps with depression, boosts your memory, and aids with heart health. Join us for a demonstration of the different stages and steps involved in growing mushrooms in your home. Information will be provided for you to purchase fully colonized starter blocks.

Location: CommEd Room 15

Wednesday, October 23, 6:30 - 7:30 pm

\$29

FITNESS

HEALING YOGA AND MEDITATION

Instructor: **Courtney Fine**

Healing Yoga and Meditation will include yin yoga postures, reiki and guided meditation. Yin, is a slow-moving form of yoga with longer pose holds and deep stretches intended to increase joint mobility and hydrate fascial webs. It's also highly meditative and introspective, offering plenty of time and space for you to draw your awareness inside. Each week you will move through a series of postures and complete class with a guided mantra-based meditation. Reiki will be offered to interested participants as well.

Location: CommEd Rec Room

Session 1:

6 Wednesdays, September 11 – October 16,
5:30 – 6:30 pm **\$89**

Session 2:

6 Wednesdays, October 30 – December 11,
5:30 – 6:30 pm **\$89**
(No Class on November 27)

POUND WORKOUT

Instructor: **Aaron Bryant**

POUND workout classes combine cardio, Pilates, isometric movements and plyometrics with constant simulated drumming all to loud, high intensity music. An energizing, infectious, sweat dripping workout, each strike of the Ripstix releases primal aggression as well as a neuromuscular reward of mixing sound and movement. POUND allows you to truly become the music.

Location: CommEd Gym

Session 1:

6 Mondays, September 9 – October 21,
5:30 – 6:00 pm **\$39**
(No Class on October 14)

Session 2:

6 Mondays, October 28 – December 9,
5:30 – 6:00 pm **\$39**
(No Class on November 11)

Purchase Pound & Zumba combined for the discount price of **\$99** for both

GET MOVING WITH ZUMBA!

Instructor: **Aaron Bryant**

Zumba is an amazing dance fitness class that mixes Latin rhythms with low and high intensity moves for a calorie burning dance fitness party to tone the entire body. Each class combines cardio, muscle conditioning, balance, and flexibility. You will leave each session with boosted energy! Wear sneakers, comfortable clothing, bring a towel and water.

Location: CommEd Gym

Session 1:

6 Mondays, September 9 – October 21,
6:15 – 7:15 pm **\$69**
(No Class on October 14)

Session 2:

6 Mondays, October 28 – December 9,
6:15 – 7:15 pm **\$69**
(No Class on November 11)

Purchase Pound & Zumba combined for the discount price of **\$99** for both



Amazing! Aaron is a superb teacher and knows his craft very well. So fun. Best part of my week without a doubt. I keep coming back every time he has a class. Music is perfect."

JENNIFER A.

GENTLE FLOW YOGA

Instructor: **Jane Lynch**

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 (5-10 minutes of laying on the back). This flow will help you to reduce stress and cultivate a sense of peace and well-being. All are welcome.

Location: CommEd Rec Room

Session 1:

6 Mondays, September 9 – October 21,
6:30 – 7:30 pm **\$89**
(No Class on October 14)

Session 2:

6 Mondays, October 28 – December 9,
6:30 – 7:30 pm **\$89**
(No Class on November 11)

CLASSICAL MAT PILATES

Instructor: **Jill Bagni**

Pilates is a mind, body, and spirit practice with benefits that include improved posture, coordination, balance, increased lung capacity, concentration, stress management, and injury prevention. Mat Pilates is great for all levels of Pilates practitioners because it can build in difficulty and can also be modified to decrease or increase the level of challenge. Mat Pilates helps build a strong, balanced body and increases flexibility. As you progress in your practice, notice improvements in breathing, focus, and body awareness. This class welcomes all abilities from beginner to advanced.

Location: CHS Cafe 1

Session 1:

6 Tuesdays, September 10 – October 22,
6:00 – 7:00 pm **\$89**
(No Class on September 17)

Session 2:

6 Tuesdays, November 5 – December 10,
6:00 – 7:00 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

Session 1:

6 Wednesdays, September 11 – October 16,
6:45 – 7:45 pm **\$89**

Session 2:

6 Wednesdays, October 30 – December 11,
6:45 – 7:45 pm **\$89**
(No Class on November 27)

Courtney was wonderful! She explained every part of the evening and created a relaxing and soothing atmosphere.

LINDA L.

