

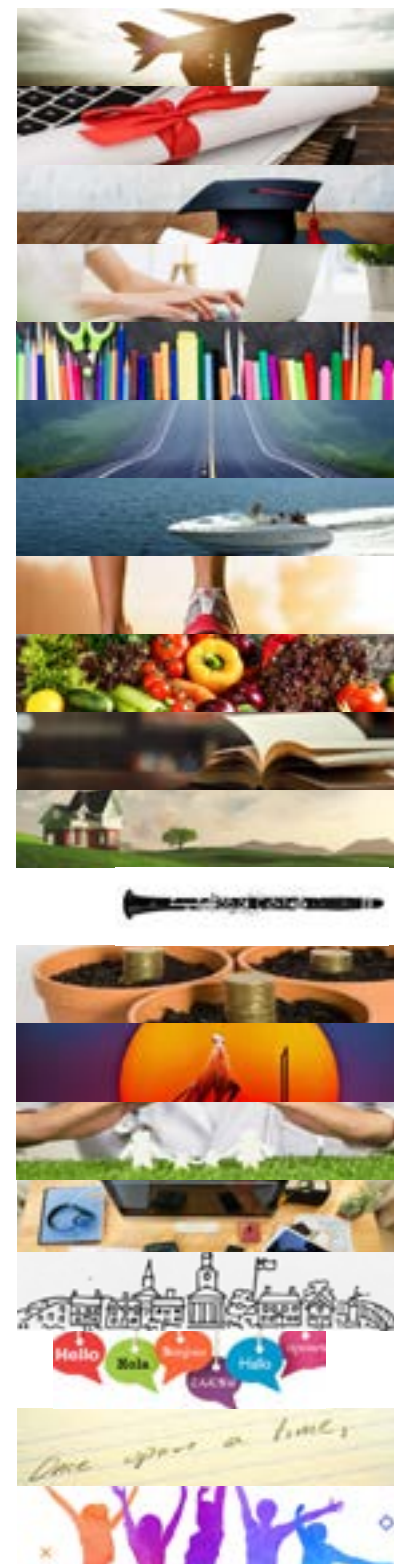


Concord Carlisle
Adult & Community Education

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

Fall 2024

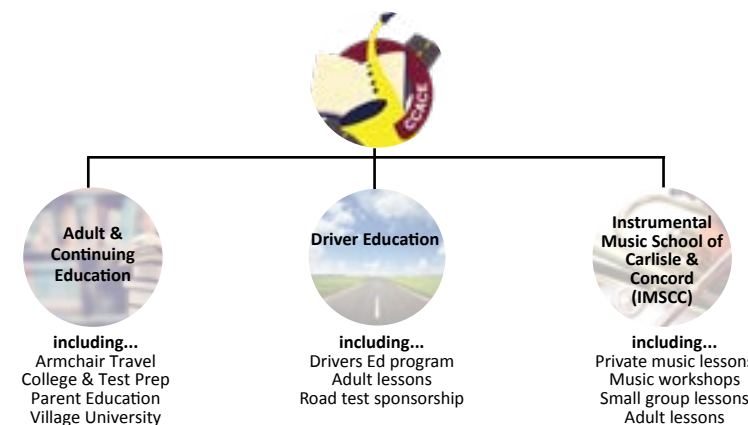




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Cover art by Lottie Kinch, CCHS Class of 2024: Water is something we come across every day, and it's hard not to notice its beauty. I love how the light reflects off of it at different times of day and how it shapeshifts constantly. On these pieces I wanted to break down the water into its defining colors (dark and light) then went in with different hues to make it somewhat more realistic. And my biggest piece of the wave, I tried to capture glassiness by adding different shades of greens and blues.

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



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.

Dear Neighbor,

Summer has been flying by, and with the Olympics in our rearview mirror, it's time to wing our way to the cool days of autumn. We have a host of exciting classes for you to look forward to!

For our high school students, we have a packed schedule to help prepare you for the ACT or SAT tests with our College & Test Prep classes with Open Door Education.

In our History & Culture section, we're exploring the area with our Historical Walks, learning about The Art of Being a Person from Emerson and friends, and learning about the town in Concord Town History & Guide Training class.

For our parents of all ages and stages, we have exciting programs this fall in Parent Education. Sarah Ward will be sharing information and strategies about Executive Functioning as we start off the school year; Katie Greer will help us Understand Digital Health; and Joshua Dodds will help us understand The Urgency of Allyship.

If you or someone you know needs help paying for our classes, we want to help! This year we have given out over \$16,000 in need-based scholarships already. See details of how to apply on p.24.

We hope you find something among our wide variety of classes that will spur you to try something new! Are you traveling soon and interested in sharing your journey with our Armchair Travel community? Do you have a skill or special knowledge you want to teach? Let us know! We are always looking for new class ideas and new instructors..

We look forward to seeing you soon,

Concord-Carlisle Regional School District

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Superintendent

Shelly Chin
Interim Assistant Superintendent of Teaching & Learning

Adult & Community Education Staff

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CCACE Advisory Committee

Ed Bernard, Concord
Paula Casey (Ex-officio), Concord
Pam Hegarty, Concord
Carlene Hempel, Concord
Anne Irza-Leggat, Concord

Kim Kossmann, Concord
Polly Meyer, Concord
Alison Pray, Carlisle
Rita Raychaudhuri, Concord
Sara Wilson, Carlisle

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
- You must register in advance to receive the zoom link



Overcoming Poverty in Rural Honduras - Stay or Emigrate? with Mark Hopkins

Why are Central America's subsistence farmers leaving everything behind to seek asylum in America? This talk, illustrated with Mark's photography, will take you to a mountain village in Honduras where American volunteers are helping its residents overcome the ravages of extreme poverty. Mark will describe the challenges they face -- lack of education, poor health, polluted water sources, and a corrupt government -- and follows the villagers' progress as they work with American volunteers to better their life. Along with documenting their many successes, it also introduces a dismaying new problem -- climate change -- that is creating conditions that are raising the prospect of emigration for the village's farmers. Finally, the talk provides a pictorial look at the rigors that today's emigrants face if they attempt to seek a new life in the U.S.

Mo | Sep 30 | 7-8 pm | Online



Travels through Northwest Spain: Portugal and Galicia with Ted Scott

The trip will begin in Porto, where Ted took a one-day "Culinary Backstreets" tour before meeting up with his brother, who is a regular traveler to Portugal on business. They first headed up the Douro River and spend several days in the region where port wine grapes are grown on the terraced slopes above the river. From there they visited historic or otherwise notable towns in the region, before driving northwest to Galicia, a region of Spain noted for its seafood, and for its pilgrimage destination of Santiago de Compostela. They concluded the trip with a visit to Lisbon.

Mo | Oct 7 | 7-8 pm | Online

Nostalgia on a trip to Denmark and Norway with Steve Reznek

Steve has deep connections to Denmark and Norway and he and his wife normally visited annually. Because of Covid, it had been five years since their last trip! Apparently out of sight; out of mind. Thus the trip this year was full of "Oh, I remember that" and "How could that have slipped my mind?" Hopefully you will find Steve's reporting of these contrasts between Scandinavia and American in ordinary things to be quite amusing. If not amusing, at least informative.

Mo | Oct 21 | 7-8 pm | Online



Do you have travel stories to share?
We want to hear from you!

Are you interested in working with
Claudia Feeney to help coordinate our
Armchair Travel presentations?

Contact us at ace@concordps.org

Armchair Travel

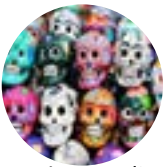


Ancient Light – A Tour of the Night Sky with Marsha Wilcox

Marsha and friends will take us on a journey into the night sky. We'll look at nebulae and star clusters within our own galaxy and galaxies beyond our own. Nebulae, colorful, radiant, interstellar dust, are home to both energetic star birth and quiet reflection. The nebulae 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 lightyears 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.

