



NCE

Needham Community Education

ADULT PROGRAMS



Needham Adult Education Catalog

*Learn, make, move, play,
improve, explore, taste, and
more...NCE has a class for you!*

Fall/Early Winter 2019

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Catalog

Cover Art: The watercolor paintings are the works of Sally Meding, www.sallymeding.com. The title of each (from left to right) is "Fruitful Fantasy," "Apple & Pear" and "Deconstructed Fruit." Sally offers many watercolor classes through NCE. Details can be found on pages 6-7.

Catalog Design and Layout: Fabienne Madsen
FabienneMadsenDesign.com

Needham Community Education

Needham Community Education (NCE) is an office of the Needham Public Schools and combines a number of out-of-school time programs into one administrative office. Programs are self-sustaining and include Adult programs, High School programs, Elementary and Middle School programs, an Early Childcare Center (for NPS staff) and Summer Programs.

Through our Adult Education program, we hope to provide quality lifelong learning experiences that are accessible to a wide range of community members, including high school students.

View this catalog online on the Adult Education page of the Needham Public Schools website at http://www.needham.k12.ma.us/community_ed.

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NCE: Adult Programs

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Website: www.needham.k12.ma.us and click on Community Ed and Adult Education

Office Hours: 8:30am-4pm, Monday-Friday

Non-Discrimination Policy

The Needham Public Schools ("District") does not discriminate against students, parents, employees or the general public on the basis of race, color, sex, homeless status, gender identity, religion, national origin, sexual orientation, disability, or age.

All programs can be made handicapped accessible.

If you have any disability that would require special accommodations, please call the NCE office.

LANGUAGE ASSISTANCE SERVICES

ATTENTION: If you speak a language other than English, language assistance services are available to you free of charge. Contact Student Support Services at 781-455-0400 x213 or penny_belezos@needham.k12.ma.us for assistance.

ATENCIÓN: Si usted habla un idioma que no sea el inglés, hay servicios de asistencia lingüística disponibles gratis. Contacte Servicios de Apoyo para Estudiantes al 781-455-0400 x213 o penny_belezos@needham.k12.ma.us para que le ayudemos.

ATENÇÃO: Se fala um idioma diferente do Inglês, os serviços de assistência lingüística estão disponíveis gratuitamente para si. Entre em contato com os Serviços de Apoio ao Aluno através do número 781-455-0400 x213 ou penny_belezos@needham.k12.ma.us para obter assistência.

ВНИМАНИЕ: Если вы не говорите на английском языке, для вас доступны бесплатные сервисы на вашем языке. Обратитесь в службу поддержки студентов по телефону 781-455-0400 x213 или по email penny_belezos@needham.k12.ma.us.

Letter from the Director

Dear NCE Community Member,

While my job title may be "Program Director," I view my role as that of a "Curator" of educational opportunities for our community of curious, energetic, and creative learners. My job is made easy because there are so many talented people who are willing to impart their knowledge and expertise to our students. The biggest challenge is deciding which programs our community will embrace. (If only I knew how to use a crystal ball!) I hope there is at least one class in this catalog that captures your interest. Better yet, I hope there are several!



Let me share with you a sampling of the dozens of new offerings in this catalog: *Taste of Acrylic Painting; Intro to Video Editing; Night Club Two-Step; Aeroponic Gardening; Field Guide to Cognitive Issues; Simple & Delicious Hors d'Oeuvres and Holiday Side Dishes; Israeli Brunch: Cook and Enjoy; Kondo+: Organizing Tips for Decluttering Your Life; Home Renovation Tips and Hacks; Foraging for Edible Plants and Mushrooms; Canasta; Hand Drumming for Beginners and Beyond; Speaking with Confidence; Intro to Photoshop; T-Shirt Quilt; I'm Stuffed! (dumplings, knishes and empanadas); Single-Malt Scotch-A Deep Dive; Jamaica Plain Food & Brewery Tour.*

Many of these new classes are the result of requests made by community members. I welcome your input on programs you would like to see included in the future.

If you have questions or feedback about any of our offerings, please feel free to contact me. I love hearing from our students!

Please take the time to read through the catalog. You will be rewarded with the discovery of activities that will fill your fall and early winter with mental stimulation, physical activity, how-to knowledge and fun.

See you in class!

Amy Goldman

NCE Adult Program Director

Amy_Goldman@needham.k12.ma.us

781-455-0400 x11214

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4 Easy Ways to Register!

Online

www.schoolpay.com/link/nceadultF19



By Phone:

781-455-0400 X5 Give us a call any time between 8:30 and 4:00, Monday-Friday, and we will be happy to assist.



By Mail:

Mail registration form and payment to: NCE 1330 Highland Ave., Needham, MA 02492

Walk-in

Come In:

We love visitors! Come register in person at NCE, 1330 Highland Ave. (1st floor) between 8:30 and 4:00, Monday-Friday.

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Directions and Policies

Needham High School (NHS), 609 Webster Street

For many classrooms, including those in the 200s, 400s and 700s, the easiest entrance is through the new lobby, which can be accessed from the parking lots on both the Webster Street and Admiral Gracey Way sides of the school. On the first evening of each program, there will either be signs or a staff member to direct you to your class.

For classes in the 600s, 800s or 900s (music, art and fitness wing), it is easier to use the gym entrance off of the lot at the top of Admiral Gracey Way (off of Kingsbury St.). The gym entrance is on the left of the school.

From Wellesley: Take Great Plain Ave. through Needham center. Take a left at the first traffic light after business district onto Webster St. Go about a 1/2 mile; turn left onto Kingsbury St., then take your first right onto Admiral Gracey Way.

From Dedham: Take Dedham Ave. (Rte. 135) towards Needham Center. About a 1/2 mile past Defazio Field on the right, make a right at the light onto Webster St. Go straight through the light at Great Plain Ave. and the high school will be on your left in about a 1/4 mile. **To access the music/art/fitness classes**, after crossing Great Plain Ave, take your 2nd left onto Kingsbury St. Then, take the first right onto Admiral Gracey Way. From the parking lot, enter the building on the far left of the school, using the bank of doors next to the gym.

From Newton: Take Needham St. (becomes Highland Ave. in Needham). Cross over 1-95/128. At the second light, take a left onto Webster St. Proceed a 1/2 mile and the high school will be on your right, with parking and access to the main lobby. **To access the music/art/fitness classes**, pass the high school, then take the next right onto Kingsbury St. Take the first right onto Admiral Gracey Way. From the parking lot, enter the building on the far left of the school, using the bank of doors next to the gym.

Pollard Middle School, 200 Harris Avenue: Between Great Plain and Dedham Avenues. From Needham Center, take Dedham Ave. Take the second left onto Harris Ave. The school is a 1/4 mile ahead on the right.

High Rock School, 77 Ferndale Road: From Needham Center, take Great Plain Ave. west toward Wellesley. Make a left at the post office onto Linden St., go about 1/4 mile and then make a right onto Sylvan Rd. Make the next right onto Ferndale Rd., into the front parking lot of High Rock.

Broadmeadow Elementary School, 120 Broadmeadow Road: From Needham Center, take Great Plain Ave. toward Dedham. Follow Great Plain Ave. 3/4 miles to Hersey train station on the right. Take the next left onto Broadmeadow Rd. Follow Broadmeadow Rd. a 1/4 mile. The school is on the right.

Eliot Elementary School, 135 Wellesley Avenue: Located off of Central Ave. about 1/2 mile from the Newton line. From Central Ave., turn onto Cedar St., and make the 1st left onto Wellesley Ave. The school driveway is straight across from Wellesley Ave. stop sign.

Center at the Heights (Needham senior center), 300 Hillside Avenue: Located at the corner of Hillside Ave. and West St., near the Needham Heights stop on the commuter rail.

Confirmations: Once you are registered, you will receive a confirmation email from Schoolpay, our online registration system. If no email is provided, you will not receive any confirmation.

For mailed registrations, if the class is full when the registration is received, NCE will call you immediately to let you know and you will be placed on the wait list.

Canceled Classes: Sometimes an NCE class has to be canceled, due to low-enrollment or an instructor no longer being able to teach the class. When a class is canceled, all registrants will be contacted immediately by phone and will receive a full refund.

Refunds: NCE will issue a full refund when a class is canceled. You may withdraw from a class and get a refund (minus a \$10 processing fee) if you notify us at least one week before the class start. Unfortunately, **we are unable to offer refunds or credits for missed classes or for withdrawals less than one week prior to the start of a class.** Refunds are made by check from the Town of Needham and may take up to four weeks to be processed.

Wait Lists: If a class is full and you wish to be placed on the wait list, please contact NCE and provide a daytime number and email address so we can reach you if a space becomes available.

Scholarships: Scholarships are available for those who qualify; please call NCE for more information.

Evaluations: Evaluations will be handed out at the end of each course. Please take a few minutes to give us your feedback-- we listen to what you say!

Photos: The NCE Program Director and instructors will sometimes take photos in classes for NCE promotional purposes. If you DO NOT want your photo used, please inform the Program Director or instructor while the photos are being taken.

Holidays/ School Closings/ Inclement Weather: Classes follow the Needham Public Schools schedule, unless noted in the class description. If the Needham schools have been canceled due to bad weather, the adult education classes will be canceled as well. Please check the Needham Public Schools website for information regarding weather related closings: www.needham.k12.ma.us.

