



COURSE CATALOG

WINTER SPRING

— 2025 —



Register online at ChelmsfordCommunityEd.com



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CLASS KEY



NEW Class



WINTER ONLY Class



VIRTUAL Class:
fully remote



SPRING ONLY Class



TRAVEL Class



HYBRID Class:
partially remote,
partially in-person



INSTRUCTOR SPOTLIGHT

DIANE COGLIANO

Diane began teaching art courses for Chelmsford Community Education after retiring from Chelmsford High School in June 2023. During her tenure as an art teacher at CHS she taught drawing, painting, sculpture and photography. She plans to continue teaching and sharing her new-found love of watercolor painting with the Chelmsford community.

Diane started her art career in advertising working for Sears and Sheraton Hotels. While raising her two sons, she joined the painting circuit, winning several awards for her pastel paintings. Her work was displayed and sold in many juried shows, galleries, and privately throughout New England. She started to teach art from her studio while attending Rivier University earning a Bachelor's and Master's degree in art education. When she's not painting you can find Diane in her garden, walking, reading, spending time with her family, and enjoying exhilarating motorcycle adventures!

Now that she's retired she says, "Seeing other people take pride in creating art gives me great joy. Everyone should allow themselves to enjoy some type of self-expression, whatever it may be. It is good for the soul." Her classes are designed for student success. She uses a "step by step" approach to build skills, confidence and give support throughout the painting process. Her classes are relaxed and fun.

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 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 x 6091 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 x 6091.

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.
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 adulted@chelmsford.k12.ma.us

QUESTIONS

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

For questions regarding childcare, contact Michele Pieleski 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 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, February 25 - April 8, 7:00 - 9:00 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. Bring a pencil, pen and graphing calculator to class.

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

7 Thursdays, February 27 - April 10, 7:00 - 9:00 pm **\$139**

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

ART

ADVENTURES IN DRAWING: NEW STEP INTO YOUR OWN WORLD

Instructor: **Jalix Delacruz**

Explore your imagination and create your own "little world" in this fun drawing class. You will combine different drawing techniques from some of the greatest artists of our time. Each week you will be creating new elements, like your own imaginary friend, the city they live in and the world they habitate. At the end of the 5-weeks you will have your own "little world" anyone would be proud to show off.

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

Grades K-1:

5 Mondays, January 27 - March 3, 5:30 - 6:15 pm **\$59**
(No Class on February 17)
+ \$25 materials fee to instructor

Grades 2-5:

5 Mondays, January 27 - March 3, 6:30 - 7:30 pm **\$59**
(No Class on February 17)
+ \$25 materials fee to instructor



Bethany is nice and good at teaching.

KWASI A.



PAINTING FOR KIDS: NEW
COLOR AND EXPRESSION

Instructor: **Jalix Delacruz**

Learn a new way to express yourself in this fun painting class. You will be diving into color theory and how different colors can evoke positive feelings and emotions. Every week you will choose different color combinations and themes such as abstract objects, animals, nature, and more.

Location: CommEd Room 17 **Grades:** K-1 & 2-5

Grades K-1:

5 Mondays, March 24 – April 28, 5:30 - 6:15 pm **\$59**
 (No Class on April 21)

+ \$25 materials fee to instructor

Grades 2-5:

5 Mondays, March 24 – April 28, 6:30 – 7:30 pm **\$59**
 (No Class on April 21)

+ \$25 materials fee to instructor

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, January 27 – March 10, 5:30 - 6:30 pm **\$205**
 (No Class on February 17)

Session 2:

6 Mondays, March 24 – May 5, 5:30 - 6:30 pm **\$205**
 (No Class on April 21)



My daughter loved this class. She is looking forward to attending another in the future.

MELISSA D

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 chessing to checkmate artist, students will build upon their knowledge through lessons, tournaments, variation games and more!

Location: CommEd Bldg. **Age:** 5-12

Session 1:

6 Wednesdays, January 22 - March 5, 5:30 - 6:30 pm **\$159**
(No Class on February 19)

Session 2:

6 Wednesdays, March 26 - May 7, 5:30 - 6:30 pm **\$159**
(No Class on April 23)

My son took this class and loved it so much that he requested to join the second session

JUNE A.

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 the children will dance, march, jog, shake, skip, and limbo while practicing traditional yoga poses.

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

Session 1:

6 Mondays, January 27 - March 10, 5:30 - 6:15 pm **\$69**
(No Class on February 17)

Session 2:

6 Mondays, March 24 - May 5, 5:30 - 6:15 pm **\$69**
(No Class on April 21)

LEGO ADVENTURES: GET YOUR LEGO GAME ON



Instructor: **Right Brain Curriculum**

New challenges to build each week from skyscrapers to farms, bridges to airports, space stations to main streets and everything in between! Learn about the construction of what you are about to build, then build it.

Location: CHS - Café 2 **Age:** K-1 or 2-5

Grades K-1:

6 Thursdays, January 23 - March 6, 5:30 - 6:30 pm **\$159**
(No Class on February 20)

Grades 2-5:

6 Thursdays, January 23 - March 6, 6:45 - 7:45 pm **\$159**
(No Class on February 20)



HANDS-ON ELECTRONICS

Instructor: **Circuit Lab**

Tinker with electronics while learning the basics of computer programming. You will begin by experimenting with the fundamentals of electronics and circuitry and step up to projects where our class of young makers will design their own interactive and programmable devices. Participants use Arduino micro-controller boards to build interactive devices and learn about computers and coding. You will experiment with LEDs, resistors, motors, and sensors. Each class day gives participants the chance to design a hands-on-project with the guidance of skilled instructors.

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

6 Tuesdays, January 21 - March 4, 5:30 - 7:00 pm **\$179**
(No Class on February 18)

CIRCUIT MAKERS 101

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, including 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 skilled Circuit lab instructor.

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

6 Tuesdays, March 18 - April 29, 5:30 - 7:00 pm **\$179**
(No Class on April 22)



LEGO CHALLENGES: READY, SET LE-GO!



Instructor: **Right Brain Curriculum**

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? Space shuttle launch site? Be ready for anything!