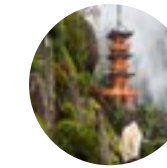
Mo | Oct 28 | 7-8 pm | Online

Oaxaca (MX) Festivals—Carnival and Day of the Dead (Dia de los Muertos) with Bill Mrachek



Festivals are key reasons to plan travel anywhere in the world. The culturally rich and intriguing Oaxaca festivals in Mexico are no exception. No list of Oaxaca festivals would be complete without mention of the most famous of Mexican holidays, Dia de los Muertos. This Halloween-time festival honors the dead and simultaneously celebrates the fall harvest with altars overflowing with marigolds, candles, and delicacies prepared specifically to the taste of the departed ones. San Martín Tilcajete, a vibrant town about an hour's drive from Oaxaca City, is perhaps best known for its alebrijes — wooden artisan carvings of highly decorated creatures, both real and fantastical, meticulously painted in electric colors. However, in the lead-up to Shrove Tuesday (also known as Fat Tuesday), the town is also known for its Carnival celebrations, and a tradition known as the "Dance of the Devils," in which revelers run through town in costume — their bodies covered in body paint to look macabre or otherworldly.

Mo | Nov 4 | 7-8 pm | Online



Japan Old and New with Manohar Panjabi

At the beginning of January 2024, Manohar's grandson travelled with him to Japan for three weeks. They landed in Tokyo and the next day they travelled by Shinkansen, also called bullet train, to the old town of Kanazawa. The town is rich in culture and history with beautiful gardens and is home to a restored castle. Another Shinkansen brought them to Kyoto—the cultural capital of Japan. It is full of Buddhist temples, Shinto shrines, palaces and gardens. This was the highlight of their travel! After a week, they travelled south to Koyasan district known for temple-stay in a ryokan. The most interesting part was visiting an ancient cemetery in the evening. Their final destination was Tokyo. It is probably the cleanest big city with the most modern and efficient metro train system in the world!

Mo | Dec 9 | 7-8 pm | Online

Travel with us.

Travel is the best education there is! Meet your neighbors on one of our quality, tailored adventures to:

- Portugal: Culture, Cuisine & Coastlines: February 21-28 2025 (open now!)
- Bonnie Scotland: May 2025
- Croatia: Europe's Secret Paradise: June 2025
- Hidden Gems of Scandinavia: A Norway and Denmark Adventure: August 2025
- Iceland Northern Lights & Ring Road Tour: October 2025

All tours feature personalized care, expert guiding, and travelers from our local community.

Read more and sign up for announcements at samanthatrips.com

Questions? Reach out to Travel Director Samantha Mandel at samantha@samanthatrips.com.

Get information and sign up for CCACE's travel mailing list at: www.concordcarlisleace.org/travel-opportunities



The PSAT is Coming. Be Ready!

The PSAT marks the beginning of most students' college admissions journeys and sets the tone for their experience with testing. This class with Open Door Founder Travis Minor will ensure that your student understands the structure and content of the PSAT and has a toolbox of effective strategies for both the Reading/Writing and Math sections of the test. All registrants will have access to a full practice test and comprehensive score report.

- Sa | Oct 5 | 10 am-1 pm | at CCHS | \$225
- Tu, We, Th | Oct 8-10 | 7-8 pm | Online | \$225

ACT/SAT Practice Tests

Our low-stakes, simulated Test Day environment fosters familiarity and confidence, helping students to be better prepared for their admissions testing. Students taking the adaptive test will gain familiarity with the structure and content of the new SAT, and our detailed score reports will help guide students in deciding whether the SAT or ACT is the best fit for their academic goals.

Please note that the tests are administered with standard timing. Any students who qualify for accommodations, including extended time, should contact Open Door Education (978-263-6387 or info@opendoor.education) directly to discuss options for a practice test.

ACT Practice Tests

- Sa | Oct 5 | 9 am-12:30 pm | at AB Admin Bldg | \$30
- Sa | Nov 23 | 9 am-12:30 pm | at AB Admin Bldg | \$30
- Sa | Jan 11 | 9 am-12:30 pm | at AB Admin Bldg | \$30

SAT Practice Test

Prepare for success on the digital SAT! All students taking this practice test should plan to bring a fully-charged laptop and a charger. If a student does not have a laptop, one will be provided.

- Sa | Sep 21 | 9-11:30 am | at AB Admin Bldg | \$30
- Sa | Oct 19 | 9-11:30 am | at AB Admin Bldg | \$30
- Sa | Nov 16 | 9-11:30 am | at CCHS | \$30
- Sa | Jan 4 | 9-11:30 am | at CCHS | \$30

SAT Digital ADVANCED Bootcamp

This class is intended for students who have previously scored at least 1300 on the SAT. 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 SAT.

- 4 Tu & 4 Th | Sep 10 - Oct 3 | 7-8 pm | Online | \$675

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

The landscape of college admissions testing continues to evolve, and many parents and students are understandably uncertain about what these changes mean for them. 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. Reduce stress by developing a strategic plan for your student's bright future!

- We | Sep 18 | 7-8 pm | Online | \$15
- We | Oct 9 | 8-9 pm | Online | \$15

The Deep-Fit Admissions Advantage

If your child is targeting highly-selective schools and/or competitive, saturated majors such as computer science (CS) and engineering, demonstrating a Deep-Fit™ to a school can boost a student's chances of admission.

What is Deep-Fit? A Deep-Fit college is a college where a student will have the opportunity to have positive, impactful experiences, meet their specific academic and personal goals, thrive, and lay the foundation for a successful life. Colleges are eager to admit students who will thrive at their institution, so students who make Deep-Fit applications showing that they know themselves, they know about a college, and these are in deep alignment (i.e., a Deep-Fit) will have an admissions advantage. At highly-selective institutions and in competitive fields, such as CS and engineering, it is essential to stand out in the applicant pool. A Deep-Fit application powerfully differentiates a student from other compelling students with similar grades, courses, test scores, and activities.

Please join Jennifer Stephan, PhD for a presentation about Deep-Fit where we'll share tangible steps for defining college fit through this lens so your student is positioned for success in the application process, college, and beyond.

- We | Sep 25 | 7-8 pm | Online | \$15



Scholarships are available for CCACE programs

Apply online at concordcarlisleace.org/scholarships/

Unlock the Potential of AI: Demystifying ChatGPT for Everyone

with Jordan Burke

Are terms like “artificial intelligence” and “machine learning” intimidating? This course aims to change that perspective. Join us for a series of engaging evening Zoom sessions designed to make these concepts accessible. Discover how you can leverage ChatGPT, a state-of-the-art generative AI developed by OpenAI, with ease and confidence. ChatGPT is not just a technological breakthrough; it's a dynamic tool that can transform how you work, learn, and innovate.

The complexity of AI shouldn't be a barrier to exploration. Our workshop is crafted to demystify ChatGPT in a friendly and accessible manner, elucidating its functions, capabilities, and practical applications. Additionally, we will discuss the broader societal impacts of AI and compare ChatGPT with other leading large language models like Google Gemini and Anthropic's Claude.

- 5 We | Sep 25-Oct 23 | 7-8 pm | Online | \$69

How to Create a Digital Marketing Plan

with Betsy Rosen

In today's digital environment, digital marketing has become essential for businesses and organizations. Betsy will provide you with a foundation in digital marketing strategies, tactics and best practices. You will apply topics covered in class to the hands-on experience of building a marketing plan that focuses on your own business/organization or one that interests you.

Topics covered will include:

- Identifying your target audience and marketing plan goal;
- Digital marketing channel strategies including web, email, social media and long-form content;
- Search, SEO (search engine optimization) and SEM (search engine marketing);
- Writing and designing for the digital environment;
- Marketing and customer analytics;
- User experience, usability testing and conversion rate optimization.

This class is ideal if you want to improve your digital marketing skills and/or can benefit from a digital marketing plan for your work. In order to get the most out of this class, you should plan on 1 - 2 hours outside of class to complete weekly assignments related to your marketing plan. The course will include a one-on-one meeting with Betsy to discuss your marketing plan goals and strategies. *No class 11/27.*

- 8 We | Oct 16- Dec 11 | 6:30-8:30 pm | Online | \$225



Watercolor Flora: Painting Botanicals

with Kristen Callahan

Unleash your inner artist in our lively watercolor class dedicated to painting beautiful flowers and foliage! Dive into the fun of watercolor as our instructor guides you through creating stunning floral masterpieces. Learn cool color mixing, brush techniques, and tips to make your flowers pop. Whether you're just starting out or already a painting pro, this class is all about creativity and enjoyment. Bring your enthusiasm, and check online for the art supply list—plus a materials fee will be collected during the first session.

