



Concord Carlisle
Adult & Community Education

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

Winter 2025



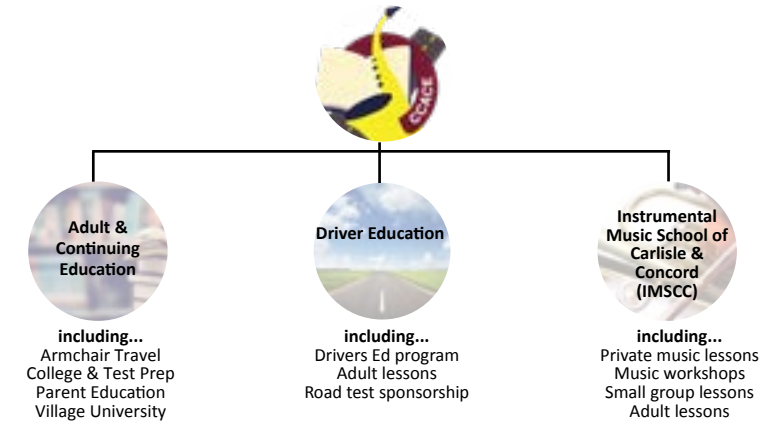
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Cover art by Esma Dirrane, CCHS Class of 2027: This photo was taken during the October aurora borealis event. I wasn't expecting to see much, so I was pleasantly surprised that I could see them very well. Capturing such a rare event with my camera was very exciting. We practice taking photos in different light conditions in Digital Photography. I edited this photo to bring out the beautiful pinks and blues and enhance the bright stars.

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,

Fall has come and gone, and a winter chill is in the air. Whether you want to cozy in for an online class or venture out for something hands-on, we've got an array of programming to keep you busy. Jump-start your imagination with one-time workshops in Creative Arts & Food & Drink; nurture your mind, body and soul in Fitness & Wellness, and get your creativity flowing with our Writing classes.

This April 19th marks 250 years since our Minutemen fired the shot heard round the world, kicking off a revolution, and Concord will be celebrating in style. Whether you want to brush up on your Concord history to impress your out-of-town guests or dive deeper to learn the history of your hometown, we've got two great classes! Check these out: Understanding Town History for the Big 250! & Concord Town History & Guide Training.

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

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Interim Assistant Superintendent of Teaching & Learning

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CCACE Advisory Committee

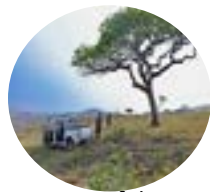
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Carlene Hempel, Concord
Anne Irza-Leggat, Concord

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



Walking the Thornveld at Hluhluwe-uMfolozi with Mark Hopkins

Join Earthwatch volunteer Mark Hopkins for a photographic visit to the savannahs of South Africa, where the continent's iconic large mammals depend upon careful management to ensure their future. Learn how Earthwatch works with local scientists to perform a biennial herbivore census in one of Africa's most beautiful federal game reserves. Follow along as Mark hikes with his camera through scenic thornveld landscapes, accompanied by an armed Zulu ranger, counting wild rhino, giraffe, buffalo, elephant, and a dozen other large mammal species, then returning to the campsite for close-up photographic visits with lions, leopards, hippos and crocodiles. Hear how face-to-face encounters with some of Africa's most dangerous creatures enlivened the adventure.

Mo | Jan 13 | 7-8 pm | Online

Kashmir and Ladakh, India with Jay Luby

If you'd like to learn about one of the most interesting but least traveled parts of the world, join us for a presentation featuring Kashmir and Ladakh, referred to as "union territories" of India. These disputed regions are located in northernmost India and offer some of this country's most scenic highlights. Jay will show pictures from his 2 ½ week trip there in June 2024. Ladakh is known as "Little Tibet" and features many important, impressive Buddhist monasteries. Some of the highest mountains in the world are located in this region, with the Himalayas being just one of the prominent ranges. Kashmir offers an interesting contrast, as it is a mostly Muslim region. Dal Lake, located in Kashmir's capital city of Srinagar, provides one of the world's most beautiful settings. The confluence of water, houseboats/shikaras and attractive flowers/plants, all set against the backdrop of the surrounding mountains, create a spectacular environment.

Mo | Feb 3 | 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



South-Central/Eastern Switzerland with Chelsey Remington

South-central/eastern Switzerland, with its spectacular landscapes of the upper Rhone and Engadine Valleys which have been made famous by the world-renowned Glacier Express, is seen closer up, on foot, through the enjoyment of regional Swiss hiking trails in that area. Chelsey will highlight several such trails in her talk, although she will focus most notably on the "Via Albula" which connects Thusis to St. Moritz all within view of the most interesting and cleverly-engineered set of train tracks imaginable. The bridges, viaducts, curved tunnels, train stations and passing trains! of the Rhaetian Railway Route provide additional allure to an already enchanting south-eastern Switzerland hiking experience.

Mo | Feb 10 | 7-8 pm | Online

A Trip Down the Danube with Claudia Feeney

Enjoy the views and markets of Budapest and then the historical concert hall in Vienna as Claudia shares her journey. We will end with the memorials to WWII in Nuremberg.

