



COURSE CATALOG FALL 2025



Register online at ChelmsfordCommunityEd.com



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CLASS KEY

 **NEW** Class

 **FALL ONLY** Class

 **VIRTUAL** Class:
fully remote

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

 **TRAVEL** Class



INSTRUCTOR SPOTLIGHT

BETHANY CARLSON

Bethany Carlson has taught SAT preparation strategies for over 25 years, including the last 8 years at Chelmsford Community Education. The test has changed a lot—the maximum combined score went up to 2400 and back down to 1600, the essay came and went, analogies and antonyms disappeared, and now the SAT has gone digital.

Through all the changes, she strongly believes that SAT preparation allows students to reduce test anxiety and take control of their college application process. With her educational background in mechanical and civil engineering, she has written curriculum, taught robotics, and tested the dynamic behavior of bridges.

Currently, she teaches math. In her spare time, she wears a funny hat as a volunteer for Massachusetts Destination Imagination (MADI).

CHELMSFORD COMMUNITY EDUCATION

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

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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. Drop-ins are not allowed. **Registration ends one week prior to the start date for each class. Call our office for more information if you can't find your class choices.**

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 business days prior to a class start date.
3. A full credit, minus a \$10 processing fee, will be given for a cancellation 8 – 15 business days prior to the class start date.
4. No refund or credit will be given for cancellations 7 business 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 cancel a class, e-mail adulthood@chelmsford.k12.ma.us

QUESTIONS

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

For questions regarding childcare, contact Michele Pielleski 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 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. Bring a pencil, pen, and your Chromebook to class. SAT workbook not included. A link to purchase the book will be sent at time of registration.

Location: CHS Room 209 **Grades:** 9 and up

7 Tuesdays, September 9 – October 21, 7:00 - 9:00 pm **\$169**

Register for both Math and Verbal for just **\$289**



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. Bring a pencil, pen, calculator, and your Chromebook to class. SAT workbook not included. A link to purchase the book will be sent at time of registration.

Location: CHS Room 209 **Grades:** 9 and up

7 Thursdays, September 11 – October 23, 7:00 - 9:00 pm **\$169**

Register for both Math and Verbal for just **\$289**

ART

ADVENTURES IN DRAWING: NEW UNDERWATER WORLD

Instructor: **Jalix Delacruz**

Dive into creativity! In this imaginative drawing class, young artists will explore the wonders of the ocean through pencil, pastel, and marker. From colorful coral reefs to mysterious sea creatures, students will learn how to bring underwater scenes to life while developing their drawing skills. There is a \$25 supply fee paid to the instructor on the first day of class for all supplies needed.

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

Grades K-1:

5 Mondays, September 8 – October 6, 5:30 - 6:30 pm **\$69**

Grades 2-5:

5 Mondays, September 8 – October 6, 6:45 - 7:45 pm **\$69**



My son enjoyed the Learn to Draw for Kids class so much! It boosted his confidence level with his art skills and let him be amazingly creative. I would have him do it again in a heartbeat!

CELINA M.



My 5 ½ year old has a blast during her painting class! She looked forward to every week and talked about it for days after. Thanks for a fun program!

JESSICA K.

PAINTING FOR KIDS: COLOR AND EXPRESSION

Instructor: **Jalix Delacruz**

Let your child's imagination come to life through paint! In this fun and creative class, young artists will explore the power of color, emotion, and self-expression while learning foundational painting techniques. Through guided projects and open-ended exploration, students will use brushes, sponges, and even fingers to create expressive works of art that reflect their feelings, ideas, and dreams. There is a \$25 supply fee paid to the instructor on the first day of class for all supplies needed.

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

Grades K-1:

5 Mondays, October 27 – November 24, 5:30 - 6:30 pm **\$69**

Grades 2-5:

5 Mondays, October 27 – November 24, 6:45 – 7:45 pm **\$69**

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 **Ages:** Grades 1-5

Session 1:

6 Mondays, September 8 – October 20, 5:30 - 6:30 pm **\$215**
(No Class on October 13)

Session 2:

6 Mondays, November 3 – December 8, 5:30 - 6:30 pm **\$215**



SPECIAL INTERESTS

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 **Ages:** 6-12

Session 1:

6 Mondays, September 8 – October 20, 5:30 - 6:30 pm **\$69**
(No Class on October 13)

Session 2:

6 Mondays, November 3 – December 8, 5:30 – 6:15 pm **\$69**

INTERACTIVE CODING FOR KIDS NEW

Instructor: **Circuit Lab**

In this hands-on class, students explore Scratch programming, using the MIT-developed programming interface to craft stories and games. Then you will use Makey Makey boards to invent new ways to interact with the Scratch projects using everyday objects. Circuitry projects will become musical instruments, video game controllers, pressure sensors, and more. You will learn valuable 21st-century skills while engaging in these fun, creative lessons. Collaborative project challenges enhance teamwork skills and inspire critical thinking. No prior coding experience required.

Location: CHS Room 213 **Ages:** 3-5

6 Tuesdays, September 9 – October 14, 5:30 - 7:00 pm **\$179**

*My daughter **ADORED** this class with Mr. Phil - she was always so excited to go to class every week and learned so much from him.*

MARIA B.

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 Bldg. Rooms 17 & 21 **Ages:** 8-12

Session 1:

Wednesday, September 10, 5:30 - 7:30 pm **\$29**

Session 2:

Wednesday, October 22, 5:30 - 7:30 pm **\$29**



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 Bldg. Cafe **Grades:** K-5

Session 1:

6 Wednesdays, September 10 – October 15, 5:30 - 6:30 pm **\$159**

Session 2:

6 Wednesdays, October 29 – December 10, 5:30 – 6:30 pm **\$159**
(No Class on November 26)

ADVENTURES IN STEM USING LEGOS NEW

Instructor: **Play-Well TEKnologies**

Let your imagination run wild with tens of thousands of LEGO parts! Build engineering-designed projects and use special pieces to create your own unique designs! Explore fundamental STEM concepts through play. Create without fear of mistakes, express creativity in ways you never thought possible!

Location: CHS – Café 1. **Ages:** 5-7

6 Thursdays, September 11 – October 16, 5:30 – 6:30 pm **\$179**

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, 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, October 21 – December 9, 5:30 – 7:00 pm **\$179**
(No Class on November 4 or 11)

RADICAL RIDES 2.0 USING LEGOS NEW

Instructor: **Play-Well TEKnologies**

Get anywhere, by building fast and furious vehicles of all kinds! Dive into our tens of thousands of LEGO parts while you learn about the engineering behind vehicle design and creation. Explore fundamental STEM concepts through play. We guarantee that our Play-Well instructors will help you get movin' and groovin' through the world.

