



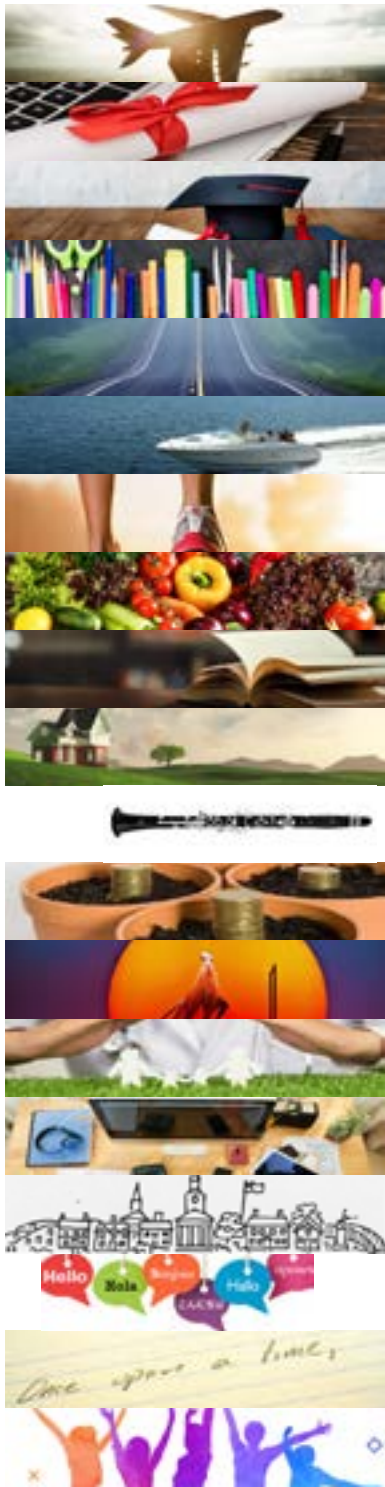
Concord Carlisle
Adult & Community Education

Adult & Continuing Education
Driver Education
Instrumental Music School of Carlisle & Concord

Winter 2024



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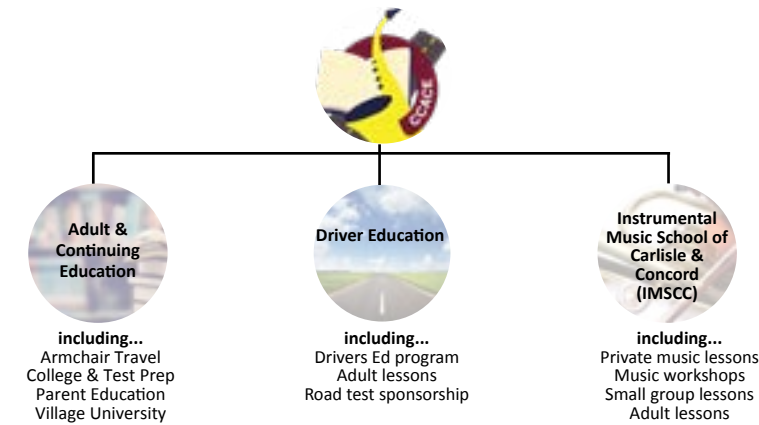
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Check out all that Concord-Carlisle Adult & Community Education offers!



Dear Neighbor,
It's cold outside and we've been busy putting together an exciting selection of programs.

If you can brave the weather, our walking groups will be out and ready for whatever this winter brings! If you prefer to stay inside, check out our **History & Culture** offerings, including the always popular **Concord Town History & Guide Training Course**, and new programs like **Concord Stories** with James Sherbloom and **White Rage White Fragility** with Joshua Frank from Equity Intersection.

Our **Armchair Travel** journeys will take us around the world and back, following the Silk Trail, checking out the Wonders of the Night Sky, and hearing stories from two of our CCHS high school students about their time in France.


Winter is a great time to start learning another language! For our beginners, we have **French, Italian, Spanish** and **Portuguese**. Our ever-growing **Adult English Language Learner classes** will resume in January and new students asked to take a placement test on January 18th.


If you or someone you know needs help paying for our classes, we want to help! Last year we gave out over \$10,000 in need-based scholarships. See details of how to apply on p.25.


As always, we have a variety of classes and hope you will find something that excites you! Do you have a skill or special knowledge to share with your community? We want to hear from you! We are always looking for new class ideas and new instructors.

We look forward to seeing you soon,

Adult & Community Education Staff

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Cover art by Mae Dyer, CCHS Class of 2027: This collage captures a turning point in my art, where I ventured into a medium that I'm not very comfortable with: collage. The guitar, a subject from my art class, represents my journey into new forms of expression. The deliberate selection of colors and shapes reflects my own creative choices that are bold and confident.

Armchair Travel



Armchair Travel is a series of presentations on travel from community members, sharing stories and pictures of travels near & far!


All sessions are on Mondays at 7 pm on zoom. This program is offered for free.

Travels in Southern & East Africa with Malcolm Bryant
The African continent is often misunderstood. Most people only know Africa through news stories depicting famine, wars, and political unrest. It is true that all these things happen on the continent, but the reality is that most of the 1.4 billion people living in Africa's 54 countries have peaceful lives, aspiring to exactly the same things that we wish for - a home of their own; food on the table; clean water and functional toilets; a job that pays well; time to put their feet up after work and watch a football game on TV; a bright future for their children and security in their old age. They also want cell phone reception, good internet connections. Malcolm will introduce everyone to some of these people as he takes us on a journey from South Africa to Tanzania, Rwanda, and Ethiopia.

Mo | Jan 8 | 7-8 pm | Online

High School Exchange Program in France with Lola Cabrera & Grady Flinn
Learn from the experience of two high schoolers who visited France during their Sophomore year and were immersed in the French language, culture, and history!

Mo | Jan 22 | 7-8 pm | Online

 Registration for each session is required to receive the link each week. Need help registering for all sessions? Call 978-318-1432 or email ace@concordps.org

Silk Trail with Jay Luby
The Silk Road is one of the most important crossroads in history. Over 2,000 years ago, China and Europe became linked via multiple trade routes that ran through the STANS in Central Asia. In the process of exchanging silk, spices and knowledge, the people of the STAN countries were significantly influenced by foreign cultures, customs and religions.

In May of 2023, Jay was fortunate to spend 3 weeks traveling along some of this fascinating, historic route. Specifically, he traveled through parts of Kazakhstan, Kyrgyzstan, Tajikistan and Uzbekistan. This presentation offers a glimpse of these "Silk Road" countries and their people, history and culture. Through photos and commentary, Jay hopes to give you a sense for what he saw and experienced during his visit to these beautiful, welcoming countries. Importantly, Jay's talk will seek to give you an overall impression rather than a precise historical/cultural narrative.

Mo | Jan 29 | 7-8 pm | Online

A Year Around The World: Part 1: Egypt, Tanzania and Nepal with Manohar Panjabi
Join Manohar and Kim for the first of three presentation describing their adventures as they travelled around the world for a year after they retired. They started in NYC on September 15, 2006 and visited twelve countries, beginning their journey in Egypt. The first part includes ancient Egypt, Tanzania wildlife safari plus a visit to the island of Zanzibar, and Nepal with the world's highest peaks of the Himalayan range.

Mo | Feb 5 | 7-8 pm | Online

Armchair Travel

Summer Adventure from Bar Harbor to PEI with Nancy Dillon
Join Nancy to hear about her summer trip to Bar Harbor, up to Nova Scotia via the CAT ferry and then on to Prince Edward Island. The CAT high-speed car ferry travels between Bar Harbor, Maine, Yarmouth and Nova Scotia in just three and a half hours.

Mo | Feb 12 | 7-8 pm | Online

A Year Around The World: Part 2: India, Sri Lanka and Singapore with Manohar Panjabi
In this second part of A Year Around the World, Manohar and Kim present their travels through three very different countries: India—ethnically and culturally diverse and the most populous country, Sri Lanka—an island country close to India physically and culturally, and Singapore—a tiny city-state similar in area and population to New York City, and with the second highest GDP in the world.

Mo | Feb 26 | 7-8 pm | Online

Stunning South Africa: Beauty, Hope and Challenge with Amy Gleason
Amy will take you from one side of this beautiful country to the other by starting in the Cape Town area and moving to the Eastern Cape province. We will follow the experiences of members of Concord's Tri-Con church during their two-week trip in January 2024. Their trip starts in stunning Cape Town and its surrounding areas, including Table Mountain, Robben Island, wine estates and beautiful beaches. The discussion and images will continue by highlighting the beauty of the green hills and spectacular seaside landscape of the Wild Coast, located in rural South Africa. You will be exposed to the spectacular beauty of this country as well as the immense challenges of life for many South Africans. Amy will describe some of the efforts being made by so many impressive and dedicated young South Africans to improve the lives of fellow South Africans still experiencing systematic neglect and the lasting effects of apartheid. Pour a glass of South African wine and come join to learn more about this amazing country!

Mo | Mar 11 | 7-8 pm | Online

A Year Around The World: Part 3: Bali and Malaysia with Manohar Panjabi
Manohar is back to share the third installment of their journeys through two very different places: a beautiful small island of Bali, Indonesia, where he and Kim joined classes in wood-sculpture carving and Batik painting, and Malaysia a multi-ethnic country of two regions separated by South China Sea.