PICKLEBALL

Instructor: **Donald Van Dyne**

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

Location: Varney Park

Beginner Tuesdays:

4 Tuesdays, September 17 – October 8,
9:00 – 10:15 am **\$139**

Adv Beginner/Low Int. Tuesdays:

4 Tuesdays, September 17 – October 8,
10:30 – 11:45 am **\$139**

Adv Beginner/Low Int. Thursdays:

4 Thursdays, September 19 – October 10,
4:00 – 5:15 pm **\$139**

Intermediate Thursdays:

4 Thursdays, September 19 – October 10,
5:30 – 6:45 pm **\$139**

DANCE

SALSA FOR BEGINNERS

Instructor: **Deborah Hilse**

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

6 Wednesdays, September 11 – October 16,
6:00 – 7:00 pm

\$69



LINE DANCING FOR BEGINNERS

NEW

Instructor: **Deborah Hilse**

Line dancing is a great way to have fun while improving memory skills, strengthening bones, developing better balance, relieving stress, and putting a smile on your face! Each new and classic line dance is first broken down, demonstrated, and danced in this fun class that feels more like a party than a workout. No need to have a partner and no experience is necessary.

Location: CommEd Gym

Session 1:

6 Wednesdays, September 11 – October 16,
7:15 – 8:15 pm

\$69

Session 2:

6 Wednesday, October 30 – December 11,
6:00 – 7:00 pm
(No Class on November 27)

\$69



Excellent instructor and fun dancing session.

CHIEN L.

BALLROOM BASICS: WALTZ, RUMBA, AND SWING

Instructor: **Deborah Hilse**

Discover the joys of ballroom dance in these beginner classes that will give you the basics to practice and learn the techniques of waltz, swing, and rumba. No dance experience is required. Classes will be taught to both individuals and partners.

Location: CommEd Gym

6 Wednesdays, October 30 – December 11,
7:15 – 8:15 pm
(No Class on November 27)

\$69

Easy to follow instructions from Debbie. Fun class, looked forward to it each week!

JILL B.

SPECIAL INTERESTS

SMART PLANNING FOR EUROPEAN VACATIONS

Instructor: **Wim Nijenberg**

With travel opening back up in Europe, it is more important than ever to make a smart plan that includes choosing the best cancellation and refund policies and how to keep up to date on restrictions. 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

Monday, October 21, 7:00 – 9:00 pm

\$39

LEARN TO PLAY CRIBBAGE

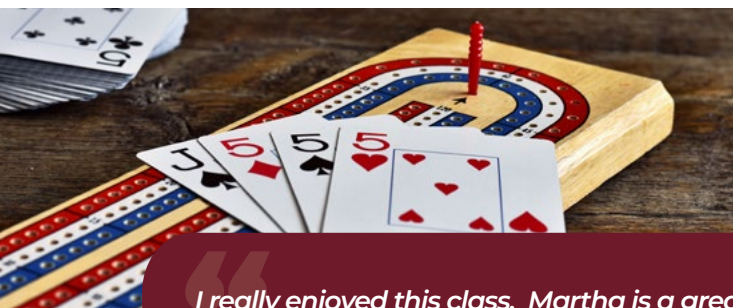
Instructor: **Martha Coravos**

Cribbage combines luck and skill, and the basics can be learned in one lesson. Cribbage is a card game for two or four players who use a cribbage board to peg points that they earn by playing certain combinations of cards. During the first class, you will learn the rules of the game and your instructor will demonstrate game play. Remaining classes will review the rules as needed, then break into teams for game play.

Location: CommEd Room 17

4 Mondays, September 9 - September 30,
6:30 – 8:30 pm

\$79



I really enjoyed this class. Martha is a great instructor.

PATTY M.

INTRODUCTION TO IMPROV

Instructor: **Ryan Dalley**

Learn the basics of improvisation. Whether you want to boost your everyday confidence, improve your public speaking, expand your comedy toolbelt, or start your journey into improv, this course will provide you with a solid foundation to do just that. We'll cover listening skills, trusting, and supporting yourself and your scene partners.

Location: CHS Lecture Hall 1

Session 1:

6 Tuesdays, September 10 – October 22,

7:00 – 9:00 pm

(No Class on September 17)

\$169



YOU CAN AFFORD COLLEGE IF...

Instructor: **Don Anderson**

You PLAN in advance. You UNDERSTAND the financial aid process. You ACT early enough to be successful. Financial aid goes to the families who plan in advance ideally before December 31 of the child's sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process and how implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. The greatest amount of financial aid goes to the families who act during the years before college. Remember, procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities.