Mo | Mar 17 | 7-8 pm | Online



Big Banff Adventure with A Non-Photographer Partner & A High-Strung Dog: A Slideshow & Discussion with Jean Fain

Banff, Canada's "Hidden Gem," is a bucket-list destination for nature enthusiasts.

Between the abundant wildlife and stunning landscapes, it's also a photographer's paradise. Unless, of course, you're traveling with a non-photographer partner and a feisty dog. After a slideshow illustrating Banff's postcard-perfect scenery and wildlife, Jean will lead a discussion about taking a nature photography trip with a reluctant partner and a less-than-well-behaved pet."

Mo | Apr 14 | 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 (includes optional extension to the Azores)
- Bonnie Scotland: May 1-11, 2025
- Croatia: Europe's Secret Paradise: June 22-30, 2025
**Sign up to receive updates on an info session on January 9!*
- Hidden Gems of Scandinavia: A Norway and Denmark Adventure: August 2025
- Iceland Northern Lights & Ring Road Tour: October 2025
**Sign up to receive updates on an info session on January 16!*

All tours feature personalized care, expert guiding, and travelers from our local community. Questions? Red more or 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 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 test formats, will 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. Reduce stress by developing a strategic plan to minimize stress while achieving excellent results!

We | Mar 5 | 7-8 pm | Online | \$15

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 Test

- Sa | Jan 11 | 9 am-12:30 pm | at AB Admin Bldg | \$30
- Sa | Jan 25 | 9 am-12:30 pm | at CCHS | \$30
- Sa | Mar 22 | 9 am-12:30 pm | at CCHS | \$30
- Sa | May 31 | 9 am-12:30 pm | at AB Admin Bldg | \$30
- Th | Jun 26 | 9 am-12:30 pm | at Open Door | \$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 | Jan 4 | 9-11:30 am | at CCHS | \$30
- Sa | Feb 22 | 9-11:30 am | at AB Admin Bldg | \$30
- Sa | Apr 26 | 9-11:30 am | at AB Admin Bldg | \$30
- Sa | May 24 | 9-11:30 am | at CCHS | \$30
- Tu | Jun 24 | 9-11:30 am | at AB Admin Bldg | \$30

SAT 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 | May 13-Jun 5 | 7-8 pm | Online | \$675

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

SAT 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 18-20 | 10 am-12 pm | Online | \$475
- Tu, We, Th | Apr 22-24 | 10 am-12 pm | Online | \$475

SAT 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 SAT as well as one free practice test.

- Tu, We, Th | Feb 18-20 | 1-3 pm | Online | \$475
- Tu, We, Th | Apr 22-24 | 1-3 pm | Online | \$475



Scholarships are available for CCACE programs

Apply online at concordcarlisleace.org/scholarships/

Google Drive with Howard Loewinger

Google Drive is Google's answer to Microsoft Office and it is free! There is no software to install, and you can access the Drive apps and your files from any Internet connected computer or mobile device. This class will focus on the word processing (Docs), spreadsheet (Sheets) and presentation (Slides) apps. You will learn how to create and edit files and upload Office and other files into Drive. You will also learn how easy it is to share files with others. To use Google Drive you must have a Google account. Please set one up prior to class (Gmail users already have a Google account).

2 We | Mar 19 & 26 | 7-8:30 pm | Online | \$69

Cutting the Cable: Your TV Options in the Digital Age with Howard Loewinger

Are you ready to "cut the cable?" Watching TV has changed over the last 20 years. Now you can choose from hundreds of channels, watch TV on just about any electronic device anytime, anywhere! We will walk you through all the ways you can watch your favorite shows: traditional cable, over the air, streaming and live TV over the Internet. We will discuss some of the pros and cons of each and whether your TV is "smart enough," or if you will need additional hardware to use the Internet services. There will be demonstrations and time for your questions.

We | Apr 2 | 7-9 pm | Online | \$35



Digital Photography with Fran Blaschke

Are you disappointed by the images you get with your fancy digital SLR or MIRRORLESS camera? Are you intimidated by the innumerable buttons, dials and menus on your camera? The Digital Camera I workshop can help! This introductory course is designed to demystify your digital camera, giving you a strong foundation in understanding and using the basic functions. Proper exposure (aperture, shutter speed, ISO), histogram, white balance, camera shooting modes and focusing modes, lenses, digital file types, file resolution and other fundamental digital camera controls will be covered. Through weekly lectures, demonstrations and assignments, you will gain essential photographic knowledge and develop a comfort with your camera, helping you to make better images and get the most out of your modern digital camera. You must have a digital SLR or MIRRORLESS camera with adjustable exposure settings and the owner's manual for your camera. *No class 2/19.*

8 We | Jan 22-Mar 19 | 6-8:30 pm | at CCHS | \$179

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

Creative Arts



Basic Beading: Stackable Stretch Bracelets

with Christine Evans

Create a stack of stylish, custom stretch bracelets using beautiful gemstones, sparkling crystals, colorful seed beads, and metal accents. We'll cover everything from bead selection and design ideas to sizing, tools, and more in this beginner-friendly class. Learn basic beading techniques, knotting, and how to finish your bracelets neatly. Whether you're crafting something special for yourself or as a thoughtful gift, you'll leave with a gorgeous set of bracelets and the skills to continue beading on your own. **A \$15 materials fee is due to Christine at the class.**