- 6 We | Sep 25-Oct 30 | 7-9 pm | at CCHS | \$205

Create an Oyster Shell Jewelry Tray

with Emily Law

These trendy shell trays are the perfect coastal decor accent for your home, a great way to store your jewelry or a fabulous gift! Start with a local oyster sourced from Cape Cod beaches and turn it into a colorful trinket dish, with more than 25+ different colorway options. Learn the process of decoupage and each shell will be finished with gold foil trim. The perfect way to remember summer all year! **A \$15 materials fee is due to Emily at the class.**

- Th | Oct 3 | 7-9 pm | at CCHS | \$35

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.**

- We | Oct 30 | 6:30-8:30 pm | at CCHS | \$35

Creative Arts



Let's Make Pysanky - Ukrainian Easter Eggs

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 Pysanky in the traditional wax-resist method using real chicken eggs, "kistka", beeswax, candle and color dyes. All the materials are prepared in advance and will be provided during the workshop. **A \$15 materials fee is due to Alona at class.**

Th | Nov 7 | 6-9 pm | at CCHS | \$39

"Pavuk" Craft - Wheat Straw Decoration

with Alona Popova

Tonight we will learn to create a beautiful wheat straw decoration - a Christmas "Pavuk" (Spider). This authentic Ukrainian craft is not just a decoration, but a kind of model of the universe and attracts family happiness, according to folk beliefs. All the materials are prepared in advance and will be provided during the workshop. **A \$15 materials fee is due to Alona at class.**

Th | Nov 14 | 6:30-9 pm | at CCHS | \$39

Pysanky Ornament

with Alona Popova

You'll get the chance to create your very own Pysanky 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'll have the option of turning your Pysanky into a festive Christmas ornament too! Alona will show you how to add a variety of hangers to your egg. All the materials are prepared in advance and will be provided during the workshop. **A \$15 materials fee is due to Alona at class.**

Th | Dec 12 | 6-9 pm | at CCHS | \$39



Snowflakes Craft - Wheat Straw Decoration

with Alona Popova

Join us for a festive and creative experience for all, as we will learn how to create beautiful wheat straw snowflake decorations, perfect for Christmas trees, window ornaments, Christmas cards, or gifts for wintertime. All the materials are prepared in advance and will be provided during the workshop. **A \$15 materials fee is due to Alona at class.**

Tu | Dec 17 | 6:30-8:30 pm | at CCHS | \$39

Welcome to our new Driver Education Coordinator, Ann Gibson!

We wish Rebecca Gurley well in her retirement and are excited to welcome Ann, who many of you already know from driving lessons or in class instructor, as our new coordinator. Ann is excited to work with you in this new role and she looks forward to getting to know everyone better. You can reach her at agibson@concordcarlisle.org or 978-318-1400 x7124.



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

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

Driver Education



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:

\$35 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 attend, only one parent is required to complete the class.

- Mo | Sep 9 | 7-9 pm | Online
- Tu | Oct 1 | 7-9 pm | Online
- We | Nov 6 | 7-9 pm | Online
- Th | Dec 5 | 7-9 pm | Online

2

Classroom:

30 classroom hours divided into 15 2- hour modules

You do not need your permit to start class, but you must be 15 years, 9 months

All classes will be at CCHS.

- Sa | Sep 21-Nov 21 | 9 am-1 pm
- Sa, Su, Mo, Sa, Su | Nov 9-11, 16-17 | 9 am-3:30 pm
- Mo, Th, Fr, Sa, Mo | Dec 23, 26-28, 30 | 9 am-3:30 pm

Check our website for winter & spring class dates.

3

Drive with us!

Once you get your permit, send us the permit number and issue date so we can activate your account in our scheduling software. We offer lessons after school, on week-ends, and during vacations.

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.



Total fee: \$850

Scholarships are available for Driver Education! See page 24

Apply online: concordcarlisleace.org/scholarships/

Explore & Play

Where Have All My Birds Gone?

with Michele Grzenda

As our days get shorter and shorter, many of us are wondering: "Where Have All My Birds Gone?" The story books suggest the easy answer: they went south for the winter. And that's certainly a big part of the story: But wait, there's more! This zoom presentation will complete the picture with insights into: Why do birds fly away at all? Where do they go? What adventures might they experience on the way? Michele will wrap up with some ideas on how we can help birds have a good trip south and provide them with a warm welcome next spring.

Tu | Sep 26 | 7:30-8:30 pm | Online | \$25



Astrology for Beginners

with Kelley Donovan

Understanding your astrology chart can help you build on your natural skills and abilities and reveal when to explore the most opportune moments for progress in your life. Learn how to read your unique birth chart and gain understanding of the meaning behind signs and houses and placement of each planet. We will study the aspects and interactions between planets, stars, and personality and learn how to interpret each placement in your chart to discover the key to development of your natural abilities and personality traits.

5 Tu | Oct 1-29 | 7-8:30 pm | Online | \$95

Mount Misery Landscape and History

with Ron McAdow

This guided walk will be led by Ron McAdow, author of *Imagining the Past at Mount Misery*. We will walk 2.3 miles, including moderate gradients. You will learn about the colonial-era sawmill, the ice-age land-forms, the visits of Henry Thoreau, the ponds, and the Sudbury River. *Raindate: 11/17*

Sa | Nov 16 | 1-3 pm | Mount Misery parking lot | \$35

Beyond the Money:

Finding Purpose & Pleasure in Retirement

with Judith Kittredge & Alida Zweidler-McKay

For some the prospect of retirement is a welcome change, for others it can bring uncertainty and even anxiety. "The Golden Years" can be a time of exploration and re-invention, but success is found not just in figuring out Medicare and managing your money, but by finding joy and meaning in your daily life. Without those critical elements, the golden years can quickly become tarnished. Whether you're first thinking about retiring, have recently retired, or have been retired for some time, we will help you find your way through the stages of this new, exciting, and sometimes challenging phase. From adjusting to a different daily routine, to finding vision and purpose, and discovering strategies for moving forward, in this hands-on session we'll share the tools, structure, and support you'll need to make the most of your retirement years.

Tu | Oct 10 | 5-7 pm | at CCHS | \$35

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 11/27.**

12 We | Sep 18-Dec 11 | 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 11/27.**

12 We | Sep 18-Dec 11 | 7-9 pm | at CCHS | \$50

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.

Tu | Oct 1 | 3:30-5:45 pm | at CCHS | \$95

Your Pelvic Health: Why Kegels Don't Cut It

with Brooke Reilly

Most women report that the extent of the education they've received in their lifetime pertaining to pelvic health was minimal, at best. Join us if you are interested in learning about:

- "Normal" pelvic function
- Common (but not "normal") pelvic health challenges
- How your breath, belly, posture, and habits influence your pelvic health
- What your choices, lifestyle, and stress levels do to impact your pelvic health
- What is meant by "perimenopause"
- Why periods are not so bad, and how we can use our cycles to maximize our everyday function
- How your mental health affects your physical health, specific to you, as a woman

You will walk away from this interactive workshop with dozens of "aha!" moments, signaling better body literacy, and learn concrete self-assessment tools to monitor your own pelvic health. You may also gain new confidence in your ability to resume running, hiking, playing.

We | Sep 24 | 7-8:30 pm | Online | \$35

Caring for Your Essential Self

with Shirley Lynch

Would you like to feel more connected to yourself and others, and sustain a positive outlook in life? More and more of our time and energy can be consumed with fast paced activity and overload of information. Our malaise is for the most part caused by chronic stress, by our attention and energy being overwhelmed by ever increasing outer stimuli. Come learn principles and practices that support the innate wellness beneath illness, pain or distress. Discover practical ways to redirect your attention and energy to generate an internal feeling of calm, mental clarity and emotional well-being. Practice movement that promotes postural balance for physical relief. This 2-hour interactive class will include guided experiential exercises designed to give you a felt sense of a more expanded, centered and grounded state of being and to give you some tools for your own self-care.

Tu | Oct 1 | 6:30-8 pm | at CCHS | \$35



Concord Fall Walks

with Liz Fuller

Get out and enjoy the fall with these trail walks in the Concord/Carlisle area. Designed to get you moving while enjoying the scenery, each walk will be 3-4 miles, slightly slower than our fitness hikes. Come for the camaraderie of exploring the outdoors with like-minded people! Directions to the starting places will be sent each week.