Location: CHS Café 2 **Grades:** K-1 or 2-5

Grades K-1:
6 Thursdays, March 20 - May 1, 5:30 - 6:30 pm **\$159**
(No Class on April 24)

Grades 2-5:
6 Thursdays, March 20 - May 1, 6:45 - 7:45 pm **\$159**
(No Class on April 24)

CHILDREN'S EDUCATIONAL

BLAST BABYSITTING/CPR CERTIFICATION COURSE

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

Thursday, February 6, 3:15 - 6:15 pm **\$100**

She was patient and did a great job explaining everything in detail

LESLEY W.





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.

CAKE DECORATING 101

Instructor: **Christina Silk**

This course teaches the basics of how to successfully prepare your cake and decorate it. Learn different consistencies of frosting, how to color frosting, set up and fill your decorating bags, tips & tricks you won't find on YouTube. Techniques taught include borders, line work, and 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

Session 1:

5 Tuesdays, January 21 – February 25, 6:30 – 8:30 pm **\$129**
(No Class on February 18)

Session 2:

5 Tuesdays, April 1 – May 6, 6:30 – 8:30 pm **\$129**
(No Class on April 22)

Diane is incredibly passionate and knowledgeable about her craft, and that shows in her teaching!

DANICA B.

SOUPS AND CHOWDERS

NEW



Instructor: **Diane Manteca**

In this class you will make New Orleans Chicken Gumbo, Scallop & Haddock Chowder, Italian Ribollita (Northern Italian Minestrone), and Lentil Soup with Swiss Chard. Learn how to take your homemade bowl of soup or chowder to the next level with these winter favorites!

Location: CommEd Kitchen

Wednesday, January 22, 6:00 – 9:00 pm **\$65**

The course was interactive and interesting. The instructor was extremely knowledgeable, listened to our questions, kept us on track, and was very helpful.

DONNA Q.

STOVE-TOP STEWS

NEW



Instructor: **Diane Manteca**

Making a stew that is flavorful and doesn't take hours to cook makes a great easy meal. In this one-night class you will make Chicken Piccoline with Olives and Peppers, South American Vegan Stew, Bombay Chicken Curry, and Braised Beef with Sun-Dried Tomatoes and Potatoes.

Location: CommEd Kitchen

Monday, January 27, 6:00 – 9:00 pm **\$65**

CLASSIC ITALIAN DISHES

NEW



Instructor: **Diane Manteca**

Learn to make traditional Italian dishes that you can recreate at home. You will make some of the most popular and flavorful classic dishes from Italy like Chicken Marsala, Italian Sausage, Vinegar Peppers & Potatoes, Sicilian Cioppino, and Penne with Peas, Parmesan, & Prosciutto.

Location: CommEd Kitchen

Wednesday, January 29, 6:00 – 9:00 pm **\$65**

AFRICAN COOKING FROM BURKINA FASO NEW

Instructor: **LaFortune Djabea**

Discover the vibrant flavors of West Africa featuring Peri Peri chicken wings with a vegan option using banana blossoms or mushrooms. Marinated in parsley, zesty lemon juice, a honey, enhanced with smoky paprika and a hint of chili flakes. This meal is a true celebration of taste. Served alongside crispy fried plantains and a Somalian favorite, Sambusa, a savory pastry filled with potatoes, mushrooms, cilantro and carrots wrapped in a light pastry and deep fried to a perfect golden color.

Location: CommEd Kitchen

Monday, February 3, 6:00 – 9:00 pm **\$65**

DATE NIGHT DESSERTS NEW

Instructor: **Lisa Parcella**

Learn a variety of date-night worthy desserts that you can make at home to impress your loved ones or just celebrate yourself. Recipes include Tiramisu, Creme Brulee, flourless Chocolate Cake, and, if time allows Lava Cakes with Berry Coulis.

Location: CommEd Kitchen

Monday, February 10, 6:00 – 9:00 pm **\$65**



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 Room 17

Monday, February 10, 6:00 – 8:00 pm **\$45**

REAL MAINE WHOOPIE PIES NEW

Instructor: **Steve Tulloch**

Learn how to make Real Maine Whoopie Pies the way my Grandmother taught me. There's nothing like authentic Whoopie Pies. Chocolatey, not too sweet cookies sandwiched around traditional filling that is lightly sweetened, slightly firmer vanilla whipped cream, no marshmallow fluff is used. The filling can also be used in a variety of cakes and other desserts. Everyone will go home with plenty of Whoopie Pies to share.

Location: CommEd Kitchen

Wednesday, February 12, 6:00 – 9:00 pm **\$65**



LEARN TO MAKE GREEK SPINACH PIE

Instructor: **Martha Corovos**

Spinach Pie (Spanakopita) is a traditional Greek dish where spinach, feta, scallions, and eggs are baked in a golden, buttered crispy phyllo dough. It is delicious as an appetizer, or it can be served as a meal with a side. In this one-night class, you will learn how to make a spinach pie in the authentic way along with some other traditional Greek sides. This class is a hands-on student participation class. All materials will be provided.

Location: CommEd Kitchen

Monday, March 3, 6:00 – 9:00 pm **\$65**

“Martha took this popular dish and helped us to make it beautifully.”

DAN P.

AFRICAN COOKING FROM ETHIOPIA

NEW

Instructor: **LaFortune Djabea**

Learn how to create the exquisite injera platter. This dish features a soft, spongy injera bread, perfectly absorbing a medley of collard greens, red lentils, tomatoes, and black olives. Topped with a sprinkle of Greek cheese, each bite offers a blend of textures and tastes that celebrate both tradition and innovation. Paired with a Moss Deli, African fruit salad bursting with mangoes, crisp apples, melon, pineapple, and watermelon, and elevated with a hint of vanilla and nutmeg. A sprinkle of sugar adds sweetness, creating a blend of flavors that celebrates the essence of fresh fruit. Dive into this feast and savor the essence of Ethiopian culinary artistry.

Location: CommEd Kitchen

Monday, March 10, 6:00 - 9:00 pm

\$65



CUPCAKE DECORATING: DECORATIVE BUTTERCREAM FLOWERS

NEW

Instructor: **Christina Silk**

Learn the fundamental techniques to piping buttercream flowers, petals, and leaves. These core methods will enable you to pipe a wide array of flowers and expand into intermediate piping designs. Pipe six different flowers directly onto cupcakes. Instructor will provide supplies and tools as well as the 6 cupcakes and frosting.