Location: CHS Café 1 **Ages:** 7-12

6 Thursdays, October 30 – December 11, 5:30 – 6:30 pm **\$179**
(No Class on November 27)

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

| | |
|---------------------------------------|--------------|
| Tuesday, September 23, 3:30 – 6:15 pm | \$105 |
| Thursday, November 6, 3:30 – 6:15 pm | \$105 |

I learned so much from this course about babysitting and CPR which will definitely help me greatly with babysitting!!

JENNIFER S.





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.

EAST MADE EASY: JAVA, INDONESIA NEW

Instructor: **Ina Saptaria**

Learn how to save money and impress your family and friends by preparing delicious Asian meals with ingredients from your local grocery store. In this class, you will learn to make specialty recipes from the spice island Java, Indonesia including Bala-Bala (vegetarian fritters), Sambal Kacang (peanut sauce), Sate Ayam & Sapi (chicken and beef satay), Mie Bihun (sauteed shrimp and vegetables with ice noodles), Cendol (grass jelly and jackfruit dessert drink in coconut water).

Location: CommEd Kitchen

Monday, September 8, 6:00 – 9:00 pm

\$65



NOT YOUR NONNA'S FOCACCIA NEW

Instructor: **Lisa Parcella**

Explore making Focaccia with a twist! Start with Nonna's classic, then dive into how to turn that beautiful bread into a Sicilian style pizza. Move on to explore new flavor combinations like French Onion Focaccia and Cacio e Pepe Focaccia. Learn a foolproof recipe for a gorgeous loaf full of bubbles and crispy edges that can be adapted to your flavor preference for endless combinations.

Location: CommEd Kitchen

Monday, September 15, 6:00 – 9:00 pm

\$65

AFRICAN CUISINE: NIGERIA NEW

Instructor: **LaFortune Djabea**

Savor a vibrant fusion of textures and flavors in our Nigerian Suya Bowl. Lightly spiced rice forms the base, infused with fresh basil and paired with your choice of tender beef or savory mushrooms. It's topped with golden fried plantain, crisp red onion, tomatoes, refreshing cucumber, hearty kale, and avocado. Each bowl is finished with a bold drizzle of spicy mayo and a generous dusting of our house-made Suya Spice Mix, created fresh in class for a truly authentic kick.

Location: CommEd Kitchen

Monday, September 22, 6:00 – 9:00 pm

\$65



The love of the food and culture came shining through - it was easy to embrace the enthusiasm of learning a new cuisine.

LINDA T.

APPLE DESSERTS THREE WAYS

Instructor: **Lisa Parcella**

Join us in celebrating the apple in three delicious ways! First you will make an all butter, beautifully-flaky pie crust, filled with the chef's secret, irresistible filling that has some unique ingredients guaranteed to be something you've never used before, but will surely become your favorite apple pie recipe. Double crust or crumb topping? The choice is yours. Next you will use the same crust to make apple dumplings for a petit, handheld treat. Finish with apple caramels that are so buttery and addictive, you may never make them again for fear you'll eat the whole pan in one sitting!

Location: CommEd Kitchen

Monday, September 29, 6:00 – 9:00 pm

\$65



FALL FARMER'S MARKET COOKING

Instructor: **Diane Manteca**

Farmer's markets are full of wonderful fall vegetables that can be used in a variety of dishes. In this class you will make creative, hearty and full-of-flavor recipes including Creamy Pumpkin & Sausage Risotto, Chicken with Cranberries in a Maple Mustard Sauce, Braised Red Cabbage with Caramelized Apples, and a buttery Fall Pear Galette.

Location: CommEd Kitchen

Wednesday, October 1, 6:00 – 9:00 pm

\$65

DOLCE ITALIAN DESSERTS III

Instructor: **Diane Manteca**

Learn to make some famous and delicious desserts that Italy has to offer! In class, you will make the famous chocolate and decadent Torta di Caprese from the island of Capri, a luscious Limoncello Tiramisu filled with creamy mascarpone and lemon filling, Torta di Mele, which is a Northern Italian apple cake full of flavor, and Pizzelle, the famous waffle-shaped cookies from Southern Italy.

Location: CommEd Kitchen

Monday, October 6, 6:00 – 9:00 pm

\$65



COOKING WITH ANCIENT GRAINS

Instructor: **Diane Manteca**

Start eating healthier and explore ways to include grains into your diet. Many grains are high in protein and low in calories, making any recipe incorporating grains a healthier option. Learn the optimum way to cook grains, incorporate them into recipes, and what nutrition they provide. In this class, you will make Italian Farro Stuffed Peppers, African Teff Stew with Vegetables, Millet & Cashew Pilaf, and Amaranth, Quinoa, and Corn Chowder.

Location: CommEd Kitchen

Wednesday, October 8, 6:00 – 9:00 pm

\$65

Diane is unbelievable and knowledgeable. I would recommend this class to anyone.

HEATHER G.

THE ART OF PASTA MAKING

Instructor: **Diane Manteca**

Learn to make pasta dough from scratch, cutting fettuccine, 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

Wednesday, October 15, 6:00 – 9:00 pm

\$65



SWEET SUCCESS: NEW PAVLOVA PERFECTION

Instructor: **Jarka Salvo**

Learn how to make irresistible desserts like flaky apple strudel, buttery apricot and strawberry fruit tart, and cloud-like Pavlova topped with fresh fruit in this hands-on class. These recipes are easier than you think, and once you master them, they will become your go-to favorites in your dessert lineup.

Location: CommEd Kitchen

Monday, October 20, 6:00 – 9:00 pm

\$65

AFRICAN CUISINE: CONGO NEW

Instructor: **LaFortune Djabea**

Unwrap the rich tradition of Congolese cuisine with our Liboke—a fragrant, banana leaf-wrapped parcel of marinated chicken or mushrooms, slow-cooked in a delicate blend of aromatic spices and herbs. Every bite melts in your mouth, capturing the earthy warmth of central African cooking. Served alongside fluffy rice and elevated by a class-crafted spice mix, this dish is a celebration of deep, slow-simmered flavor.