• 5 Tu | Sep 17-Oct 15 | 9:30-11 am | \$75

• 5 Tu | Oct 22-Nov 19 | 9:30-11 am | \$75

Fitness Walks

with Stefanie Cloutier & Liz Fuller

Fall is here – it's a perfect time to exercise outdoors! We'll explore local trails while getting a moderate workout. Come prepared to break a sweat and get your heart rate up while we hike 4-5 miles in each two-hour session. Light hiking boots recommended; walking poles suggested for those wanting additional support and an upper body workout. Directions to the starting places will be sent each week.

Liz: 5 Th | Sep 19-Oct 17 | 9:30-11:30 am | \$89

Stefanie: 6 We | Sep 25-Oct 30 | 9:30-11:30 am | \$99

Liz: 5 Th | Oct 24-Nov 21 | 9:30-11:30 am | \$89

Fall Bicycle Escapes

with Mary Hurley & Caitlin Hurley DeSanti

Get out your E-bike, road or touring bike and join us for outdoor fun on two wheels! We will be riding mostly back roads in various towns each week, offering some history, some chatting and lots of laughter, with occasional forays on foot to see areas of interest up close. This is intermediate level riding; you should be able to ride about 10 or 12 miles an hour and go around 15-17 miles. Directions to the starting places will be sent each week.

6 Tu | Sep 24-Oct 29 | 10 am-12 pm | \$149

Food & Drink



Thai Street Food

with Ploy Khunisorn

Thai cuisine is full of aromatic ingredients, cooking styles, and dish decorations. In this online interactive class, we will make three popular and delicious Thai dishes from scratch including Thai vermicelli salad, Thai coconut soup, and pad Thai with chicken. **See online description for a list of ingredients to purchase prior to class.**

Sa | Oct 5 | 5-7 pm | Online | \$55

Hand-Pulled Noodles from Scratch

with Ploy Khunisorn

Hand-pulled noodles are so much fun and they are much easier to make than you would think. In this online interactive class, you will learn two different techniques to pull noodles. We will make two types of hand-pulled noodles: Biang Biang and Lamian noodles. We'll turn Biang Biang noodles into a noodle salad with chili sauce. We'll turn Lamian noodles into miso noodle soup. **See online description for a list of ingredients to purchase prior to class.**

Sa | Nov 2 | 5-7 pm | Online | \$55

Meet the Instructor



Ploy Khunisorn is a native of Thailand. She went to Suan Dusit International Culinary School while she was working as a financial analyst in Bangkok. She came to the USA to obtain a Master's Degree in Sustainability at Harvard University and Master's Degree in Education at Cambridge College. She started teaching cooking classes in 2014. She currently works for Commonwealth Kitchen as Director of Educational Programs. Having traveled to over 30 countries, Ploy has learned varieties of cuisine from around the world. She has shared the joy of cooking with over 3,000 students, teaching them to cook and bake Asian cuisines, vegan food, gluten free diets, pastries, and more. Check out her food passion on Instagram: @ployskitchen Website: www.ployskitchen.com.

Farm to Table Brunch Tour

with Codman Community Farms

For the most local brunch possible, come to the farm to collect your own eggs and veggies and then have brunch prepared in our kitchen! This is a combination walking tour of the farm, egg collection, vegetable harvest and finally brunch.

We'll start by walking about 20 minutes out to our laying hen pasture to collect freshly laid eggs, and then return to the barn via our no-till market garden for seasonal vegetables and herbs. You'll get to ask lots of questions and see how we produce our delicious food up close. Once you have your ingredients, you'll head to our commercial kitchen for brunch to be prepared and enjoy outside in chic picnic style. Coffee, tea, freshly baked bread (from Bread Obsession), & local fruit and cheeses will be provided as well!

Class includes all materials needed. Comfortable walking shoes and hat. *Please note that all participants must be able to walk over a mile on uneven ground. Adults are ages 14+. Youth are ages 6-13. Kids 5 and under are free. All children must be attended at all times, including while cooking.

Sa | Oct 19 | 10 am-12 pm | at Codman Community Farms | \$65



Sausage Making 101

with Codman Community Farms

Join us for this introduction to sausage making, with the incredibly knowledgeable Dan Estridge, founder and Chief Flavor Officer at Farmers & Cooks Craft Meats! Using Codman pastured meats and herbs, we'll make some delicious beginner sausages in our kitchen. We'll cover everything from meat quality and selection, recipe development principles, and best practices through grinding, stuffing, smoking and other cooking techniques. At the end of class, we will enjoy a delicious meal together with our own sausages along with other farm snacks. You will take home a portion of each remaining dish as well as brag worthy recipes to try at home. BYOB recommended!

Su | Nov 3 | 4-6:30 pm | at Codman Community Farms | \$95

History & Culture

Concord Historical Walks:

Concord Civil War

with Joe Driscoll

Although best known for its famous authors and the "shot heard 'round the world," Concord also offers a fascinating connection to our Civil War. On this walking tour, you'll hear what the town's Abolitionists did before 1861 to bring awareness to others of the issue of slavery, then, once the war began, how the residents of Concord responded to our national crisis.

Following the walking tour, you will have the option of going to the Concord Armory, where the Massachusetts National Guard Museum is located, to see its excellent collection of Civil War artifacts and memorabilia.

Th | Oct 10 | 10-11:30 am | Directions will be sent | \$35

A Fight for Freedom: Patriots of Color

with Joe Palumbo

Between 20 and 40 colonists who fought along the Battle Road on April 19, 1775, were of African descent or Indigenous people. Although excluded from required militia service prior to the war, these individuals of color were the first of many to take up arms between 1775 and 1783.

By the end of the conflict, an estimated 5,500 African and Indigenous men served on the colonial side. Unfortunately, systemic racism and historical bias have erased or buried many records of Black and Indigenous people who played a prominent role in the founding of the United States. In this tour we will examine the known history and stories of these Patriots of Color who fought for freedom locally. Our guide will examine the incredible stories of individuals who risked everything during their struggle for liberty, equality, and freedom for all.

Th | Oct 17 | 10-11:30 am | Directions will be sent | \$35

Henry David Thoreau

with Rich Piccarreto

Did you know that Henry David Thoreau was baptized David Henry Thoreau? Did you know that he willingly spent a night in jail in July of 1846 but had to be kicked out the next morning? Join us for a two-mile walk where we will visit some of the places that were significant during Thoreau's life and discuss the principles he lived by. We will begin where Henry taught school after graduating from Harvard College and where he spent a night in jail. Visit his gravesite on Author's Ridge in Sleepy Hollow Cemetery. If time allows, walk past the house where Henry lived the last 12 years of his life. We will also visit the Concord Public Library to view photographs and sculptures of Henry Thoreau. The tour will conclude with tea at Barrow Bookstore. Our guide will also suggest other sites important in Henry's life that you can visit on your own. Please note that due to time and distance constraints this tour does not go to Walden Pond.

Th | Oct 24 | 10-11:30 am | Directions will be sent | \$35

The Art of Being a Person: Words from Emerson, Shakespeare, and Other Thoughtful Writers

with Ron McAdow

Ron will supply readings that pertain to the philosophy of everyday life: excerpts from Emerson's essays, Shakespeare's plays, and the writings of Margaret Fuller, Walt Whitman, and others, with annotations he has written. We will read and respond ahead of each session, making for a lively discussion group in this interactive course. Your written responses to questions about the texts will prepare us for in-person discussions of aspirations, circumstances, relationships, feelings, and resources.

3 We | Nov 20-Dec 11 | 7:30-9 pm | at CCHS | \$55

Concord Town History & Guide Training

with Victor Curran

Meet the men and women who made Concord the birthplace of American independence and imagination. Learn about their lives, the places where they made their mark, the objects they used, and the 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

Students applying for the Town Tour Guide license must complete a written assignment on Concord History, and prepare and present a sample interpretation on Zoom. Lectures will include slides of original images and documents, and students will receive a list of recommended readings.