Location: CHS Life Skills Room 225

Tuesday, March 11, 6:30 - 8:30 pm

\$45

Tuesday, May 13, 6:30 - 8:30 pm

\$45

THE ART OF SUSHI MAKING

NEW

Instructor: **Sara & Jaleel Wingard**

Learn the art of sushi-making in this unique class. Experienced Chefs, Sara & Jaleel make sushi making accessible, fun, and engaging for everyone, no matter what your culinary abilities are. All materials will be provided for students to make vegetarian and California rolls during class.

Location: CommEd Room 17

Wednesday, March 12, 6:00 - 8:00 pm

\$65



FRENCH BREAKFAST

NEW

Instructor: **Lisa Parcella**

As the first meal of the day, many French people fulfill about ¼ of their daily nutritional needs at breakfast. Learn a variety of techniques to make delicious, French inspired breakfast treats including Croque Madam, Crepes, and French-Style Dutch Baby Pancakes, exploring both savory and sweet preparations.

Location: CommEd Kitchen

Monday, March 17, 6:00 - 9:00 pm

\$65

“Lisa was an amazing instructor. She was knowledgeable, organized, and answered all our questions.”

RITU A.

FAMILY FUN COOKIE DECORATING WORKSHOP

Instructor: **Sarah Conte**

Join us for a fun evening of decorating sugar cookies. This class will focus less on technique and more on kids having fun. 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.

Location: CommEd Room 17

Monday, March 17, 6:00 – 8:00 pm

\$45



REVERSE BUTTERCREAM NEW

Instructor: **Christina Silk**

This useful technique is a great make-ahead method that you can use for placing on top of your cakes or cupcakes. You can design your own or trace a picture or designs. Imagine your own logo, personalized cakes/ cupcakes for showers, weddings, and more. You will learn to trace a design and fill it in with buttercream frosting, which can then be frozen and used at a later date. Instructor will provide all materials needed. Please bring a cookie sheet or very flat box that will fit in your freezer to take your design home. Design will be approximately 4 ½" in diameter.

Location: CHS Life Skills Room 225

Tuesday, March 18, 6:30 – 8:30 pm

\$45

Sarah was friendly, experienced and helpful. She answered all questions, gave feedback and offered friendly suggestions.

DONNA Q.

PIES! PIES! OH MY! NEW

Instructor: **Lisa Parcella**

Learn to make a variety of pie fillings and crusts. Recipes may include Chocolate Cream Pie with Chocolate Cookie Crust, Blood Orange Meringue with a traditional pie crust, Fresh Strawberry Pie, S'Mores Pie and/or Homemade Pop Tarts (hand pies).

Location: CommEd Kitchen

Wednesday, April 2, 6:00 – 9:00 pm

\$65

BISCUIT & SCONE WORKSHOP NEW

Instructor: **Steve Tulloch**

Learn how to make extra flaky buttermilk biscuits and two different styles of scones. You will practice working with basic pastry doughs to bring out their flakiness and tenderness while creating three related, but quite different treats. In addition to the basics of scone and biscuit making, you will also pick up general baking tips and tricks along the way. You will go home with treats to share!

Location: CommEd Kitchen

Wednesday, April 9, 6:00 – 9:00 pm

\$65

FRENCH BISTRO COOKING NEW

Instructor: **Diane Manteca**

French Cooking is filling with wonderful, complex flavors, but it doesn't have to be time consuming. Learn to make a delicious French Lentil Salad with Feta, a Chicken Burdundy Sauce with Mushrooms, a Ham and Leek Tart, and finish with the famous Apricot Clafoutis dish, a Jacque Pepin favorite.

Location: CommEd Kitchen

Monday, April 14, 6:00 – 9:00 pm

\$65

BRAIDED DANISH LOAVES 

Instructor: **Steve Tulloch**

Learn to make this beautiful festive treat perfect for spring holiday brunches. This delicious, braided loaf of sweet dough is packed with a sweetened cream cheese filling and lemon curd or jam. You will learn the basics of working with yeasted bread dough and pick up plenty of general baking tips and tricks. Everyone goes home with their own 16"x5" loaf.

Location: CommEd Kitchen

Wednesday, April 16, 6:00 – 9:00 pm **\$65**



LEARN TO MAKE BAKLAVA

Instructor: **Martha Corovos**

Baklava is a dessert delicacy comprised of sugar, cinnamon, and nuts folded into layers of buttered phyllo dough, baked to a crispy, golden brown, then drenched with a hot citrus honey mixture. It is enjoyed in Greece and many Middle Eastern countries. Come to this one-night class and learn to make this delicious dessert in the authentic way along with some other traditional Greek sides.

Location: CommEd Kitchen

Monday, April 28, 6:00 – 9:00 pm **\$65**

NEW ENGLAND SUMMER DINNER  

Instructor: **Diane Manteca**

With the warm weather coming, it's time to change your menu to more summer friendly meals. Learn to make a delicious New England Seafood Chowder, an easy Pulled Pork and French Biscuit Sandwich, Downeast Potato Salad, and finish with a Maine Blueberry & Peach Crisp.

Location: CommEd Kitchen

Wednesday, April 30, 6:00 – 9:00 pm **\$65**

COOKING FROM UMBRIA 

Instructor: **Diane Manteca**

Umbria sits right below Tuscany and is the birthplace of some of the most famous Italian dishes. Class will start with an Antipasto with Italian Stuffed Eggplant and Prosciutto Wrapped Asparagus. For the main dish, a hand-rolled Pici Pasta with a Classic Umbrian Pork Ragu Sauce, and finish with a puff pastry filled with pears and fig. Leave class with these unique recipes from this very popular region of Italy.

Location: CommEd Kitchen

Monday, May 5, 6:00 – 9:00 pm **\$65**

SENSATIONAL MAIN DISH SALADS 

Instructor: **Diane Manteca**

There is nothing better during the warm weather season than a chilled salad full of flavor. Class will start with a Curried Chicken Salad, a main dish in itself. Next up is a Thai inspired Spicy Peanut, Shrimp, and Noodle salad that will become a staple in your menu rotation. Other items on the menu include Black Bean and Corn Salad with a delicious Cajun dressing, and easy Sicilian Tuna and White Bean Salad.