Mo | Mar 18 | 7-8 pm | Online


Wonders in the Night Sky with Marsha Wilcox
Marsha Wilcox and friends from the Aldrich Astronomical Society will take us on a journey beginning with wide-field night-scapes of the Milky Way, to images of the sun and the planets in our solar system. We will extend our journey to nebulae and star clusters, and finally move on to galaxies beyond our own. Nebulae, colorful, radiant, interstellar dust, are home to both energetic star birth and quiet reflection. The nebulae within our galaxy emit, reflect, and extinguish light. There is beauty in the birth of stars and at the end of their existence. Star death, violent or gradual, returns material to the interstellar space potentially to begin the cycle again. Galaxies, island universes outside our own, are many tens of millions of light years distant. While they appear to be independent and unto themselves, most of these island universes are interacting with others "nearby." Some players in the intergalactic do-si-do are obvious, while the influence of an unseen partner shapes others. We look forward to taking you on a journey around some of the wonders in our own galaxy and beyond.

Mo | Mar 25 | 7-8 pm | Online

Do you have travel stories to share?

We want to hear from you!
Contact us at ace@concordps.org

Learn about travel opportunities:
www.concordcarlisleace.org/travel-opportunities





Strategy, Guidance, Confidence. Results.

Pencils Down: Transitioning from the Paper SAT to the Digital SAT

Did your student take a paper-based SAT, and now they are preparing for a digital SAT? If so, this is the perfect class to help them make a smooth transition and prepare for the new digital test. Students who enroll in this class will understand the differences between the old and new test, will learn to effectively use the tools available on the digital testing platform, and will acquire strategies that will help them master new question types and passage formats.

Tu | Jan 23 | 7-8:30 pm | Online | \$85

The Digital SAT, The ACT, and YOU: Everything You Need to Know About College Admissions Testing

The landscape of college admissions testing is evolving rapidly, and many parents and students are understandably uncertain about what these changes, including the new digital SAT launching in March 2024, mean for them. From choosing between the SAT and ACT to understanding test-optional admissions policies, this class will identify and unpack the major issues relating to testing so that you can help develop a smart, effective, and informed plan for your student. Attendees will gain an understanding of the differences between the SAT and ACT, the keys to building a testing timeline, the changing role of tests in college admissions, and the essential components of impactful preparation - all while keeping the upcoming digital SAT in mind. Reduce stress by developing a strategic plan for your student's bright future!

Tu | Jan 16 | 7-8 pm | Online | \$15
We | Mar 6 | 7-8 pm | Online | \$15



Scholarships are available for CCACE programs

Apply online at
concordcarlisleace.org/scholarships/

Sign up & save!
Register for both the Math & the Reading /Writing Bootcamps
\$475 each or \$850 for both

SAT Digital Bootcamp: Reading/Writing
The Reading and Writing section of the new digital SAT will test students' ability to comprehend challenging texts, their knowledge of the rules of English grammar, and their ability to construct well-crafted arguments. In this three-day class, students will learn smart, intuitive strategies that help them improve their accuracy while managing their time effectively. We will cover the full scope of question types in the Reading section of the SAT, and we will review all of the grammar rules that students need to know for test day.

Tu, We, Th | Feb 20-22 | 10 am-12 pm | Online | \$475
Tu, We, Th | Apr 16-18 | 10 am-12 pm | Online | \$475

SAT Digital Bootcamp: Math
The SAT Math section covers a wide range of content, and students need to be prepared to answer questions from across the full spectrum of math they have learned. Students enrolling in this class will review the core content that they need to know, they will learn dynamic strategies that help them answer even the most difficult questions, and they will develop the ability to recognize common patterns in how the SAT attempts to create difficulty so that they are well-prepared for test day. All students will receive Open Door Education's guide to the Math section of the digital SAT as well as one free practice test.

Tu, We, Th | Feb 20-22 | 1-3 pm | Online | \$475
Tu, We, Th | Apr 16-18 | 1-3 pm | Online | \$475

SAT Digital ADVANCED Bootcamp
This class is intended for students who have previously scored at least 1300 on the SAT. During this 6-session class, students will focus on the most challenging question types, the most advanced content areas, and the most important strategies for high-scoring students. This class will provide rigorous practice for the Reading/Writing as well as the Math section of the new digital SAT.

Tu & Th | May 14-30 | 7-8 pm | Online | \$475



COMING SOON FOR SUMMER 2024:
Get It Done

This four-day program that helps students who are applying to college in the fall complete their applications. Students will work to complete their Common Applications, their primary college essays, and any additional supplemental essays.

Painting Experimentation: A sampler with Gretchen Fogelstrom
Experience two distinct techniques and media. Each class will begin with an explanation and demonstration. The first 3 weeks we'll focus on painting in the negative; building under layers and seeing how patterns and movement emerge. We'll ultimately paint landscapes and flowers seeing how they are revealed through this technique. The second 3 weeks will start by creating collage papers through mono-printing, doodling, using rubbing alcohol, inks and mark making. Then we'll combine your fabulous papers with paint and create wondrous works of art on canvas. **Gretchen will send a supply list prior to class.**

6 Th | Jan 11-Feb 15 | 5:30-7:30 pm | at CCHS | \$205



Jewelry Making: It's a Wrap! with Christine Evans
Create a contemporary bracelet you'll get all wrapped up in! If you've seen the high fashion "Chan Luu" bracelets selling for \$190 or more, you'll be excited to learn that you can make your own – with your own designer touch. Learn basic laddering techniques to combine leather cording, glass beads, crystals or semi-precious stones, and a button closure to make a stunning statement piece. We will discuss bead selection, material sizing, and thread extension methods. No experience required. **A \$15 materials fee is due to Christine at the class.**

Th | Feb 8 | 6:30-8:30 pm | at CCHS | \$35

Creative Arts



Pysanky - Ukrainian Egg Decorating Workshop
with Alona Popova
Learn the art of Pysanky from a native Ukrainian, receive an abundance of information about the history, symbols meaning, and, of course, create your own beautiful Pysanka in the traditional wax-resist method using real chicken egg, "kistka", beeswax, candle, and color dyes. No experience is necessary. Emptied and cleaned chicken eggs and an assortment of dyes will be provided. Kids are welcome to be accompanied by adults - everyone must register individually. **A \$15 materials fee is due to Alona at class.**

Th | Mar 14 | 6-9 pm | at CCHS | \$39

Pysanky - Hanging Easter Eggs Workshop
with Alona Popova
Create your very own Pysanka in the traditional wax-resist method. Using a combination of beeswax, the "kistka" tool, and vibrant color dyes, you'll learn how to create designs on a real chicken egg. You will also have the option of turning your Pysanka into a hanging decor for your house. Alona will show you how to add a variety of hangers to your egg. No experience is necessary. Emptied and cleaned chicken eggs and an assortment of dyes will be provided. Kids are welcome to be accompanied by adults - everyone must register individually. **A \$15 materials fee is due to Alona at class.**

Tu | Mar 26 | 6-9 pm | at ABHS | \$39



Don't wait!
Sign up NOW for the class you want to take!

We decide if a class is running a week before its start date and your registration can make the difference. Some classes fill quickly so register early to avoid disappointment.

Explore & Play

Boating Skills and Seamanship
with U.S. Coast Guard Auxillary Flotilla 502
This introductory course is for both sail and power boaters and includes instruction on safety afloat, legal responsibilities, aids to navigation, rules of the road, charts and compass, engines, knots, weather, boat handling, radio procedures, and navigation electronics. Completion certificate helps reduce boat insurance fees. Families are welcome. **Course materials are \$60 and are paid directly to the USCG in class. Materials include the text, chart, test & certificate. No class 4/17.**

12 We | Feb 28-May 22 | 7-9 pm | at CCHS | \$50

Coastal Piloting (Weekend Navigator)
with U.S. Coast Guard Auxillary Flotilla 502
Coastal Piloting, or the Weekend Navigation Seminar, is advanced instruction for those who have already completed a basic boating course. It covers aids to navigation, the earth and its coordinates, Mercator projection, piloting, correcting compass errors, dead reckoning, tides and currents, radio navigation and more. **Course materials are \$75 and are paid directly to the USCG in class for the text (USB), two charts, paraline plotter, dividers, test & certificate. No class 4/17.**

12 We | Feb 28-May 22 | 7-9 pm | at CCHS | \$50



Explore Your DNA
with Elizabeth Handler
Everyone seems to have had their DNA tested. But what does it mean? Learn how to better understand what the ethnicity results mean and why they differ among family members and from different testing companies. We will also cover why your results show so many fourth to sixth cousins. There will be an overview of the various DNA tests and testing companies, ethnicity results, and cousin connections. Join us whether or not you have taken a DNA test.

Tu | Mar 19 | 7-8:30 pm | Online | \$35

Fitness & Wellness

Grandparent/Caregiver: Pediatric First Aid & CPR
with Juanita Allen Kingsley
If you're caring for an infant or child, you need to know how to respond in case of a first-aid emergency. You'll learn to handle injuries and manage illness for the first few minutes until help arrives. We'll cover first aid basics; medical, injury, and environmental emergencies; and CPR for all ages. You'll learn about allergies and epipens too. Upon completion of the course, you'll receive certification in Pediatric First Aid and CPR for all ages. Open to Grand/parents and caregivers of any age. Please bring a mat or towel for kneeling.

Mo | Mar 11 | 3:30-5:30 pm | at CCHS | \$95

Concord Winter Walks
with Liz Fuller
Get out and enjoy the peace and tranquility of the winter landscape with these trail walks in the Concord/Carlisle area. Designed to get you moving while enjoying the scenery, each walk will be 2 - 2.5 miles, slightly slower than our fitness hikes. Micro Spikes are required for when the trails are slick with ice or packed snow. Hiking poles are recommended. We will not be snowshoeing in this class. Come for the camaraderie of exploring the outdoors with like-minded people! Directions to the trailhead will be sent out each week.