Participation of Minors in Adult Education Classes: Parents, please be aware that if you register a minor son or daughter for an adult education class you are agreeing to the following:
I hereby consent to my son's/daughter's participation in the Needham Community Education adult education program, the taking of photos of my child and/or promotion of the program and to his/her use of the Needham Public Schools facilities and equipment. I further agree to release and hold harmless the Town of Needham, Needham Public Schools and their employees, agents and assigns from any and all liability or expenses arising out of any incident involving, or any account of any injury to my minor child in connection with such a program accept full responsibility for all costs for any such emergency treatment. I agree to abide by all NCE policies.

Directions & Policies

Daytime class  **S** Single day/Single evening class

Explore Your Ancestry

Elizabeth Handler

Researching one's ancestry has become one of the country's favorite hobbies. This class will help you jump start your genealogy, whether you are brand new to it or have dabbled in it for a couple of years. You will learn what types of records are available, (focusing on United States records), what information can be found in them, and where to find these records. We will explore what records can be found on free websites, including vital, census, cemetery, military, and other records. **You will need to have an active email address so you can open an account with Familysearch.org. You may bring your own laptop or use one of the classroom computers.** Limited to 12.

Dates: 4 Thursdays, October 17-November 14 (no class 10/31)

Time: 7:00-9:00PM

@ Needham High School, Room 605 Fee: \$129

Behind the Scenes at the Davis Museum: An Exploration of Technology in Art **NEW**

Davis Museum Curators

Experience the Davis Museum at Wellesley College, before public hours, with private curator-led tours providing highlights of special exhibitions and permanent collections at the Davis Museum. Sessions will focus on works in the collections and temporary exhibitions focusing on technology, from conservation and technical analysis, to inclusion of augmented reality, and will include special behind-the-scenes access to works in the Print Study Room. Limited to 15.

September 25: Hidden Histories: Revealing the Life of a Painting

Alicia LaTores, Friends of Art Curatorial Research Assistant, will discuss a mysterious 16th century Venetian painting of the holy family with a donor and saints Sebastian and Catherine that was recently donated to the Davis Museum. Participants will learn about conservation and technical analysis of the painting, as well as looking at the work through an art historical lens to uncover a wealth of new information.

October 23: Recent Acquisitions: New Photographs

Carrie L. Cushman, Linda Wyatt Gruber '66 Curatorial Fellow in Photography, will discuss two recent acquisitions

by up-and-coming women photographers, Haley Morris-Cafiero and Habiba Nowrose, along with a special viewing in the Print Study Room of additional works of art created by female artists.

November 20: Fatimah Tuggar:

Home's Horizons

Amanda Gilvin, Assistant Curator, will lead an in-depth look into Fatimah Tuggar's multimedia work in the artist's major solo exhibition which investigates how race and gender shape our understanding of technology and the home. Gilvin will explore sculpture, photo-montage, video, and augmented reality, and Tuggar's interrogation of the systems underlying human interactions with both high-tech gadgets and handmade crafts.

Dates: 3 Wednesdays, September 25, October 23 and November 20

Time: 10:00-11:00AM

@ Davis Museum at Wellesley College Fee: \$55

Jamaica Plain Food and Brewery Tour **NEW**

Off the Beaten Path Food Tours Guide

Are you ready to uncover a new side of Boston? It's a known secret that Jamaica Plain--or "JP" to locals--has some of the tastiest and freshest food in Boston, but it's a bit hidden from the "beaten path" destinations. In fact, some JP residents want to keep it that way, and this tight-knit community is definitely keen on preserving the neighborly feel. Originally part of Roxbury, Jamaica Plain was first home to wealthy and middle-class residents who wanted to summer or live outside of the city where they worked. More recently, JP has become known for America's first craft beer, Sam Adams, which is still brewed here today. On this exciting tour, your local guide will share JP history and fun facts, and you will sample some of the most delicious food on Centre Street. The tour includes 6-7 stops for tastings. On our final stop, you will hear stories about historical JP breweries and visit a micro-craft brewery that has already yielded quite a following. This tour is suitable for all ages. Vegan and vegetarian friendly! Limited to 15.

Date: Sunday, October 6

Time: 11:00AM-1:30PM

Meet the guide inside City Feed and Supply (672 Centre St.) Fee: \$70

Reinventing Boston:

*A City Engineered **NEW***

Boston by Foot Guide

A walk through Boston is a walk through time! The eclectic urban landscape is composed of layers of history whose story is revealed by the clues left behind.

EXPLORATION

Explore

The city has aggressively reinvented itself over and over again to accommodate a growing population, the needs of business and industry, public and private transportation and public health and safety. It is engineered--from the first subway to Long Wharf through the Big Dig. Our tour will cover the invention of the telephone, the first American subway, the rise and fall of interstate highways, the recovery of the harbor, and perhaps even a forgotten body of water that was once Ben Franklin's favorite swimming hole. Limited to 20.

Date: Saturday, October 5

Time: 2:00-3:30PM

Meet your guide at the corner of Tremont and Court Streets, in the front entrance of the Government Center MBTA station. Fee: \$15

Boston by Bulfinch **NEW** **S**

Boston by Foot Guide

Called one of America's first architects, Charles Bulfinch (1763-1844) defined the Federal style of architecture and the physical fabric of Boston, capturing the vision and spirit of the young Republic. As an architect, town planner, and selectman, Bulfinch designed some of the city's most enduring buildings, and the street layout now known as the Bulfinch Triangle. Bulfinch's story unfolds through some of his greatest works, including the Massachusetts State House, the residences of Beacon Hill, the sites of Boston's first theater and first Catholic cathedral, and the Tontine Crescent, which was his architectural masterpiece and financial ruin. Limited to 20.

Date: Saturday, October 12

Time: 2:00-3:30PM

Meet your guide at Cardinal Cushing Park, 1 Bowdoin Sq. (corner of New Chardon and Cambridge Street). Fee: \$15

The Hub of Literary America **NEW** **S**

Boston by Foot Guide

By the mid-nineteenth century, Boston had earned the nickname "The Athens of America," as an important center for literature and as home to many of America's greatest writers. It was the launch pad of American Romanticism, Transcendentalism, the Fireside Poets, and American Realism. Co-sponsored by the Boston Literary District, this literary tour highlights the homes and haunts of such prominent Victorians as Ralph Waldo Emerson, Nathaniel Hawthorne, Henry David Thoreau, Louisa May Alcott, Henry James, Charles Dickens, and Henry Wadsworth Longfellow. Individually, they were writers and poets without peer. Collectively, they made Boston the epicenter of American Letters. This confluence of great minds gave rise to philosophical discussions that greatly influenced not only their own literary work but also 19th-century society at large and even our culture today. Limited to 20.

Date: Saturday, October 19

Time: 2:00-3:30PM

Meet your guide in the plaza at School and Washington Streets, between Walgreens and the Irish Famine Memorial. Fee: \$15

Create and Make *(Fine Arts and Crafts)*

"Try It" Watercolor Workshop **S**

Sally Meding

Not sure if watercolor painting is for you? Please join us for a single class, (with all materials supplied) designed for beginners who have very little or no experience and want to explore the beauty of this transparent medium. We will focus on water to pigment ratios, 4 main techniques, basic color mixing, plus texturing techniques to create a small watercolor painting. Each step of the way will be demonstrated with the aid of a camera with projector, color photographs/photocopies and individual attention. Limited to 12.

Daytime Workshop

Date: Monday, September 23

Time: 1:00-3:30PM @ Center at the Heights Fee: \$29

Evening Workshop

Date: Monday, September 23

Time: 6:30-9:00PM

@ Needham High School, Room 903 Fee: \$29

Watercolor Painting I

Sally Meding

This class will be geared for the complete beginner who has had little or no experience in watercolor. We will work on a number of skill-building exercises and small paintings, including washes, dry brush, sgraffito, spattering, masking and texturing techniques. We will explore how much water to pigment to use to create tints, glazes and deep dark shades, together with an introduction to color mixing. There will be step-by-step demonstrations each class to help you learn the basic techniques of painting with this vibrant transparent

Paint

Create and Make *(Fine Arts and Crafts)*

Paint

medium. **Note: A materials fee of \$15 is payable to the instructor in class for copying of materials. A materials list will be posted by class title on the district website: www.needham.k12.ma.us, under Community Ed and Adult Education.** Limited to 10.

Daytime Class

Dates: 8 Mondays, October 7-December 9 (no class 10/14 and 11/11)

Time: 1:00-3:30PM



@ The Center at the Heights Fee: \$179

Evening Class

Dates: 8 Mondays, October 7-December 9 (no class 10/14 and 11/11)

Time: 6:30-9:00PM

@ Needham High School, Room 903 Fee: \$179

Watercolor Painting II

Sally Meding

This class will be geared for advanced beginners/intermediates who are looking to improve and expand upon their watercolor skills, particularly with washes, glazing, and softening edges. We will briefly review basic techniques and then continue to build basic skills by repetition with new subject matter. Edge control and continued exploration of color mixing will be the areas of concentration this session. There will be step-by-step demonstrations during each class and several complete paintings will be taught in a fun, relaxed atmosphere. Drawing skills are a plus, but not essential. A short positive critique at the end of class is offered. **Note: A materials fee of \$15 is payable to the instructor in class for copying and some art materials. A materials list will be posted by class title on the district website: www.needham.k12.ma.us, under Community Ed and Adult Education.** Limited to 10.

Daytime Class

Dates: 8 Thursdays, October 3-November 21

Time: 1:00-4:00PM

Location: The Center at the Heights Fee: \$189

Evening Class

Dates: 8 Thursdays, October 3-November 21

Time: 6:00-9:00PM

Location: Needham High School, Rm. 903 Fee: \$189

Abstract Watercolor

Sally Meding



In this class, we will explore different methods of abstracting realism (e.g. landscape or still life). We will study the elements and principles of design together with experimental techniques of applying paint and resists to produce a new abstract painting each week. **A materials list will be posted by class title on the district website: www.needham.k12.ma.us under**

Community Ed and Adult Ed. A \$15 materials fee is payable to the instructor in class. Limited to 10.