Location: CommEd Kitchen

Monday, May 12, 6:00 – 9:00 pm **\$65**

CRAFTS

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 assistance in fixing mistakes and mastering new techniques from the instructor.

Location: CHS Main Conf. Room

Session 1:
4 Tuesdays, January 21 – February 11, 6:00 - 8:00 pm **\$59**

Session 2:
6 Tuesdays, March 25 - May 6, 6:00 - 8:00 pm **\$89**
(No class on April 22)

CROCHET FOR BEGINNERS

Instructor: **Tracey Spooner**

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

Location: CommEd Rm 17

Session 1:

6 Wednesdays, January 22 – March 5, 5:30 - 6:30 pm **\$59**
(No Class on February 19)

Session 2:

6 Wednesdays, March 19 – April 30, 5:30 - 6:30 pm **\$59**
(No Class on April 23)

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 Rm 17

Session 1:

6 Wednesdays, January 22 – March 5,
7:00 - 8:30 pm **\$89**
(No Class on February 19)

Session 2:

6 Wednesdays, March 19 – April 30,
7:00 - 8:30 pm **\$89**
(No Class on April 23)

BEGINNING QUILT MAKING NEW

Instructor: **Melissa Dawson**

Learn different patterns and techniques to make quilt blocks that can be put together for a table topper, wall hanging or the start of a bed quilt. This class is for beginners and intermediate sewers.

Location: CHS Room 109

6 Thursdays, January 23 – March 6,
6:00 - 9:00 pm **\$149**
(No Class on February 20)

UKRANIAN EGG DECORATING NEW

Instructor: **Alona Popova**

Join us for one or both of these Ukranian egg decorating workshops, where you'll learn the wax-resist method of decorating eggs and explore various color combinations. Using real chicken eggs, kistka tools, beeswax, candles, and vibrant dyes, you will create unique designs. Participants will take home one or two decorated eggs in clear plastic gift boxes. You will work with colors chosen from a palette of dye options that will be provided.

Location: CommEd Room 15

Tie Dye Pysanky Eggs:

Monday, January 27, 6:00 – 8:00 pm **\$69**

The Krapanky Polka Dot Eggs:

Wednesday, March 5, 6:00 – 8:00 pm **\$69**

DIY GNOME DOOR SIGN NEW

Instructor: **Annette Perrotta**

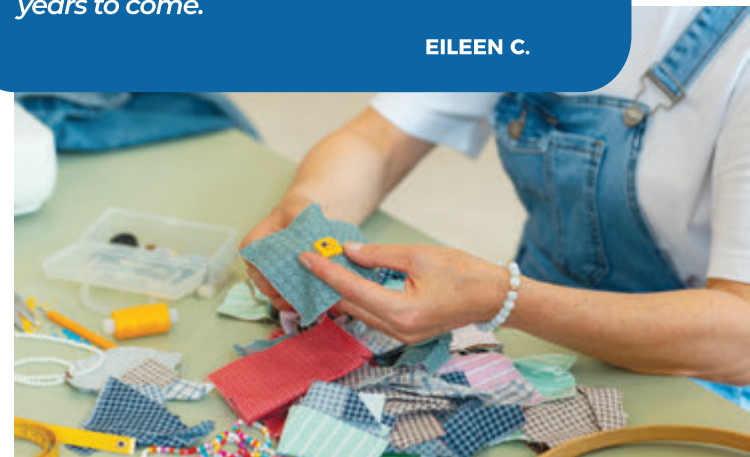
In this class you will paint a 12" wooden Gnome door sign just in time for Valentine's Day.

Location: CHS Room 252

Tuesday, February 11, 6:30 - 8:00 pm **\$29**
+ \$40 materials fee to instructor

Course covered so many topics and techniques. I feel confident in my ability to finish the quilt we started and am looking forward to making many quilts in the years to come.

EILEEN C.



SEWING

Instructor: **Therese Quinn**

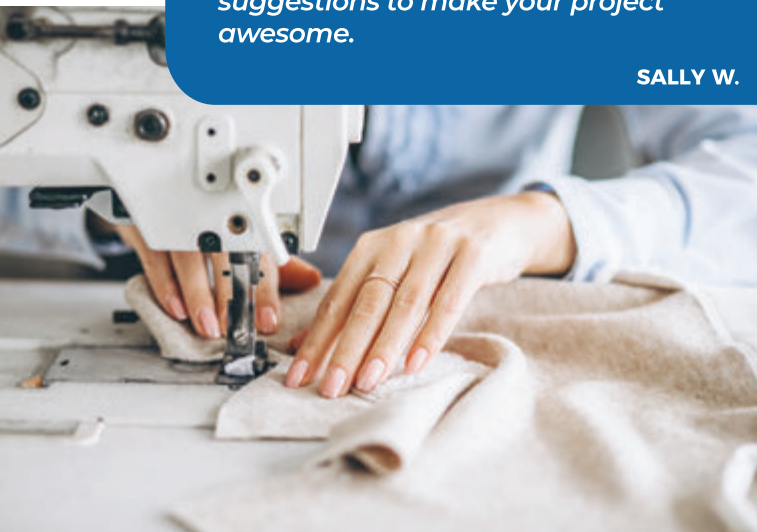
This class is based on your own individual project. The first class is held at Jo-Ann Fabrics in Westford, where you will receive help in choosing a pattern, fabric, and the supplies you will need to purchase. In the following classes, you will learn how to measure correctly, read, adjust, cut out a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

Location: CHS Room 109

10 Tuesdays, February 25 – May 6, 6:00 – 9:00 pm **\$249**
(No Class on April 22)

Terry provides professional and creative suggestions to make your project awesome.

SALLY W.



CHUNKY HAND-KNIT BLANKET MAKING WORKSHOP **NEW**

Instructor: **Ellen Douglas**

Learn how to knit a chunky blanket with just your two hands (no tools). Chunky knit blankets are so popular, and you will be surprised at how easy they are to make. The hand-knitting technique is a life-long skill that is therapeutic, meditative, and fun. Absolutely no prior knitting experience is required. Registration fee includes all materials to knit a standard throw sized blanket.