5 Tu | Jan 9-Feb 6 | 9:30-11 am | \$79

Winter Fitness
with Paula Casey, Stefanie Cloutier, Liz Fuller & Karen McGinn
Brave the elements and take your exercise outside! If there's snow, we'll snowshoe; if not, we'll put on our micro spikes and explore the winter trails. Prepare to get your heart rate up and your muscles warm while enjoying the winter wonderland. Dress for the elements with sturdy footwear and walking poles highly recommended. Each week will feature a new location in and around Concord. Directions to the meeting point will be sent out each week.

Paula & Karen: 4 Th | Jan 4-25 | 11:30 am-1:30 pm | \$75
Stefanie: 5 We | Jan 17-Feb 14 | 9:30-11:30 am | \$89
Paula & Karen: 5 Th | Feb 1-29 | 11:30 am-1:30 pm | \$89
Liz: 5 We | Feb 28-Mar 27 | 9:30-11:30 am | \$89

Sacred Space Spa Night
with Cheryl Maloney
Treat yourself to a beautiful night of fun, friends, and pampering. You will craft your own winter inspired organic spa kit. We will be using jojoba oil and essential oils to create a lip balm, exfoliating sugar scrub, body butter, and a eucalyptus shower bundle. **A \$10 materials fee is due to Cheryl at class.**

Th | Feb 8 | 7-8:30 pm | at Sacred Space Yoga, Bedford | \$25

Food & Drink



Specialty Coffee Tasting & Roasting Experiences
with Paul "Del" Delmonico
Coffee is love! Learn where specialty coffee comes from, how it is processed, graded, and roasted, then taste a few different types. After the group has decided which coffee they like the best, we will fire up the roaster and develop a batch of freshly roasted beans. After they have cooled, we will bag them and everyone will leave with a 12 oz. bag of their own freshly roasted coffee. Stay after and go have lunch at one of the many great downtown Waltham restaurants! Parking available in the building parking lot adjacent.

Sa | Jan 27 | 10 am-12 pm | at Del's Coffee Roasters, Waltham | \$50

Basic Dumplings from Scratch
with Ploy Khunisorn
We all love dumplings! Dumplings are versatile and easy to prepare. Spend time learning how to make chicken and/or vegetable dumplings with delicious homemade sauce from scratch. First, we will make the wrappers. Then, we'll prepare the filling. Finally, we will turn our dumplings into potstickers or gyoza. There will be options for vegan or other meats if you prefer. **See online description for a list of ingredients to purchase prior to class.**

Sa | Mar 9 | 5-6:30 pm | Online | \$39



Wondering where your class meets?
See page 26 for addresses.
Directions for walking groups will be emailed to registered participants each week.

Driver Education



Earning your drivers license is a huge milestone.
Drive with us!

Driver education promotes and teaches safe driving attitudes, develops defensive driving skills, and respect for the rules of the road. It prepares students for the RMV license exam and it strives to prevent or reduce accidents and fatalities that involve young drivers.

Driver Education age requirements

- 15 years, 9 months: The minimum age you must be on *the first day* of class per RMV regulations.
- 16 years: You are now eligible to obtain a Learner’s Permit and drive with an adult.
- 16 1/2 years: If you have had your permit for 6 months AND completed Driver Education, you are eligible to take your road test.
- 18 years: You are now eligible to take your road test *without* a Driver Education Certificate

Steps to complete Driver Education:

1

Parent Class: *There is a \$25 fee If your child is attending another Driver Education program*

You must attend the RMV-mandated class **before** your child is allowed to begin driving lessons with an instructor. We will cover your responsibilities, your child’s responsibilities, and review our program’s policies. Also, you will hear tips and hints on how to teach a new driver and review laws that have changed in the last 10-20 years. While we welcome both parents to come and speak with us, only one parent is required to complete the class.

- Th | Jan 11 | 7-9 pm | Location TBD
- Tu | Feb 13 | 7-9 pm | Location TBD
- We | Mar 6 | 7-9 pm | Location TBD

- Th | Apr 11 | 7-9 pm | Location TBD
- Tu | May 14 | 7-9 pm | Location TBD
- Th | Jun 6 | 7-9 pm | Location TBD

2

Classroom options: *You do not need your permit to start class. You must be 15 years, 9 months.*

30 classroom hours divided into 15 2- hour modules.

- Su | Jan 7-Mar 3* | 9 am-1 pm | at CCHS
- Tu-Sa | Feb 20-24 | 9 am-4 pm | at CCHS**
- Tu, Th | Feb 27-Apr 11 | 2:45-4:45 pm | at CCHS
- Tu-Sa | Apr 16-20 | 9 am-4 pm | at CCHS**

(*Final date will run until 3 pm.)

**** There will be a lunch break from 1-2 pm. Please note the cafeteria will not be open.**

3

Drive with us!

Once you get your permit, send us the permit number and issue date so we can activate your account for you to start scheduling lessons.

You must complete 12 hours of behind-the-wheel lessons and 6 hours of observation, in addition to a minimum of 40 hours of practice at home.

We offer lessons after school, on weekends, and during vacations.

Total fee: \$825

WE ARE
HIRING

DRIVER EDUCATION INSTRUCTOR

Must be available weekdays after school.
Additional hours may be possible, as well as opportunities to teach in the classroom.

Learn more and apply:
concordcarlisleace.org/teach-with-us/

- Tips for Success**
- ☑ We recommend that you complete the program within one year - this way everything you're learning is fresh when you go for your road test. The RMV requires you to complete the program within two years from the date you started.
 - ☑ You must have your permit for a minimum of 6 months so there is no reason to rush through lessons! We recommend spacing out your 12 lessons with us so you finish about a month before that 6 month eligibility. This allows us time to send your certificate to the RMV, allowing you to schedule your road test once you reach that 6 month date.
 - ☑ Once all of the requirements are completed, we send a certificate to the RMV (\$15 fee, included in your tuition). About a week later, you can log on to myRMV and book your road test!
 - ☑ If you want us to sponsor you for your road test, send us the date, time, and location once it is booked.

Recommended: RMV Driver's Manual
Download at www.mass.gov/lists/drivers-manuals Purchase for \$4 at CCACE office or \$5 at the RMV

Elective Credit:
CCHS students may earn one elective credit for completion of the classroom program.



Questions about Drivers Ed?
Contact Rebecca Gurley:
rgurley@concordcarlisle.org or
978-341-2490 x7124

Scholarships are available for Driver Education!

CONCORD CARLISLE COMMUNITY CHEST

We offer scholarships

Scholarships are made possible in part by a grant from the Concord-Carlisle Community Chest. **Apply online at www.concordcarlisleace.org/scholarship/** This helps to make lifelong learning a reality for local community members who require some financial assistance. Your application for assistance is confidential. The Community Chest opens the doors of learning for everyone. For more information or to donate, visit www.cccommunitychest.org.

Hugh Cargill Trust

The Hugh Cargill Trust Committee has been working in partnership with CCACE to provide partial Driver’s Ed scholarships to deserving Concord high school students. The mission of the Hugh Cargill Trust is to provide short-term emergency financial assistance to Concord residents. Town residents request aid by leaving a phone message at the Town House: 978-318- 3100, ext. 2030. The Committee can be contacted through email at hctc@concordma.gov. All requests are kept confidential.

History & Culture

Emerson, Shakespeare & the Art of Being a Person with Ron McAdow
Ralph Waldo Emerson wrote of Shakespeare: “He is inconceivably wise. With this wisdom of life is the equal endowment of imaginative and of lyric power. An omnipresent humanity coordinates all his faculties. He is strong, as nature is strong.” Join Ron to explore the thoughts and admonitions left for us by these two authors. We will evaluate which of their practical ideas are useful and which are outdated in our own life experience.

3 Th | Jan 18-Feb 1 | 7:30-9 pm | at CCHS | \$55

Concord Stories with James Sherbloom
What do you know about Concord’s indigenous people, frontier settlers, farmers, militia, merchants, enslavers, slaves, researchers, authors, immigrants, mothers, lovers, and friends? We will explore some of Concord’s saints, sinners, rogues, freemen, servants, and chattel. What might life have been like depending upon your sex, gender, race, and social class? This isn’t your Daddy’s whitewashed history but stories about what happened! Our sessions include: indigenous Musketaquid and Concord settlers; Frontier and Colonial Concord; Provincial and Revolutionary Concord; Transcendentalist and Patriotic Concord; and Modern and Post-Modern Concord online. *No class 2/19.*

5 Mo | Jan 22-Feb 26 | 7-9 pm | Online | \$149

Classic UFO Encounters with John Horrigan
John will share a 100-year chronology of alleged sensational encounters, sightings and photographs of Unidentified Flying Objects from 1880 to 1980. UFO's have been in the news over the past year and Horrigan will provide details and images associated with official cases such as: Mystery Airships of 1897, Foo Fighters, Scandinavian Ghost Rockets, Kenneth Arnold, Roswell Event, Mantell Incident, Lubbock Lights / Salem Orbs, Washington D.C. UFOs, Men in Black and many more. This will be a fun event for the whole family!

Mo | Mar 4 | 6:30-8 pm | Online | \$35

The Gender Revolution: From the 1960s to Now with Nicole Correr
Nature vs. nurture, biology or social construction, boy or girl—what if these dichotomies erase the variety of human experience? Learn how to define sex and gender, explore how gender norms come into being, and discover how these structures have functioned as inequity. You will gain an understanding of key definitions, a brief history of the women’s movement and the LGBTQ movement, as well as understand the difference between sex, gender, and sexuality. Key topics we’ll cover include feminism, gender identity, transitioning, pronouns, sexism, misogyny, and patriarchy.