Th | Feb 27 | 6:30-8:30 pm | at CCHS | \$35

Watercolor Wonders: A Journey Through Nature's Palette

with Kristen Callahan

Dive into the vibrant world of watercolor painting in our exciting six-week class. Perfect for beginners and seasoned artists alike, this course will guide you through painting stunning florals, captivating still lifes, and breathtaking landscapes while mastering techniques like wet-on-wet and wet-on-dry. Enjoy hands-on practice and a supportive atmosphere as you blend colors, create textures, and unleash your creativity. Join us for an inspiring journey that will bring your artistic vision to life. *No class 2/19.*

6 We | Feb 12-Mar 26 | 7-9 pm | at CCHS | \$205

Paper Weaving Sampler Workshop

with Cynthia McMullen

Are you interested in learning a new skill that is both relaxing and rewarding? This beginner-friendly class is perfect for anyone looking to explore their creativity and find a new relaxing hobby. You will learn about pattern and color combinations using an easy technique with a variety of pre-cut paper to create stunning woven art. You will try three simple patterns like plain weave, twill and a combo. You will have the opportunity to choose your own upcycled frame to showcase your creations at home or give as gifts.

• Fr | Feb 28 | 10 am-12 pm | at Bedford Rec | \$49

• Tu | Mar 4 | 7-9 pm | at Bedford Rec | \$49



The Krpanky - Polka Dot Eggs

with Alona Popova

Learn the traditional wax-resist method of coloring eggs, as we explore various tools and techniques to adorn eggs with wax dots. Using real chicken eggs, melted beeswax, and vibrant color dyes, participants will create stunning polka dot designs. Perfect for children as young as 5 years old, kids are encouraged to join accompanied by adults. **A \$15 materials fee is due to Alona at class.**

Tu | Mar 25 | 6:30-8:30 pm | at CCHS | \$39

Find more classes with Alona in April on our website!



**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 | Jan 6 | 7-9 pm | Online
- Tu | Feb 4 | 7-9 pm | Online
- We | Mar 12 | 7-9 pm | Online
- Th | Apr 10 | 7-9 pm | Online
- Mo | May 12 | 7-9 pm | Online
- Tu | Jun 10 | 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 are in-person at CCHS

- Sa, Su, Mo, Tu, Sa | Jan 18-21, 25 | 9 am-3:30 pm
- Tu-Sa | Feb 18-22 | 9 am-3:30 pm
- Tu & Th | Feb 25-Apr 10 | 2:45-4:45 pm
- Sa | Mar 1-29 | 9 am-3:30 pm
- Tu-Sa | Apr 22-26 | 9 am-3:30 pm

3

Driving Lessons:

Once you get your permit, send us a photo of your permit so we can activate your account in our scheduling software. We offer lessons after school, on weekends, 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



Mah Jongg: A Beginner's Guide with Carrie O'Brien

American Mah Jongg, a tile game similar to rummy where four players assemble tiles into pattern-based combinations, has exploded in popularity recently. Are you interested in learning this fun and unique game? This class is for you! We will get to know the tiles and learn how to interpret the card with as many as 73 hand combinations. We will also learn how to play the game including building walls, dealing, tips on how to decide which hands to play, rules and game strategies. This class is designed for beginners. Materials: You will need a 2024 Mah Jongg card which can be purchased at the National Mah Jongg League at <https://nationalmahjonggleague.org/>. Please order well in advance to allow time for delivery before class begins. It is recommended to order a Large Card as it is easier to read. *No class 2/17.*

5 Mo | Jan 27-Mar 3 | 4-5:30 pm | at CCHS | \$125

Learn to Play Cribbage in One Night!

with Martha Coravos

Cribbage is a card game for two or four players who use a cribbage board to “peg” points that they earn by playing certain combinations of cards. It was invented in England in the early 17th century. Cribbage is known as the national card game of Britain and is popular in pubs. Cribbage combines luck and skills and the basics can be learned in one lesson. Come enjoy this one-night introduction to this great game! No prior experience necessary. Please bring a deck of cards, and a Cribbage Board if you have one.

Th | Jan 30 | 7-9:30 pm | at Bedford Rec | \$25

Off-the-Beaten-Path Excursions: Great Brook Farm Park with Gregory Leschishin

Spend time outdoors and join this easy-to-moderate guided hike at Great Brook Farm Park. We'll take time to gaze at the natural formations we encounter and hear stories of historical significance along the way. Great Brook Farm Park in Carlisle is a 1,000-acre state park established in 1967 features 19.5 miles of trails... but we will only explore about 4.5 miles, checking out the fauna and kettle ponds that dot this beautiful site. Meet at the end of Woodbine Road in the cul-de-sac in Carlisle.