Dates: 6 Thursdays, January 2-February 6

Time: 1:00-4:00PM

@ The Center at the Heights Fee: \$139



Intro to Chinese Brush Painting **NEW**

Nan Rumpf

Come join us as we explore the rewards of interpreting nature's beauty through the ancient art of Chinese Brush Painting. This single session workshop is designed for beginners. All of the necessary materials will be provided by the instructor. She will guide you through the various brushstrokes used to depict some of the flora and fauna of our natural world. We will finish up by painting a composition of the Pussy Willow.

Date: Saturday, October 5

Time: 10:00AM-12:00PM

@ Needham High School, Room 907 Fee: \$35

Chinese Brush Painting

Nan Rumpf



This workshop is designed for adults and teens who would like to learn to interpret nature with brush, ink and watercolor. We will try to capture the essence of our natural world using expressive gesture strokes based on Asian ink brush painting traditions. No previous experience is required. Join us to learn new skills or brush up on your old skills. This class can also be helpful to watercolor and acrylic artists as it can expand their repertoire of expressive brushstrokes. No previous experience is required. The subjects for this series will be: The Pig, Warbler and Wisteria, Loquat, *Zen paper Wash, *Wild Orchid on Black Shuen paper



Create and Make *(Fine Arts and Crafts)*

with Mica paints. *(Zen and black Shuen paper and the mica paints will be provided by the instructor.) **A materials list will be posted to the NCE website: www.needham.k12.ma.us, under Community Ed and Adult Ed. There will also be some materials available for sale by the instructor during the first class.** Contact Nan Rumpf with any questions (781-237-6318). Limited to 10.

Dates: 5 Saturdays, October 26-December 7 (no class 11/9 and 11/30)

Time: 10:00AM-12:00PM

@ Needham High School, Rm. 907 Fee: \$145

Taste of Acrylic Painting **NEW** **S**

Eddie Bruckner

Not sure if acrylic painting is for you? Please join us for a single class, (with all materials supplied), designed for beginners who have very little or no experience and want to explore the beauty of acrylic paint. Enjoy an educational, relaxed, and fun evening creating an acrylic painting from start to finish. The instructor will talk you through everything you need to know, from how to mix paint colors to what sort of brush strokes to use. Limited to 12.

Date: Wednesday, October 2

Time: 6:30-9:00PM

@ Needham High School, Room 903 Fee: \$39

Acrylic Painting I

Eddie Bruckner

Acrylic paint, the chosen medium for many amateur and professional artists, is versatile, non-toxic, easy to clean, and offers brilliant color. Acrylic paints provide great opportunities to learn about values, color, mixing paints, brushwork, and more. If this is appealing to you, join us for this fun and informative class to learn the basics of painting with acrylics and/or to expand your artistic abilities. Class will be appropriate for beginners as well as those with some prior experience painting with acrylics. We will cover acrylic painting techniques, basics of composition, color theory, and learn the various ways to mix and apply paint. Class work will include a variety of painting projects including imaginative and observational painting, landscapes, seascapes, still life, and more. Students will receive both group and individualized instruction to develop at their own pace. Returning students are encouraged to participate to further advance their painting skills with an emphasis on strengthening technique and promoting self-expression. Limited to 12.

Daytime Class

7 Tuesdays: October 1-November 12

Time: 1:00-3:00PM

@ One Wingate Way

Fee: \$169 (\$319 if you register for both Acrylic I and Acrylic II at the same time)

An \$85 materials fee is payable to the instructor in class.

Evening Class

Dates: 8 Wednesdays, October 16-December 11 (no class 11/27)

Time: 6:30-9:00PM

@ Needham High School, Room 903

Fee: \$195 (\$299 if you register for both Acrylic I and Acrylic II at the same time)

A materials list will be posted by class title on the district website: www.needham.k12.ma.us, under Community Ed and Adult Education.

Acrylic Painting II

Eddie Bruckner

This course, a continuation of Acrylic Painting I, is open to anyone with basic painting skills. The focus will be strengthening and building upon knowledge of the basic elements of painting, techniques and concepts in acrylic painting. Join us for this fun and informative class to learn new skills and techniques. Class work will include a variety of painting projects with guided instruction as well as the opportunity to create your own masterpiece of your choice. Limited to 12.

Daytime Class

7 Tuesdays: December 3-January 28 (no class 12/24 and 12/31)

Time: 1:00-3:00PM



@ One Wingate Way

Fee: \$169 (\$319 if you register for Acrylic I and II at the same time)

An \$85 materials fee is payable to the instructor in class.

Evening Class

Dates: 5 Wednesdays, January 8-February 5

Time: 6:30-9:00PM

@ Needham High School, Room 903

Fee: \$119 (\$299 if you register for Acrylic I and II at the same time)

A materials list will be posted by class title on the district website: www.needham.k12.ma.us, under Community Ed and Adult Education.

Relief Block Printmaking

Anne Nydam

Did you make a linoleum block print once in high school? Maybe it was years ago and you haven't tried since. Or maybe you've never had the opportunity to make a block print--a distinctive and dramatic art form with a long history and a modern feel. In this class, you

Paint & Print



Daytime Class

7 Tuesdays: October 1-November 12

Time: 1:00-3:00PM

will learn how to carve and print a relief block using rubber, which is softer and easier (and safer) to carve than linoleum or wood. You will have the opportunity to work on a variety of projects using different techniques, from note cards to limited edition artwork. Whether you've tried your hand at printmaking before or are new to the art, you're sure to learn, improve your artistic skills, and have fun. **Note: A materials fee of \$15 is payable to the instructor in class.** Limited to 12.

Dates: 4 Wednesdays, October 2-October 30 (no class 10/9) Time: 7:00-9:00PM

@ Needham High School, Room 909 Fee: \$125

Beginning Drawing I

Eddie Bruckner, Instructor

This relaxed introductory class will be geared for those who have never taken a drawing class before. We will cover the various drawing materials, basic drawing techniques, how to arrange a composition, and the variety of lines and tones used to bring a drawing to life. Through a variety of projects, you will discover the elements of line, contour, form, value, texture, composition, proportion, shading, and perspective. Using various materials, you will also explore the principles of light and shade and how line helps to reveal form. Class work will include a number of drawing exercises and projects including imaginative and observational drawing, landscapes, seascapes, still lifes, and more. A combination of group and individual instruction in a supportive atmosphere will help students develop at their own pace. Join us to discover your own innate artistic ability! Returning students are encouraged to participate to further advance their drawing skills with an emphasis on strengthening technique and promoting self-expression. **A materials list will be posted by class title on the district website: www.needham.k12.ma.us, under Community Ed and Adult Ed.** Limited to 12.

Daytime Class

Dates: 7 Tuesdays, October 1-November 12 
Time: 3:30-5:30PM

@ One Wingate Way, Needham Fee: \$169 (\$319 if you register for Beginning Drawing I and II at the same time)

Evening Class

Dates: 7 Tuesdays, October 1-November 19 (no class 10/8) Time: 7:00-9:00PM

*@ Needham High School, Room 903
Fee: \$169 (\$319 if you register for Beginning Drawing I and II at the same time)*

Beginning Drawing II

Eddie Bruckner

This class is appropriate for those who previously took Beginning Drawing I or who have at least some basic study of drawing or painting. We will cover additional drawing techniques using familiar as well as new drawing materials, learning about proportion, visual measurement, the interplay of observation, imagination, and memory, gesture drawing, contour versus outline, negative shapes, understanding overlaps and plane changes, perspective, light on form, composition, and the variety of lines and tones used to bring a drawing to life. Through a variety of class and independent projects, you will gain a deeper understanding of line, contour, form, value, texture, composition, proportion, shading, and perspective. Class work will include a number of drawing exercises and projects including imaginative and observational drawing, landscapes, seascapes, still lifes, and more. A combination of group and individual instruction in a supportive atmosphere will help students develop at their own pace. **A materials list will be posted by class title on the district website: www.needham.k12.ma.us, under Community Ed and Adult Ed.** Limited to 12.

Daytime Class

Dates: 7 Tuesdays, December 3-January 28 (no class 12/24 and 12/31)

Time: 3:30-5:30PM 
@ One Wingate Way, Needham

Fee: \$169 (\$319 if you register for Beginning Drawing I and II at the same time)

Evening Class

Dates: 7 Tuesdays, December 3-January 28 (no class 12/24 and 12/31)

*Time: 7:00-9:00PM
@ Needham High School, Room 903
Fee: \$169 (\$319 if you register for Beginning Drawing I and II at the same time)*

Introduction to the Colored Pencil

Eddie Bruckner

This relaxed introductory class will introduce the colored pencil and the wonderful art you can create from the vibrant colors. Learn about blending styles, color layering effects, color mixing, value relationships, and pencil strokes for rendering realistic images. Your comprehension of light, color and shading will blossom as you explore this exciting medium. Emphasis will be on colored pencil techniques and classwork will include a variety of step-by-step instruction of colored pencil drawing exercises and projects. Students will

Draw

Create and Make *(Fine Arts and Crafts)*

receive both group and individualized instruction to develop at their own pace. Explore the richness and vibrancy of this often overlooked medium. Basic drawing skills are recommended, but not required. All levels welcome. **A materials list will be posted by class title on the district website: www.needham.k12.ma.us, under Community Ed and Adult Education.** Limited to 12.