3 Tu | Mar 5-19 | 7-8:30 pm | Online | \$135

White Rage White Fragility with Joshua Frank
We will take a deep dive into two books: Carol Anderson’s *White Rage*, which describes the history of backlash against civil rights gains of African Americans, and Robin DiAngelo’s *White Fragility*, which describes the emotional responses and defensive moves that white Americans frequently engage in to simultaneously deny their own racism and to hold racism in place. We will explore the linkages between white rage and white fragility by looking at the cycles of progress and backlash in the United States, and by exploring relevant theories of psychological functioning. You will develop an understanding of the interlocking historical and psychological factors that impede movement towards an equitable society.

4 Tu | Feb 6-27 | 7-8:30 pm | Online | \$75

Concord Town History & Guide Training with Victor Curran
Meet the men and women who made Concord the birthplace of American independence and imagination. Learn their stories, see the places where they made their mark, and see objects they used and documents they wrote. If you want to get to know these remarkable people, and the town that Thoreau called “most estimable place in all the world,” this course is right for you. If you’d like to share Concord’s stories with visitors as a licensed tour guide, this course will prepare you with a wealth of information as well as techniques for interpreting cultural history to provide an engaging visitor experience.

Topics will include:

- How Musketaquid became Concord: The region's first peoples and the coming of the English (1700 and before)
- The Colonists’ world, and the emerging conflict with England (1700-1774)
- Revolution in our backyard (1775)
- America finds its voice in Concord (1770s-1830s)
- Radical ideas, radical acts: Transcendentalism, antislavery, and Civil War (1840s-1860s)
- Preserving the land and its stories (1860s-present)
- Interpretation techniques

We will meet for seven classes, go on a site visit to Special Collections at the Concord Free Public Library, and one complimentary admission to historic sites and museums. Students applying for the Town Tour Guide license must pass an exam on Concord history, prepare and present a sample tour. The book, *Historic Concord*, is included in the fee. This will be supplemented with additional readings, archival material, audio-visuals, and more.

7 Mo | Feb 26-Apr 8 | 7-9:30 pm | at CCHS | \$215

Home & Garden



Reducing Your Home’s Carbon Footprint and Energy Usage: Tips and Techniques with Mark Garvey
Ice dams, uneven heating throughout your home, icicles and high energy bills can be symptoms of an imperfect thermal envelope in your home. Not sure what that is? Every home has one, and we’ll discuss how to identify and improve yours. From simple steps like caulking and weatherstripping to more involved projects such as air barrier installation, ventilation and insulating, this course will show homeowners steps they can take through the syllabus and project photos. Stopping air leaks (airsealing) is the most important part of reducing energy usage, and industry best practices will be discussed. Methods and materials for reducing heat loss through floors, walls and ceilings will be discussed, as well as strategies for determining air infiltration through the home’s thermal envelope.

Tu | Feb 6 | 7-8:30 pm | at CCHS | \$29

Establishing and Maintaining a Healthy Lawn with Nick Nogueira
It takes knowledge and care to establish and maintain a beautiful lawn, but that doesn't mean that you need to hire an expensive service to do the work for you. You will learn important tips that will enable you to care for your lawn. Topics covered will include: soil health; organic fertilization needs for every lawn type; identifying and rectifying common problems such as weed control, fungus/moss/mushrooms, soil ph and heat stress; required maintenance practices (watering, aeration, detaching etc.). Nick has over 10 years of lawn care experience and many tips to share.

2 Th | Feb 1 & 8 | 6-7:30 pm | Online | \$45

Backyard Composting with Kate Despres
Learn how to turn your food scraps, fall leaves, and other yard waste into beautiful garden compost. Find out why gardeners call compost “black gold” and how it can be used to improve both plant and soil health. We will discuss the biology of decomposition, the basics of soil structure and plant nutrient requirements. Learn how to build a compost pile so that it “cooks”, how and when to turn it, sift it and use it. Finally, we will discuss several compost bin options- some you can build yourselves, and others that are commercially available.

Fr | Jan 12 | 1-2:30 pm | Online | \$35

Tomato Time with Kate Despres
A class dedicated to tomatoes! Tomato growing is probably the number one reason many people have their own garden. Nothing tastes better than your own garden tomato. We have grown over 50 varieties here at Daisy Hill Farm and want to share all of our tomato knowledge with you! Join us to learn about heirloom, hybrids, indeterminate vs. determinate, selecting the right tomato types for your family and garden, seed starting, how to nurture a strong tomato seedling and transition it to the outside, planting, pruning, harvesting, common tomato issues, tomatoes in the kitchen, and ways to save your harvest through the winter!

Fr | Jan 19 | 1-2:30 pm | Online | \$35

Design and Plan Your Vegetable Garden: Grow more food in the space you have with Kate Despres
Have you ever planted little seedlings in the spring a few inches apart only to find that mid-summer your garden is a crowded jungle? Do you know how many square feet each tomato/bean/cucumber/basil plant needs to thrive? Did you know that leafy greens can be planted in the shade of vertically grown squash? Believe it or not, sometimes planting less will help produce more- and figuring out where to grow your veggies, flowers and herbs before digging can be super rewarding, especially after a long winter inside. Utilize these tips and more to design and plan your garden by creating your own planting map to fit the needs of you and your family in the space that you have. You will learn to make a crop map by using a few steps. After making a ranked list of what you want to grow, you will plan out when and where to plant your top priority crops using a map of your own growing space. You will leave the class with a packet of references and tips to help you continue mapping in the future.

• Su | Feb 4 | 10-11:30 am | Online | \$35

• Fr | Mar 15 | 1-2:30 pm | Online | \$35

Home & Garden



Container Gardening
with Kate Despres
Did you know that you can have a garden without ever digging in the ground? It is true! Learn the best varieties of your favorite vegetables, herbs and flowers that grow well in containers. We will discuss where to put your containers, how large they should be for specific plants, the best soil to use, and how to care for your container garden(s). Bring your questions and ideas!

Fr | Feb 9 | 1-2:30 pm | Online | \$35

Introduction to Organic Vegetable Gardening
with Kate Despres
Have you been wanting to grow your own food, but don't know where to start? Already dabbled in gardening and would like to learn more? Nothing tastes better than your own fresh picked herbs and veggies! This class is intended for beginner gardeners with little to no experience and provides a general overview of the following topics: garden placement, choosing what type of garden is best for you (raised bed, in ground, or container), how to build and maintain high quality soil, plant spacing, tool recommendations, best watering methods, weeding, planting, mulch, and favorite vegetable varieties. You will leave the class with an illustrated guide to organic gardening, and a bunch of ideas about what you will plant this year!

• Su | Feb 11 | 10-11:30 am | Online | \$35
• Fr | Mar 1 | 1-2:30 pm | Online | \$35

Seed Starting
with Kate Despres
Grow your own healthy vegetable, flower, and herb plants from seed! Starting your own seeds allows you to choose your own specific plant varieties, plus it is a great way to bypass those late-winter blues! We have a variety of tips and tricks as well to share after almost 20 years of seed starting. Learn about seed sourcing, grow area set-up, timing of starting seedlings, what soil to use, how often to water, and how to safely harden off seedlings for their move outside.

Sa | Mar 16 | 9:30-11 am | at Daisy Hill Farm | \$35


Invest & Plan

Planning Ahead for Caregiving:
Practical & emotional guide
with Julie Nordstrand
Most caregivers enter their role with little or no planning. Instead, a crisis arises, making the situation extremely challenging and stressful. If you are an adult child who is noticing aging-related physical and/or mental or cognitive deterioration in an older relative, learn a practical step-by-step approach to planning for caregiving. In the first session we'll cover key topics to help you evaluate your loved one's situation and when to step in to offer support; what your conversation should consist of and topics to cover; setting up a plan collaboratively; and services and resources for older adults. In the second session we'll address ways of managing the emotional challenges that many caregivers experience including what it means to be a caregiver, caregiver stress syndrome, how to manage stress, and services and resources for caregivers.

2 Th | Feb 1 & 8 | 6:30-8:30 pm | Online | \$59

Taking Charge of Your End-of-Life Decisions
with Margaret Hoag & Judy Korik Weinstock
Attorney Hoag and palliative care specialist Judy Korik Weinstock M.D. team up to answer your questions on end-of-life decision making. The first part of the class reviews the documents involved in legal and medical decision making such as the Health Care Proxy, Living Will, HIPAA privacy form and Massachusetts Orders for Life Sustaining Treatment (MOLST). Attorney Hoag and Dr. Weinstock will discuss the importance of fully understanding end-of-life options and strategies to ensure they are honored by the medical team, loved ones and health care agents. Dr. Weinstock will delve into the MOLST form in detail, reviewing each option from a holistic and medical perspective.

We | Feb 7 | 7-9 pm | Online | \$49



Help make ACE classes affordable for everyone

Consider giving to our scholarship fund. Visit concordcarlisleace.org/donate or select the option to donate when registering.

Invest & Plan

Empowered Divorce:
Taking the path that's best for you and your family
with Joan Mankoff
Are you contemplating divorce or already embarking on this life-changing journey? Divorce can be overwhelming and isolating without the proper support and preparation. Joan, a divorce coach and licensed realtor, will discuss the basics of the divorce process and outline how research, education, and preparation are crucial to divorce empowerment. She will outline a straightforward approach to evaluate your situation, make optimal decisions for you and your family, and set up your best new life. Propelled into a high-conflict and painful divorce, Joan found happiness and renewed purpose on the other side. Going through this transformational journey inspired her to begin Your Divorce Pro to help others going through divorce feel supported and empowered. Joan works with folks to provide day-to-day unbiased and confidential support, a network of proven resources, and a roadmap to reach their next, fulfilling chapter of life. She believes research, education, and preparation are essential to empowerment and the best outcomes for those going through a divorce. Given the subject's sensitivity, attendees are asked to rename themselves by their first name only and keep their video off. Attendees will have the chance to ask questions confidentially.