Su | Feb 9 | 11:30 am-2 pm | Great Brook Farm Park | \$39

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 4/23.**

12 We | Feb 26-May 21 | 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 4/23.**

12 We | Feb 26-May 21 | 7-9 pm | at CCHS | \$50

Explore & Play



Tour the Wang Theater

with Scott Towers

Get a behind-the-scenes tour of one of Boston's most prominent theatrical landmarks. Learn about the theater's architectural highlights and unique history—from its hotel roots and glamorous days as a movie “cathedral,” to today's role as an impressive venue for performances and events. Visit the dressing rooms and hallways walked by entertainers such as Bruce Springsteen, Ella Fitzgerald, Mikhail Baryshnikov, Elton John, Lady Gaga, and many more. Walk away with a newfound appreciation of this theater and why it was once referred to as “The Showplace of New England.”

We | Mar 5 | 5:30-6:45 pm | at Wang Theatre | \$29

Fitness & Wellness

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 7-Feb 4 | 9:30-11 am | \$79

• 5 Tu | Mar 4-Apr 1 | 9:30-11 am | \$79

Winter Fitness

with Stefanie Cloutier & Liz Fuller

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.

• Liz: 5 Th | Jan 9-Feb 6 | 9:30-11:30 am | \$89

• Stefanie: 5 We | Jan 15-Feb 12 | 9:30-11:30 am | \$89

• Stefanie: 5 We | Mar 5-Apr 2 | 9:30-11:30 am | \$89

• Liz: 5 Th | Mar 6-Apr 3 | 9:30-11:30 am | \$89



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.

We | Mar 12 | 6:15-8:30 pm | at CCHS | \$95

Fitness & Wellness



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 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 | Jan 28 | 6:30-8 pm | at CCHS | \$35

Foot Reflexology

with Debra Rosenblum

Focus on your feet in this relaxing massage technique class. Reflexology involves applying pressure to specific points on the feet, which correspond to different areas of the body. This practice can help improve overall health, reduce stress, and promote relaxation.

Mo | Jan 27 | 5:30-7:30 pm | Online | \$35

Ten Minute Daily Refresh Routine

with Debra Rosenblum

Learn a simple routine consisting of ten exercises designed to reduce stress, invigorate you, and infuse your day with a sense of calm. These gentle movements stimulate acupressure points, reorganize the right and left hemispheres of the brain, and help refocus your attention. They can be performed either standing or sitting, making them accessible regardless of your fitness level. Once you master these ten exercises, it will take you less than ten minutes a day to reap the benefits..

2 Mo | Feb 3 & 10 | 5:30-7:30 pm | Online | \$65

Self Massage & Body Care

with Debra Rosenblum

Use your own hands, fingers, and elbows to bring greater harmony to your body. Learn a 5-10-minute self-massage routine designed to ease tension and increase circulation. These techniques can reduce pain, improve digestion, and help you get better sleep.

2 Mo | Feb 24 & Mar 3 | 5:30-7:30 pm | Online | \$65



Head, Neck and Eye Massage

with Debra Rosenblum

Stress, phone usage, computer work, age, and emotions all impact the head, neck, and eyes. In this two-session class, you will learn techniques that can be used at any time of the day to ease tension, relax muscles, and clear your mind.

2 Mo | Mar 10 & 17 | 5:30-7:30 pm | Online | \$65

Winter Wellness Restoration & Crystal Sound Bath

with Rachel Munyon

Join us as we slow down in a conscious way and restore energy levels infused with the magic of a crystal sound bath. We will start with mindful somatic practice, then explore gentle movement and stretching to replenish energy levels, layered with some breath work and essential oils to prepare your body and mind for the sound bath meditation. Sound baths and sound healing have been around for more than 40,000 years. They can help to ease stress and anxiety, improve sleep, increase mental clarity and help to support nervous system regulation and emotional healing. From my observation of holding space with sound healing it will balance whatever you might need more of: sleep, relaxation, balance or energy. The bowls are very special and Rachel is excited for you to experience them! This class will be accessible from a yoga mat or chair -- all are welcome!

Tu | Jan 28 | 7-8 pm | at CCHS | \$39

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 | Feb 1 | 10:30 am-12:30 pm | at Del's Coffee Roasters | \$59

Singapore Noodle Soup: Laksa

with Ploy Khunisorn

Let's bring a hawker center to your kitchen and learn how to make delicious Singapore laksa. We will start with making laksa paste from scratch and then turn the paste to the popular Singapore Laksa with chicken, shrimps, and tofu. You can choose to make laksa with just the chicken or just tofu. If you want to make vegan laksa, you'll just skip the egg. Nothing can beat homemade laksa on a cold winter day! See online description for a list of ingredients to purchase prior to class.

Sa | Feb 1 | 11 am-1 pm | Online | \$55

Dim Sum for Beginners

with Ploy Khunisorn

Dim Sum is a popular style of Cantonese cuisines that include small dishes that highlight different flavor profiles and cooking techniques. We will make cha shu chicken pastry, braised chicken with mushrooms, and vegetables with ginger garlic sauce. This will be a delicious meal to enjoy with your family or friends following the class. See online description for a list of ingredients to purchase prior to class.

Sa | Mar 22 | 11 am-1 pm | Online | \$55

Olive Oil Tasting

with New England Olive Oil Co.