Dates: 6 Thursdays, January 9-February 13

Time: 7:00-9:00PM

@ Needham High School, Room 903 Fee: \$145

Knitting: *Beginning and Beyond*

Kate Murray

Join this multi-level knitting class, perfect for beginners to learn the basics, including how to cast on, knit, purl, and bind off. The class is also appropriate for those with some experience knitting who wish to practice and perfect their skills. The instructor will bring knitting needles and sample yarns to the first class to teach the basic skills, and will provide instructions on how to choose a project for the course. The Black Sheep Knitting Company, at 1500 Highland Ave. in Needham, offers a 10% discount on supplies for students in this class. Please bring your email confirmation (confirming your registration in the class) to the shop before the second class so the staff can assist you in choosing your project. Students are also welcome to bring a basic unfinished project to class, if they choose. Limited to 10.

Fall Session

Dates: 6 Tuesdays, October 15-November 19

Time: 7:00-9:00PM

@ Needham High School, Room 902 Fee: \$139

Early Winter Session

Dates: 8 Tuesdays, December 3-February 4 (no class 12/24 and 12/31)

Time: 7:00-9:00PM

@ Needham High School, Room 902 Fee: \$185

Beginning Sewing: *Pillow with 3-Button Closure* **NEW** **S**

Catherine Gentile

Do you own a sewing machine, but are new to sewing? In this one evening workshop, you will learn the basics, such as how to sew even seams, make buttonholes and sew on buttons with your machine. You will put these new skills to use making a charming 14" pillow cover with a contrasting fabric band, three buttonholes and decorative buttons. **Bring your machine (easily transported in a rolling suitcase).** **A materials list will be posted by class title on the district website: www.needham.k12.ma.us, under Community Ed and Adult Ed.** Limited to 12.

Date: Thursday, October 3

Time: 6:30-9:00PM

@ Needham High School, Cafeteria classroom

Fee: \$39

T-Shirt Quilt **NEW** Daytime Class

Catherine Gentile

Turn yours or your family member's t-shirt collection into a crafted keepsake--a unique lap quilt. Over two Saturdays, you will learn the techniques needed to prepare and trim your t-shirts for sewing. Then, you will lay-out your design with expert supervision and start sewing it all together. Layering the quilt with batting, quilting and finishing will be discussed. **Bring your machine (easily transported in a rolling suitcase).** **A materials list will be posted by class title on the district website: www.needham.k12.ma.us, under Community Ed and Adult Ed.** Limited to 12.

Dates: 2 Saturdays, January 25-February 1

Time: 10:00AM-4:00PM

@ Needham High School, Cafeteria classroom

Fee: \$189



Create & Make

EXERCISE

Cardio Sculpt Workout

Susie Kaplan

Are you looking to get back into shape? Or, trying to find a fun, challenging workout routine you can stick with? This class will help you build a leaner, more sculpted body, improve your posture and balance, and get your heart rate pumping. We will combine a great cardio workout with muscle conditioning to provide a total body workout. If you are comfortable engaging in moderately vigorous exercises, including aerobic routines, then this class will be the right level of intensity. **Note: Wear comfortable workout clothing, and appropriate footwear for the aerobics portion of class, and bring sets of light and heavy hand weights, a mat or towel, and water to class.** Limited to 15.

Fall Session

Dates: 7 Wednesdays, October 2-November 20 (no class 10/9)

Time: 7:00-8:00PM

@ Needham High School, Room 817 Fee: \$109

Early Winter Session

Dates: 7 Wednesdays, December 11-February 5 (no class 12/25 and 1/1)

Time: 7:00-8:00PM

@ Needham High School, Room 817 Fee: \$109

Zumba®

Angelica Ochoa Orozco

Zumba® is a great way to work out and is suitable for all levels of fitness. Dance the calories away, shimmy into shape, and have fun doing it! Limited to 15.

Dates: 9 Thursdays, October 3-December 12 (no class 10/31 and 11/28)

Time: 6:30-7:30PM

@ Needham High School, Room 817 Fee: \$139

Early Morning Boot Camp



Diana Parkhurst

Are you serious about becoming more fit? With the right fitness instruction and training, you can become stronger and healthier at any age, and have fun doing it. If you are looking to lose weight, gain muscle, tone up and/or are eager to work on getting back in shape (or staying in shape), this class will help you achieve your goals. Each workout will include a dynamic warm-up followed by high intensity interval training (HIIT) exercises. HIIT is a technique in which you give all-out, 100% effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This type of training gets and keeps your heart rate up and burns more fat in less time, resulting in opti-

mal muscle toning and retention, coupled with fat loss and increased calorie burn. **Note: The exercises can be adapted for varying levels of fitness, but participants should be comfortable running or jogging for short distances. Participants should also feel comfortable (experience is not necessary) using a variety of fitness equipment, including weights, bands, medicine balls and physio-balls. Please wear athletic shoes and clothes comfortable for exercising.** Limited to 18.

Fall Session

Dates: 8 Mondays & 8 Wednesdays, October 7-December 11 (no class 10/9, 10/14, 11/11 and 11/27)

Time: 6:15-7:15AM

@ Needham Fitness Center Fee: \$209

Early Winter Session

Dates: 4 Mondays & 5 Wednesdays, January 6-February 5 (no class 1/20)

Time: 6:15-7:15AM

@ Needham Fitness Center Fee: \$119

barre3

barre3 Staff

barre3 draws from multiple influences--including ballet, yoga, and Pilates--to create innovative classes that focus on length, grace, and a healthy body. Focusing on a unique combination of dynamic movement and isometric holds, the sequences work strategically to transform the body and develop long term postural benefits. All movements are low-impact and designed to burn fat, build muscle and break through plateaus. It doesn't matter if you're 20 or 75, a turbo athlete or you haven't worked out in years, barre3 will help you lose weight, build strength, and transform your entire body. Join a regular barre3 class at a discounted price, and see the results for yourself! **Note: Missed classes can be made up in any other 7pm class offered during the 7-week session; please call Barre3 to reschedule.** 12 spots available to NCE students.

Fall Session: Tuesdays

Dates: 7 Tuesdays, October 1-November 12

Time: 7:15-8:15PM

@ barre3 Studio, 996 Great Plain Ave. Fee: \$125

Fall Session: Wednesdays

Dates: 7 Wednesdays, October 2-November 13

Time: 7:00-8:00PM

@ barre3 Studio, 996 Great Plain Ave. Fee: \$125

Early Winter Session: Tuesdays

Dates: 7 Tuesdays, December 3-January 28 (no class 12/24 and 12/31)

Time: 7:00-8:00PM

@ barre3 Studio, 996 Great Plain Ave. Fee: \$125

Exercise Your Body & Mind (Fitness, Yoga, Meditation, Dance & Self-Defense Programs)

Early Winter Session: Wednesdays

Dates: 7 Wednesdays, December 4-January 29 (no class 12/25 and 1/1) Time: 7:00-8:00PM

Location: barre3 Studio, 996 Great Plain Ave.

Fee: \$125

Yoga for Every Body

Carol Oberle

Calm your mind, relax and tone your body, and nourish your spirit with Hatha Yoga. This class provides a safe, nurturing environment for beginners and anyone who seeks a gentle, compassionate style of yoga. Postures are adapted according to ability. **Please wear loose, comfortable clothing and bring a yoga mat to class.** Limited to 18.

Dates: 7 Thursdays, October 3-November 21 (no class 10/31)

Time: 7:30-8:45PM

@ Eliot School, Performance Center Fee: \$115

Flow & Restore Yoga **NEW**

Samantha Hoff

“Flow & Restore” is a vinyasa-inspired class, which offers a slightly slower pace than traditional vinyasa/flow yoga, and provides students the opportunity to stretch, strengthen, connect to their breath, and release tension. With a slower pace, students have time to explore the details of individual poses. This is the perfect class for the new student to gain confidence and learn, or for the more experienced yogi looking to refine their alignment, gain strength while holding poses, and explore new pose variations. Poses range from gentle to challenging, with options offered throughout to customize your practice based on your ability and goals. Class ends with a restful, restorative savasana. **Please bring a yoga mat and yoga blocks.** Limited to 18.

Dates: 6 Thursdays, October 10-November 21 (no class 10/31)

Time: 4:15-5:15PM

@ High Rock School, Gym Fee: \$89

EasYoga™ for Older Adults

Steffi Shapiro

EasYoga™ is a gentle form of yoga that is especially suited to older adults. Most of the exercises can be done while sitting in a chair or in a comfortable standing position. The gentle stretches and simple movements provide flexibility and strengthening for the neck, shoulders, abdomen and other parts of



COUNCIL
ON AGING
Needham

the body. They also help to release tension throughout the body. We will use simple breathing, concentration, and meditative exercises to relax the mind as well as the body. The various relaxation techniques can be practiced throughout the day and are a helpful way to combat insomnia. More information on EasYoga™ can be found at www.elder-yoga.com. Limited to 40.

Fall Session

Dates: 9 Tuesdays, September 17-November 26 (no class 10/1 and 11/5)

Time: 9:00-10:00AM

@ Center at the Heights Fee: \$79

Early Winter Session

Dates: 8 Tuesdays, December 10-February 11 (no class 12/24 and 12/31) Time: 9:00-10:00AM

@ Center at the Heights Fee: \$65



Blue Lotus Healing Arts

Yoga - Acupuncture - Massage

Blue Lotus: Core Fusion

Jen Serani

This fusion class features a combination of Yoga asanas with a focus on postures and exercises that strengthen the core of the body, promote stability and proper posture. We encourage participants to bring awareness back to their breath and work with their inner wisdom and body intelligence. Abdominal postures and breathing techniques (pranayama) are incorporated into the class to strengthen the connection between the upper and the lower body. Meditation may be included at the end of the class. All levels are welcome and modifications will be given throughout the class. Limited to 10.