Location: CommEd Room 17

Monday, March 3, 6:30 - 8:30 pm **\$109**

DIY WOODEN WELCOME DOOR SIGN **NEW**

Instructor: **Annette Perrotta**

Enhance your entryway with a custom wooden welcome door sign. Stencils will be available in class to customize your 12" sign.

Location: CHS Room 252

Tuesday, March 18, 6:30 - 8:00 pm **\$29**
+ \$40 materials fee to instructor

QUILTING - BEGINNING EMBELLISHMENTS **NEW**

Instructor: **Melissa Dawson**

Learn several embellishing methods using threads, beads, lace, and other materials to enhance an article of clothing, decorative pillow cover, wall quilt/hanging, and more. Basic techniques will include embroidery, beadwork, layered fabrics, and applique. You will have the option of working on a specific item you bring to class, or work on a sample piece of fabric.

Location: CHS Room 109

6 Thursdays, March 27 – May 8,
6:00 - 9:00 pm **\$149**
(No Class on April 24)

I highly recommend this course to anyone with an interest in learning to quilt. Instructor was knowledgeable, patient, encouraging, and attentive.

EILEEN C.



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 17

3 Wednesdays, March 19 - April 2,
7:30 - 9:00 pm

\$89



PHOTOGRAPHY FOR NEWBIES

Instructor: **Steve McGrath**

Here's an opportunity to learn about your digital camera features from an expert. Have your camera ready and learn when and how to use its special features including 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 plants, people, macro, and landscape photography.

Location: CommEd Rm 17

4 Wednesdays, March 19 - April 9
5:30 - 7:00 pm

\$109

INTERMEDIATE PHOTOGRAPHY



Instructor: **Steve McGrath**

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.

Location: CommEd Rm 17

3 Wednesdays, April 30 - May 14, 5:30 - 7:00 pm

\$89

I am so glad I found this course after trying (and failing) to teach myself the basics of operating my DSLR camera. Steve is very personable and incredibly knowledgeable.

DEANNA K.



MAINE LIGHTHOUSE PHOTOGRAPHY WORKSHOP



Instructor: **Steve McGrath**

In the first live online class, you will start by learning camera settings, aperture, shutter, ISO, white balance, and other compositional techniques critical to lighthouse photography. Class two finds you at the Maine Maritime Museum for a scenic cruise. During the cruise, you will focus on photographing the wildlife and lighthouses, sharing techniques and approaches. Your last class will meet online the following week to share, learn and critique your images.

Location: Virtual & Maine Maritime Boat Cruise

Thursday, May 15, 5:30 - 7:00 pm,

Saturday, May 17, 3:30 - 7:30 pm,

Friday, May 23, 5:30 - 7:00 pm

\$119

Student must purchase cruise tickets at the museum.

Estimated time is 3:30-7:30pm

ART

WATERCOLOR FLOWERS PAINTING WORKSHOP NEW

Instructor: **Diane Cogliano**

You will learn how to paint various flower subjects using watercolors. Each week you will practice new techniques while building your artistic skills and creative confidence. You will be guided step by step by the instructor in a supportive environment. All skill levels are welcome.

Location: CHS Room 252

5 Thursdays, January 23 - February 27,
6:00 - 8:00 pm
(No Class on February 20)

\$99



WIRE TREE ART WORKSHOP NEW

Instructor: **Ryan Kelley**

Create your own one-of-a-kind wire tree with artist and sculptor Ryan Kelley in this unique workshop. Ryan will teach you how to create a wire tree in any style on a rock you provide during this two-hour class. All tools and materials will be provided.

Location: CommEd Room 15

Monday, February 3, 6:00 - 8:00 pm

\$99

BEGINNING DRAWING FOR ADULTS

Instructor: **Deb Arsenault**

This fun drawing course will help the beginning artist take their stick figures to a new level. 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, lines & form, values, composition, contours, ellipses and perspective. Please bring a sketch book, graphite pencil kit, pencil sharpener, ruler and kneaded eraser.

Location: CommEd Room 15

4 Mondays, March 3 - March 24, 6:30 - 8:30 pm

\$79



ATMOSPHERIC ABSTRACT WATERCOLOR NEW

Instructor: **Diane Cogliano**

Create stunning watercolor art using this loose style of painting. Under the step by step guidance of the instructor, we will experiment with various techniques that will amaze you. Let's loosen up and have some fun - all levels are welcome.

Location: CHS Room 252

5 Thursdays, March 13 - April 10, 6:00 - 8:00 pm

\$99

“Diane was a fantastic instructor and I look forward to taking courses from her in the future!”

HEATHER P.

INTERMEDIATE DRAWING FOR ADULTS

Instructor: **Deb Arsenault**

This class 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, April 7 – May 5, 6:30 - 8:30 pm **\$79**
(No Class on April 21)

ONLINE LEARNING

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

ONE-HOUR INSTAGRAM MASTERY - GROW YOUR BUSINESS TODAY

Instructor: **Nickie Welsh**

Discover the key steps to boost your company's bottom line and create irresistible content while having fun along the way.

Location: Virtual

Tuesday, January 21, 1:00 - 2:00 pm **\$29**



CELL PHONES & PARENTING - BALANCING CONNECTIVITY AND SAFETY

Instructor: **Nickie Welsh**

Learn strategies for social media/friendships, setting boundaries, ensuring online safety, and fostering healthy screen habits.

Location: Virtual

Tuesday, February 4, 1:00 - 2:00 pm **\$29**

PARENTS WITH LITTLES - YOUR TECHNOLOGY SAFETY TOOLBOX

Instructor: **Nickie Welsh**

Gain practical tips and strategies for managing technology use, protecting privacy, and fostering a safe digital environment for young children.

Location: Virtual

Thursday, March 13, 1:00 - 2:00 pm **\$29**

TECHNOLOGY

MICROSOFT POWERPOINT

Instructor: **Annette Perrotta**

Discover the full potential of PowerPoint, a powerful presentation tool. Become familiar with your PowerPoint interface, learn how to create presentations, and get an overview of the basics of working with slides. Make your slides eye catching by formatting text, applying themes, and inserting graphics and internet links. We will cover tips for creating a seamless slideshow, including converting it to a movie that can be shown on any computer. This class applies to all versions of Microsoft PowerPoint since 2010.