Location: CommEd Kitchen

Monday, October 27, 6:00 – 9:00 pm

\$65



SPECTACULAR SIDE DISHES NEW

Instructor: **Diane Manteca**

Join us and bring your dishes to a new level of creativity with new flavor combinations that are sure to elevate any meal. You will make Baked Fennel with Tomatoes and Herbs, Braised Cauliflower with Asian Spices, Curried Basmati Rice Pilaf with Apples, Maple Orange Mashed Sweet Potatoes, and Spinach with Caramelized Onions, Pine Nuts, and Dried Apricots.

Location: CommEd Kitchen

Monday, November 3, 6:00 – 9:00 pm

\$65

Diane breaks each step down and makes sure everyone gets it. In addition to the lesson there were so many bonus details she shared from her vast experience!

KATHERINE G.

BREAD BASICS: NEW **THANKSGIVING DINNER ROLLS**

Instructor: **Steve Tulloch**

Join us for this introduction to the basics of yeasted bread as you make these quick and delicious dinner rolls, a perfect accompaniment to your Thanksgiving feast. You'll learn how to work with yeast, knead and shape bread dough, and go home with a dozen warm rolls!

Location: CommEd Kitchen

Wednesday, November 5, 6:00 – 9:00 pm

\$65



ITALIAN COOKING FROM PUGLIA NEW

Instructor: **Diane Manteca**

Puglia sits in the boot of Southern Italy and has become a “go to” region when traveling to Italy in part because of their distinct and flavorful cuisine. In class you will learn to make a delicious antipasto dish called Peperoni al Forno, stuffed peppers with anchovies and breadcrumbs, the famous Orrechette with Meatballs, and Braised Broccoli Rabe with Cannellini Beans. Finish with a specialty dessert, Sporcamosi, a puff pastry filled with cream.

Location: CommEd Kitchen

Wednesday, November 12, 6:00 – 9:00 pm

\$65

CZECH CHRISTMAS CLASSICS NEW

Instructor: **Jarka Salvo**

Bring the heart of a Czech Christmas to your kitchen! In this hands-on class, you will learn how to make a traditional Czech potato salad, crispy breaded Chicken Schnitzel, and delicate Vanilkove Rohlicky, which are crescent-shaped vanilla cookies that melt in your mouth. These recipes are simple, satisfying, and sure to become family favorites for years to come.

Location: CommEd Kitchen

Monday, November 17, 6:00 – 9:00 pm

\$65

THANKSGIVING SIDES & DESSERT NEW

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 19, 6:00 – 9:00 pm

\$65

EAST MADE EASY: NEW **SOUTHEAST ASIAN COOKING**

Instructor: **Ina Saptaria**

Fall is a beautiful season a time for comfort, gathering with family and friends. As we approach Thanksgiving, it's also a perfect season to create and enjoy delicious heartwarming dishes. In this class, you will learn to make Soto Ayam (chicken soup of turmeric and lemongrass), Lumpia (spring rolls with vegetables), Martabak (thin pastry filled with spiced ground beef and egg), Gado-Gado (salad of steamed or blanched vegetables, tofu, tempeh, and eggs), and Kue Bika (honeycomb patterned dessert cake).

Location: CommEd Kitchen

Monday, November 24, 6:00 – 9:00 pm

\$65

BURGERS AROUND THE WORLD NEW

Instructor: **Diane Manteca**

Elevate your next barbecue or family burger night dinners with some of the tastiest burgers from around the world. In this class you will be making Italian Smash Burgers, Argentinian Turkey Burgers, Asian Salmon Burgers, and Spicy Mexican Black Bean Burgers. You will be making sliders in class so everyone can enjoy each type of burger. Impress your family and friends with these new and exciting recipes.

Location: CommEd Kitchen

Monday, December 1, 6:00 – 9:00 pm **\$65**

REGIONAL PASTA DISHES FROM ITALY NEW

Instructor: **Diane Manteca**

Every region in Italy has their specialty pasta dishes that they are known for. Explore many of these flavorful regional dishes that will surely become family favorites. In this hands-on class, you will learn to make Cacio e Pepe from Rome, Quatro Formaggio with Speck from Emilia-Romagna, Tagliatelle with Zucchini, Roasted Peppers, and Tomatoes from Calabria. Finish with Pesto alla Trapanese, a tomato-almond pesto from Sicily.

Location: CommEd Kitchen

Wednesday, December 3, 6:00 – 9:00 pm **\$65**

"I'm so happy I signed up for this class. Love how Mrs. Quinn makes the learning process so easy and fun. She's very patient and always willing to help."

SARITHA R.

HOLIDAY COOKIES & BISCOTTI NEW

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 8, 6:00 – 9:00 pm **\$65**

CINNAMON STAR BREAD NEW

Instructor: **Steve Tulloch**

Learn how to make this beautiful star-shaped sweet pull apart bread, a perfect addition to festive family breakfasts and holiday celebrations! You will learn how to work with yeast, knead and shape bread dough, and go home with one of your very own to share.

Location: CommEd Kitchen

Wednesday, December 10, 6:00 – 9:00 pm **\$65**



CRAFTS

SEWING

Instructor: **Therese Quinn**

This class is centered around your own personalized sewing project. In the first session, held at a local fabric store, you'll receive guidance in selecting a suitable pattern, fabric, and all necessary supplies. You will learn to take accurate measurements, adjust a pattern to fit properly, how to cut and techniques for assembling your project. Whether you're a beginner looking to learn the basics or someone with experience wanting to refine your skills, this class offers personalized instruction and support to help bring your project to life. Bringing your own sewing machine to class is required.

Location: CHS Room 109

10 Tuesdays, September 9 – November 25, 6:00 – 9:00 pm **\$249**
(No Class on November 4 or 11)

CROCHET FOR BEGINNERS

Instructor: **Tracey Spooner**

Learn the essential skills and techniques needed to start your crochet journey! Perfect for beginners, this course covers foundational stitches (chain stitch, slip stitch, single stitch, half double stitch, and double crochet), understanding yarns and tools you will need, and construction methods like working in rows and in the round. You will work on multiple small projects during this class. By the end, you'll be comfortable reading basic patterns and creating your own simple projects.