Dates: 8 Mondays, October 21-December 16 (no class 11/11)

Time: 11:00AM-12:00PM

@ Blue Lotus Healing Arts, 945 Great Plain Ave, Fee: \$145

Blue Lotus: Spa Yoga

Grace Steel

Spa yoga is a 75-minute, slow-flow, floor-based, whole-body sensory experience based on Fluid Yoga sequencing. By engaging all five of the senses with soft candlelight, soothing music, aromatherapy, lots of hands-on assists and a renewed awareness of taste (and sometimes chocolate!), Spa aligns practitioners with the inner wisdom of deep relaxation. The physical practice takes time to open the body's subtle energy and prepares students to experience new depths of awareness in an extended, guided savasana or Yoga

Stretch

Nidra. Be prepared to feel like you just walked out of a spa! Limited to 10.

Dates: 6 Sundays, January 5-February 9

Time: 6:00-7:15PM

@ Blue Lotus Healing Arts, 945 Great Plain Ave.

Fee: \$109

Blue Lotus: Beginner Yoga 40+ **NEW**



Joanne Afarian

This class is appropriate for beginners, or students returning to yoga, who are over the age of 40 or who would appreciate multiple specific alignment cues to engage each posture safely. Focus is directed on the fundamentals of yoga pose alignment and breathing technique. Postures are practiced slowly with pauses between them in the direction of Basic Vinyasa Flow. Emphasis is placed on careful and gradual individual development. Flexibility, core strength and your general well-being will improve with regular attendance. Limited to 10.

Dates: 8 Fridays, October 4-November 22

Time: 8:00-9:00AM

@ Blue Lotus Healing Arts, 945 Great Plain Ave.

Fee: \$145

Blue Lotus: Meditation Three Ways

Kathleen Krivak

Meditation practice has been shown to have many positive physical and mental benefits. In this class, we will explore three types of meditation practices: Mindfulness, Metta, and Chakra. Each type of meditation uses a different technique for focus: the breath is a focus in Mindfulness, a mantra is used in Metta and visualization is the tool in Chakra meditation. We will start with Mindfulness meditation, which teaches us to be unconditionally present to whatever is happening around and within us. For the next two weeks, we will practice Metta meditation, the cultivation of benevolence or "loving kindness" to ourselves and others. The following two weeks will be an exploration of Chakra meditation, using visualization and turning our attention to our Chakras, the large energy centers in our bodies that govern physical and emotional health. All of these practices bring calm and clarity as well as deep healing on physical and emotional levels. In the last class, we will compare the different practices and do our final meditation according to the suggestion of the students. Limited to 12.

Dates: 7 Wednesdays, October 16-December 4 (no class 11/27)

Time: 7:15-8:15PM

@ Blue Lotus Healing Arts, 945 Great Plain Ave.

Fee: \$129

Hip Hop and Street Jazz Dance **NEW**

Hallee Katz

Hip hop is an incredibly diverse dance genre and one rooted in music, culture and global impact. In this class, we will explore a range of hip hop styles--from hard-hitting to sassy. Think personality over rules, musicality over technique and flare over perfection; it's all about being rooted in the music and your body. Come challenge yourself and bring your individuality. All backgrounds, experiences, ages and bodies welcome. Limited to 15.

Dates: 5 Mondays, October 21-November 25

(no class 11/11)

Time: 7:30-8:45PM

@ Needham High School, Room 817 Fee: \$99

Waltz and Foxtrot

Karen Leeds

Come learn the two basic ballroom dances. Once you have gotten these dances down, the world is your oyster! The same patterns are taught in both dances but each has a slightly different rhythm. Do you want to dance at weddings or other events instead of feeling awkward on the sidelines? Learn why it is so much fun to dance with a partner and move to the music as if you are one. **Dance shoes with suede soles preferred, leather-soled shoes okay, rubber soles don't often turn as well. Singles are encouraged to sign up. Couples can choose not to rotate partners.** Limited to 24.

Dates: 4 Wednesdays, September 25-October 30

(no class 10/9 and 10/16)

Time: 7:00-8:15PM

@ High Rock School, Gym Fee: \$65

Night Club Two-Step

Karen Leeds

The night club two-step is a slow dance that is very popular in the country world. For slower songs, this dance is a great alternative to the 7th grade bear hug! It's also perfect for wedding couples who want to travel the far reaches of the reception floor but appreciate the extra time that comes with a slower tempo. **Dance shoes with suede soles preferred, leather-soled shoes okay, rubber soles don't often turn as well. Singles are encouraged to sign up. Couples can choose not to rotate partners.** Limited to 24.

Dates: 4 Wednesdays, November 6-December 4

(no class 11/27) Time: 7:00-8:15PM

@ High Rock School, Gym Fee: \$65

Self-defense classes for the whole family!

Combat SAMBO: Practical Defensive System

Grandmaster Michael Galperin

Combat SAMBO, a Russian self-defense style, incorporates the most effective survival techniques from Judo, JiuJitsu, Karate, Aikido, Kung Fu, Krav Maga and others. Students learn practical applications of self-defense techniques in a variety of real world life-threatening situations. Boost your confidence, health and fitness level by learning this unique martial art form. Uniforms and equipment are available for purchase in class.

Visit the website for more information: www.combatSAMBO.com. **Note: Participants may join classes at any time at a pro-rated fee. Pro-rated registrations cannot be taken online. Please call NCE for registration information (781-455-0400 x5). Limited to 20.**



Children's Classes

For Boys & Girls 4-12 Years of Age

Time: 6:30-7:30PM

@ High Rock School, Gym

Adult & Family Classes

For adults and teens aged 12 and older, and for children age 6 and older (when accompanied by an adult).

Time: 7:30-9:00PM

@ High Rock School, Gym

Fall Session: Tuesdays

Dates: 12 Tuesdays, October 1-December 17

Fee: \$192

Fall Session: Thursdays

Dates: 12 Thursdays, September 26-December 19 (no class 11/28)

Fee: \$192

Fall Session: Tuesdays & Thursdays

Fee: \$312

Early Winter Session: Tuesdays

Dates: 12 Tuesdays, January 7-March 31 (no class 2/18)

Fee: \$192

Early Winter Session: Thursdays

Dates: 12 Thursdays, January 2-March 26 (no class 2/20)

Fee: \$192

Early Winter Session: Tuesdays & Thursdays

Fee: \$312

Introduction to Tai Chi & Qigong

Scott Brumit

Tai Chi is one of the ancient martial arts from China that has become widely popular today as a gentle form of exercise that promotes health, strength and relaxation. The slow motion and controlled movements make it an ideal form of exercise for men and women of all ages. Qigong is an integration of physical postures and focused intentions that emphasize controlled breathing techniques. Regular practice of Tai Chi and Qigong exercises can increase flexibility and stamina, reduce stress, improve balance and re-energize you-- physically, mentally and emotionally. These are one of the only forms of exercise that become easier the longer it is studied, so skill and proficiency can continue to improve even as one gets older. Come join us to be introduced to Qigong and Tai Chi exercises; no experience is necessary--beginners and intermediates are welcome! Please wear loose, comfortable clothing. Limited to 18.

Dates: 7 Thursdays, October 3-December 5 (no class 10/31, 11/7 and 11/28)

Time: 6:20-7:20PM

@ Elliot School, Performance Center Fee: \$95

Be Healthy and Well! (Self-Improvement Programs)

A Better You!

Aeronic Gardening:

Grow Fresh Produce Year-Round! **NEW**

Christine Higgins, Jennifer Gonzalez and Kirke Hall

Yes, you can grow fresh produce year-round in New England! Come learn about state-of-the-art Tower Garden technology that allows you to grow indoors and outdoors. Reduce your carbon footprint and control your food source without pesticides or herbicides. Tower Gardens grow 30% faster, produce 30% more yield and use 90% less water and space. With less food waste and Tower to table freshness, Tower Gardens are an economical and environmental no brainer! Sample delicious Tower Garden greens and learn about whole food nutrition in a supportive environment. Limited to 15.

Date: Wednesday, October 23

Time: 7:00-8:30PM

@ Needham High School, Room 901 Fee: \$25

Energy Bites: No-bake, Plant Based **S**

Snacks on the Go! **NEW**

Christine Higgins, Jennifer Gonzalez and Kirke Hall

Put down the processed, packaged convenience foods and come learn how to make plant based snacks your family will love! We all know that processed foods are making us sicker, and many of us are adopting a whole food lifestyle. Looking for something to replace the convenience snacks and protein bars? We have your solution: no bake, plant based, yummy energy bites that are irresistible! We will make, sample and take home several flavors of holiday themed energy bites in festive decorated jars that are perfect for sharing with family and friends. Join us for some holiday inspiration while learning about whole food nutrition in a supportive environment. **A \$15 ingredients fee is payable to the instructors in class. Please bring a mixing bowl and spoon.** Limited to 15.



Date: Wednesday, December 4

Time: 7:00-8:30PM

@ Needham High School, Room 901 Fee: \$25

Raising Body Confident Kids **S**

Caryn Bello, Psy.D

Research demonstrates that body image concerns and related eating disorders are on the rise. Forty percent

of elementary school girls wish to be thinner and 80% of 10-year olds are afraid of being fat. Negative body image is linked to depression, low self-esteem, anxiety, and eating disorders. This class will highlight the factors contributing to negative body image in children and provide tools for fostering healthy body image in today's culture. **A \$10 materials fee is payable to the instructor in class.** Limited to 20.