Location: CHS World Language Lab

3 Thursdays, January 23 – February 6, 6:30 - 8:00 pm **\$69**

Fabulous instruction. Very knowledgeable.

MARY M.

CUT THE CABLE

Instructor: **Annette Perrotta**

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

Location: CHS 209

Tuesday, February 4, 6:30 - 8:00 pm **\$29**

MICROSOFT WORD NEW

Instructor: **Annette Perrotta**

In Microsoft Word you will create, edit, format, and print Microsoft Word documents, then move on to advanced formatting, using Word drawing tools. Create and manage tables, and work with column layouts. If time allows, you will also learn more advanced techniques such as working with tables of contents, footnotes, and endnotes, adding comments, tracking changes, comparing, and combining documents, creating envelopes and labels using Mail Merge, and protecting documents.

Location: CHS World Language Lab

4 Thursdays, March 27 - April 17, 6:30 - 8:00 pm **\$89**



COMPUTER BASICS NEW

Instructor: **Annette Perrotta**

In this Windows 11 PC-based course, you will learn the basics of how to operate a computer and navigate the internet in ways that can enrich your life. You will also learn how to use email, search the internet for information, access sources of entertainment, and connect to people, organizations and interests that matter to you. This course will talk about the components of Windows and new innovations on Windows 11, differences between a laptop and a tower computer, connections to your computer like a flash drive and what it is used for. How to organize your photos, and how to use Zoom to connect to people among many other things.

Location: CHS World Language Lab

2 Thursdays, May 1 - May 8, 6:30 - 8:00 pm **\$49**



“Excellent knowledge and a pleasant and friendly delivery style.”

BOB H.

SECURITY, SCAMS, AND YOUR COMPUTER NEW

Instructor: **Annette Perrotta**

Learn what you need to do to protect yourself from someone taking over your computer, iPad, or iPhone. Practical information to protect yourself and your data followed by a question and answer session with our expert.

Location: CHS Room 209

Tuesday, April 15, 6:30 - 8:00 pm **\$29**

“The instructor was well prepared and well versed on a very broad topic.”

KEN F.

HOME

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. A small amount of complimentary organic seeds will be provided to registrants.

Location: CommEd Room 15

Monday, February 24, 6:30 - 8:30 pm

\$59



WEED TO PLATE: BACKYARD FORAGING

Instructor: **Ray Pourali**

Embark on a captivating adventure with backyard foraging in Massachusetts. Discover the hidden treasures of wild edible plants and ancient herbal remedies while reconnecting with nature. Don't miss this sustainable living experience that unlocks the rich tapestry of flavors in your own backyard.

Location: CommEd Room 17

Monday, March 10, 6:30 - 8:30 pm

\$59

LANGUAGES

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. Class will include some interactive scenarios with other students to practice communicating with others.

Location: Virtual

10 Tuesdays, January 21 - April 1, 6:30 - 7:30 pm
(No Class on February 18)

\$119



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: Virtual

10 Wednesdays, January 22 - April 2,
6:30 - 7:30 pm
(No Class on February 19)

\$119

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: Virtual

10 Thursdays, January 23 – April 3,
6:30 – 7:30 pm
(No Class on February 20)

\$119

Well organized. Lauren is amazing and promoted the active participation in this fun class.

CHIEN L.

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 their current skills. Levels 2 & 3 are for the intermediate and advanced learners.

Location: CHS, Room 344

Beginners:

10 Thursdays, January 30 – April 10,
5:30 – 6:30 pm
(No Class on February 20)

\$119

Level 2:

10 Thursdays, January 30 – April 10,
6:45 – 7:45 pm
(No Class on February 20)

\$119

Level 3:

10 Thursdays, January 30 – April 10,
8:00 – 9:00 pm
(No Class on February 20)

\$119

FINANCE & ESTATE PLANNING

MEDICARE: WHERE DO I START?

Instructor: **Patrick Clark**

This course will teach you about Medicare, and what the different parts include. It will help you navigate how to get more coverage. Join us for a very informative lecture that will help you understand your Medicare choices.

Location: CHS Room 230

Thursday, March 6, 7:00 – 8:00 pm

\$29

TAXES IN RETIREMENT: HOW TO PLAN AHEAD

NEW

Instructor: **Patrick Clark**

From investment-specific tactics to Social Security plans, tax strategies for your retirement income are important. While each person's personal situation is different, there are things you can do to maximize your retirement income. Come learn more about this complex topic.

Location: CHS Room 230

Thursday, April 3, 7:00 – 8:00 pm

\$29



USING TRUSTS TO PROTECT YOUR ASSETS NEW

Instructor: **Martha Coravos**

In this one-night class, the instructor, and attorney who specializes in estate planning, will explain the use of trusts to avoid probate and to protect your assets from the cost of long-term care.

Location: Commed Room 17

Wednesday, April 16, 6:00 – 9:00 pm **\$39**

UNDERSTANDING SOCIAL SECURITY

Instructor: **Patrick Clark**

Learn about the social security program and when is the best time to take your social security benefits. Understand how benefits are taxed and when you receive a government pension. This class answers your questions as you approach retirement.

Location: CHS Room 230

Thursday, May 1, 7:00 – 8:00 pm **\$29**

HEALTH & WELLNESS

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 class, 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, an open mind, and water.

Location: CHS – Career Center

Thursday, January 30, 6:00 – 8:30 pm **\$39**

It was a wonderful class! Helped me become more attuned with my spirituality.

OLYMPIA C.

MEDITATION FOR BEGINNERS

Instructor: **Marie Tremblay**

Whether it is 60 seconds or 60 minutes, 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. Come dressed in comfortable clothing with water to hydrate. You will leave with handouts and tips to continue at home.

Location: CHS - Career Center

Tuesday, March 11, 6:00 – 9:00 pm **\$49**



ELDERBERRY & MARSHMALLOW SYRUP WORKSHOP

Instructor: **Marie Tremblay**

Elderberry Syrup is a long used immune system strengthener. Though useful on its own, there are many options when making your own personalized batch. During this workshop, you will explore several health boosting herbs to address and strengthen the respiratory and immune systems.

Location: CHS – Staff Dining Room

Tuesday, March 25, 6:00 – 9:00 pm **\$49**
+ \$20 materials fee to instructor

FITNESS

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, and 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.