Location: CommEd Rm 21

Session 1:

6 Wednesdays, September 10 – October 15,
5:30 - 6:30 pm

\$59

Session 2:

6 Wednesdays, October 29 – December 10,
5:30 - 6:30 pm
(No Class on November 26)

\$59

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 21

Session 1:

6 Wednesdays, September 10 – October 15,
7:00 - 8:30 pm

\$89

Session 2:

6 Wednesdays, October 29 – December 10,
7:00 - 8:30 pm
(No Class on November 26)

\$89

EASY QUILT MAKING

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, September 25 – November 13,
6:00 - 9:00 pm
(No Class on October 16 & 30)

\$149

FALL GNOME SCARECROW PAINTING WORKSHOP

NEW

Instructor: **Annette Perrotta**

Come for a fun night of painting a 8.5" fall Gnome Scarecrow! A \$15 supply fee is due to the instructor at the start of class for all materials needed to create a beautiful, custom scarecrow shelf sitter, made for indoor use.

Location: CHS Room Staff Dining Room

Thursday, September 25, 6:30 - 8:00 pm

\$29

Tracey was a wonderful and patient instructor. Very relatable. Never rushed us through anything and individual instruction/answers were informative.

LISA S.

HARVEST WREATH MAKING WORKSHOP

NEW

Instructor: **Annie Morano**

Create a gorgeous harvest wreath on a premade grapevine base. All supplies are provided as you learn how to evenly decorate using a variety of fall elements. No experience is necessary to create this 16-inch wreath. All items are made for indoor/outdoor use to ensure an everlasting creation.

Location: CommEd Room 15

Monday, September 29, 6:30 - 8:00 pm

\$65



KNITTING

Instructor: **Dale Keothe**

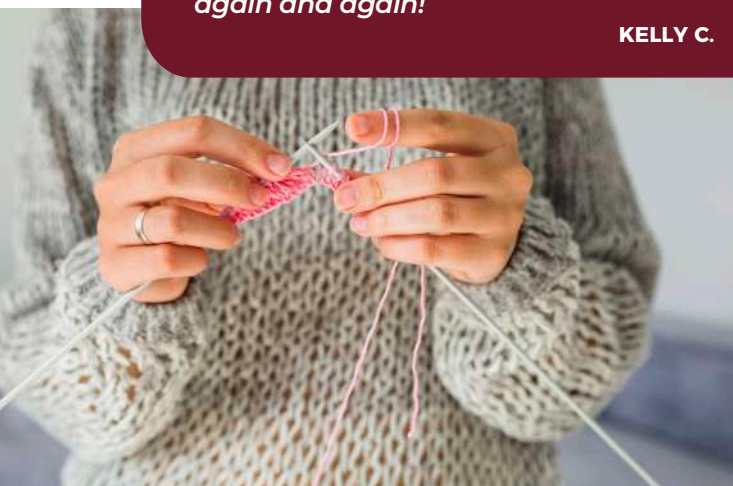
Do you know how to knit but would like to tackle a more challenging project or learn a new knitting skill? Beginners will learn how to cast on, knit, purl, and cast off while knitting a small coin purse. Continuing knitters should bring their own projects and will receive assistance in fixing mistakes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

Location: CHS Main Conf. Room

6 Tuesdays, October 14 – December 9, 6:00 - 8:00 pm **\$89**
(No Class on November 4, 11, or 25)

Dale is fantastic. Knowledgeable, helpful, kind and patient. I would take this class again and again!

KELLY C.



CHUNKY HAND-KNIT BLANKET MAKING WORKSHOP

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 15

Monday, October 20, 6:30 - 8:30 pm **\$109**

VINTAGE FALL PUMPKIN BASKET WORKSHOP

NEW

Instructor: **Annie Morano**

Create a fall planter using real mums in a variety of colors, grasses and faux pumpkins for a festive décor arrangement. All planters will be done in a vintage basket. Learn how to weatherproof and ensure a long-lasting arrangement. All supplies are provided.

Location: CommEd Room 21

Monday, November 3, 6:30 - 8:00 pm **\$85**

WOODEN FROSTY SNOWMAN PAINTING WORKSHOP

NEW

Instructor: **Annette Perrotta**

Paint and customize your own beautiful snowman sign. Snowman sitter measures 6" wide x 8.5" tall and is ½" thick high quality MDF. A \$15 supply fee is due to the instructor at start of class for all materials needed to create a beautiful custom snowman shelf sitter made for indoor use.

Location: CHS Room Staff Dining Room

Thursday, November 6, 6:30 - 8:00 pm **\$29**



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 local fabric store where the instructor will help you select all the materials needed to make your tree skirt.

Location: CHS Room 109

4 Thursdays, November 20 – December 18,

6:00 - 9:00 pm

(No Class on November 27)

\$119

BABY BLANKET CROCHET WORKSHOP

Instructor: **Annette Perrotta**

Create a simple and sweet crochet baby blanket pattern. Students will need to know how to do a chain stitch to get your blanket started and double crochet stitch is used throughout the pattern. Perfect for beginners and creates a cozy 32" wide by 34" long blanket.

Location: CHS Career Center

2 Thursdays, December 4 - 11, 6:30 - 8:00 pm

\$49



BOXWOOD TREE MAKING WORKSHOP

Instructor: **Annie Morano**

Design your very own tree out of Boxwood and mixed greenery. Use Juniper berries, pine cones, and ribbon to complete this custom table-top tree in a gold or silver tin that stands 10-12 inches tall. All supplies are included to create a beautiful seasonal Boxwood tree.

Location: CommEd Room 15

Monday, December 8, 6:30 - 8:30 pm

\$69

PHOTOGRAPHY

DIGITAL PHOTOGRAPHY I

Instructor: **Steve McGrath**

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

Location: CommEd Rm 15

4 Wednesdays, September 24 – October 15,

5:30 - 7:00 pm

\$139



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

3 Wednesdays, September 24 – October 8,

7:30 - 9:00 pm

\$89

PHOTOSHOP ELEMENTS NEW

Instructor: **Steve McGrath**

This workshop will help you learn Photoshop techniques and skills to apply them to your own personal photography. Using classroom lecture and interactive student participation, this course will cover workflow, file types, optimizing images, layers, tools, panoramics, color balance, black and white, and archiving. Extensive handouts will lead students step-by-step so that skills can be practiced at home.

Location: CommEd Rm 15

3 Wednesdays, November 5 – November 19,
5:30 - 7:00 pm

\$89

PORTRAIT & WEDDING PHOTOGRAPHY NEW

Instructor: **Steve McGrath**

This portrait and wedding photography course is designed to teach you everything you need to know to take quality portraits. You will learn how to work with all different types of subjects, from individuals and groups to children. Learn the nuances of lighting and posing, how to shoot in studio or on location, and how to master the gear you will need to create inspiring work!