Join us for a delightful evening at New England Olive Oil Co. as we take you on a flavorful journey through some of the world's finest olive oils and balsamic vinegars! This exclusive tasting event is a perfect opportunity to explore the rich, complex profiles of gourmet oils and vinegars sourced from around the globe. Under the guidance of our knowledgeable staff, you'll learn about the origins, production, and unique tasting notes of each selection. We'll share the secrets to pairing oils and vinegars for an enhanced culinary experience, as you sample a variety of combinations. To elevate the experience, enjoy deliciously curated appetizers, specially chosen to complement the oils and vinegars on offer. Whether you're a seasoned olive oil lover or new to gourmet tastings, this evening promises to be an engaging and unforgettable culinary adventure.

Th | Feb 13 | 6:30-8 pm | at New England Olive Oil Co | \$49



Soup Making 101

with Codman Community Farms

Have you ever craved a hot homemade soup on a cold New England day but didn't know where to start? Well, look no further than the Codman kitchen - Chef Tillie will teach you the basics of soup making - think creamy veggie soups and delicious bone broths. You'll leave this class a confident soup chef (and with a quart of delicious soup to bring home!).

Th | Jan 30 | 5:30-7 pm | at Codman Community Farms | \$55

Maple Sugaring Brunch

with Codman Community Farms

Come to Codman Farm to learn about the full Maple Sugaring process - We will discuss tree identification, the qualities of sap and syrup (tasting included of course!) and even collect our own sap and make our way into the Sugar Shack for a boil! Participants will then enjoy a delicious meal made by Codman Chef Tillie - warm pancakes with maple syrup, crispy maple bacon, coffee and hot cider. This is a family friendly event and will run rain or shine so dress appropriately. *All participants must be registered, including children ages 2 and up. The listed fee is for everyone over age 5; the fee for children between the ages of 2 and 5 is \$25 - enter discount code MAPLE.CHILD when registering.

Sa | Mar 1 | 9:30-11:30 am | at Codman Community Farms | \$40

H Mart Tour: Tour of the Asian Supermarket

with Debra Samuels

The Asian supermarket H Mart is chock full of treasures: sauces, noodles, dumplings, seaweed, rice, tofu, fresh banchan (Korean side dishes), an ocean of fish, teas and condiments galore. The unfamiliar ingredients, unrecognizable labels and the football-field-size store can be just too daunting for an enjoyable shopping experience. Join Debra Samuels, author of two cookbooks ("The Korean Table" and "My Japanese Table") and previous Boston Globe food writer, for a tour around the market. After each guided tour, you will head over to the food court and sample some of the delicious offerings from the bakery and restaurant stalls. Debra will provide goody bags, recipes and how to stock your own "starter" Asian pantry. Meet in the entry to the Food Court. Comfortable shoes are a must!

2 Tu | Jan 28 & Feb 4 | 6:30-9 pm | at H Mart | \$85

History & Culture



Understanding Town History for the Big 250! with Victor Curran

Concord will welcome thousands of visitors in April 2025 for the 250th anniversary of the Shot Heard 'Round the World. Maybe your out-of-town family or friends will want to come and be part of the fun. Be ready to answer their questions like a pro (Did Paul Revere raise the alarm in Concord? Who shot first? Is this the original bridge?). Concord public historian Victor Curran will offer a one-night summary of his Concord History Course to give you all the talking points you need to tell Concord's stories like a native from its first indigenous people to its famous writers and antislavery activists, with a special emphasis on the town's vital role on the first day of the American Revolution. This will include time to answer your questions.

Mo | Feb 3 | 7-9 pm | Online | \$25

Discussing "Walden" with Rich Higgins

Walden is Thoreau's spirited guide to a higher life. Written in chiseled poetic prose, it is one of the greatest works in American literature. Thoreau's call from the barnyard roof to live more simply, use nature's resources more wisely, preserve wildness and resist mindless consumerism is more relevant today than ever. It invites us to show up for our own lives and live in a more intimate relationship with nature. We will explore it over five weeks, beginning with the difficult but entertaining opening chapter "Economy," which can pose a stumbling block to some readers. We will then follow the seasonal cycle of the book, from summer to the next spring, as Thoreau moves from his dense but humorous critique of conformity and materialism in America to his soaring and life affirming conclusion, which suggests the possibility of a resurrection in our lives now, while we yet live.

5 Tu | Jan 28-Feb 25 | 7-8:30 pm | Online | \$79

Concord Town History & Guide Training with Victor Curran

Concord is getting ready to celebrate the 250th anniversary of the Minute Men's victory at the North Bridge in April. We'll discover not just what happened here in 1775, but why it happened. We'll get to know the men and women who made Concord the birthplace of American independence, as well as the 19th-Century authors who made Concord a hub of American culture, the town's antislavery activists, the indigenous people who have lived here for thousands of years, and many others. We'll examine the places where they made their mark, the objects they used, and the documents they wrote in the town that Thoreau called "most estimable place in all the world." 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.

7 Mo | Feb 24-Apr 7 | 7-9:30 pm | at CCHS | \$215

History & Culture

Where Did Your Rights Go?—The Supreme Court, Politics and the Constitution with Joshua Frank

You probably remember where you were on June 24, 2022, the day *Roe v. Wade* was overturned by the Supreme Court. The Court has remained in the news ever since. Which other rights are in danger of being lost to an unelected branch of government? We will analyze the evolution of the Court through historical, political, and equity lenses, using *White Rage* by Carol Anderson, *Dark Money* by Jane Mayer and *The Scheme* by Sheldon Whitehouse to guide us.