• We | Feb 7 | 7-8:30 pm | Online | \$29
• Tu | Feb 13 | 12-1:30 pm | Online | \$29

How to Create a Family Resource File:
Organize & consolidate all of your important life details
with Sandra Batra
It's never too early to organize and consolidate all your important life details, but it can be too late! We experience events that change our lives. Do you ever think, What If? What if something happens to you or your spouse, how would your family manage? Could your spouse or family step in and seamlessly manage everything until you are back on your feet? It's your responsibility to think about this and do something; you need to plan for the unexpected and make sure all your important life details are organized and in one place. It's time you created your Family Resource File. Sandra will provide guidance--helping you to understand the types or categories of information to include, and the specific details within each category. You will also receive a summary of the information discussed.

• Tu | Feb 27 | 6:30-8 pm | Online | \$35
• Th | Feb 29 | 6:30-8 pm | Online | \$35

Understanding Medicare
with Daniel Williams
If you are close to age 65 or already on Medicare, this class is for you! The class is designed to fully enlighten you on how Medicare works and the different health care choices available to those age 65+. Some of the topics covered include:

- How are parts A, B, C and D integrated?
- What is Medicare Advantage?
- What are the pros & cons of HMO's, PPO's, & Medigap plans?
- Should I take Medicare if I am still employed?
- How do I avoid late sign up penalties?
- Does any part of Medicare cover long-term care expenses?

Tu | Feb 13 | 7-9 pm | Online | \$35

Demystifying Social Security
with Daniel Williams
Deciding how and when to claim Social Security is one of the most critical financial decisions a person will make in his or her lifetime. By not understanding the many complex rules surrounding Social Security, you could leave thousands of dollars on the table. Some of the topics covered include:

- When should I file for benefits?
- What are the advantages and disadvantages of filing at age 62 or deferring to age 70?
- How does the November 2015 change in the rules affect me?
- How can I make sure I am taking advantage of available spousal, survivor or divorced benefits?
- How much of my Social Security will be subject to income tax?
- What potential changes are in store for Social Security and how might they affect my claiming decision?

We | Feb 28 | 7-9 pm | Online | \$35

The Latest Long Term Care & Asset Protection
with Daniel Williams
The high cost of long-term care can wipe out a family's life savings in a short period of time. Unfortunately, many families are faced with this situation, finding themselves at the mercy of an under-funded government Medicaid system with limited choices. Recent legislative changes have created many questions surrounding planning techniques:

- How can I protect my home?
- What is the penalty for giving assets away?
- Are my assets protected if I put them in a trust?
- When is long-term care insurance worthwhile to consider?
- What if my loved one is already in a nursing home, can they still protect their assets?

We | Mar 6 | 7-9 pm | Online | \$35

Instrumental Music School of Carlisle & Concord



Individual instruction for new & continuing students

The Carlisle, Concord, and Concord-Carlisle Schools offer individual instrumental and vocal instruction all year long. Private study through IMSCC ensures real progress and results for our student musicians of all ages, including adults.

Fall and Winter-Spring sessions are 16 weeks, while the Summer semester is designed with flexibility in mind, customizing your lesson schedule to fit with your vacation plans. Lessons can start any time during the year, tuition is prorated. IMSCC is a fee-based service provided by the schools, enabling convenient and reasonably priced one-on-one music lessons with highly qualified professional musician-teachers.

We have teachers for: violin, viola, cello, string bass, flute, oboe, clarinet, bassoon, saxophone, trumpet, French horn, trombone, baritone horn, euphonium, tuba, voice, piano, electric and acoustic guitar, ukulele, electric bass, and percussion (includes snare drum, tympani, mallet instruments, and drum set).

We will work with you to accommodate requests for individual teachers and times. Parents are responsible for obtaining instruments.

We offer 30-, 45-, or 60-minute lessons:

30 minutes: \$36/lesson 45 minutes: \$53.50/lesson 60 minutes: \$71/lesson
There is a \$15 registration fee per semester, Fall and Winter-Spring.



For more information, contact:
IMSCC Program Coordinator: Debbie Levine
dlevine@concordcarlisle.org
www.concordcarlisleace.org/instrumental-music-school/

Music Directors:
Concord: Chris Noce: cnoce@concordcarlisle.org
Carlisle: Kevin Maier: kmaier@carlisle.k12.ma.us

~ IMSCC FACULTY ~

Jon Amon: saxophone	Nune Hakobyan: accompanist	Eva Ostrovsky Kaminsky: piano
Keith Anderson: flute	Chip Halt: tuba & low brass	Jean Pulsifer: piano
Rob Bethel: cello	Zarina Irkaeva: cello	Jeremy Ronkin: French horn & piano
Scott Chamberlin: saxophone	Susan Jackson: flute	Timur Rubinshteyn: percussion
Soo Choi: flute	Elizabeth Jewell: trumpet	Andrei Sobchenko: saxophone
JL Claybourne: percussion	Deanna Johnson: flute & piano	Andrew Sorg: trumpet
Sissie Siu Cohen: saxophone	Rachel Juszczak: bassoon	Louis Stamas: saxophone
Lucas Coura: voice	Yerim Kang: piano	Lori Syngajewski: clarinet, bass clarinet
Brian Diehl: trombone & low brass	Sargis Karapetyan: violin & viola	Henry Tervo: oboe
Alexei Doohovskoy: trombone & low brass	Debbie Levine: clarinet & bass clarinet	Kenneth Toland: clarinet & bass clarinet
Laryssa Doohovskoy: voice	Ryan Noe: trumpet	Jason Yost: guitar, bass guitar & ukulele

Music

Join professional actor & opera singer Andy Papas!

Magic To Do! Musicals of Stephen Schwartz with Andy Papas

From green skinned *Witches of Oz* to *The Hunchback of Notre Dame*, Stephen Schwartz’s shows are some of the most recognizable in the Broadway canon. Three musicals by Schwartz will be the foundation of this class, but all of his major works will be highlighted. Additionally, we will delve into the artistic and technical elements of the creative process that make a musical happen.

4 Th | Jan 11-Feb 1 | 6:30-8:15 pm | Online | \$109

Beyond The Nutcracker: Tchaikovsky’s Operas with Andy Papas

Peter Ilytch Tchaikovsky’s *Nutcracker* is one of the most well known ballets in the world, but the beauty of his music only begins there. His operas are some of the most exquisite and invigorating in the Russian musicverse, and with the exception of *Eugene Onegin*, are relatively unknown. Three of these jewels will be under the spotlight in this class. Discussions about plot points, characters, and themes will allow you to gain an understanding of what makes each piece special.

1 Tu, 2 Mo | Jan 16, 22, 29 | 4:15-6 pm | Online | \$85

And the Tony Award Goes To... with Andy Papas

From the age of *Movie Musicals* to the contemporary theatrical landscape, this is your express train to 42nd Street! Winners of the Tony Award for Best Musical, from Rodgers & Hammerstein through the modern era, will be the highlight of this class. We focus on a different production every week, highlighting significant scenes, key music, and the performance history. Andy will detail specific artistic and technical elements of the creative process and inner workings of the industry.

7 Th | Feb 29-Apr 11 | 6:30-8:15 pm | Online | \$189

Here And Now: Opera of the 21st Century with Andy Papas

Opera may be 400+ years old, but the art form is alive and well. In fact, your new favorite opera is likely being created right now! We’ll watch and listen to a new contemporary opera every week, breaking down each piece’s important musical and theatrical moments. This class also pinpoints what makes each opera a masterpiece, and students will probe the individual creative and technical elements of opera. Andy will invite special guests to share their pathways in the future of this thriving art form.

7 Mo | Mar 4-Apr 15 | 4:15-6 pm | Online | \$189

Professional Development

Bookkeeping 101: Lunchtime Learning Series with Ava Vatsky

As a business owner, does just reading the word bookkeeping make you want to run and hide? Take a break from your workday as you find out how you can DIY your bookkeeping with ease—without needing an accounting degree—at these online lunchtime sessions.

Bookkeeping 101: It's Not as Scary as You Think!

This friendly, accessible workshop will explain in plain English exactly what bookkeeping is...and what it isn't. We'll talk about why proper bookkeeping is essential for the small business owner and explore how accounting software (such as QuickBooks) makes bookkeeping easier and more accurate than a spreadsheet (or shoebox!). This class is ideal for those without any prior experience in bookkeeping, and/or who have anxiety around the topic of bookkeeping and finances.

Tu | Jan 30 | 12-1 pm | Online | \$25

QuickBooks 101: The Top Ten Tips

QuickBooks Online is an incredible accounting program, but it can be tricky to set up properly and it’s easy to make a mistake if you don’t have an accounting background. This jargon-free workshop will walk you through the top ten tips you need to follow to ensure you are using your QuickBooks Online account properly. This class is intended for small-business owners (sole-prop/LLC) with service-based businesses using QuickBooks Online. Please note that this class will not cover QuickBooks Desktop or QuickBooks Self-Employed, which are different products from QuickBooks Online.

Tu | Feb 6 | 12-1 pm | Online | \$25

Profits 101: How to Read a Profit & Loss Statement

The Profit & Loss Statement is your guide for understanding your profits, and yet, many business owners shy away from the P&L because they are intimidated by the process and are unsure where to begin. This friendly workshop will explain in plain English what a Profit & Loss statement is, how you put it together, how you read it, and how you use it to run a more profitable business. This class is intended for small-business owners (sole-prop/LLC) with service-based businesses.

Tu | Feb 13 | 12-1 pm | Online | \$25



New: Small Group Lessons for 4th & 5th graders
We will be offering small group classes for 1st or 2nd year players - see p. 23.