Location: CommEd Rm 15

3 Wednesdays, November 5 – November 19,
7:30 – 9:00 pm

\$89

PHOTOGRAPHING SNOWFLAKES NEW

Instructor: **Steve McGrath**

Use Macro/close up settings, lenses, filters, and lighting to take amazing images of snowflakes! Learn how to set controls like Aperture, ISO Exposure compensation, and composition to help captures the best possible image. This class is suitable for students using either a digital camera or a smartphone.

Location: CommEd Rm 15

2 Wednesdays, December 3 & 10, 5:30 – 7:00 pm

\$59

PET PHOTOGRAPHY NEW

Instructor: **Steve McGrath**

This pet photography course is designed to teach you everything you need to know to take professional quality portraits of your pets. Learn how to work with all different types of subjects from individuals and groups of pets. Learn the nuances of lighting and posing, how to shoot in a studio or on location, and how to master the gear you will need to create inspiring work!

Location: CommEd Rm 15

2 Wednesdays, December 3 & 10, 7:30 – 9:00 pm

\$59

ART

IMAGES OF FALL WATERCOLOR WORKSHOP NEW

Instructor: **Diane Cogliano**

Capture the essence of Fall during this 5-week watercolor class. Each week you will explore different subjects, learn new techniques, and practice color mixing. You will be guided step-by-step in a supportive environment. All skill levels are welcome.

Location: CHS Room 252

5 Thursdays, September 11 – October 9,
6:00 - 8:00 pm

\$119



WIRE TREE ART WORKSHOP

Instructor: **Ryan Kelley**

Create your own one-of-a-kind, wire tree. You will learn how to create a wire tree in any style, on a rock you provide during this two-hour class. Tools and materials will be provided. You need to bring a rock the size of an adult fist.

Location: CommEd Room 15

Monday, September 15, 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, line & form, values, composition, contours, ellipses and perspective. Please bring a sketch book, graphite pencil kit, pencil sharpener, ruler and kneaded eraser.

Location: CommEd Room 17

4 Mondays, September 22 - October 20,
6:30 - 8:30 pm **\$99**
(No Class on October 13)



GYOTAKU JAPANESE ART WORKSHOP

Instructor: **Patti Fielding**

Gyotaku is an ancient Japanese art printing technique that dates back to the early 1800s. Gyotaku translates to "fish rubbing" but is now an art form that includes leaves, feathers, shells, and many other items. All supplies are included for you to make several different pieces using a variety of subjects, customized to your own personal creative choices.

Location: CommEd Room 17

Wednesday, September 24, 6:30 - 8:30 pm **\$39**

HOLIDAY WATERCOLOR CARD WORKSHOP

Instructor: **Diane Cogliano**

As the holidays approach, experience the joy of making your very own hand-painted greeting cards that your loved ones will surely cherish! You will be guided step-by-step through the process in a supportive environment. All skill levels are welcome.

Location: CHS Room 252

5 Thursdays, October 23 - November 20,
6:00 - 8:00 pm **\$119**

"I will always sign up for Diane's watercolor classes if she's teaching and my schedule aligns!"

BRI B.

INTERMEDIATE DRAWING FOR ADULTS

Instructor: **Deb Arsenault**

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

Location: CommEd Room 17

4 Mondays, October 27 - November 17,
6:30 - 8:30 pm **\$99**



ONLINE LEARNING

Full descriptions of all online learning classes with instructor Nickie Welsh from Social Club Simple can be found on our website.

TECH SAVVY SURVIVAL

Tech skills needed for everyday life to navigate the digital landscape.

Location: Virtual

Thursday, September 11, 1:00 - 2:00 pm **\$35**

YOUTUBE CHANNEL STARTER KIT

Learn to create and launch your very own YouTube channel!

Location: Virtual

Tuesday, October 7, 1:00 - 2:00 pm **\$35**

FAST TRACK TO SOCIAL MEDIA MARKETING FOR BUSINESS

Essential strategies to leverage social media for business success.

Location: Virtual

Tuesday, November 18, 1:00 - 2:00 pm **\$35**



TECHNOLOGY

GOOGLE VS. MICROSOFT 365

Instructor: **Annette Perrotta**

Do you know the difference between Google Workspace and Microsoft 365? Dropbox, Google Drive, and One Drive? Technology is always changing and it can be complicated to understand these changes and choose the best platforms for you. Google Workspace can be more intuitive, affordable and easier to use than Microsoft 365 though it is also less private. Security, integration options with third-party apps, and platform software differences will all be discussed in this informative workshop.

Location: CHS 230

Thursday, September 18, 6:30 - 8:00 pm **\$29**



CANVA - GRAPHIC DESIGN WEBSITE WORKSHOP

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 from 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 World Language Lab

2 Tuesdays, September 23 - September 30,
6:30 - 8:00 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, 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, October 14, 6:30 - 8:00 pm

\$29

“Have been trying to learn on my own for some time. Good to have an experienced and knowledgeable instructor.”

CELESTE B.

CHAT GPT & AI: A BEGINNERS GUIDE NEW

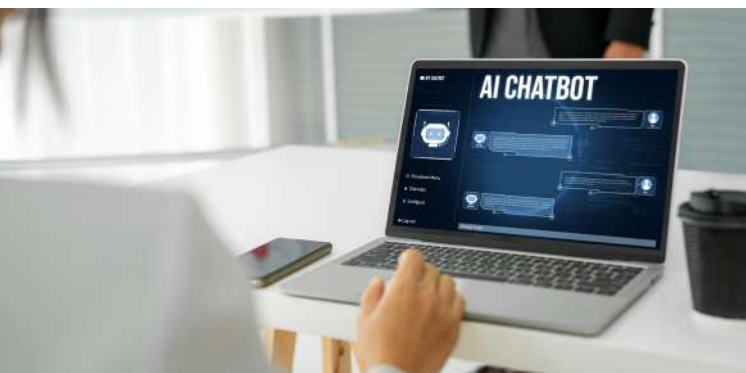
Instructor: **Annette Perrotta**

What is ChatGPT and AI? Chat GPT is primarily used for conversational assistance, customer support, content creation, and educational tools, while AI can perform a wide range of tasks from image recognition to predictive analytics. These applications are revolutionary for the business world as well as for people in their personal lives. This class helps to demystify the subject matter and highlight how you can use this technology to its fullest potential.