Date: Saturday, November 16

Time: 10:00AM-12:00PM

@ Needham High School, Room 728A Fee: \$49

Field Guide to Cognitive Issues **NEW**

Dr. Gary Epstein and Dr. Jennifer Brinkerhoff

Cognitive issues, as we age, can include everything from minor short-term memory loss to delirium, dementia, inhibition and more. What are the differences? What are the signs? When should you be concerned? And, how can you communicate this concern productively? Limited to 25.

Date: Tuesday, December 3

Time: 7:00-8:30PM

@ New Bridge on the Charles Community Center, 5000 Great Meadow Rd., Dedham Fee: \$15

Reiki Level 1 Certification Class **S**

Rita Glassman



Daytime Class

Celebrities, pro athletes, hospitals and corporate wellness programs all utilize Reiki for relaxation, pain reduction and to expedite healing. Come learn the ancient art of Reiki to become a practitioner, for self-healing or treating your family, friends, plants or pets. You will learn the traditional hand placements, self-treatment and emergency first-aid Reiki. You will receive and practice giving Reiki treatment, and you will be given information on the Reiki tenants, the code of ethics, and insurance. Wear comfortable clothing. **Note: A \$20 materials fee is payable to the instructor in class.** Limited to 8.

Date: Saturday, November 2

Time: 10:00AM-6:00PM



Cook, Taste and Decorate *(Food and Beverage Programs)*

I'm Stuffed **NEW** **S**

Jen Tuttelman, Instructor

Almost every culture has their version of a food that is "stuffed" into a dough/pastry/wrapper. Come join us to make three different types of savory stuffed treats: dumplings, knishes and empanadas. After taking this class, you can go home and use these basic recipes to create your own versions with different fillings. This will be a fun night, employing a variety of ingredients, cooking techniques and flavor profiles. **Bring plastic containers** so you can take home ample portions of each item made in class. **A \$20 ingredients fee is payable to the instructor in class.** Limited to 10.

Date: Wednesday, October 16

Time: 6:00-9:00PM

@ High Rock School, Cafeteria Fee: \$65

Simple and Delicious Hors d'Oeuvres **NEW** **S**

Barbara Carroll-Conway

Add a few easy and tasty hors d'oeuvres recipes to your repertoire. In this class, you will learn how to make some crowd-pleasing dips and bites using readily available ingredients. Own your next pot-luck, Super Bowl party or cocktail gathering with these hors d'oeuvres! **A \$15 ingredient fee is payable to the instructor in class. Bring plastic containers so you can take home samples.** Limited to 6.

Date: Wednesday, October 23

Time: 6:30-8:30PM

@ Needham High School, Cafeteria Fee: \$39

Simple and Delicious Holiday Side Dishes **NEW** **S**

Barbara Carroll-Conway

Are you stumped when tasked with bringing a side dish to holiday gatherings? Arm yourself with a few crowd-pleasing side dish options that are healthy, delicious and easy to prepare using readily available ingredients. These dishes will earn you praise at your next holiday gathering! **A \$15 ingredient fee is payable to the instructor in class. Bring plastic containers so you can take home samples.** Limited to 6.

Date: Wednesday, November 6

Time: 6:30-8:30PM

@ Needham High School, Cafeteria Fee: \$39

Simple and Delicious Healthy Work-Week Meals **NEW** **S**

Barbara Carroll-Conway

Are you too busy during the week to come up with new dinner ideas? Expand your weekday dinner repertoire with some tasty, nutritious and easy to prepare recipes using readily available ingredients. **A \$15 ingredient fee is payable to the instructor in class. Bring plastic containers so you can take home samples.** Limited to 6.

Date: Wednesday, November 13

Time: 6:30-8:30PM

@ Needham High School, Cafeteria Fee: \$39

Israeli Breakfast: *Cook and Enjoy* **NEW** **S**

Hila Krikov

Israeli breakfast is fresh, vibrant, diverse, and nutritious. It's the best way to start the day and it's a meal you can eat all day. Join us for a hands-on class as we prepare some of the classic dishes: shakshuka, bourekas, Jerusalem bagels, Israeli salad, tahini, hummus, and halvah. We will chop, knead, cook, and bake using authentic ingredients and techniques, and when we're done--we will gather around the table and enjoy what we have prepared, along with some other must-haves such as white cheeses and olives. **Bring plastic containers for leftovers.** Limited to 10.

Date: Sunday, December 8

Time: 10:00AM-1:00PM

@ Hila's home in Needham Fee: \$69

Middle Eastern Dinner: *Cook and Enjoy* **NEW** **S**

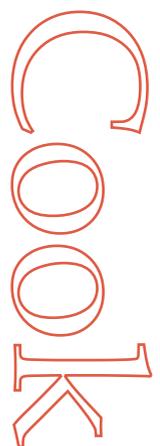
Hila Krikov

Join us for a Middle Eastern style cooking and dining experience. We will start with classic dishes such as falafel, hummus, tahini and variety of salads. Then we will explore many pita-bread quick and easy serving ideas, and use authentic Middle Eastern ingredients to prepare our dessert. Be ready for hands-on participation, lots of lemon juice, olive oil, and fresh herbs. Class will end around the table enjoying what we have prepared. **Bring plastic containers for leftovers.** Limited to 10.

Date: Thursday, December 12

Time: 6:00-9:00PM

@ Hila's home in Needham Fee: \$69



Vegan Indian Feast **NEW** **S**

Shruti Mehta

In India, it is very easy to be a vegan without missing out on taste or flavor. There is a vast variety of traditional dishes that are vegan. Let's get together and prepare an entire feast with dishes like onion pakoras (deep-fried onion fritters), spicy eggplant pulao (rice with silky eggplant prepared with sesame seeds and garam masala), mixed beans curry in tomato gravy, oat uppama (oatmeal with spices and vegetables), and a scrumptious dessert called laapsi, made with cracked wheat, cardamom and almonds. It will surely be a feast! **A \$20 ingredients fee is payable to the instructor in class. Bring plastic containers in case there are leftovers.** Limited to 15.

Date: Tuesday, October 22

Time: 6:00-9:00PM

@ High Rock School, Cafeteria Fee: \$45

Introduction to the Indian Spice Box **NEW** **S**

Shruti Mehta

Cooking Indian food can be both exciting and intimidating. With its array of exotic spices and herbs and unfamiliar dishes, even a simple dish can look daunting. This program aims to solve the mystery behind the cuisine by incorporating an introduction and familiarity to a variety of spices and grains like cumin, coriander, turmeric and ginger, to name a few. Each spice works in conjunction with other spices, resulting in dishes that can be sweet, sour, hot, and spicy all at once. We will prepare a basic Indian dinner, incorporating a variety of ingredients and techniques, to create a world of taste. **A \$20 ingredients fee is payable to the instructor in class. Bring plastic containers in case there are leftovers.** Limited to 15.

Date: Monday, October 28

Time: 6:00-9:00PM

@ High Rock School, Cafeteria Fee: \$45

All about Dark Chocolate:

Taste and Learn **NEW** **S**

Holli Bassin

Besides tasting delicious, dark organic chocolate may improve libido and provide other important health benefits. Learn why you should love dark organic chocolate and then learn how! We will cover the basics of chocolate processing, the history behind this age-old food, the importance of quality in our foods, and then you can experience the proper way to taste chocolate for yourself. This is like a wine tasting, only with chocolate! **A \$5 chocolate fee is payable to the instructor in class.** Limited to 15.

Date: Monday, November 4

Time: 7:00-8:15PM

@ Needham High School, Room 202 Fee: \$19

Single Malt Scotch~A Deep Dive

@ Dave Becker's Balani **NEW** **S**

Nick Taylor

The Knockdhu distillery is a legendary, old, single malt distillery in the Highlands of Scotland. They are known for making rich, fruity and full-bodied whiskies as well as dark, seedy, smoky single malts. In this tasting, we will explore the anCnoc single malts (made at Knockdhu) and learn about fermentation, distillation and maturation. In the process, we will taste a 12yr, 18yr and 24yr single malt as well as several limited edition smoky whiskies. This will be a great class to learn about single malt and taste an entire range of styles all from one superb distillery. Nick Taylor, Founder and Head of Whiskey for Taylor and Taylor Whiskey Co., will teach this class at the Balani restaurant where we will have some lovely tapas to accompany the whisky. **A \$20 whiskey fee is payable to the instructor in class.** Limited to 20.

Date: Sunday, November 17

Time: 5:00-6:30PM

@ Balani, 469 Moody St., Waltham Fee: \$65

Wine Tasting: A Tour of Northern Italy @

Heritage of Sherborn **NEW** **S**

Jen Ziskin

Join Jen Ziskin, Co-Owner of Heritage of Sherborn and La Morra, on a journey through Northern Italy, and explore the wines of Piedmont, Tuscany and the Veneto. Samples of these indigenous varieties of the North will be paired with an array of cicchetti (Italian tapas-style snacks prepared by Chef Josh Ziskin). **A \$25 wine fee is payable to the instructor in class.** Limited to 20.

Date: Thursday, October 10

Time: 6:30-8:30PM

@ Heritage of Sherborn, 33 N. Main St., Sherborn Fee: \$49

Analyze and Blind Taste Wines

Like a Pro **S**

Kim Wallace

Mastery of the blind tasting examination is a key component of the journey to becoming a Master Sommelier. If you are interested in developing your wine tasting skills, this class will provide you with important tools. You will taste 6 different wines that might be found in a blind test, analyzing them for sight, nose, palate, initial and final conclusions. You will leave with a better understanding of why a wine tastes like it does and how sommeliers use the "tasting grid" to analyze a wine without prior

Cook, Taste and Decorate *(Food and Beverage Programs)*

knowledge of the grape, varietal, vintage and origin. Limited to 20.

