



NCE Fall and Early Winter Offerings

For full details, go to the [NCE registration page](#)

Class Title	Date(s) and Time (nc=no class date)
EXPERIENCE AND EXPLORE	
Virtual Tour of Ireland and Northern Ireland: Featuring each country's history, language and people	2 Weds. 1/6-13, 7-9PM
Travel to Peru via Zoom	2 Thurs. 12/3-10, 6-8PM
Walking Tour: Beacon Hill	Sun. 10/4, 1:30-3PM
Walking Tour: Jamaica Plain	Sun. 10/18, 1:30-3PM
Explore Your DNA: Understanding the Tests and the Results	Thurs. 10/15, 7-8:30PM
CREATE AND MAKE (Fine Arts and Crafts Programs)	
Watercolor I	8 Fris. 10/2-11/20, 1-4PM
Advanced Beginning Watercolor	8 Tues. 1/5-2/23, 6-9PM
Beginning Drawing I (daytime)	7 Weds. 11/4-12/23 (nc 11/25), 10AM-12PM
Beginning Drawing I (evening)	7 Tues. 9/29-11/17 (nc 11/3), 6:30-8:30PM
Beginning Drawing II (evening)	7 Tues. 12/1-1/19 (nc 12/29) 6:30-8:30PM
Acrylic Painting I (daytime)	7 Weds. 11/4-12/23 (nc 11/25); 1-3:30PM
Acrylic Painting I (evening)	7 Weds. 9/30-11/11; 6:30-9PM
Acrylic Painting II (evening)	7 Weds. 12/2-1/20 (nc 12/30), 6:30-9PM
Intro to Colored Pencil	7 Weds. 1/27-3/17 (nc 2/17), 6:30-8:30PM
Needle Felt Pumpkins	Sat. 10/3, 9AM-12PM

Beaded Wrapped Bracelet or Mask Chain	Thurs. 11/5, 6:30-8:30PM
EXERCISE YOUR BODY AND MIND (Fitness, Yoga and Meditation)	
Bicycle Safety, Riding Skills and Basic Mechanics	3 Sats. 10/3-17, 3-5PM
Zumba	9 Thurs. 12/3-2/11 (nc 12/24 and 12/31), 6:30-7:30PM
RAQ the Barre	8 Sats. 10/10-12/5 (nc 11/28), 10-10:50AM
Yoga for Every Body	8 Thurs. 10/1-11/19, 7:30-8:45PM
Flow & Restore Yoga	6 Thurs. 10/15-11/19, 4:15-5:15PM
At Home Fitness with One Nation Fitness	8 Tues. 12/1-1/19, 5:30-6:15PM
Blue Lotus: Sunrise Vinyassa Flow	8 Thurs. 10/22-12/17 (nc 11/26), 7:30-8:30AM
Blue Lotus: Trouble Shooting Your Meditation	Tues. 10/6, 4-5:30PM
Blue Lotus: Mantra Meditation	3 Thurs. 10/1-15, 4-5PM
BE A BETTER YOU (Parenting, Health and Wellness Programs)	
Strategies for Reducing Academic Stress and Creating Successful Students	Mon. 10/19, 7-9PM
How to Support Your Elementary Student in Remote Learning	Mon. 11/2, 6:30-8PM
How to Support Your Middle School Student in Remote Learning	Wed. 11/4, 6:30-8PM
ASHI Pediatric First Aid & CPR/AED	Wed. 10/14, 6-9PM
Food Allergy vs. Sensitivity	Tues. 11/10, 7:30-9PM
Immune System Boost	Tues. 12/8, 7:30-9PM
The Alexander Technique: Improving Posture and Pain Relief	2 Weds. 10/21-28, 7:30-8:30PM
Your Pelvic Health: Why Kegels Don't Cut It	2 Mons. 10/19-26, 7-8:30PM
Why Do I Do That? Intro to Mind Body Healing	2 Weds., 10/14-21, 7-9PM
Use the Power of Life Coaching to Empower Your Life	4 Mons. 11/16-12/7, 7-8PM
COOK AND TASTE (Food and Beverage Programs)	
Fermenting at Home	3 Weds. 10/14-28, 6-7:30PM
Sourdough at Home	3 Weds. 1/6-20, 6-7:30PM
Middle Eastern Outdoor Cooking	Sat. 10/3 OR Sat. 10/17, 12-2PM (raindates Sun. 10/4 and Sun. 10/18)
Cooking at Home with Chef Josh Ziskin	Tues. 10/20, 6-7:15PM