Location: CHS Room 230

Thursday, October 23, 6:30 - 8:00 pm

\$29



HOME

BAKING SODA BOOTCAMP NEW

Instructor: **Ray Pourali**

Get ready to transform your wellness journey! This workshop will equip you with the practical knowledge to harness the incredible health benefits of baking soda. We will cover everything from digestive health to personal care, empowering you to take control of your well-being.

Location: CommEd Room 17

Monday, December 8, 6:30 - 8:00 pm

\$29



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. You will engage in interactive activities, games, and roleplay scenarios to strengthen your ability to communicate effectively with others.

Location: Virtual

10 Tuesdays, September 9 - November 18,
6:00 - 7:00 pm

\$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

Beginners:

10 Thursdays, September 11 – November 13,
6:00 – 7:00 pm

\$119

Lauren was a very good teacher who obviously spent a lot of time preparing for class. She was flexible and willing to discuss topics she hadn't necessarily planned to include but students wanted to learn. I would highly recommend this class. She gave us great resources we could use to take learning further. Lauren was excellent!

JULIE W.

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, September 11 – November 13,
5:30 – 6:30 pm

\$119

Level 2:

10 Thursdays, September 11 – November 13,
6:45 – 7:45 pm

\$119

Level 3:

10 Thursdays, September 11 – November 13,
8:00 – 9:00 pm

\$119

FINANCE & ESTATE PLANNING

USING TRUSTS TO PROTECT YOUR ASSETS

Instructor: **Martha Coravos**

In this one-night class, the instructor, an 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, September 17, 6:00 – 9:00 pm

\$39

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 Medicare and what your choices are.

Location: CHS Room 230

Thursday, September 25, 7:00 – 8:00 pm

\$29

AFTER THE PAYCHECK STOPS: NEW A RETIREMENT INCOME PRIMER

Instructor: **Patrick Clark**

What happens after the paycheck stops? It's essential to understand retirement income options. In this course, you will discuss important topics including budgeting for retirement expenses which may include housing, healthcare and general living costs, potential sources of income including social security benefits, pensions, and annuities. Learn the risks of long-term care costs and healthcare expenses and how you can plan ahead to ensure you have enough income to cover your expenses during retirement.

Location: CHS Room 230

Thursday, October 9, 7:00 – 8:00 pm

\$29

ROTH IRA: GROWING WEALTH NEW TAX FREE

Instructor: **Ray Pourali**

Want to grow your money tax-free? Whether you are just starting out, in your prime earning years, or planning for retirement, this course breaks down everything you need to know about ROTH IRAs in an easy-to-understand way. Learn how to maximize your savings, avoid common mistakes, and take advantage of tax-free withdrawals. These practical tips are designed to help you build wealth at any age.

Location: CommEd Room 17

Monday, November 24, 6:30 – 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 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, and an open mind.

Location: CHS – Main Office Conference Room

Thursday, September 18, 6:00 – 8:30 pm

\$39

REIKI LEVEL 1 CERTIFICATION

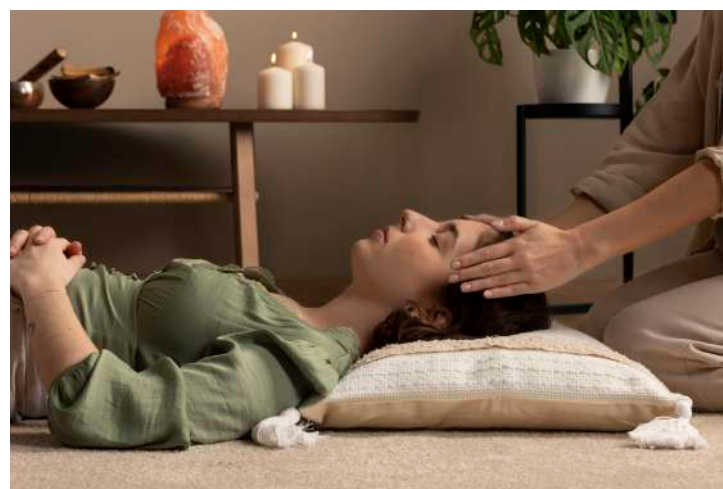
Instructor: **Marie Tremblay**

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, what Reiki can heal, 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 – Main Office Conference Room

Tuesday & Thursday, October 7 & 9, 6:00 – 9:00 pm

\$139



BUILDING YOUR PEACE TOOLBOX NEW

Instructor: **Marie Tremblay**

Learn practical, peacebuilding skills by developing practices for engaging with conflict and peace processes to help provide balance. During this course you will review helpful herbs, practice breath work, and explore crystals and meditation that bring the body, mind, and spirit to a peaceful space.

Location: CHS – Main Office Conference Room

Thursday, November 6, 6:00 – 9:00 pm

\$49

Marie is just terrific! Knowledgeable, helpful, calm, inspiring! I would take any class with her.

KELLY C.

FITNESS

CLASSICAL MAT PILATES

Instructor: **Jill Bagni**

Pilates is a holistic mind-body-spirit practice offering a wide range of benefits, including improved posture, better coordination and balance, increased lung capacity, and enhanced concentration and focus. It also promotes greater body awareness, effective stress management, and injury prevention. Mat Pilates is an excellent choice for practitioners of all levels. Each exercise can be modified to suit your current ability whether you're just starting out or seeking more advanced challenges. As you build strength and flexibility, you'll also notice improvements in your breathing, mental focus, and overall physical awareness. This open-level class welcomes everyone, from beginners to seasoned practitioners supporting your individual journey toward a strong, balanced body and a more centered mind.

Location: CHS, Cafe 1

Session 1:

6 Tuesdays, September 9 – October 14, 6:00 – 7:00 pm **\$89**

Session 2:

6 Tuesdays, October 28 – December 16, 6:00 – 7:00 pm **\$89**
(No Class on November 4 or 11)

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 a continuous flow of movement of exercises in the traditional order Joseph Pilates designed to create a challenging workout, especially for your abdominals. This dynamic workout focuses on moving with breath and fluidity.

Location: CHS, Cafe 1

Session 1:

6 Tuesdays, September 9 – October 14,
7:15 – 8:15 pm **\$89**

Session 2:

6 Tuesdays, October 28 – December 16,
7:15 – 8:15 pm **\$89**
(No Class on November 4 or 11)

This class was great!

MEGHAN M.