Option #1

Date: Wednesday, November 13

Time: 7:00-8:30PM

@ Reveler Beverage Co., 250 Chestnut St., Needham

Fee: \$35

Option #2

Date: Wednesday, February 5

Time: 7:00-8:30PM

@ Reveler Beverage Co., 250 Chestnut St., Needham

Fee: \$35

Wine Tasting at Sweet Basil:

Wines of Southern Italy **NEW** **S**

Paul Malagrifa



Italy is blessed with so many great wine regions, but most overview classes focus on the popular regions of Chianti, Piedmont, and the Veneto. As a result, many people never become familiar with some lesser known regions in the southern part of Italy. Campania, Abruzzo and Sicily are just a few regions that really deserve study. In this class, we will spend some time cruising through the southern part of Italy, discovering great tasting, high-value wines. The tastings will be paired with a light meal. **A wine fee of \$15 per person is payable in class.** Limited to 18.

Date: Sunday, October 6

Time: 2:00-4:00PM

@ Sweet Basil, 943 Great Plain Ave., Needham Fee: \$69

Wine Tasting at Sweet Basil:

Old World vs. New World Wines **NEW** **S**

Paul Malagrifa



Wine making began in the Old-World vineyards of Europe, some of which chart their beginnings back to the 1st century. France and Italy are the standard-bearers for these Old-World bastions of wine. European migrations transported these Old-World vines around the globe, resulting in wines that have a distinct character all to their own. In this class, we will taste several wines from well-known Old World and New World regions studying the similarities and the differences, as well as the reasons why. The tastings will be paired with a light meal. **A wine fee of \$30 per person is payable in class.** Limited to 18.

Date: Sunday, November 10

Time: 2:00-4:00PM

@ Sweet Basil, 943 Great Plain Ave., Needham Fee: \$69

Wine Tasting at Sweet Basil: **S**



Wines of Rioja **NEW**

Paul Malagrifa

Wine making in Spain has its origins in ancient Roman times and yet, most people don't know much about these wonderful wines. For decades, Rioja was the only region anyone had ever heard of in Spain. Rioja was the refuge for French wine makers fleeing the phylloxera epidemic of the late 19th century and the benefactor of their expertise. Rioja produces wines that can be both eminently drinkable, as well as long term aging potential. Rioja offers wine lovers many choices--white, rosé and red--at prices that will make you smile. At this event, we will taste several stunning wines from several producers in Rioja. The tastings will be paired with a light meal. **A wine fee of \$15 per person is payable in class.** Limited to 18.

Date: Sunday, December 15

Time: 2:00-4:00PM

@ Sweet Basil, 943 Great Plain Ave., Needham Fee: \$69

Cake Decorating Basics

Cindy Carson

Beautifully decorated and delicious cakes or cupcakes can be the centerpiece of any celebration. Just think of the pride and satisfaction you will have if you create your own stunning cakes for holidays and gatherings!



Come learn the basics of simple cake decorating, including: making the best tasting vanilla and chocolate buttercream frosting, how to use pastry tips to create ornate decorations such as the basket weave or flowers and leaves, or even writing "Happy Birthday" with flair. You will learn a new skill in each class for you to take home and practice. Each evening, we will also build upon the lessons from the prior week(s), so it's best if you can attend all four weeks. **Please bring a baked layer cake to the first class.** After that, we can decide if you want to work on cupcakes or continue with cakes. **A \$40 materials fee is payable to the instructor in class and a supply list will be posted to the NCE website, www.needham.k12.ma.us, click on "Community Ed" and "Adult."** Limited to 10.

Dates: 4 Mondays, October 7-November 4

(no class 10/14)

Time: 6:30-8:30PM

@ Needham High School, Room 102 Fee: \$125

Taste & Decorate

Get More from Your iPhone

Howard Loewinger

Did you know that your iPhone can do virtually all of the things your computer can do? Plus, of course, make calls. In this class, we will cover the basics, such as: calling options and the different ways to touch the screen. We will also take a look at how to customize your screen and the various settings, like how to figure out how much storage you have left. Our learning will continue with a focus on apps: how to get new ones, how to see your open apps, and how to delete apps you no longer use. We will also go over apps like Messaging, email and Google, and learn how to give voice commands. In addition, you will be given tips and tricks for using that pesky screen keyboard. Time will be dedicated to instruction on how to use the camera for still pictures and video. We will also talk about syncing your contacts, calendar, reminders and other data to your iPad and Mac. Bring your iPhone and questions to class! The focus will be on iPhones running the current version of iOS, but most information will apply to all versions of older iPhones. Limited to 14.

Dates: 2 Thursdays, December 5-12

Time: 7:00-9:00PM

@ Needham High School, Room 406 Fee: \$65

Intro to Photos on Your iPhone

Howard Loewinger

In this introductory class, you will learn how to use the iPhone camera and what to do with photos once you have taken them. We will look at where the photos are stored and the different options for storage, including the advantages of online photo storage. You will learn about some popular photo sharing and storage options, such as Instagram and Flickr. Instruction will be provided for downloading photos you receive from others and uploading photos to emails and text messages you send; and you will learn how to upload photos to both a Macintosh and Windows computer. Be sure to bring your iPhone to class! Limited to 14.

Dates: 2 Thursdays, January 9-16

Time: 7:00-9:00PM

@ Needham High School, Room 406 Fee: \$65

Intro to Photoshop **NEW**

Andrew Coyle

Learn the basics of photo editing with a patient and creative teacher. In this program, you will get hands-on Photoshop experience with the kind of guidance you can't get from YouTube tutorials. You will be introduced to the tools and techniques of Photoshop that can enhance any photo, fix frequently occurring flaws, and

create works of art. Each class will focus on a different set of tools and skills that will build from session to session as you get comfortable with the program. Lessons will include how to make a good picture great, adding graphic elements to photos, as well as repairing and restoring damaged photos (an important tool for preserving and sharing family history). Fun in-class projects will creatively help you to hone your new skills. Computers equipped with Photoshop will be available for you to use but if you have Photoshop installed on your personal laptop, feel free to bring it and learn to use it better. Limited to 15.

Dates: 5 Tuesdays, October 15-November 12

Time: 6:00-8:00PM

@ Needham High School, Room 809 Fee: \$165

Photoshop: Specialty Projects **NEW**

Andrew Coyle

Learn to apply your Photoshop skills to fun projects that are sure to impress! Photoshop is so much more than just a way to enhance a photo. Whether you want to learn to use Photoshop to make marketing materials for your business or fun keepsakes for your kids, these specialty projects will show you how to unlock the potentials of the program. Fun in-class projects will encourage you to push your creativity! Collage your best pictures for digital scrapbooking. Merge images together to turn your child into a superhero in a poster ready for the cinema. Learn to take traditional art you've made to the next level! You'll even get tips on how to create images that are ready to apply to products and apparel that are ready to take to E-commerce sites like Etsy and Amazon. Computers equipped with Photoshop will be available for you to use but if you have Photoshop installed on your personal laptop, feel free to bring it and learn to use it better. **Participants should have a basic familiarity with the Photoshop.** Limited to 15.

Dates: 3 Tuesdays, December 3-December 17

Time: 6:00-8:00PM

@ Needham High School, Room 809 Fee: \$99

Photoshop as an Interior or Landscaping Design Tool **NEW**

Andrew Coyle

Photoshop skills are a wonderful tool for interior and landscape design! The program can allow you to envision projects before spending lots of money on paint colors, furniture, fixtures and plants. Whether you are a professional designer or a DIY home improver, you will benefit immensely from this tool. Fun in-class projects will creatively help you hone your new skills to do things like digitally change colors on walls and experiment with

Develop Technology Skills

bold decorative touches, all without having to commit a dollar or a drop of sweat equity. Once you make your Photoshop dream space, you will feel more confident to make it happen in your home! Computers equipped with Photoshop will be available for you to use but if you have Photoshop installed on your personal laptop, feel free to bring it and learn to use it better. **Participants should have a basic familiarity with the Photoshop.** Limited to 15.

Dates: 3 Tuesdays, January 7-January 21

Time: 6:00-8:00PM

@ Needham High School, Room 809 Fee: \$99

How to Put Your Videos to Work in the Internet Age **NEW** **S**

Marc Mandel and Mike Levin

If the videos you shoot are just left on your device and not put to any further use, there is so much more you could be doing with this footage: sharing them with friends and family, creating video blogs, even developing your own internet or public access channel TV show. The talented professionals of the Needham Channel can open you up to many of the possibilities for video

sharing. In this one-night workshop, explore the accessibility of video tools in the modern technological environment, and how resources like the Needham Channel can help you learn to use them, shape your message, and pursue distribution online. Limited to 10.

Date: Monday, November 4

Time: 7:00-9:00PM

@ Needham Channel Studio, 257 Chestnut St.

Fee: \$19

Introduction to Video Editing **NEW**



Marc Mandel and Mike Levin

Craft your video footage into a finished product by learning the basics of video editing software. The talented professionals of the Needham Channel will guide you through the process in this hands-on program. You will learn how to transfer footage to a computer, how to work with an editing program (in this case, Final Cut X), and how to export a video for viewing on your computer or on your television. Limited to 6.

Dates: 3 Saturdays, January 11-25

Time: 10:00AM-12:00PM

@ Needham Channel Studio, 257 Chestnut St.