Location: CHS, Cafe 1

Session 1:

6 Tuesdays, January 21 – March 4, 6:00 – 7:00 pm **\$89**
(No Class on February 18)

Session 2:

6 Tuesdays, March 25 – May 6, 6:00 – 7:00 pm **\$89**
(No Class on April 22)



INTERMEDIATE PILATES NEW

Instructor: **Jill Bagni**

Build on your Pilates basics with more advanced exercises to obtain a deeper connection with your core. This class focuses on the continuous flow of movement of exercises in the traditional order Joseph Pilates designed to create a challenging workout. This dynamic workout focuses on moving with breath and fluidity.

Location: CHS, Cafe 1

Session 1:

6 Tuesdays, January 21 – March 4, 7:15 – 8:15 pm **\$89**
(No Class on February 18)

Session 2:

6 Tuesdays, March 25 – May 6, 7:15 – 8:15 pm **\$89**
(No Class on April 22)



STRENGTH TRAINING NEW

Instructor: **The Traveling Trainer**

These customized strength training classes are tailored to the goals and needs of each individual. In addition to strength training, you will receive mobility and stretching guidance, personalized coaching, and nutritional insights.

Location: CommEd Bldg. Gym

Session 1:

6 Wednesdays, January 22 – March 5,
6:30 - 7:30 pm **\$99**
(No Class on February 19)

Session 2:

6 Wednesdays, March 19 – April 30,
6:30 - 7:30 pm **\$99**
(No Class on April 23)

MANTRA MEDITATION WITH RESTORATIVE YOGA POSES

NEW

Instructor: **Courtney Fine**

Restorative yoga is the practice of asanas (the physical positions during yoga), each held longer than in conventional yoga. It deeply relaxes the body, still a busy mind, releases muscular tension, improves mobility, flexibility, and the capacity for healing and balancing. You will find a better balance of the nervous system, boosts the immune system, and helps to develop qualities of compassion and understanding toward others and self.

Location: CommEd Bldg. Rec Room

6 Wednesdays, January 22 - March 5,
5:30 - 6:30 pm **\$89**
(No Class on February 19)



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, January 22 - March 5,
6:45 - 7:45 pm **\$89**
(No Class February 19)

Session 2:
6 Wednesdays, March 26 - May 7,
6:45 - 7:45 pm **\$89**
(No Class on April 23)

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, January 27 - March 10,
6:30 - 7:30 pm **\$89**
(No Class on February 17)

Session 2: 6 Mondays, March 24 - May 5,
6:30 - 7:30 pm **\$89**
(No Class on April 21)

This class fits such a need in the area for a great vinyasa flow yoga.
LARA L.

GENTLE RESTORATIVE YOGA WITH GUIDED MEDITATION

NEW

Instructor: **Courtney Fine**

This gentle and restorative yoga class is designed to rejuvenate both the body and mind through a blend of slow, mindful movements and deep relaxation. Each session incorporates breath work to cultivate inner calm, guided meditation to focus the mind, and restorative yoga poses to release tension and promote healing. Reiki energy healing and sound healing from singing bowls are sprinkled throughout the practice to enhance the relaxation experience, encouraging balance and well-being on all levels.

Location: CommEd Bldg. Rec Room

6 Wednesdays, March 26 - May 7,
5:30 - 6:30 pm **\$89**
(No Class on April 23)

ZUMBA TONING WORKOUT

NEW

Instructor: **Aaron Bryant**

Zumba Toning is a high-energy fitness program that combines dance with strength training. It uses light hand weights and controlled movements to target specific muscle groups while dancing to upbeat music. Zumba Toning is effective in sculpting and toning the body while getting a full body toning workout.

Location: CommEd Gym

Session 1:

6 Mondays, January 27 – March 10, 5:30 - 6:00 pm **\$39**
(No Class on February 17)

Session 2:

6 Mondays, March 24 – May 5, 5:30 - 6:00 pm **\$39**
(No Class on April 21)

Purchase Zumba Toning & 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!

Location: CommEd Gym

Session 1:

6 Mondays, January 27 – March 10, 6:15 - 7:15 pm **\$69**
(No Class on February 17)

Session 2:

6 Mondays, March 24 – May 5, 6:15 - 7:15 pm **\$69**
(No Class on April 21)

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

“Aaron makes exercising fun! He has great energy and is very motivating!”

ALYCIA O.

PICKLEBALL

Instructor: **Donald Van Dyne**

Pickleball is a game that combines the aspects of tennis, table tennis (Ping-Pong), and badminton. It is a 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, April 29 – May 20, 9:00 - 10:15 am **\$139**

Advanced Beginner Tuesdays:

4 Tuesdays, April 29 – May 20, 10:30 - 11:45 am **\$139**

Advanced Beginner Thursdays:

4 Thursdays, May 1 – May 22, 3:30 - 4:45 pm **\$139**

Intermediate Thursdays:

4 Thursdays, May 1 – May 22, 5:00 - 6:15 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: CHS – Café 2

6 Tuesdays, January 21 – March 4, 6:00 - 7:00 pm **\$69**
(No class on February 18)

LINE DANCING FOR BEGINNERS

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: CHS - Café 2

Session 1:

6 Tuesdays, January 21 - March 4, 7:15 - 8:15 pm **\$69**
(No Class on February 18)

Session 2:

6 Tuesdays, March 18 - April 29, 6:00 - 7:00 pm **\$69**
(No Class on April 22)



BALLROOM BASICS

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 Foxtrot, Cha-Cha, Hustle. No dance experience is required. Classes will be taught to both individuals and partners.

Location: CHS - Café 2

6 Tuesdays, March 18 - April 29, 7:15 - 8:15 pm **\$69**
(No Class on April 22)

Excellent dance lesson for beginners. Nice, relaxing, and friendly environment. I learned something new for future social gatherings.

FENNI F.

SPECIAL INTERESTS

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

Thursday, February 6, 6:30 - 8:30 pm **\$99**

I have taken this class 15 times due to my professional requirements. Juanita is by far the best instructor I have ever encountered!

BARB F.