Mediterranean Chips and Dips	Mon. 11/9, 6:30-8:30PM
Pumpkin Cheesecake	Mon. 11/16, 6:30-8:30PM
Creative Holiday Cocktails	Thurs. 11/5, 5:30-7PM
Wine Tasting: Tackling the Restaurant Wine Menu	Thurs. 10/15, 6-7:15PM
Wine Tasting at Sweet Basil:Malbac Wines	Sun. 10/4, 1-3PM
Wine Tasting at Sweet Basil:Wines of Chianti and Chianti Classico	Sun. 11/8, 1-3PM
Wine Tasting at Sweet Basil:Holiday Wines	Sun. 12/6, 1-3PM
DEVELOP TECHNOLOGY SKILLS	
Excel Basics	2 Thurs. 10/1-8, 7-9PM
Cybersecurity: Staying Safe Online	Thurs. 10/15, 7-9PM
Cutting the Cable: Your TV Options in the Digital Age	Thurs. 10/29, 7-9PM
Microsoft Word: Tips and Tricks	Thurs. 12/3, 6:30-8PM
Google Calendar: Tips and Tricks	Wed. 12/9, 6:30-8PM
Gmail: Tips and Tricks	Wed. 1/6, 6:30-8PM
DO IT YOURSELF (Home, Garden and Skills Programs)	
Less is More: Declutter & Organize Your Spaces	2 Weds. 10/14-21, 6:30-8:30PM
Adding onto Your Home	Tues. 1/12, 7-9PM
Stop Mulch-Scaping and Start Landscaping!	Thurs. 1/14, 7-8PM
Foraging for Edible Plants and Mushrooms	Sat. 10/3, 11AM-12:30PM
Style Secrets	2 Weds. 10/7-14, 7-9PM
Self-Publishing on Amazon	Mon. 10/19, 7-8:30PM
How to Find a "Good Fit" when Looking to "Do Good"	2 Thurs. 11/5-12, 6:30-8:30PM
Reduce Your Carbon Footprint at Home	Thurs. 11/5, 7-8:30PM
EXPAND YOUR MIND	
Civics Series: An Overview of Regional Government in MA	Thurs. 10/8, 6:30-8PM
Civics Series: State Government	Wed. 10/21, 6:30-8PM
Civics Series: Federal Government	Wed. 10/28, 7-9PM
Needham Diversity Summit: Hate Has No Home Here-Beyond the Yard Signs	Sun. 11/15, 12-5PM
Black Lives Matter: The Contemporary Fiction of Jesmyn Ward and Colson Whitehead	8 Weds. 10/14-12/16 (nc 11/11 and 11/25), 7-8PM
What Makes Movies "Classics"	3 Sats. 10/17-31, 10AM-12PM

INVEST AND PLAN (Investment and Financial Planning Programs)

Learn to Invest: <i>The Stock Market Game</i>	9 Thurs. 10/8-12/10 (nc 11/26), 7-8:30PM
Planning for Retirement	Mon. 11/16, 7-9PM
Long-Term Care: Planning for the Potential Need	Tues. 10/27, 7-8:30PM
Understanding Medicare	Wed. 10/14, 7-9PM
Demystifying Social Security	Wed. 11/4, 7-9PM
Special Needs Financial Planning: Planning for Two Generations	Thurs. 11/19, 7-8:30PM
Estate Planning and Probate: What You should Know	Thurs. 10/22, 6-8:30PM

PLAY AND RECREATE

Bridge: Supervised Play for Advanced Beginners	8 Thurs. 10/8-12/3 (nc 11/26), 6:30-8:30PM
Bridge: Supervised Play for Intermediates	8 Tues. 10/6-12/1 (nc 11/3), 6:30-8:30PM
Canasta for Beginners	6 Tues. 10/6-11/17 (nc 11/3) OR 6 Thurs. 10/8-11/12. 6:30-8PM
Zoom into Mah Jongg-Beginners (fall, day)	8 Mons. 10/19-12/7, 1:30-2:45PM
Zoom into Mah Jongg-Beginners (fall, evening)	8 Thurs. 10/1-11/19, 5:30-6:45PM
Zoom into Mah Jongg-Beginners (early winter)	4 Tues. and 4 Thurs. 1/5-28, 1:30-2:45PM
Zoom into Mah Jongg-Advanced Beginners (fall)	4 Weds. 10/14-11/4, 5:30-7PM
Zoom into Mah Jongg-Advanced Beginners (early winter)	4 Weds. 12/9-1/6 (nc 12/30), 5:30-7PM