8 Mo | Sep 23- Nov 18 | 7-9:30 pm | Online | \$215

Home & Garden

Container Gardening

with Kate Despres

Do you want to grow a garden but have limited space, or don't know where to start? Container gardening might be the answer! You can grow flowers, herbs, and veggie plants without ever digging in the ground, and your garden can be small or as large as you want it to be. View and discuss actual mature container gardens in traditional pots, fabric planters, deck railing planters, DIY containers, and planters at waist height as examples for both best practices and pitfalls to avoid. 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 often to water and fertilize. Leave the class with an informational packet, some seeds for your garden, and hopefully some inspiration!
Sa | Oct 12 | 9-10:30 am | at Daisy Hill Farm | \$39

Backyard Composting

with Kate Despres

See a backyard garden compost system in action! We'll demonstrate how to build and turn the pile, sift "finished" compost, and apply it to your garden and yard. Learn to identify different stages of compost, handle challenges, and understand what should and should not be composted. Discover how to manage food scraps in the kitchen and compost through the winter. Not only will you learn how to turn your food scraps, fall leaves, and yard waste into "black gold," but you will also gain insights into the science behind decomposition and the ecological impact of making and using your own compost. Discover how "black gold" can improve both plant and soil health. We'll discuss various compost bin options, including DIY and commercial systems, and how to choose the best one for you. You'll leave with an informational composting packet and excitement to start your composting journey!
Sa | Oct 26 | 9-10:30 am | at Daisy Hill Farm | \$39

Putting your Garden to Bed: Fall Garden Care & Planting Garlic

with Kate Despres

Did you know that the best gardens begin in the fall? Learn about preparing garden beds for a successful spring garden using the no-till method and hand tools. The workshop will be broken down into 3 main parts.

- Cleaning out garden beds: Learn which plant debris to remove and which to leave for winter. Gain hands-on experience trying a variety of hand tools to effectively clear garden beds.
- Amending garden beds: After clearing, discover how to read a soil report and interpret its recommendations. In addition to adding compost to the cleared bed, use the recommendations in the report to increase soil health and prepare for spring planting.
- Planting garlic: Learn the best practices for growing a successful crop of garlic, starting with clove selection, planting depth, spacing, fertilization, and mulching. Discuss caring for garlic in the spring and harvesting it in the summer.

Sa | Nov 2 | 10:30 am-12 pm | at Daisy Hill Farm | \$39

Kitchen Remodel: Dos and Don'ts

with Tino Fazio & Nathalie Appleton

Are you interested in possibly remodeling your kitchen in the near future? If so, join Appleton Design Group for an informational session on everything you need to know about the kitchen renovation process. Learn every step of the way, from how to obtain permits, to what is trending in countertops and accessories. Appleton Design Group is owned by husband and wife, Tino and Nathalie, the perfect design duo, who have been in the business for decades. Tino is a general contractor and has installed hundreds of kitchens while Nathalie has her master's in interior design and is a certified kitchen designer. Bring your notebooks to gather important insider knowledge of the business and also bring your questions.

We | Nov 13 | 7-8:30 pm | at CCHS | \$35



Raising Happy Healthy Chickens

with Codman Community Farms

Interested in raising happy, healthy chickens in your backyard? Look no further, join Codman Community Farms in learning everything you need to know about chickens - from coops to different chicken breeds - we'll help you get started on your journey toward fresh eggs. This hands-on class is best suited for ages 15+ and includes experience with pasture-raised, organically fed chickens.

Sa | Nov 16 | 9-10:30 am | at Codman Community Farms | \$35

Meet the Organization



Codman Community Farms is a non-profit organization and our mission is to operate a working farm that preserves Lincoln's rural character, highlights the importance of local regenerative farming, features heritage breed and locally sourced food, and invites inclusive community involvement through educational opportunities and access to this unique historical property.

We are excited to partner with Codman Community Farms to offer Raising Happy Health Chickens and also Farm to Table Brunch Tour and Sausage Making 101 on p.12.

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: \$38/lesson

45 minutes: \$56.50/lesson

60 minutes: \$75/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/

~ IMSCC FACULTY ~

Jon Amon: saxophone
Keith Anderson: flute
Rob Bethel: cello
Alex Brander: percussion
Scott Chamberlin: saxophone
Soo Choi: flute
Lucas Coura: voice
Brian Diehl: trombone & low brass
Alexei Doohovskoy: trombone & low brass
Laryssa Doohovskoy: voice
Zarina Irkaeva: cello

Susan Jackson: flute
Elizabeth Jewell: trumpet
Deanna Johnson: flute & piano
Rachel Juszczak: bassoon
Yerim Kang: piano
Sargis Karapetyan: violin & viola
Debbie Levine: clarinet & bass clarinet
Ryan Noe: trumpet
Eva Ostrovsky Kaminsky: piano
Jean Pulsifer: piano
Jeremy Ronkin: French horn & piano

Timur Rubinshteyn: percussion
Andrei Sobchenko: saxophone
Andrew Sorg: trumpet
Louis Stamas: saxophone
Noah Stone: piano
Lori Syngajewski: clarinet, bass clarinet
Henry Tervo: oboe
Kenneth Toland: clarinet & bass clarinet
Jason Yost: guitar, bass guitar & ukulele

Scholarships are available for IMSCC! See page 24
Apply online: concordcarlisleace.org/scholarships/

Invest & Plan

Special Needs Financial Planning

with Alexandria Nadworny

This class will provide invaluable financial planning information for parents with a special needs child and focus on how each family's unique circumstances drive their planning decisions and determine their family's financial framework. You will be introduced to the Special Needs Planning Timeline™, which highlights the various planning pressure points where you should be aware of changes relating to your child's benefits, legal, and financial issues, including housing and the ABLE account. The primary focus is to help you avoid common mistakes and pitfalls in your planning.

We | Sep 25 | 7-8:30 pm | Online | \$29

Taking the Path That's Best for You and Your Family Before, During and After Divorce

with Joan Mankoff & Steph Kafoury

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 Mankoff, 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. Joan, founder of Your Divorce Pro, will outline a straightforward approach to evaluate your situation, make optimal decisions for you and your family, and set up your best new life. In addition, Steph Kafoury, life coach and founder of Rise Life Coaching, will present "Becoming Me: Thriving Beyond Divorce." She will talk about ways to discover who YOU are - the transition from "we" to "me" focusing on these 3 areas of self-love: setting boundaries, reclaiming your power, and finding what brings you joy.

• Tu | Oct 8 | 12-1:30 pm | Online | \$35

• Tu | Oct 22 | 7-8:30 pm | Online | \$35

• We | Nov 6 | 7-8:30 pm | Online | \$35

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.

Th | Nov 14 | 10:30 am-12 pm | Online | \$35

Probate and Estate Administration: Facts vs. Fiction

with Margaret Hoag

We often hear from lawyers on TV and radio talking about the "agony of probate" and the importance of avoiding it. But what actually is "probate" and is it so bad? What is the difference between probate and estate administration? Learn the difference, how to avoid probate and how to minimize the steps involved in estate administration. We will discuss when probate is a good thing, and how to navigate the process. You will learn about traps for the unwary when trying to set up your estate plan to avoid probate. Finally we will run through the steps involved in probate, estate administration, and trust administration.

We | Oct 2 | 7-8:30 pm | Online | \$45

Planning for an Uncertain Future

with Margaret Hoag

Statistics show that more than 50% of people over 65 will need long term care at some point. Whether you are planning ahead or are in the middle of a health care crisis, this workshop led by an attorney will give you the tips you need to navigate the legal side of long term care. Learn which estate planning documents to consider; the different options for care and how to pay; and guardianship/conservatorship. Don't be caught off guard – come get valuable resources for navigating through a difficult time. This seminar does not include a discussion of insurance products.

We | Nov 6 | 7-8:30 pm | Online | \$45

Parents Don't Want to Be Parented

with Michelle Woodbrey

If you are an adult child with senior parents, you are likely feeling the need to parent your parents. If you are a senior, you may be thinking about what you need to do to stay in control of your life and your decisions. The first step to take at this stage is to redefine what independence means to the parents and for the parents to decide for themselves how they will feel most comfortable if they need care support. This presentation offers constructive suggestions for older people who do not want to be "parented" and for their children who worry about having to parent their parents.