Parent Education



Raising Financially Savvy Kids - Your Role as Chief Financial Parent with Robin Grace

As a parent, you want the best for your children, and part of raising happy, healthy and independent kids these days is helping them learn how to be money-savvy. This seminar will give you tips to help prepare for “The Money Talk” and suggestions for helping them to become generally more financially aware at any age.

Robin Grace, Executive Director at Morgan Stanley in Wellesley, MA has been a comprehensive wealth financial advisor for over 33 years and is a Concord resident. Her team, The Lineage Group at Morgan Stanley, consists of 4 registered advisors and 2 dedicated customer service associates. They currently manage over \$500MM+ in assets for high net worth families, corporate retirement plans and trusts.

There will be no discussion of, or distribution of written materials relating to, specific products or investments at this presentation.

Opinions expressed by the guest speaker are solely his own and do not necessarily reflect those of Morgan Stanley. Individuals should consult with their tax/legal advisors before making any tax/legal-related investment decisions as Morgan Stanley and its Financial Advisors do not provide tax/legal advice.

Morgan Stanley Smith Barney LLC. Member SIPC.

We | Jan 31 | 7-8:30 pm | at CCHS | \$25

CCACE is the home of Parent Education!
For many years, The Center for Parents and Teachers has provided parenting workshops to the community. CPT's mission lives on through CCACE. Our goal is to continue to provide expert-led programs for ongoing and new challenges that face our children and families.




Helping Children Build Skills to Manage Stress and Worries with Rachel Kramer

Please join Dr. Rachel Kramer for a conversation about helping children learn adaptive and effective strategies for managing stress. Dr. Kramer will discuss building blocks for maintaining physical and mental health, reducing stress, and improving mood. She will present family-oriented coping skills, physiological approaches to managing stress and worries, and cognitive behavioral strategies. The presentation will provide actionable tactics for building a coping toolbox and will offer many practical tips and tools. There will be ample time for Q&A at the end of the presentation.

We | Mar 6 | 7-8:30 pm | Online | \$25

Meet the Instructor



Dr. Rachel Kramer is a Clinical Psychologist who has maintained a private practice in Concord for over two decades. She earned her BA in Psychology and BS in Economics at the University of Pennsylvania and The Wharton School and earned her MA and PhD in Clinical Psychology from NYU. In her practice, Dr. Kramer offers a variety of services for preschoolers, children, adolescents, and their families including psychotherapy and parent coaching, training, and education with a focus on helping parents develop the skills and tools to best support their children’s growth and development. She enjoys teaching parenting seminars and workshops for schools, companies, and community groups. Dr. Kramer’s three young adult children were born and raised in Concord.

Village University



Village University, established in 2003, was inspired by Elliot and Alma Ring, and offers courses for mature learners who are seeking stimulating study and conversation about interesting topics. The courses are taught by academics, scholars, and educational leaders who volunteer to share their knowledge and inspire others. Our volunteer instructors bring the best university-level learning experiences to our community.

Don't Be Afraid of Virginia Woolf with Diane Proctor

Many readers shy away from reading Virginia Woolf, feeling her work is too esoteric. In truth, she is immanently approachable. Renowned for her pioneering stream-of-consciousness style, Woolf is obviously one of the 20th century’s literary giants. While many of her works prove compelling, we shall read *To the Lighthouse*—which focuses on the Ramsay family and their visits to the Isle of Skye in Scotland between 1910 and 1920; like Proust and Joyce, the plot of this modernist novel is secondary to its interior ruminations. We shall engage in close reading of the novel at a pace of around 50 pages (with accompanying study questions) each week. All are welcome.

4 Tu | Jan 23-Feb 13 | 2-3:30 pm | Online

100 Notable Photographs by 100 Notable Photographers with Larry Brink

Larry Brink is back for another class with us! The world’s first photograph was taken in 1826. Nearly 200 years later, we are literally bombarded by all kinds of photographic images. To better appreciate photography and broaden your understanding of the medium, we will investigate how artists, journalists and others have utilized photography to uniquely communicate ideas, messages and emotions. Using 100 selected photographs – one from each of 100 prominent photographers – we will consider varied aspects of each image and the medium of photography itself. From framing to visual design, lighting to exposure and perspective to tonality, you’ll also be introduced to the language of photography as a tool for discussing, analyzing and better appreciating the fascinating medium of photography.

6 Th | Jan 18-Feb 22 | 10:30 am-12 pm | Online

The Cloud of Unknowing: a Fourteenth-Century Christian 'Book of Contemplation' with Tony Fairbank

We will read a Middle English Christian text called *The Cloud of Unknowing*. This short work (100 pages), written by an unknown author in mid-fourteenth century England, offers 75 brief chapters on topics concerning Christian monastic practice, with a particular emphasis on what the author calls “contemplation,” or what we know today as “Christian Contemplative Prayer,” or simply “Centering Prayer.” This text is compelling in that it provides practical advice for any serious spiritual practitioner. A hallmark text of the centuries-old Christian Mystical tradition (made famous by the writings of Thomas Merton (1915-1968) and others), *The Cloud of Unknowing* has remained a vital handbook for anyone, monastic or layperson, who walks the spiritual path. We will use the 1973 William Johnston translation of *The Cloud of Unknowing*, which includes a thorough introduction by the translator, and a forward by noted historian of religion, Houston Smith. You may find see more information at Tony’s website: www.dianwu.org/cloud.

6 We | Jan 17-Feb 21 | 1-2:30 pm | Online



CCACE is thrilled to be able to offer Village University programs to our community members. We suggest a donation of \$60 for the first course and \$30 for each additional Village University course. CCACE is self-funded through the programs it offers. Donations received from our programs help us maintain, promote, and provide scholarship opportunities for CCACE. Once you are registered, you can donate online or call 978-318-1432. Checks can be made out to CCACE and mailed to 500 Walden St, Concord 01742.

World Languages



English Language Learner
Our English Language Learner (ELL) program is for students who interested in learning to communicate fluently or learn effectively in English. It is an integrated skills class that offers students the foundation to communicate in English in every-day situations. We will place people in classes according to level, and add additional levels as needed.

Winter 2024 classes:
Placement tests for new students: January 17 at 6 pm at CCHS
Beginner class will meet on:
30 Mo & We | Jan 22-May 22* | 7-9 pm | at CCHS | \$225
Upper Beginner/Lower Intermediate classes will meet on:
30 Mo & We | Jan 22-May 22* | 6:30-8 pm | at CCHS | \$225

New! Conversation Group
Join us once a week for an hour of conversation to practice what you are learning in class. This class is for students who have had at least one year of English already.
6 We | Jan 31-Mar 13** | 5:15-6:15 pm | at CCHS | \$20

Visit concordcarlisleace.org/adult-ell for more information and to complete the general inquiry form.
Financial aid is available – check off that you need help paying on the information form

Meet our ELL Instructors

Beginner class: Kim Nolan

Upper Beginner/Lower Intermediate classes:
Ivy Delaney & Koren Kitigawa

Conversation group: Amanda Haeni

See their bios:
<https://ccace.asapconnected.com/#Faculty>

Questions? Call us at 978-318-1432, email ace@concordps.org, or text 978-831-3579 for more information.

*No class 2/19, 2/21, 3/18, 3/20, 4/15, 4/17.
**No class 2/21.

Arabic (Leventine)
with Rania Nasser
Considered one of the major varieties of Arabic, “Levantine” refers to the spoken variety of Arabic among the eastern Mediterranean coast, which includes Lebanon, Syria, Jordan, and Palestine. More informal than Modern Standard Arabic, this dialect is used in the home, among friends, and has become the chosen language for many television series. This course is for those who have some familiarity with Levantine Arabic. Different everyday topics are discussed with some focus on grammatical structures. *No class 2/21.*
10 We | Jan 17-Mar 27 | 6:15-7:45 pm | Online | \$205

French Lunch Lessons - Déjeuners en Français
with Grace Butler
What better way to revive and maintain your French language skills than over lunch! For the first meeting, we suggest you pack a lunch (un bon sandwich fromage/jambon, par exemple). After that, we will decide together what direction the course will take. Conversational topics might include: cuisine, restaurants, and travel, and could also include cinema, theatre, and literature. Language and grammar points will be discussed as needed or requested. A basic comfort with spoken French is recommended. Ideal for intermediate and advanced level students. *No class 2/22.*
8 Th | Feb 1-Mar 28 | 12-2 pm | at Main Library | \$209

French for Beginners
with Barry Bridgelal
Immerse yourself in the beautiful French language and gain a practical command of the vocabulary and grammar through topics that will include greetings, pronunciation, counting, indefinite articles, definite articles, interrogatives, infinitive expressions and a few irregular verbs. The goal of this program is to provide you with the tools to conduct basic conversations and write brief paragraphs about a range of everyday topics, using the present and near future tenses. The course is conducted largely in French. ***You will need to purchase Contacts edition 8 (978-0618395781) or 9 (978-1133934004), easily found used or downloadable online.*** If you miss a class, you may view the recording or schedule a half-hour private lesson with Barry (\$39) - contact the CCACE office.
7 Mo | Feb 26-Apr 8 | 7:30-8:45 pm | Online | \$175

World Languages

Italian for Beginners
with Rita Abela
Benvenuti! If you are new to the study of Italian, this is the class for you. Rita will introduce you to the basic structures of this wonderful language. You will learn basic grammar structures, vocabulary and practice simple conversations through a variety of activities. Rita will discuss a book with class. *No class 2/21.*
10 We | Jan 24-Apr 3 | 5-6 pm | Online | \$145

Italian classes are designed to be ongoing, beginning in September and continuing throughout the winter and spring sessions. You are encouraged but not required to take all three semesters, Fall, Winter & Spring. If you are unsure of your level, please contact us prior to registering.