4 Th | Jan 16-Feb 6 | 6:30-8:30 pm | Online | \$129



Emerson's Nature with Ron McAdow

"The invariable mark of wisdom is to see the miraculous in the common." This slide lecture introduces Ralph Waldo Emerson's first book, *Nature*. Emerson's words will be accompanied by Ron's amazing nature photographs. Selected readings are drawn from each of the book's eight chapters, providing participants with an overview of this seminal work, a text fundamental to the Transcendental Movement

We | Mar 5 | 7:30-9 pm | Online | \$25

Home & Garden

Disaster Preparedness with Greg Proulx

Does the world seem a little precarious? Wondering what you can do to be prepared? In the first session, we'll cover the basics of disasters, including basic preparedness steps, building a kit, and basic home preparation. The second and third sessions will cover preparedness for specific natural and man-made disasters. At the end of the course you'll be equipped with knowledge to better handle disasters that could come your way.

3 Tu | Mar 4-18 | 7-8:30 pm | at CCHS | \$59

Seed Starting: How to Grow Your Own Seedlings 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 8 | 9:30-11 am | at Daisy Hill Farm | \$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. Learn to make a crop map by using a few steps. After making a ranked list of what you want to grow, plan out when and where to plant your top priority crops using a map of your own growing space. Leave the class with a packet of references and tips to help you continue mapping in the future.

Sa | Mar 15 | 9-10:30 am | Online | \$35

WE ARE HIRING
DRIVER EDUCATION INSTRUCTOR

If you enjoy working with teens, this may be the opportunity for you! Help teens reach this milestone in their lives as they learn to drive and earn their driver license. Hours are flexible although you must be available for driving lessons a minimum of three afternoons a week, 2-45-4:45 pm, when school is in session.

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

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.

Small Group Lessons:

We offer after-school, same-instrument, small-group lessons for our 4th- and 5th-grade musicians, which complement the Concord in-school instrumental ensemble programs. Details on page 24.



For more information, contact: IMSCC Program Coordinator: Debbie Levine
dlevine@concordcarlisle.org

www.concordcarlisle.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

Colleen Hartung: clarinet

Nickolas Isherwood: upright & electric bass

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

Elena Snow: voice

Andrei Sobchenko: saxophone

Andrew Sorg: trumpet

Louis Stamas: saxophone

Noah Stone: piano

Henry Tervo: oboe

Kenneth Toland: clarinet & bass clarinet

Jason Yost: guitar, bass guitar & ukulele

Scholarships are available for IMSCC! See page 24

Apply online: concordcarlisle.org/scholarships/

Invest & Plan

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.

• We | Jan 15 | 7-8:30 pm | Online | \$35

• Tu | Jan 28 | 7-8:30 pm | Online | \$35

• Tu | Feb 4 | 12-1:30 pm | Online | \$35

Wall Street Boot Camp

with Michael Stern

This fast-paced course covers the fundamentals of investing. Appropriate for beginning as well as experienced investors, learn how to allocate assets, pick appropriate securities, and monitor performance. We will learn about Mutual Funds and ETFs, and distinguish their advantages and disadvantages. The course will also teach you how to successfully build diversified equity and fixed-income portfolios. Lastly, we will consider the pitfalls of Target Retirement Funds as well as the risks inherent in Bond ETFs and Bond Mutual Funds.

3 We | Jan 29-Feb 12 | 7-8:30 pm | Online | \$95

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 | Jan 22 | 7-9 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?

We | Feb 26 | 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 19 | 7-9 pm | Online | \$35

Invest & Plan

Trusts: What are they and How to Use Them with Margaret Hoag

Confused about trusts and their role in estate planning? Attorney Margaret Hoag will review the basics of trusts including how to create a trust, the various ways we can use trusts to accomplish estate planning goals, and how to manage trusts. We will review marital trust planning, supplemental needs trusts for disabled individuals, realty trusts, and irrevocable trusts, including trusts for Medicaid planning. The class will also address the role of a trustee.

We | Jan 29 | 7-8:30 pm | Online | \$45



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 11 | 6:30-8 pm | Online | \$35

• Th | Feb 13 | 10:30 am-12 pm | Online | \$35

Music



Broadway's Divine Divas!

with Andy Papas

Whether you're a Mama Rose at heart, a Sky Masterson type, or Dolly Levi herself, this is your gateway to Broadway's most fabulous Divas! Each session focuses on a famous Diva (or Divo) and explores the vocal theatrics that define each famed singer. Students will watch a show every class, highlighting a signature performance of our Diva/Divo of the Week. Class will include spotlighting legendary performances, pinpointing specific vocal idiosyncrasies, and a discussion of the dramatics of each Diva. Andy is a working professional singer and actor.

8 Th | Jan 16-Mar 6 | 6-7:45 pm | Online | \$219



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!