Location: CHS Room 232

1 Thursday, September 26,

6:30 – 8:30 pm

\$29/\$39/Couple



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.

If you are interested in the 2025-2026 school year, visit our website for more details.

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.

If you are interested in the 2025-2026 school year, visit our website for more details.

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

ChelmsfordCommunityEd.com.

PART-TIME PRESCHOOL

Chelmsford Integrated Preschool (CHIPS) is an integrated preschool program that includes both children with identified disabilities and typically developing children. Inclusive preschool environments provide meaningful educational experiences for young children and have been shown to be beneficial for children with and without disabilities. CHIPS is a program of Chelmsford Public Schools and is housed in the Community Education building. CHIPS offers half-day sessions 2, 3, or 4 days per week. For more information contact Megan McGuirk, Preschool Coordinator, at m McGuirk@chelmsford.k12.ma.us or 978-251-5188.



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 weeks 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.

Register NOW at
ChelmsfordCommunityEd.com





NEWS FROM AROUND TOWN



BOARD OF HEALTH

3RD ANNUAL HEALTH DEPARTMENT FALL FESTIVAL:

Saturday, September 28th, Center Town Common from 11:00am to 4:00pm.

FREE BLOOD PRESSURE SCREENINGS:

First Thursday of every month from 9:00am - 12:00pm at the health department office at the town hall, and last Thursday of the month from 8:30am - 10:30am at the Chelmsford senior center.

MEDICAL SHARPS COLLECTION:

Collections on the second Monday of March, June, September and December from 9:00am to 4:00pm at the Health Department Office. Must be in rigid plastic container with a lid. Residents only.

DEPRESSION & ANXIETY SUPPORT GROUP:

For individuals to give and receive peer advice and seek guidance from a licensed professional every 4th Tuesday of the month from 6:30-8:00pm in the Cabaret Room at the Chelmsford Center for the Arts. No registration is required but for more information call 978-250-5241

Care Solace is Chelmsford's Mental Health referral service offered to Chelmsford residents and employees regardless of insurance. Get connected with a provider who fits YOUR needs in a fraction of the time it would take to do the work on your own. Questions? call the Chelmsford Health Department at 978-250-5241. This is not an emergency response service. 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:

www.townofchelmsford.us

Health Department:

www.townofchelmsford.us/156/Health-

Department Facebook:

facebook.com/ChelmsfordBoardofHealth

TOWN CLERK

The Fiscal Year 2025 property tax bill due dates

are: 1st Quarter: August 1, 2024 2nd Quarter: November 1, 2024 3rd Quarter: February 1, 2025 4th Quarter: May 1, 2025 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: **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 winter/spring. For more information on these and other events, go to **Chelmsfordarts.org**.

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/>**



TRAVEL



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**.

Lake George Balloon Festival:

SEPTEMBER 20-22nd

Fall Foliage Day Trip:

SEPTEMBER 25th

New Hampshire's Turkey Train:

SEPTEMBER 30th

Simon Pearce Glassblowing & King Arthur Fall Foliage Trip:

OCTOBER 11th

The Ultimate Gambling Getaway in the Poconos:

OCTOBER 28-31st

Christmas at the Newport Mansions:

NOVEMBER 30th

Kenny & Dolly: A Smokey Mountain Christmas

DECEMBER 5th

Christmas New York Style:

DECEMBER 8-9th

Salem Cross Inn Christmas with Yankee Candle & Bright Nights Light Display:

DECEMBER 12th



COMMED OFFICE STAFF:

Robyn Adams,
Director

Kelley DiFolco,
Assistant Director

Michele Pielecki,
Childcare Supervisor

Colleen Smith,
Adult Education
Program Coordinator

Linda Westland,
Secretary

Rhonda Poole,
Office Assistant



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Chelmsford, MA 01824

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Chelmsford, MA

JOIN OUR TEAM THIS FALL!

Visit
ChelmsfordCommunityEd.com
for more information. 

ADULT EDUCATION

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

- **Baking**
- **Bridge**
- **Crafting**
- **Gardening**
- **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

Extended Day is looking counselors for our morning and afternoon extended day childcare program at our 4 elementary schools and Parker Middle School for the 2024-2025 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 Chelmsford High School.



Questions? Contact us at **commed@Chelmsford.k12.ma.us**