Italian I (Previously Beginner I)
with Rita Abela
This class is for students who are continuing from our Fall Beginner I. We will continue learning the basic structures of Italian, and work on basic grammar structures, vocabulary and practice simple conversations through a variety of activities. *No class 2/22.*
10 Th | Jan 25-Apr 4 | 5-6 pm | Online | \$145


Italian II (Previously Beginner II)
with Rita Abela
Benvenuti! This class is for students who are continuing from our Fall Beginner II class. Continue learning the structure of Italian as we work on grammar structures, vocabulary and practice simple conversations through a variety of activities. *No class 2/19.*
10 Mo | Jan 22-Apr 1 | 6:30-7:30 pm | Online | \$145

Italian III (Previously Italian II)
with Rita Abela
Bentornati! This class is for students who are continuing from our Fall Italian II class. Join Rita again to expand your knowledge of Italian. We will continue to learn the fundamentals of the language through a variety of activities and methods. We will cover new vocabulary, sentences, grammar rules, along with easy conversations on daily activities. *No class 2/19.*
10 Mo | Jan 22-Apr 1 | 5-6:30 pm |Online | \$205

Italian IV (Previously Intermediate)
with Rita Abela
This class is for students who are continuing from our Fall Intermediate class. It will expand vocabulary and introduce new grammar structures through short stories, easy readings, language drills. You will engage in group conversations about everyday situations in order to build vocabulary and communication skills. *No class 2/22.*
10 Th | Jan 25-Apr 4 | 6-7:30 pm | Online | \$205



Introdução ao Português Brasileiro
with Poli Bellan Wilson
This dynamic and interactive course is crafted to explore the language and culture of Brazil. This engaging journey navigates through the unique phonemes of Brazilian Portuguese, offering a comprehensive practice of word spelling, greetings, numerical fluency, vocabulary related to the calendar. Additionally, the course exposes participants to essential language skills for navigating key questions and answers commonly encountered in forums—whether for schools, hospitals or various other contexts. *No class 4/17.*
6 We | Mar 27-May 8 | 6:30-8:30 pm | Online | \$225



Would you like to teach for CCACE or do you have an idea for a new class?
We are always looking for new ideas and enthusiastic teachers who are eager to share their expertise with us!
Contact us!

World Languages

Spanish for Beginners

with Mary Ann Price
Have you been wanting to learn Spanish? Enjoy learning a new language in a relaxed and supportive atmosphere. You will be immersed in the language, learn practical vocabulary, watch videos, and have conversations with classmates in which you practice your speaking skills each week. This course is for those with little or no knowledge of Spanish. **Please purchase *Pensar y aprender Libro 1 (Curso de español)* (ISBN 978-2921445207).** No 2/20, 3/12
8 Tu | Feb 6-Apr 9 | 6-7:30 pm | Online | \$225

Spanish Intermediate

with Mary Ann Price
This course is appropriate for students who have a solid knowledge of the use of the present, present progressive, and preterite tenses as well as everyday vocabulary. We will review the present progressive, the preterite tense, and reflexive verbs and then dive into the imperfect tense, which will enable you to read and tell stories about events that happened in the past. Our conversations, writing samples, and readings will become richer in describing nuances of past events. Join us to expand your Spanish language skills in a relaxed and supportive atmosphere! **Please purchase *Pensar y aprender Libro 2 (Curso de español)* (ISBN 978-2921445160).** No 2/20, 3/12
8 Tu | Feb 6-Apr 9 | 4-5:30 pm | Online | \$225

Spanish Advanced: Literature I


with Mary Ann Price
Join us to read two or three short stories and discuss them in Spanish. There will be opportunities to discuss other topics. We will also continue focusing on the grammar and vocabulary in *Pensar and Aprender 2*. No 2/20, 3/12
8 Tu | Feb 6-Apr 9 | 7:30-9 pm | Online | \$225

Writing



Japanese Aesthetics in Haiku
with Brad Bennett
The haiku, a very concise poem that highlights the extraordinary in the ordinary moments of our lives, originated in Japan over 400 years ago. Japanese aesthetic concepts have influenced haiku writing for centuries. In this six-part on-line class, we will start with an introduction to the major elements of haiku, and then we will examine six Japanese aesthetic concepts and how they continue to inform modern English-language haiku. *Wabi sabi* is the appreciation of beauty in that which is imperfect, incomplete, or impermanent. *Yugen* means quiet grace and mystery. *Ma* can be defined as an emptiness full of possibilities. *Mono no aware* is about pathos and deep compassion. If you write with *Karumi*, that means that you write with a light touch. *Zoka* is the dynamic energy of nature. Each week, we will also try our hand at writing haiku inspired by these Japanese concepts. *No class 2/20.*
6 Tu | Jan 23-Mar 5 | 6:30-8 pm | Online | \$125

Meet the Instructor


 **Brad Bennett's** haiku have appeared in over forty journals, magazines, and anthologies. He has published three award-winning collections of haiku, *a drop of pond* (2016), *a turn in the river* (2019), and *a box of feathers* (2022). Brad has taught haiku to children and adults for over twenty-five years.

Youth Programs

BLAST Babysitting Safety & CPR


with Juanita Allen Kingsley
The BLAST! (Babysitter Lessons and Safety Training) program provides training in First Aid, in household safety, and some fundamentals of childcare. In addition, this course helps prepare children to interview for a babysitting job, select safe and suitable games and activities, prevent accidents, and begin babysitting safely and competently. We will cover choking prevention and relief and how to call 911. Participants will also be certified in CPR/AED upon successful demonstration of practical skills. This program is for students in grades 6-8.
Fr | Mar 8 | 3:30-6:30 pm | at CCHS | \$125

Meet the Instructor

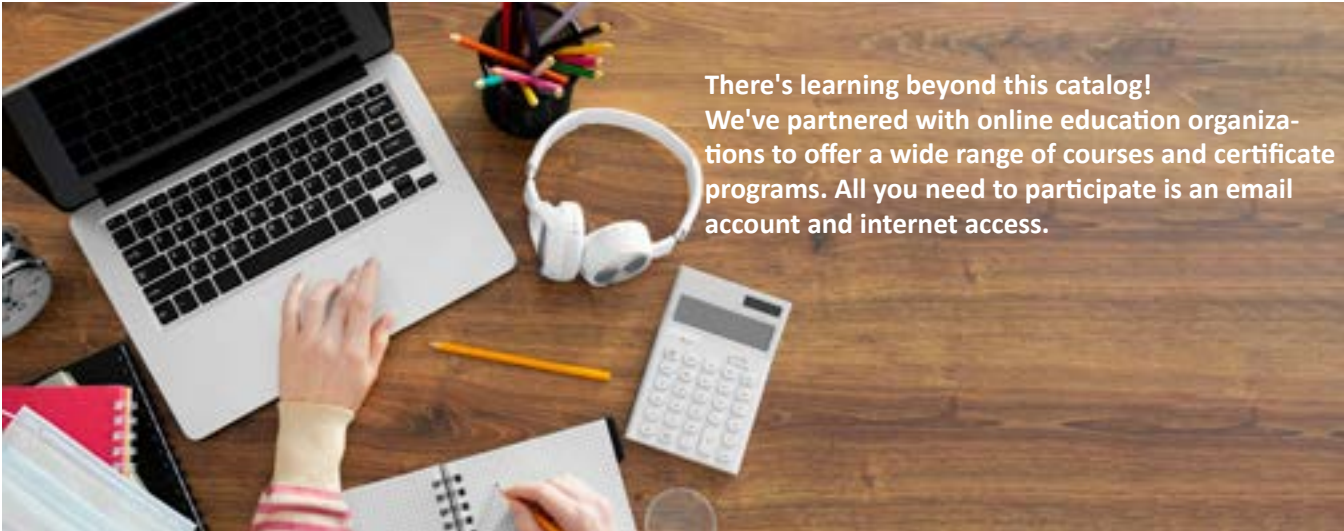
 **Juanita Allen Kingsley** is the owner of Allen Kingsley-Lifelong Learning Essentials. She completed her EMT training at Northeastern University and received Wilderness EMT Certification through Mountain Aid Training International. A health educator, she trains more than 2,000 people yearly through her First Aid, Wilderness First Aid, CPR and AED classes in addition to the variety of health and safety programs that she teaches. Juanita serves as an instructor and instructor- trainer with ASHI (American Safety and Health Institute), the American Heart Association, and the National Safety Council.
See Juanita's Grandparent/Caregiver: Pediatric First Aid & CPR class on p. 9



- Small Group Music Lessons**
IMSCC is offering after-school, same-instrument, small-group lessons for our 4th- and 5th-grade musicians, which complement the Concord in-school instrumental ensemble programs. Private or small group lessons are recommended but not required for participation in the Concord elementary schools' band and orchestra programs.
- Clarinet Small Group - Year 1 with Ken Toland**
14 Tu | Jan 30-May 14 | 4-4:45 pm | CCHS | \$295
- Clarinet Small Group - Year 1 with Jon Amon**
14 Tu | Jan 30-May 14 | 4:45-5:30 pm | CCHS | \$295
- Flute Small Group - Year 1 with Keith Anderson**
14 Tu | Jan 30-May 14 | 4-4:45 pm | CCHS | \$295
- Flute Small Group - Year 2 with Keith Anderson**
14 Tu | Jan 30-May 14 | 4:45-5:30 pm | CCHS | \$295
- French Horn Small Group - Year 1 with Jeremy Ronkin**
14 Tu | Jan 30-May 14 | 4-4:45 pm | CCHS | \$295
- Low Brass Small Group - Year 1 with Alexei Doohovskoy**
14 Tu | Jan 30-May 14 | 4:15-5 pm | CCHS | \$295
- Trumpet Small Group - Year 1 with Ryan Noe**
14 Tu | Jan 30-May 14 | 4:15-5 pm | CCHS | \$295
- Violin/Viola Small Group - Year 1 with Sargis Karapetyan**
14 Mo | Jan 29-May 13 | 4-4:45 pm | CCHS | \$295
- Violin/Viola Small Group - Year 1 with Sargis Karapetyan**
14 Mo | Jan 29-May 13 | 6-6:45 pm | CCHS | \$295
- Violin/Viola Small Group - Year 1 with Sargis Karapetyan**
14 Fr | Feb 2-May 17 | 4:30-5:15 pm | CCHS | \$255

 Learn about private music lessons for students of all ages with IMSCC on p. 16

Certificate Programs & Online Learning



Certificate Programs with UGotClass
Get professional development with us online!