We | Oct 23 | 6:30-8 pm | Online | \$35

Touring Tips and Tricks for Assisted Livings & Nursing Homes

with Michelle Woodbrey

When considering assisted living and nursing home options, the touring process is critical to making well-informed decisions. What is the difference between an assisted living and a nursing home? What is the touring process like at each? What can you expect on a tour? What should you look for and what questions do you want to be sure to ask? You will receive important tips and specific suggestions to get the most of your tour at an assisted living community or nursing facility.

We | Oct 30 | 6:30-8 pm | Online | \$35

Invest & Plan

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 | Nov 13 | 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 | Nov 20 | 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 | Dec 4 | 7-9 pm | Online | \$35

Music



Spotlight on Sondheim

with Andy Papas

From anchoring famed Movie musicals, to permanently altering the contemporary theatrical landscape, Stephen Sondheim made his mark on Musical Theater for almost 70 years. A different Steven Sondheim production will take center stage in each week of this course, as we highlight significant scenes, key music, and the history of each piece. Additionally, the class delves into the artistic and technical elements of the creative process, and Sondheim's unique style. The instructor, a professional actor, will regale the class with backstage anecdotes that provide a perspective on the performing arts. *No class 11/28.*

8 Th | Oct 10-Dec 5 | 6:15-8 pm | Online | \$215

Meet the Instructor



Daniel Williams, CLU, CHFC, CFP®, is a Certified Financial Planner and co-founder of the Dover Group. He is a frequent speaker on retirement, estate planning and asset protection strategies and has been named as one of Boston's top planners in Boston Magazine and The Wall Street Journal.

Parent Education



The Urgency of Allyship

with **Joshua Dodds**

The conversation on "The Urgency of Allyship" aims to address the critical role that allies play in promoting diversity, equity, and inclusion within our organization and broader society. The two-part workshop series will focus on understanding allyship, identifying actionable steps to become effective allies, and recognizing the impact of allyship on marginalized communities. Mr. Dodds will educate participants on the importance of allyship, inspire them to take proactive steps in supporting marginalized groups and equip them with practical tools to foster a more inclusive environment, cultivating a culture where everyone feels valued and supported. This program will be presented in partnership with the Concord and Concord-Carlisle Public Schools Office of DEIB.

Josh serves as DEI Specialist and Talent Program Manager on the Taskforce to Advance Racial Equity at Equitable where he works to define and deliver the DEI vision, strategy, and goals across the organization to build a culture of inclusion. He also oversees Equitable's Black Excellence Program, which is a talent development program for black employees at all levels. Josh has more than 14 years of experience as a DEI professional, and his previous experience includes multiple roles in higher education supporting faculty, staff, and students in exercising inclusive teaching practices.

2 Th | Oct 3 & 10 | 7-8:30 pm | Online | \$25

CCACE is the home of Parent Education!

Our goal is to provide expert-led programs for ongoing and new challenges that face our children and families.

CCACE is a self-supporting program of the Concord-Carlisle Regional School District. Our programs are made possible through student fees, with student financial aid made possible in-part through a grant from the Concord Carlisle Community Chest. Please consider making a donation to help us continue to bring great educational opportunities & financial assistance to all in our community when registering for your classes.

The 360 Thinking Model: Breakthrough Strategies to Develop Independent Executive Function Skills

with **Sarah Ward**

Executive function skills refer to the mental skills we use to pay attention, organize and plan tasks and materials, start tasks and stay focused on them, manage emotions and be flexible, and keep track of what we are doing. Teach children to manage their time, space and materials (and keep their emotions in check!) in this practical strategies seminar.

- Develop a solid understanding of what executive function skills are and how they impact a student's academic and personal performance.
- Learn how to promote the development of executive function skills by weaving them naturally into everyday activities.
- Learn dozens of easy-to-implement strategies to help children initiate tasks, follow routines, transition between tasks and think in an organized way, and encourage self-initiative to manage homework and tasks.
- Easy strategies to help students understand time demands and internalize the sweep of time to focus and complete tasks in allotted timeframes, with less supervision and fewer prompts.

Sarah Ward, M.S., CCC/SLP has over 25 years of experience in diagnostic evaluations and treatment of executive dysfunction. Ms. Ward holds a faculty appointment at the Massachusetts General Hospital Institute of Health Professions. She is an internationally recognized expert on executive function and presents seminars and workshops on the programs and strategies.

Mo | Oct 21 | 7-8:30 pm | Online | \$25

Understanding Digital Health & Safety

with **Katie Greer**

Technology is ever-changing, and keeping on top of the newest and latest trends is critical to keeping kids safe online. Join nationally known speaker Katie Greer as she brings her knowledge and expertise on digital health and safety to parents, presenting tools and strategies to help your kids navigate technology in a safe and productive way. You'll come away from this talk with practical solutions to this challenging issue.

Katie is a nationally recognized speaker whose unique professional, educational and personal background has resulted in over a decade of dynamic digital safety education. As a former Intelligence Analyst for the MA State Police and Director of Internet Safety for the MA Attorney General's Office, Katie has presented to hundreds of thousands of students, administrators, law enforcement and Fortune 500 companies throughout the world. She is also a contributor to Modern-Mom and an advisory board member on the Internet Keep Safe Coalition.

We | Nov 6 | 7-8 pm | Online | \$25

Parent Education

Food Parenting: Tips and Strategies

with **Hannah Carozzi**

Parents may face many obstacles when it comes to feeding their children. Are you challenged by a picky eater? Do you find it difficult to maintain a family meal time while juggling busy schedules? Perhaps you struggle with striking a healthy balance in food choices. These issues and others will be addressed in this interactive workshop, led by a Registered Dietitian.

2 Th | Sep 19 & 26 | 12-1 pm | Online | \$29

Mindfully Aware Parenting

with **Lauren Rubin**

Oh these children!! We adore them, of course, but sometimes... Whether you are a new parent or in the throes of parenting a teen, you may sometimes feel overwhelmed. Parenting is full of joys and challenges. We will practice some simple mindfulness skills to support your ability to return to a state of balance. The trickle down impact will benefit your children as well.

Tu | Oct 22 | 7-8 pm | Online | \$25



Promoting Positive Relationships to Food and Body

with **Caryn Bello**

In today's world we are bombarded by a steady stream of diet recommendations, wellness fads, and advice from social media influencers. The messages and images shape beliefs about health, beauty and personal worth, raising rates of disordered eating, anxiety, and mood disorders among youth and adults. Relationships and self-esteem can be negatively impacted by all of these concerns.

Mo | Nov 18 | 7-8:30 pm | Online | \$35

Professional Development

Bookkeeping 101: Lunchtime Learning Series

with **Ava Vatsky**

Small business owners, 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.

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

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!). Ideal for those without any prior experience in bookkeeping, and/or who have anxiety around the topic.

Tu | Dec 3 | 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 to ensure you are using your QuickBooks Online account properly. 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.

Th | Dec 5 | 12-1 pm | Online | \$25

Profits 101: How to Read a Profit & Loss Statement

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.

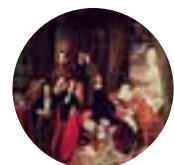
Tu | Dec 10 | 12-1 pm | Online | \$25



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!



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.



Music of the Romantic Period (Or Isn't it Romantic?)

with Keith Daniel

These are the "big names," from Schubert and Mendelssohn to Brahms and Mahler, from Weber and Rossini to Verdi and Bizet, and from Schumann to Chaikovsky. Oh, and then there's Wagner... We will be delving into all the composers whose works make up the third part of the "common-practice period" (the first two parts being the Baroque Period and the Viennese Classical Period). We will also nail down the traits of "romanticism," both in music and in the arts in general. And we will be listening to a lot of extraordinary music, from Berlioz's *Symphonie fantastique* to Verdi's *Otello*. Come join us for this journey. No class materials are necessary, as this is a listening course, though a copy of *Listen* (brief fifth edition) by Kerman and Tomlinson would be a valuable resource. *No class 11/27.*

10 We | Sep 25-Dec 4 | 10-11:30 am | Online

Discussion Group on James A. Michener's *Tales of the South Pacific* with Ron Bernard

We will read *Tales of the South Pacific* over the course of 8 weeks, each meeting lasting 2 hours. The book is comprised of 19 short stories loosely connected by occasionally recurring fictional characters going about day-to-day activities – some official, some not – in the South Pacific Theatre of WW2. To the casual reader, the book can appear to be just a collection of interesting anecdotes without a clear narrative. Michener's work, however, is a true novel with a carefully planned structure that will be brought to light as the course proceeds. This is not a lecture course; you will be encouraged to discuss each reading assignment.