STRENGTH TRAINING

Instructor: **The Traveling Trainer**

Ready to lift, sweat, and get stronger? Come join this high-energy Strength & HIIT class that targets your functional muscles while pushing your limits. Whether you're a seasoned lifter or just starting out, this class is designed to build real strength with a dynamic mix of, Deadlifts, Squats, Lunges, Rows, Overhead Presses, Planks, High-Intensity Cardio Intervals. A variety of dumbbells and kettlebells (10-50 lbs.) are provided—just bring your drive to get stronger! Our certified coaches are experienced in working with all fitness levels, including those with injuries or movement restrictions. Everyone is welcome, and modifications are always available.

Location: CommEd Bldg. Gym

Session 1:

6 Wednesdays, September 10 – October 15,
5:30 – 6:30 pm **\$99**

Session 2:

6 Wednesdays, October 29 – December 10,
5:30 – 6:30 pm **\$99**
(No Class on November 26)



CLEARING YOUR CHAKRAS WITH YOGA & MEDITATION

NEW

Instructor: **Courtney Fine**

Discover the power of your body's energy system in this deeply healing series. Chakras are energy centers that run from the base of the spine to the crown of the head, each connected to different aspects of your physical, emotional, and spiritual well-being. When these energy centers are open and balanced, we feel more aligned, grounded, and at peace. Each week, you will focus on one chakra through intentional yoga poses, guided meditation, Reiki, and sound healing. You'll learn about each chakra's purpose and experience its unique vibrational frequency to clear blockages and restore balance from within.

Location: CommEd Bldg. Rec Room

6 Wednesdays, September 10 - October 15,
5:30 - 6:30 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 in to 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 10 - October 15,
6:45 - 7:45 pm

\$89

Session 2:

6 Wednesdays, October 29 - December 10,
6:45 - 7:45 pm
(No Class on November 26)

\$89

ZUMBA TONING WORKOUT

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, September 8 - October 20,
5:30 - 6:00 pm
(No Class on October 13)

\$39

Session 2: 6 Mondays, November 3 - December 8,
5:30 - 6:00 pm

\$39

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

Loved this Zumba class and Aaron! He makes it fun and easy to follow.

CAREY J.

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, September 8 - October 20,
6:15 - 7:15 pm
(No Class on October 13)

\$69

Session 2:

6 Mondays, November 3 - December 8,
6:15 - 7:15 pm

\$69

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

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 begin with grounding breathwork, continuing with yoga postures that will open the body and end with a relaxing savasana (5-10 minutes of laying on the back). This flow is ideal for reducing stress and cultivate a sense of peace and well-being. All are welcome.

Location: CommEd Rec Room

Session 1:

6 Mondays, September 8 – October 20, 6:45 – 7:45 pm **\$89**
(No Class on October 13)

Session 2:

6 Mondays, November 3 – December 8, 6:45 – 7:45 pm **\$89**



GENTLE YOGA, SOUND HEALING & PRIMORDIAL SOUND MEDITATION

NEW

Instructor: **Courtney Fine**

This nurturing series blends gentle yoga, sound healing, and Primordial Sound Meditation to help you establish or deepen your meditation practice. Each week explores a theme highlighting the importance of meditation in everyday life supporting clarity, calm, and connection. You'll receive your own personal mantra, calculated just for you, and be guided through movement, breathwork, and meditation to create a steady and meaningful practice.

Location: CommEd Bldg. Rec Room

6 Wednesdays, October 29 – December 10,
5:30 – 6:30 pm **\$89**
(No Class on November 26)

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

Intermediate Tuesdays:

4 Tuesdays, September 16 – October 7,
9:00 – 10:15 am **\$139**

Advanced Beginner/Low Intermediate Tuesdays:

4 Tuesdays, September 16 – October 7,
10:30 – 11:45 am **\$139**

Beginner Thursdays:

4 Thursdays, September 18 – October 9,
2:00 – 3:15 pm **\$139**

Intermediate Thursdays:

4 Thursdays, September 18 – October 9,
3:30 – 4:45 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: CHS – Café 2

6 Tuesdays, September 9 – October 14, 6:00 – 7:00 pm **\$69**

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, September 9 - October 14, 7:15 - 8:15 pm **\$69**

Session 2:

6 Tuesdays, October 28 - December 16, 6:00 - 7:00 pm **\$69**
(No Class on November 4 or 11)



BALLROOM BASICS: FOXTROT, CHA-CHA, 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 Foxtrot, Cha-Cha, and Swing. No dance experience is required. Classes will be taught to both individuals and partners.

Location: CHS - Café 2

6 Tuesdays, October 28 - December 16, 7:15 - 8:15 pm **\$69**
(No Class on November 4 or 11)

SPECIAL INTERESTS

COMMUNICATION AND CONFLICT RESOLUTION WORKSHOPS

NEW

Instructor: **Kate Jackson-Meyer**

In class, you will be guided through practical strategies for communication, conflict resolution, and personal and interpersonal resolution. Explore effective communication techniques and learn de-escalation skills that bridge ancient wisdom and modern approaches. Examine common sources of interpersonal conflict and learn conflict resolution theories and methods. Inner and interpersonal resolution approaches for fostering forgiveness and promoting personal and relational resolution will be discussed.

Location: CHS - Career Center

Effective Communication:

Tuesday, September 9, 6:30 - 8:30 pm **\$39**

Managing Conflict:

Thursday, October 9, 6:30 - 8:30 pm **\$39**

Inner & Interpersonal Resolution:

Thursday, November 20, 6:30 - 8:30 pm **\$39**

MIC DROP: PODCASTING 101

NEW

Instructor: **Lau Lapides Company**

Have you always dreamed about having a podcast of your own? Do you have a story that you would like to share with the world? Are you ready to learn how easy it is to start one, and find your audience? In this crash course, our coaches will share tips and tricks to get you started and launched with the essentials of podcast production and performance. Walk away with the tools and confidence to learn how to script, improvise, format, and put together your studio. And, how to level up your current podcast! If you have something to say, this is your moment to make it heard. No experience necessary. Interactive, participation-based, includes a Q&A.

Location: CHS - Career Center

Tuesday, September 16, 6:00 - 8:30 pm **\$49**

NOURISHING THE CAREGIVER: CULTIVATING CALM IN CHAOS



Instructor: **Olivia Companion**

This interactive workshop will help you define stress, learn daily stress management techniques, understand the de-stress alphabet, learn the seven dimensions of wellness, and set goals for yourself. This class is appropriate for anyone caring for someone (or even themselves) and is not dementia-specific.