Professional Development



The Balance Blueprint: Building a Life Management System

with Aleisha Agard

Keeping up with life's demands often feels exhausting and overwhelming. Many of us struggle to manage daily tasks and responsibilities while still finding time for the things that matter. Most people have never been taught how to balance their work, home, and personal lives in a manageable and fulfilling way. This interactive workshop will guide you through creating a personalized Life Management System that brings clarity and balance to your daily routine. Whether you're focused on organizing your work life, managing your home, prioritizing self-care, or combining all three, we will teach you how to consolidate tasks, commitments, and goals into one seamless system — using your preference of digital tools, paper planners, or both. With hands-on activities like self-assessments, goal-setting exercises, and system-building, you will leave with a fully functional, customizable life management system that reduces overwhelm, boosts productivity, and helps you manage everything from work projects to household tasks. Most importantly, you will create space for self-care and what truly matters.

3 Th | Jan 23-Feb 6 | 6:30-8pm | Online | \$75

Lean Launch: Empowering Women Entrepreneurs with Urvashi Batra

Join us for an inspiring 8-week course designed specifically for women looking to embark on their entrepreneurial journey. Learn how to effectively validate your business ideas using key learnings outlined in the well known lean canvas methodology. This interactive course will feature hands-on activities, group discussions, and guest speakers who are successful women entrepreneurs. We will also provide information on well known women networking resources that you can tap into. By the end of the program, you will have a solid foundation in lean principles. Whether you are just starting out or looking to refine an existing idea, this course will equip you with a solid foundation on what it takes to launch a business. Note: The class includes computer-based homework assignments using free AI tools.

8 We | Mar 26-May 21 | 7-8 pm | Online | \$205

Looking for more professional development?

See our online Certificate programs* with UGotClass and online classes with ed2go on page 25.

*Many of the UGotClass courses can be completed individually without completing the full certificate.

CCACE is the home of Parent Education!



In June of 2022, we took over the programming for the Center for Parents and Teachers (CPT). Since then, we have striven to offer parent education that fulfills the needs of the community, covering topics such as executive function, emotional resilience, financial literacy, and limiting screen time. Your input is critical in keeping us informed on what you most want to learn about. Please tell us via email at ace@concordps.org or use the QR code below to answer our parent survey.





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.

Henry James' *Portrait of a Lady* with Diane Proctor

If you have never read Henry James' remarkable novel *Portrait of a Lady*, then encountering this author's exquisite wit and exploration of "an imaginative life" proves fascinating. Even if you have read it, each exposure invites fresh perspectives. James based Isabel Archer, his protagonist, on a beloved cousin—Minnie Temple—whose loss was very painful to him, and in many ways he uses the novel to imagine what Minny's life might have been like had she—a "highly intelligent, highly strung, idealistic, sharp-tongued, restless, passionately impulsive young woman"—ever lived to travel to Europe or grown to encounter the complex challenges of adulthood. Thus, in many aspects, this is a "coming of age" novel. This work also reflects, to the prominent James critic, Philip Horne, "a dialogue between Victorian certainties and modernist doubts." It is, therefore, a discourse between American innocence and European cynicism. We will read around 60 pages a week, with accompanying questions to consider in advance of each class.

10 Tu | Jan 14-Mar 18 | 10:30 am-12 pm | Online

Law for Non-Lawyers with Pamela Talbot

"The Law" is defined as: the system of rules which a particular country or community recognizes as regulating the actions of its members and which it may enforce by the imposition of penalties.

le: "they were taken to court for **breaking the law**"

That 'system of rules', also known as 'the law', can sometimes seem like a quagmire or a maze, especially if a person is unfamiliar with its fundamental terms and tenets. Join us for a discussion of the basics that underlie the general genesis, passage, imposition, and enforcement of the law. Familiarize yourself with the practical application of basic terms like 'due process', 'jurisdiction', 'equitable relief', and 'standards of proof'. Understand better what is common law, statutory law, agency law, and what are the limits therein. Demystify the difference among administrative, civil, and criminal tribunals, and how the law is enforced in each of those forums.

Th | Feb 27 | 10:30 am-12 pm | Keyes Rd Conf Room

The Theme of Love in the Hebrew Bible with Dale Landis

Love is a central theme in the Hebrew Bible, encompassing covenantal love between God and Israel, familial and communal love, love for aliens, love for creation, friendship, erotic love and more. We will discuss two key Hebrew words: "ahav" (to love), and "hesed" (steadfast love, loving kindness). We will read (in translation) a selection of short passages using these words, and discuss their biblical context. This will highlight the multi-faceted and complex nature of love in the Bible.

Th | Feb 6 | 10-11:30 am | Online

Home: Painting Culture through a Sense of Place with Nancy Baker

Home is the place that anchors or defines you. Every culture develops a communal sense of home built in its distinctive landscape and its social development. Paintings chosen will draw from the landscape and genre tradition. This course will begin in the British Isles, seeing how painters from Ireland, England, Scotland and Wales have shaped their regional visual images of a social sense of self. We'll move on to Scandinavia to do the same. After looking at the American reassurance of the strength of home in the 1930s and Black artists who created their world sense at the same time, we'll end with the Japanese way of blending figure and landscape to reveal their culture.

5 Mo | Feb 24-Mar 24 | 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.

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 | Jan 30-Mar 27 | 12-2 pm | at Harvey Wheeler | \$215

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 1/20, 2/17.**

10 Mo | Jan 13-Mar 31 | 7:45-9 pm | Online | \$250



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 tenses. 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 2/20.**

9 Th | Jan 23-Mar 27 | 7:45-9:00 pm | Online | \$225

French Intermediate I 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 tense 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). No class 2/20.**

9 Th | Jan 15-Mar 26 | 5-6 pm | Online | \$180



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.