You will access online readings, listen to audio presentations and view slides, take quizzes, and engage in written online discussion with your instructor and other participants.

Participate any time of day or evening - the online classroom is open 24 hours a day, 7 days a week. There are no live real-time requirements or meetings.

*Classes can also be taken individually or as part of the certificate program

Certificate Programs:

- Accounting and Finance for Non-Financial Managers: \$495
- Bookkeeping: \$495
- Data Analysis: \$495
- Graphic Design Software Essentials Certificate: \$545
- Management: \$595
- Mastering Excel: \$495
- Power BI: \$495
- Project Management: \$495
- Social Media for Business: \$495
- Supervisory and Leadership: \$395

Participate when you want!
Log in when it's convenient for you! The online classroom is open 24 hours a day, 7 days a week. There are no live real-time requirements or meetings.

www.concordcarlisleace.org/certificate-programs/



Online Courses with ed2go
We offer a wide range of highly interactive courses that you can take entirely online. All of our courses are led by expert instructors, many of whom are nationally known authors. Our online courses are affordable, fun, fast, convenient, and geared just for you.

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- Grammar Refresher
- Discover Sign Language
- Getting Started with Google Workspace
- Mastering Public Speaking
- Secrets of Better Photography
- Legal Terminology

...and More!

Many other online self-paced tutorials are available. Look for "Self-Paced Tutorial" in the name of the course, as many have an instructor-led version.

Participate when you want!
24/7 Access • Start course at any time • Certificate of completion • 3 Month access • Work at your own speed • Discussion boards

www.ed2go.com/Concord

Details

About CCACE
Concord Carlisle Adult & Community Education (CCACE) is a self-sustaining branch of Concord-Carlisle Public Schools, dedicated to lifelong learning for all ages. CCACE connects local citizens through collaborative community outreach, classes and educational events. Our aim is to provide unique programming that will inspire joy and nurture passions.

Adult & Community Education Staff
Jill Weintraub: Director of Adult & Community Education
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978-341-2923 or 978-831-3579

Stefanie Cloutier: Adult & Youth Programs Coordinator
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Deborah Levine: IMSCC Coordinator
dlevine@concordcarlisle.org
978-318-1400 x7653

CCACE Advisory Committee

- | | |
|------------------------|--------------------------|
| Paula Casey, Concord | Steve Reznak, Concord |
| Pam Hegarty, Concord | Sara Wilson, Carlisle |
| Kim Kossmann, Concord | Carrie Patel, Carlisle |
| Barbara Magee, Concord | School Committee Liaison |
| Polly Meyer, Concord | |
| Alison Pray, Carlisle | |

Concord-Carlisle Regional School Committee
Tracey Marano, Chair (2024) Carrie Rankin (2026)
Sharon Whitt, Vice Chair Cynthia Rainey (2025)
Alexa Anderson (2025) Carrie Patel
Courtland Booth (2024)


Scholarships
Scholarships are made possible in part by a grant from the Concord-Carlisle Community Chest. **Apply online at www.concordcarlisleace.org/scholarship/** This helps to make lifelong learning a reality for local community members who require some financial assistance. Your application for assistance is confidential. The Community Chest opens the doors of learning for everyone. For more information or to donate, visit www.cccommunitychest.org.



Hugh Cargill Trust

The Hugh Cargill Trust Committee has been working in partnership with the CCACE to provide partial Driver's Ed scholarships to deserving Concord high school students. The mission of the Hugh Cargill Trust is to provide short-term emergency financial assistance to Concord residents. Town residents request aid by leaving a phone message at the Town House: 978-318- 3100, ext. 2030. The Committee can be contacted through email at hctc@concordma.gov. All requests are kept confidential.



 **Are you interested in joining our Advisory Committee?**
We want your ideas and help!
Contact us at ace@concordps.org

Details

How to Register:



www.concordcarlisleace.org



978-318-1432



500 Walden Street, Concord, MA 01742
*Make checks payable to CCACE

Registration

Classes are filled on a first-come, first-served basis. Payment in full is due at the time of registration to secure your space. Once you enroll, you will receive a confirmation by email. If you do not see the email, check your spam or promotions folders. Please register early!

If a class needs to be cancelled due to low enrollment, you will be notified 2 business days prior to the start date and receive a full refund. A \$25 fee for all checks returned due to insufficient funds will be charged and added to your course tuition, in accordance with MGL Ch 60, Sec 57A.

Who Can Enroll?

Anyone can enroll in our programs at the same tuition. Adult classes are open to ages 18+, unless otherwise specified. Younger students are welcome to enroll if a parent/guardian also enrolls.

Refunds & Course Changes

If you withdraw 1 week or more before the start date of a class, we will issue you a credit (good for 18 months from the date of issue). If you prefer, we will refund the class tuition minus a \$10 processing fee. Withdrawals from courses and events under \$25 are only eligible for a course credit. If you withdraw 6 days or less from the start date of a class, we do not issue course credits or refunds.

Virtual Class Information

Many of our classes will be on Zoom. We strongly recommend that you test your device and get comfortable with the platform before the start of your class. **Zoom links are emailed the day before the class.** If you do not see it, check your spam folder and contact the office before 4 pm.

Also, while it may be easy to share a screen when joining a class from home, we do require each participant to be registered separately unless otherwise noted.

Class Materials

Some classes may require you to purchase supplies beforehand which is indicated in the class descriptions. Register early to give yourself time to acquire the materials needed.

Redeeming Credits

If you have an existing credit, you can register online and apply it at checkout or contact us before registering.

Waitlists

If the class you want is full, sign up for the waitlist. There is no charge and we often get last-minute changes or add sections.

Etcetera

CCACE reserves the right to change instructors if necessary and correct prices, dates, or times due to typographical errors in our catalog or website. The opinions, views, or recommendations expressed by instructors are their own and do not necessarily reflect those of CCACE. CCACE does not endorse any service or product recommended or offered by instructors.

Gift Certificates

Perfect for any occasion! Join together with friends and family near and far for a virtual night of fun! Contact the office.

In-Person Class Locations

All in-person classes are at Concord-Carlisle High School (500 Walden St, Concord) unless otherwise indicated.

- Acton-Boxborough High School: 36 Charter Rd, Acton
- Concord-Carlisle High School: 500 Walden St, Concord
- Concord Free Public Library: 129 Main St, Concord
- Daisy Hill Farm: 64 Wood Ln, Acton
- Del's Coffee Roasters: 100 Felton St, Suite 105, Waltham
- Sacred Space Yoga: 6 Appletree Ln Bedford



Join our mailing list!

Visit our website to sign up for our email list. Catalogs are mailed to all Concord & Carlisle residents 3 times per year.

freepik.com: Light bulb made from a yellow paper ball (p.21) by dashu83; Close up picture of doctor's hands posting symbol of home above family member model (p.2); Book in library with open textbook (p.2); Paper heart (p.14) by jcomp; Rolled graduation diploma certificate (p.2); Colourful (p.2); Youth day - jumping people silhouettes (p.2); Happy couple tourist hand pointing to copy space with baggage going to travel on holidays (p.5) by our-team; Top view of metal flute (p.16); Little girl holding a help message on a white paper (p.18); Close up hand taking notes (p.24) by freepik; 3d render of a house in the countryside (p.2) by klpargeter; Airplane (p.2); Hands cu (p.6); Illustration of language concept (p.20); Learn Portuguese Language Online Education Concept (p.21); Hands holding an asterisk symbol (p.25); The vegetables from a basket on wooden table (p.2) by master1305; Programmer workplace (p.2) by pressfoto; Foggy road ahead (p.2) by welcomia; Time is passing, blue hourglass close up by fabrikasimf (p.8); Red open mailbox with five white envelopes (p.26) by mb-photoart by rawpixel; Closeup of a violin and a trumpet on note sheets under the lights (p.16) by wirestock; Hand of man holding vintage clock (p.7) by luis_molinero; DNA helix symbol isolated on white background (p.8) by brgfx; Traveling adventure and vacation concept with compass (p.9) by atlascompany; Smiling girl with jar full of money (p.18) by drbotdean;

Adult Registration Form

Contact Information

First Name		Last Name	
Address			
City		Zip	
Phone #		Email	

Course Information

Start Date	Course Name	Fee
	Total	

Billing Information

Cash_____		Check/MO_____		Credit Card_____	
Name on card		Exp Date			
Card #		CVV			

Youth Registration Form

Contact Information

First Name		Last Name	
Birth Date		Grade	
School			
Parent/Guardian			
Address			
City		Zip	
Phone #		Email	
Emergency Contact		Phone #	

Course Information

Start Date	Course Name	Fee
	Total	

Billing Information

Cash_____		Check/MO_____		Credit Card_____	
Name on card		Exp Date			
Card #		CVV			



Concord Carlisle *Adult & Community Education*

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Concord, MA 01742

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