SPEAK A FOREIGN LANGUAGE

Beginning Italian	8 Weds. 12/2-2/3 (nc 12/23 and 12/30), 7:30-9PM
Advanced Beginning Italian	8 Mons. 11/30-2/1 (nc 12/28 and 1/18), 6-7:30PM
Beginning French	8 Tues. 12/1-2/2 (nc 12/29), 6-7:30PM
French Conversation (fall)	8 Tues. 9/22-11/17 (nc 11/3), 7:30-8:30PM
French Conversation (early winter)	9 Tues. 12/1-2/2 (nc 12/29), 7:30-8:30PM
Intermediate Italian I	8 Mons. 9/21-11/23 (nc 9/28 and 10/12), 7:30-9PM
Intermediate Italian II	8 Mons. 11/30-2/1 (nc 12/28 and 1/18), 7:30-9PM
Advanced Italian I	8 Thurs. 9/24-11/12, 6-7:30PM

Advanced Italian II	8 Thurs. 11/19-1/28 (nc 11/26, 12/24 and 12/31), 6-7:30PM
Intermediate French II	8 Thurs. 9/24-11/12, 7:30-9PM
Advanced French I	8 Thurs. 11/19-1/28 (nc 11/26, 12/24 and 12/31), 7:30-9PM
French, Italian or Spanish private lesson pack (1-2 people/10 hours)	10 hours, to be scheduled with the instructor, 11AM-6PM Mons, Tues. and Fris, or daytime Sats and Suns: valid 9/8-2/12
Beginning Spanish	8 Weds. 10/7-12/9 (nc 11/11 and 11/25) 6-8PM
Advanced Beg. Spanish	8 Weds. 1/6-2/24, 6-8PM
Intermediate Spanish	15 Tues. 9/8-12/22 (nc 11/3), 6-8PM
Advanced Spanish I	13 Mons. 9/14-12/21 (nc 9/28 and 10/12), 6-8PM
Conversational Spanish	14 Thurs. 9/10-12/17 (nc 11/26) 6-8PM
MAKE MUSIC AND USE YOUR VOICE (Music and Voice-over Programs)	
Piano Keyboard Level I	8 Tues. 10/6-12/1 (no class 11/3), 6:45-7:45PM
Beginning Songwriting	6 Tues. 10/6-11/17 (nc 11/3), 7-8:30PM
Guitar I	8 Thurs. 10/1-11/19, 6:00-7:00PM
Guitar II	8 Thurs. 12/3-2/4 (no class 12/24 and 12/31), 6-7PM
Hand Drumming for Beginners and Beyond	8 Mons. 10/5-11/30 (nc 10/12), 7-8PM
Voice-overs...Now is Your Time!	Mon. 10/19, 6:30-8:30PM
CLASSES FOR TEENS AND THEIR PARENTS	
(Test Prep and College Application Planning)	
Short SAT for 12/5	8 Mons. 10/5-11/30 (nc 10/12), 6-9PM/10
PSAT Crash Course	2 Sats. 10/3, 10AM-3:30PM and 10/10 , 9AM-12:30PM
Full SAT Prep for 3/13 (Tues)	11 Tues. 12/15-3/9 (nc 12/29 and 2/16), 4-7PM/10PM
Full SAT Prep for 3/13 (Weds)	11 Weds. 12/16-3/10 (nc 12/30 and 2/17), 6-9PM/10PM
Tips and Strategies for Supplemental College Essays	Sun. 10/4, 4:00-5:30PM
Dispelling Myths about College Admissions and Financial Aid	Tues. 10/6, 7-8:30PM
College Application Process: Tips for Reducing Your Child's Stress	Thurs. 12/10, 7-8:30PM
SAT and ACT: A Guide for Parents	Tues. 11/17, 7-9PM
10/19/20	