8 Fr | Sep 20-Nov 8 | 10 am-12 pm | Newbury Court



Drama and Detail: Five Artists Who Defined the Baroque

with Nancy Baker

The Baroque was the dominant style of the 17th century in art, architecture and music. It's defined by illusion, movement in space, drama, rich color and materials, contrast, exuberant detail, and grandeur. It's full of allegory and it brought the diagonal onto the canvas. We'll look at five painters who defined the Baroque: Caravaggio, Artemisia Gentileschi, Peter Paul Rubens, Rembrandt van Rijn and Johannes Vermeer. While the ideas of the Baroque offered them an artistic umbrella, each artist was a brilliant innovator whose work has a dominant place in art history. *No class 10/14.*

5 Mo | Sep 30-Nov 4 | 10-11:30 am | 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 per semester.

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.



Notable Supreme Court Cases of 2024 with Douglas Wilkins

This year, the U.S. Supreme Court decided an unusually large number of momentous and potentially divisive issues. Among other things, those included abortion, free speech, gun regulation, agency power and, of course, major cases involving former President Trump. Did the justices honestly try to determine what the constitution, precedent and facts require? Or do their decisions just reflect the majority's policy preferences or partisan behavior? Which judges provided "swing votes" and why? Are we undergoing a revolution in modes of constitutional interpretation? As one justice says, to answer these questions, we must "read the decision". We will discuss nine of the court's 2023 decisions, as case studies raising a number of questions: Did the court's majority stay within its judicial lane in each case? Did it jump existing guardrails or put its thumb on the scales? The instructor will draw on his experience as a recently-retired trial court judge and, previously, a lawyer who briefed and argued cases in state and federal appellate courts, including one U. S. Supreme Court oral argument. *No class 10/29.*

4 Tu | Oct 8-Nov 5 | 2:30-4:30 pm | at Newbury Court

The New Rome: The Rise of the Byzantine Empire, the Roman Empire of the East

with Carol Murphree

Many history books tell us that the Roman Empire fell when the Ostrogoth, Odoacer, deposed the last legitimate western emperor, Romulus Augustus, in 476 AD at Ravenna, Italy. The empire did not fall, but continued for another 1200 years as the Eastern Roman Empire centered around the magnificent city of Constantinople. Constantinople was founded by Emperor Constantine the Great, a Roman soldier, in 324 AD as the new Rome. It was a city that stood at the center of the Roman Empire, at the eastern edge of Europe facing the western edge of Asia. The inhabitants considered themselves Romans. Their enemies and invaders, the Persians, northern barbarians and later the Arabs, called the inhabitants of the Eastern Roman Empire Romanoï or citizens of Rum—Romans.

6 Th | Oct 17-Nov 21 | 10:30 am-12 pm | at Gleason Library



Barry's French students:

If you miss a class, you may view the recording or schedule a half-hour private lesson with Barry (\$39) - contact the CCACE office.

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.

8 Th | Sep 26-Nov 14 | 12-2 pm | Location TBD | \$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. No class 10/3, 10/31.**

8 Th | Sep 19-Nov 21 | 7:45-9 pm | Online | \$199

French for Advanced Beginners

with Barry Bridgelal

Building upon the skills studied in the beginner class, you will improve your conversational precision by considerably developing vocabulary as well as by learning to use the present and immediate future. Grammatical topics include possessive and demonstrative adjectives, idiomatic verb expressions, comparatives, imperative expressions of time and season.

You will need to purchase *Contacts* edition 8 (978-0618395781) or 9 (978-1133934004), easily found used or downloadable online. No class 10/2.

8 We | Sep 25-Nov 20 | 7:00-8:00 pm | Online | \$160

French Intermediate

with Barry Bridgelal

Students at this level will acquire vocabulary on a wide range of topics and will gain proficiency in expressing wants, needs and obligations (devoir, vouloir, pouvoir), build on the present and start the simple passé composé. Grammatical topics include the definite and partitive articles, prepositions, adverbs, direct object pronouns, present and passé composé. **This class will cover leçons 14-19 in the *Contacts* edition 8 (978-0618395781) or 9 (978-1133934004).**

7 Tu | Oct 1-Nov 19 | 6:15-7:30 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.

10 We | Sep 18-Nov 20 | 5-6 pm | Online | \$155

Italian I

with Rita Abela

Benvenuti! Come and join me in learning 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.

10 Th | Sep 19-Nov 21 | 5-6 pm | Online | \$155

Italian II

with Rita Abela

Benvenuti! This class is intended for students who started in the beginner class last year with Rita. Come and join us in learning the basic structures of this wonderful language. You will continue to learn basic grammar structures, vocabulary and practice simple conversations through a variety of activities. Rita will discuss a book with class. *No class 10/14, 11/11.*

10 Mo | Sep 16-Dec 2 | 6:30-7:30 pm | Online | \$155

Italian III

with Rita Abela

Bentornati! Come and join me again to expand your knowledge of Italian. This class is open to people who have already taken Italian for Beginners or have some 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 10/14, 11/11.*

10 Mo | Sep 16-Dec 2 | 5-6:30 pm | Online | \$215

Italian IV

with Rita Abela

This course is open to students who have already taken Italian Level III in the past. It will expand vocabulary and introduce new grammar structures through short stories, easy readings, language drills. Participants will engage in group conversations about everyday situations in order to build vocabulary and communication skills.

10 Th | Sep 19-Nov 21 | 6-7:30 pm | Online | \$215

Spanish for Beginners

with Mary Ann Price

Have you been wanting to learn Spanish? Come and enjoy learning a new language in a relaxed and supportive atmosphere. In the Beginning Spanish class, 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 class 11/5.*

8 Tu | Sep 17-Nov 12 | 7:30-9 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 tense in Spanish as well as everyday vocabulary. We will review the present tense before studying reflexive verbs, object pronouns, and the preterite (past) tense. There will be plenty of opportunities for oral practice. 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 class 11/26.*

11 Tu | Sep 17-Dec 3 | 6-7:30 pm | Online | \$315

Spanish Advanced II

with Mary Ann Price

You will have the opportunity to review and expand your knowledge of verb tenses, to practice conversational Spanish and to share and discuss current events. **Please purchase *Pensar y aprender Libro 2 (Curso de español)* (ISBN: 978-2921445160).** *No class 11/26.*

11 Tu | Sep 17-Dec 3 | 4-5:30 pm | Online | \$315

Spanish Conversation I

with Diana Garcia-Martinez

Would you like to speak Spanish fluently, already have a knowledge base of advanced grammar and a wide vocabulary base but need to practice and improve? In this class students will be required to prepare presentations of a topic of their interest, current events, etc. The group will listen and discuss the content of the presentation, learn new vocabulary and review grammar points. Join us—you will improve your Spanish, have fun, and enjoy interesting discussions with the other participants.

8 Mo | Sep 30-Dec 2 | 7-8 pm | Online | \$155



Not sure which level to sign up for?

Contact us! We'll put you in touch with the instructor to help find the appropriate level.

Writing

Introduction to Haiku

with Brad Bennett

Celebrate the extraordinary in the ordinary with the most popular poetry form in the world! Haiku connect us more deeply to the natural world and can provide solace in difficult times. In this three-part online class, we will learn about key elements of haiku, including concision, the haiku moment, a seasonal setting, and the juxtaposition of concrete experiences. Using writing prompts, we will try our hand at writing some haiku poems. Everyone is welcome to this fun and supportive workshop, beginners and folks who have written haiku before.

3 Tu | Sep 17-Oct 1 | 6:30-8 pm | Online | \$49

Intermediate Haiku Workshop

with Brad Bennett

The haiku is a small, but powerful poem! The way of haiku is about staying open, observing closely, and recording little moments in our day. Writing haiku can also help us find our gratitude. This supportive writing workshop is designed for folks who have taken haiku classes or have written haiku previously. In this six-part online writing class, we will wade further into the haiku pond. We will learn more about the key elements of haiku. We will also try our hand at writing haiku inspired by class prompts, and ones that are designed to enjoy haiku moments outside of classes. *No class 10/29.*

6 Tu | Oct 8-Nov 19 | 6:30-8 pm | Online | \$105

Introduction to Fiction - Art, Craft, and Practice

with David Cocco

This class offers an introduction to the essential elements of fiction. We will use example texts from established writers to discuss how these elements can be used to enhance our own work. Students can expect to start the class by focusing on generating work, after which we will focus on ways to revise our stories. Our work will focus on the Short Story form, but many of the ideas and practices will translate to writing longer works. We will be workshopping stories in progress, so students should be prepared to share and discuss drafts with the class.