FORMS AND STAGES OF DEMENTIA



Instructor: **Olivia Companion**

Explore the present and anticipate the future and a better understanding of dementia by understanding risk factors. Learn why a specific diagnosis can be important, and understanding the leading causes (or forms) of dementia and what to expect. This class is appropriate for personal and professional caregivers, but not for those living with dementia.

Location: Virtual Class

Wednesday, February 5, 6:30 - 7:30 pm **\$29**

INTRODUCTION TO BEEKEEPING

Instructor: **John Hedly**

Bees and the honey they magically produce have fascinated us for centuries. Come see what it takes to be a beekeeper, the equipment needed to set up your first hive, the first hive inspection, keeping your bees happy and healthy. The roles that each bee plays in the hive, and understanding swarms and honey extraction.

Location: CHS - Room 213

2 Thursdays, February 6 - February 13, 6:00 - 8:00 pm **\$79**



LEARN TO PLAY CRIBBAGE

Instructor: **Martha Coravos**

Cribbage combines luck and skill, and the basics can be learned in one night. It was invented in England in the early 17th century, is known as the national card game of Britain. 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. Come enjoy this one-night introduction to a great game. No prior experience needed.

Location: CommEd Room 15

Wednesday, February 12, 6:00 - 9:00 pm **\$29**

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

PATTY M.

UNDERSTANDING THE CRIMINAL JUSTICE SYSTEM

Instructor: **Martha Coravos**

This course provides a basic overview of the Massachusetts criminal justice system. Students will learn how the police, the courts, and the correctional system operate, and how these branches work together. The instructor, a former prosecutor, will lead the class through a hypothetical District Court case and a hypothetical Superior Court case and will explain each step of the process including arrest, arraignment, indictment, probable cause, assignment of counsel, bail review, pre-trial motions, trial, sentencing, probation, parole, and appeal.

Location: CommEd Room 15

Wednesday, March 12, 6:00 - 9:00 pm **\$39**

PLANNING YOUR SPRING & SUMMER EUROPEAN VACATION

Instructor: **Wim Nijenberg**

Learn everything you need to know about planning a spring or summer trip to Europe. What places are best, how to plan your itinerary, selecting the best cancellation and refund policies, as well as many discounts that are available for a variety of services. Even if you have already made your plans, you can still benefit from this information packed evening.

Location: CommEd Room 15

Monday, March 31, 6:00 - 8:00 pm **\$39**

TEA 101: 6 TYPES OF TRUE TEAS

Instructor: **Virginia Utermohlen Lovelace, MD**

An introduction to true teas - green, black, white, yellow, oolong, and puer. How they are grown and processed, and how to brew and enjoy them. We will be enjoying a tasting experience of these 6 teas in class.

Location: CommEd Room 17

Monday, May 12, 6:00 - 8:00 pm **\$39**



PRIVATE MUSIC LESSONS



Whether it is playing your own version of a song or creating an entirely new one, learning how to play an instrument enables you to use your creativity to say something original.

Benefits of music

- 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 piano when they were young.

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

Visit our website or send an email to engage with our coordinator, Christopher McGillicuddy at mcgillicuddyc@chelmsford.k12.ma.us to fund a teacher, instrument, and time that will work for you.



CommEd offers a wide range of highly interactive courses that you can take entirely over the internet.

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CHILDCARE



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 FUNDATIONS 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 enrollment is in the beginning of the year. Watch for more details on our website.

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 FUNDATIONS 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 enrollment is in the beginning of the year. Watch for more details on our website.

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 education 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 mcguirkm@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: 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](https://www.ChelmsfordCommunityEd.com) for more information.

Register NOW at
ChelmsfordCommunityEd.com





NEWS FROM AROUND TOWN



BOARD OF HEALTH

FREE BLOOD PRESSURE SCREENINGS:

First Thursday of every month from 9am - 12pm 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.

CHOLESTEROL SCREENING:

Heart disease remains one of the leading causes of death, but many risk factors, including high cholesterol can be managed with early detection and lifestyle changes. For more information or to find out when the next screening day will take place, call the health department at 978-250-5241 or visit www.chelmsfordma.gov.

MEDICAL SHARPS COLLECTION:

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

UNWANTED MEDICATION DISPOSAL:

Pills only please at the Unwanted Medication Disposal Kiosk at the Chelmsford Police Department (2 Olde North Rd) 24/7. Pills must be in a secured zip lock baggie no larger than 2 slices of bread. Sharps will not be accepted.

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

Department Facebook:

www.facebook.com/ChelmsfordBoardofHealth

Copies of any vaccine that you received at the Health Department can be obtained by calling the Health Department. The cost is \$10 per copy paid by cash or check and can only be requested by the individual or legal guardian. Please come to the office with a photo ID to receive your copies.

HOUSEHOLD HAZARDOUSE WASTE DAY:

Twice yearly to Chelmsford residents only on the **last Saturday of April and October**. The next HHWD is **Saturday, April 26th from 9am to 1pm** at the DPW (9 Alpha Rd.). You must bring an ID and fees may be charged for items. Call Christopher Haley at 978-250-5203 (chaley@chelmsfordma.gov) with questions.



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. For more information contact Melissa Cameron, LCSW, the health department's public health community social worker, at 978-250-5241 or mcameron@chelmsfordma.gov.

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? Care Solace now offers navigation for essential social services like housing and food assistance. Call the Chelmsford Health Department at 978-250-5241. This is not an emergency response service. Call 911 for a life-threatening emergency.



TRAVEL



Chelmsford Community Education is proud to partner with The Travel Group to bring trips to the Chelmsford Community in 2025.

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

An Irish Celebration with Andy Cooney and Friends

MARCH 11th

Ozark Jubilee, direct from Branson, Missouri

APRIL 29th

The Jersey Tenors

MAY 14th

The Strawberry Festival & BBQ with Johnny Cash Tribue Show

JUNE 11th

What if Elvis Lived, A Tribute to the King of Rock & Roll

JULY 8th

Lakeside Turkey Train

SEPTEMBER 18th

Oktoberfest Celebration

OCTOBER 16th

St. Charles is Dead at the Newport Playhouse

OCTOBER 29th

Swinging with the 50s & 60s Holiday Show

DECEMBER 8th



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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THIS SUMMER!**

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OUR SUMMER PROGRAM
REGISTRATION
OPENS IN MARCH



Register online at ChelmsfordCommunityEd.com

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