Location: Virtual Class

Thursday, September 18, 6:30 – 7:30 pm

\$29

DEMENTIA CHALLENGES: A MONTESSORI APPROACH TO SUCCESS



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 connections and independence, create effective routines, and use cues for enhanced care. Elevate your approach to dementia care with this comprehensive and practical course.

Location: Virtual Class

Tuesday, September 30, 6:30 – 7:30 pm

\$29

SMART PLANNING FOR EUROPEAN VACATIONS

Instructor: **Wim Nijenberg**

Traveling in Europe can often be complicated, so it is important 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 15

Wednesday, October 22, 6:00 – 8:00 pm

\$39

BLOG IT OUT: BLOGGING 101



Instructor: **Lau Lapides Company**

Ever think about starting a blog, but haven't gotten around to it yet? Trying to find a perfect idea for a new blog? In this fast-paced workshop, we guide you through the basics of blogging. From finding your niche and crafting compelling content to choosing the right platform and building your audience, this class covers everything you need to get started. Whether you're starting your process or looking to layer your blog and move to a professional audience, enhance your work or business, sell a product or service, we have the tools to help you create a plan of action and move forward in making that blog come to life, or finding new audiences. No experience necessary. Interactive, participation-based, includes a Q&A.

Location: CHS - Career Center

Tuesday, October 28, 6:00 – 8:30 pm

\$49



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. 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 17

Monday, December 1, 6:00 – 9:00 pm

\$29

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ACCOUNTING WITH QUICKBOOKS

This series of courses will teach the fundamentals of account with Quickbooks online. Learn the essentials of managing your small business quickly and efficiently.

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Learn what a veterinary assistant does in the veterinary office or hospital setting.

COMPUTER SKILLS FOR THE WORKPLACE

Gain a working knowledge of the computer skills you need to succeed in today's workplace.

FUNDAMENTALS OF TECHNICAL WRITING

Learn the skills you need to succeed in the well-paying field of technical writing.

LEGAL RESEARCH

Learn key skills for researching legal authorities and cases.

MEDICAL TERMINOLOGY

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

START YOUR OWN SMALL BUSINESS

Stop dreaming and learn how to start your own successful small business.

TRAVEL WRITING

Profit from your experiences in exotic lands (or your own backyard) by learning how to write and sell travel articles and books.



FULL DAY PRESCHOOL

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

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

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

Lion's Pride 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 FOUNDATIONS Phonics Curriculum, Math Expressions curriculum, and Fountas & Pinnell literacy curriculum in coordination with Chelmsford Public Schools. We emphasize a positive, safe, fun learning environment that helps children build their own independence.

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

Lion's Pride North 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 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 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



TOWN CLERK

2026 DOG LICENSING BEGINS ON DECEMBER 1, 2025:

Your dog's license is valid from January 1 – December 31. There are three ways to license your dog.

1. Bring your current rabies certificate with you to the Town Clerk's Office and license your dog in person. Feel free to bring your dog for a visit!
2. Go to the Town Clerk webpage, upload your current rabies certificate and license your dog online <http://www.townofchelmsford.us/585/Online-Dog-Licenses>
3. Mail in the license renewal form printed from the Town Clerk webpage, send it along with your dog's current rabies certificate, a check for the appropriate amount and a self-addressed stamped envelope. We will then mail the license and tag to you.

LICENSE YOUR DOG BEFORE FEBRUARY 28, 2026 TO AVOID LATE FEES

WATCH FOR YOUR LOCAL 2026 CENSUS FORM:

2026 Local Census Forms are mailed out to all households the first week of January. Please return your Census Form ASAP to keep your voter status active and to keep our annual street listing up to date. For your convenience, you will also find dog license renewal information with the Census Form for those with canine companions.

STAY INFORMED

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

2026 ELECTIONS:

April 7, 2026 – Town Election - Nomination Papers are available on January 5, 2026

September, 2026 – State Primary (TBD)

November 3, 2026 – State Election

Precincts 1 & 2 vote at the Senior Center.

Precincts 3 vote at McCarthy School, small gym

Precincts 4, 5, 6, 7 & 8 vote at the McCarthy School, large gym

Precincts 9, 10 & 11 vote at the Town Offices gym, park in the back lot for easier access

The polls are open from 7:00 AM – 8:00 PM

CHELMSFORD PUBLIC LIBRARY

Library events and programs are free and open to the public! Some may require advanced registration. Check the library calendar for details at [//chelmsfordlibrary.org/calendar/](https://chelmsfordlibrary.org/calendar/)

Book Groups: Monthly meetings of nine different groups discussing different themed books from literary fiction, mysteries, history, and more. More details at [//chelmsfordlibrary.org/book-groups/](https://chelmsfordlibrary.org/book-groups/)

English Conversation Circles: For Beginners, every Wednesday from 2-3 pm. For Intermediate speakers, every Tuesday from 1-3 pm. Drop in to practice your skills with other non-native speakers.

Knitting Circle: Every other Wednesday at 6:30 pm on Zoom. Drop in for all skill levels. Get help with a pattern you're working on, brag about a project, or just enjoy some friendly conversation.

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. If you have any questions or would like to know more about our services and programs, please feel free to contact us!

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/>**



PRIVATE MUSIC LESSONS



THE FALL SESSION WILL RUN FROM
September 8th - December 19th, 2025

Offering piano, guitar, ukulele, orchestral strings, brass, and woodwind lessons.



Dan Sherman

TRUMPET, TROMBONE,
TUBA, AND PIANO



Margaret Helfrick

VIOLIN, VIOLA,
CELLO



Anthony Mowbray

PIANO, GUITAR,
AND UKULELE



Masashi Nakamura

GUITAR, BASS,
AND UKULELE

More Info &
Registration



SCAN HERE



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**.

Lakeside Turkey Train:
SEPTEMBER 18TH

Oktoberfest Celebration:
OCTOBER 16TH

Swinging into the 50s & 60s Holiday Show:
DECEMBER 8TH





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Visit
ChelmsfordCommunityEd.com
for more information. 

ADULT EDUCATION

We are looking for evening class teachers!
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

Our extended day program is looking for
morning and afternoon counselors at all
elementary & middle schools.
We are also looking for substitute teachers
for Lion's pride preschool programs at
Commed and Chelmsford High School.

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