7 Th | Oct 17-Dec 12 | 7-9 pm | Online | \$195

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.

We | Oct 16 | 2:15-5:15 pm | Location TBD | \$125



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.

Youth Programs

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.

Cello Small Group - Year 1 with Rob Bethel

14 Tu | Sep 10-Dec 10 | 4-4:45 pm | CCHS | \$295

Cello Small Group - Year 2 with Rob Bethel

14 Tu | Sep 10-Dec 10 | 4-4:45 pm | CCHS | \$295

Clarinet Small Group - Year 1

Schedule TBD - check online

Clarinet Small Group - Year 2 with Ken Toland

14 Tu | Sep 10-Dec 10 | 4-4:45 pm | CCHS | \$295

Flute Small Group - Year 1 with Soo Choi

14 Fr | Sep 13-Dec 20 | 4-4:45 pm | CCHS | \$295

Flute Small Group - Year 2 with Soo Choi

14 Fr | Sep 13-Dec 20 | 4:45-5:30 pm | CCHS | \$295

French Horn Small Group - Year 1 with Jeremy Ronkin

14 Th | Sep 12-Dec 20 | 5-5:45 pm | CCHS | \$295

Low Brass Small Group - Year 1 with Alexei Doohovskoy

14 Tu | Sep 10-Dec 10 | 4:15-5 pm | CCHS | \$295

Low Brass Small Group - Year 2 with Alexei Doohovskoy

14 Tu | Sep 10-Dec 10 | 5-5:45 pm | CCHS | \$295

Percussion Small Group - Year 1 with Alex Brander

14 Tu | Sep 10-Dec 10 | 4-4:45 pm | CCHS | \$295

Percussion Small Group - Year 2 with Alex Brander

14 Tu | Sep 10-Dec 10 | 4:45-5:30 pm | CCHS | \$295

Saxophone Transition Group - Grade 5 with Jon Amon

14 Tu | Sep 11-Dec 18 | 4:45-5:30 pm | CCHS | \$295

Trumpet Small Group - Year 1 with Ryan Noe

14 We | Sep 11-Dec 18 | 1:45-2:30 pm | Alcott | \$295

Trumpet Small Group - Year 2 with Ryan Noe

14 We | Sep 11-Dec 18 | 1-1:45 pm | Alcott | \$295

Violin/Viola Small Group - Year 1 with Sargis Karapetyan

12 Mo | Sep 9-Dec 9 | 4:30-5:15 pm | CCHS | \$295

Violin/Viola Small Group - Year 2 with Sargis Karapetyan

12 Mo | Sep 9-Dec 9 | 5:15-6:00 pm | CCHS | \$295

Scholarships for CCACE Programs

Scholarships for CCACE are made possible in large part by a grant from the Concord-Carlisle Community Chest. This support, in combination with donations from community members, helps to make lifelong learning a reality for local community members who require some financial assistance.

Apply online at www.concordcarlisleace.org/scholarship/



The Concord-Carlisle Community Chest is a community-focused organization dedicated to understanding critical needs, making grants to local nonprofits, and providing direct aid to individuals. For more information about the Community Chest, visit www.cccommunitychest.org.

Help make ACE classes affordable for everyone

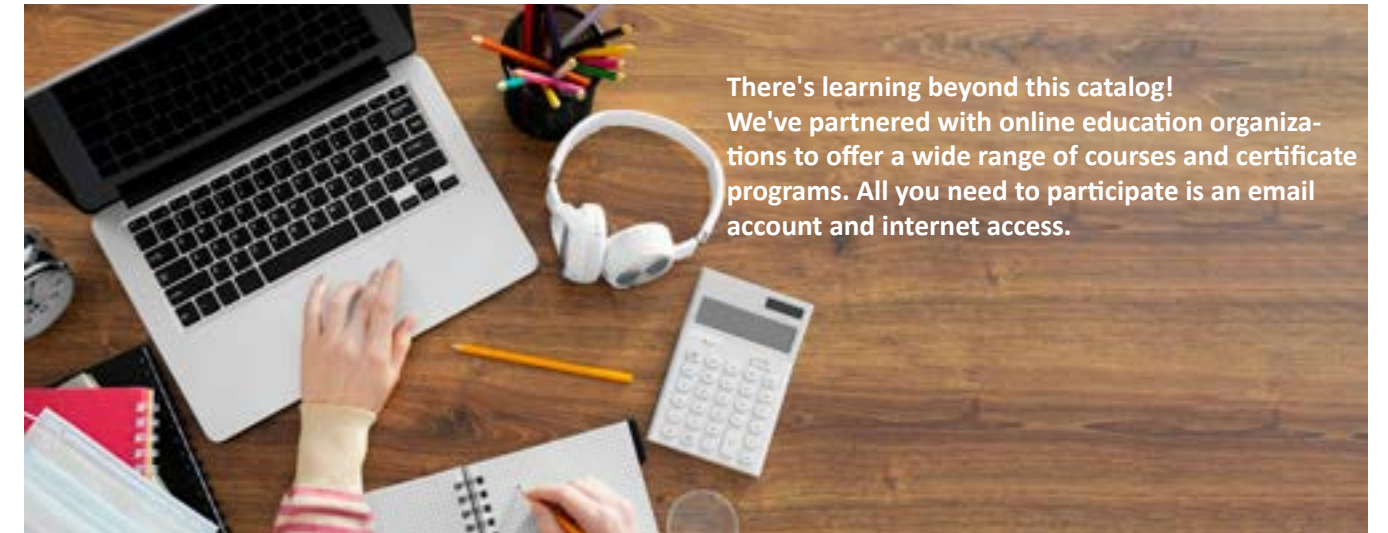
Consider donating to our scholarship fund. Select the option to donate when registering for classes or visit www.concordcarlisleace.org/donate/



Hugh Cargill Trust

The Hugh Cargill Trust Committee has been working in partnership with the CCACE to provide partial Drivers Ed scholarships to deserving high school students who are Concord residents. 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.

Certificate Programs & Online Learning



There's learning beyond this catalog! We've partnered with online education organizations to offer a wide range of courses and certificate programs. All you need to participate is an email account and internet access.



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/



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www.ed2go.com/Concord

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

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.

freepik.com: Light bulb made from a yellow paper ball (p.18) by dashu83; Close up picture of doctor's hands posting symbol of home above family member model (p.2); Paper heart (p.16) by jcomp; Rolled graduation diploma certificate (p.2), Colourful (p.2), Youth day - jumping people silhouettes (p.2); Side view of woman sitting on luggage and holding plane figurine (p.4) by our-team, Top view of metal flute (p.13), High view diverse wooden characters inclusion concept (p.14), View of violin in musical instruments store (p.19), Close up hand taking notes (p.20) by freepik; 3d render of a house in the countryside (p.2) by kjpgarqeter; Airplane (p.2), Hands cup (p.5), Hands holding an asterisk symbol (p.21), 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 (p.7), Violin on a wooden textured table (p.12) by fabrikasinf; Red open mailbox with five white envelopes (p.22) by mb-photoart by rawpixel; Closeup of a violin and a trumpet on note sheets under the lights (p.13) by wirestock; Close-up of cute little girl in glasses with tablet in hands (p.14) by pch.vector; A tree grows on a coin in a glass jar with copy space (p.17) by user6702303.

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	

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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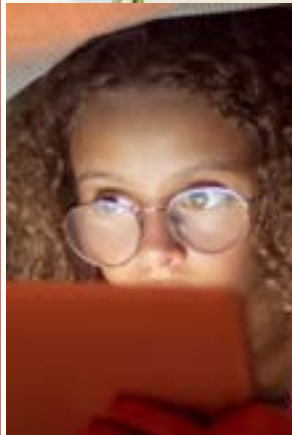


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