World Languages

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 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 2/19.*

10 We | Jan 22-Apr 2 | 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. *No class 2/20.*

10 Th | Jan 23-Apr 3 | 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 2/17.*

10 Mo | Jan 27-Apr 7 | 6:30-7:30 pm | Online | \$155

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. *No class 2/20.*

10 Th | Jan 23-Apr 3 | 6-7:30 pm | Online | \$215



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.

Spanish for Advanced Beginners with Mary Ann Price

Do you want to build on your beginning conversational skills in Spanish? Do you have a basic knowledge of the language? In this class, we will review the conjugation of -ar, -er, and -ir verbs in the present tense and then move on to learn the present progressive, the preterite, and reflexive verbs. We will practice simple conversations and learn more of the Spanish language and culture in a relaxed and supportive atmosphere. Prerequisite: a beginning Spanish class or a basic knowledge of Spanish, e.g. knowledge of the consonant and vowel sounds, numbers, noun-adjective agreement, use of the irregular verbs ser, estar, tener, ir, gustar, and the conjugation of regular verbs in the present tense. **Please purchase *Pensar y aprender Libro 1 (Curso de español)* (ISBN 978-2921445207).** *No class 2/14, 3/8.*

8 Tu | Jan 14-Mar 18 | 7:30-9 pm | Online | \$225

Spanish Advanced 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 2/18, 3/4.*

8 Tu | Jan 14-Mar 18 | 6-7:30 pm | Online | \$225

Spanish Advanced III 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 2/18, 3/4.*

8 Tu | Jan 14-Mar 18 | 4-5:30 pm | Online | \$225

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. *No class 1/20, 2/17, 3/17, 3/24.*

8 Mo | Jan 13-Mar 31 | 7-8 pm | Online | \$155

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 contemporary English-language haiku. ***Wabi sabi*** is the appreciation of beauty in that which is imperfect, incomplete, or impermanent. ***Ma*** can be defined as an emptiness full of possibilities. ***Yugen*** means quiet grace and mystery. ***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 2/18.*

6 Tu | Jan 21-Mar 4 | 6:30-8 pm | Online | \$130



Midday Writers

with Judy McClure

Craving something more from your lunch hour? Gather with us in the middle of the day for this supportive and generative writing class. Each week we'll focus on a different writing theme or structure and use writing prompts to generate new work. Writers of all genres are welcome. Feel free to bring your lunch!

6 We | Feb 5-Mar 19 | 12-1 pm | Online | \$89

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 | Mar 6-Apr 17 | 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 | Mar 12 | 3-6 pm | at CCHS | \$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.

Clarinet Small Group - Year 1 with Colleen Hartung

14 Mo | Jan 27-May 12 | 5:30-6:15 pm | CCHS | \$295

Clarinet Small Group - Year 2 with Ken Toland

14 Tu | Jan 21-May 6 | 4-4:45 pm | CCHS | \$295

French Horn Small Group - Year 1 with Jeremy Ronkin

14 Th | Jan 23-May 8 | 5-5:45 pm | CCHS | \$295

Trombone Small Group - Year 1 with Alexei Doohevskoy

14 Tu | Jan 22-May 7 | 4:15-5 pm | CCHS | \$295

Percussion Small Group - Year 1 with Alex Brander

14 Tu | Jan 21-May 6 | 4-4:45 pm | CCHS | \$295

Saxophone Transition Group - Grade 5 with Jon Amon

14 Tu | Jan 21-May 6 | 4:45-5:30 pm | CCHS | \$295

Violin/Viola Small Group - Year 1 with Sargis Karapetyan

- 14 Mo | Jan 27-May 12 | 4:30-5:15 pm | CCHS | \$295
- 14 Tu | Jan 21-May 6 | 5:15-6:00 pm | CCHS | \$295

Flute Ensemble

with Keith Anderson

Flute Ensemble will focus on fun and challenging arrangements of well known songs and original pieces for flute groups. We will work on ensemble skills and intonation which can be notoriously tough for flute sections!

14 Tu | Jan 21-May 6 | 6:15-7 pm | CCHS | \$295

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.concordcarlisle.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.

We offer courses in categories such as Business Administration, Healthcare & Medical, Law & Legal, Technology, Writing & Publishing and more.

Courses

- Accounting Fundamentals
- A to Z Grantwriting
- SQL Series
- 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.

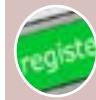
Look for "Self-Paced Tutorial" in the name of the course, as many have an instructor-led version.

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

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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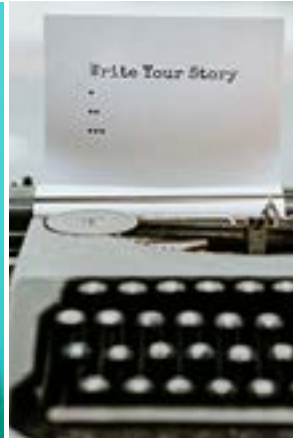


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