Fee: \$55

Do It Yourself and Learn from the Pros

(Home, Garden and Skills Programs)

Kondo+: Organizing Tips for a Decluttered Life **NEW** **S**

Marilyn Cruickshank

The decluttering craze has hit full speed--fueled by Marie Kondo and her empire of sparking joy. But decluttering and organizing have been on the simplicity landscape long before Marie Kondo came along. Join us as we cover the top tips of Kondo tidying, accompanied by tried and true organizing tips and strategies. You will leave the class with a variety of ideas to apply to your spaces, all to fuel your motivation. Letting go has never felt so good! Limited to 15.

Date: Wednesday, October 2

Time: 6:30-8:30PM

@Needham High School, Room 202 Fee: \$35

Home Renovation Tips and Hacks **NEW** **S**

Faina Shapiro

Not every home renovation project is a good investment or a wise use of disposable income. Faina, an experienced property manager and investor, will teach you

which improvements are worth the expenditure, which you might try tackling yourself, when you should call upon an expert, and how to keep costs in check. You will learn about the design and construction process for completing home renovations, and you will receive tips for hiring a trust-worthy contractor. Whether to leave or stay during a renovation project will be covered, and DIY home repair hacks will be provided. There will also be time for questions about your specific project. Limited to 15.

Date: Thursday, October 17

Time: 6:00-8:00PM

@ Needham High School, Room 202 Fee: \$29

Home Cleaning and Tidying Hacks **NEW** **S**

Faina Shapiro

Spend less time with the drudgery of house cleaning and more time doing what you enjoy. Faina is passionate about simplifying housekeeping and happy to share clever tips that will transform the state of your home permanently. Her recommendations will not only save time, but money too! The program will also focus on how to

HOME

Do It Yourself and Learn from the Pros (Home, Garden and Skills Programs)

sustain the appeal and value of your home. You may bring pictures of specific areas you need help cleaning to discuss at the end of the class. Limited to 15.

Date: Thursday, November 7

Time: 6:00-8:00PM

@ Needham High School, Room 202 Fee: \$29

Low-Maintenance Gardening: Fall Workshop

Joanne Neale

Do you think fall and winter are times to rest in the garden? Wrong! There is plenty you can do now, from small tasks to big-picture planning. Come join us for this two-session class to learn what you can do now to cultivate a beautiful landscape. We will focus on techniques for designing, planting and maintaining a low-maintenance, sustainable and environmentally responsible garden that is appealing in all four seasons. In addition, you will be introduced to some new plants to try, including lesser-known, easy-care trees, evergreens, flowering shrubs, bulbs, perennials and ground covers for sun or shade, wet or dry sites. The class will include a PowerPoint presentation and ample time for answering specific questions. You will come home with many color handouts and other materials to help you plan your garden. Limited to 20.

Dates: 2 Tuesdays, September 24-October 1

Time: 7:00-9:00PM

@ Needham High School, Room 409 Fee: \$75

Stop Mulch-Scaping and Start Landscaping!

Joanne Neale

At some unknown point in time, mulch-- black, orange, brown, etc. -- became a part of the landscape, but wouldn't you rather have plants? Anywhere you can put mulch, you can dig a hole and put in a ground-cover plant. Groundcover plants = living mulches. Think of the money, time and work you'll save on mulching every spring. And groundcovers are the go-to plant for low-maintenance gardens. Besides eliminating the need for mulch, they keep weeds from crowding in; they provide an extra layer of color and flowers; and they help maintain soil moisture, which means less watering. What's not to like about that? Come learn what to do before you start replacing your boring old mulch with fabulous new groundcovers and find out which groundcovers are right for your garden. **Note: If you are not an experienced gardener, it would be helpful to first attend the Low Maintenance Gardening Workshop before signing up for this class.** Limited to 20.

Date: Tuesday, October 15

Time: 7:00-8:00PM

@ Needham High School, Room 409 Fee: \$19

Intro to Permaculture: Grow Fruits, Nuts, Herbs and More in Your Backyard **NEW**

Babette Wils

If bad climate news is getting you down, here is something fun that you can do to make the world a better place right in your own backyard! Permaculture is a way to grow fruits, nuts, herbs and vegetables, that intentionally mimics patterns and relationships found in natural ecosystems. In a permaculture garden, everything works together in synergy--the soil life, different plants supporting each other, and the gardener. As a result, a permaculture garden requires less water, fertilizer, pest-control and work than a conventional garden and is highly productive. It is also a natural habitat for wildlife, including pollinators and butterflies, and a way to sequester some of that excess carbon floating around. This workshop will introduce you to the basic principles of permaculture and will give you practical ideas to get started with. Limited to 15.

Dates: 2 Wednesdays, January 29-February 5

Time: 6:30-8:00PM

@ Needham High School, Room 909 Fee: \$45

Foraging for Edible Plants and Mushrooms **NEW**

David Craft



Enjoy a leisurely walk through the Needham Town Forest, while stopping often to identify edible plants and mushrooms. You will also learn about the proper way to harvest these finds, along with some culinary preparations. At the end of the walk, we will enjoy some foraged food that David will have already prepared. David's book, *Urban Foraging*, will be for sale as well. The program will take place rain or shine. Limited to 25.

Date: Saturday, October 5

Time: 11:00AM-12:30PM

Meet the instructor at the Claxton Field parking lot, Central Ave. (across from the Needham Transfer Station) Fee: \$29

Keeping Bees: A Year in the Life of a Honeybee Colony and Its Beekeeper

Birgit DeWeerd

Birgit deWeerd is a beekeeper in Bedford, MA. A chemist by profession, she first became fascinated with beekeeping 30 years ago, when a friend gave her a jar

Garden

of honey produced by bees from her own hives. Join Birgit for an engaging presentation on the activities in and around a beehive, starting in January and ending in the fall with the honey harvest. You will learn about the social interactions of honeybees, pollen and nectar collection activities, honey productions, and the evolution of beekeeping from medieval times to the 21st century. You may even become inspired to become a beekeeper yourself! Further resources on how to become a beekeeper will be provided. Birgit's honey, skin cream, and book will be available for purchase for those interested. This will be a delightful evening for gardeners, those considering beekeeping as a hobby, and anyone interested in the fascinating life of bees. Limited to 15.

Date: Thursday, February 6

Time: 7:00-8:30PM

@ Needham High School, Room 206 Fee: \$29

Upholstery for Beginners

Michael Woloshyn

If you've put up with old, tired upholstery because of the expense of hiring a professional, then join this class and learn to do-it-yourself, and create a beautiful, "like-new" piece of furniture. The class will focus on reupholstering a chair (small chairs are recommended, since they will need to be brought to and from each class). Learn all the steps of upholstery, including stripping the chair, choosing and determining the amount of fabric, and making cushions. **Bring tack hammer, tack puller, good scissors, pliers, and chair to the first class. Instructions on purchasing fabric will be provided in class.** Some basic sewing skills are recommended since some upholstery projects will involve sewing. **Enter Pollard using the back doors off of Bradford St. and near the gyms.** Limited to 12.

Dates: 8 Mondays, October 7-December 9 (no class 10/14 and 11/11)

Time: 6:30-9:30PM

@ Pollard Middle School, Room 104 Fee: \$169

Upholstery:

Advanced Beginning Workshop

Michael Woloshyn

Calling all experienced upholsterers! If you would like to get started on a new project with the support of the class and the instructor, or if you have a project you have been meaning to finish, this 4-session workshop is perfect for you! Pre-requisite: attendance in at least one of Michael's Upholstery classes. **Bring tack hammer, tack puller, good scissors, pliers, and chair to the first class. Enter Pollard using the back doors off of Bradford St. and near the gyms.** Limited to 12.

Dates: 4 Mondays, January 6-February 3

(no class 1/20)

Time: 6:30-9:30PM

@ Pollard Middle School, Room 104 Fee: \$85

How to Find a Good Fit when Looking to Do Good

Kris DeGraw Dana

Are you searching for a meaningful and rewarding volunteer opportunity, but don't know where to start? This unique class is geared toward retirees looking to give back, people needing to fulfill required community service hours, and those wanting to volunteer as a way to explore a new career path. The instructor, a seasoned volunteer coordinator for non-profits, will provide insight into how organizations typically determine their volunteer needs, recruit and value their volunteers. You will learn how to interpret volunteer listings to gain a better sense of whether it is a good match for your personal catalysts, commitment ability and your skill-set/personal strengths. Each participant will gain a better understanding of the value they might bring to a non-profit through the creation of a Volunteer Avatar™. There will be some time dedicated to individual placement guidance. Limited to 12.

Dates: 2 Wednesdays, November 6-13

Time: 6:30-8:30PM

@ Needham High School, Room 201 Fee: \$59

What people are saying about NCE programs and instructors...

"The teacher had a pleasant and entertaining presentation style."

"This class was mind-opening!"

"I appreciated the instructor's welcoming and non-judgmental attitude. She also shared a wealth of valuable ideas and tips."

"The class exceeded my expectations, was so much fun and a great way to release stress."



Learn the Basics of Flight & Aviation

@*Global Flight Adventures*

Global Flight Adventures staff

In this engaging, entertaining and educational program you will learn major topics of flight and aviation, including: the history of flight, physics of flight, aircraft systems, weather and navigation. Along with classroom time, you will get hands-on experience flying in a state-of-the-art Boeing 737NG simulator. The simulator models one of the most popular aircrafts ever made, in painstaking detail. You will also use a Cessna 172 sim, which is an exact replica of one of the most popular general aviation and training aircrafts. The culmination of the program will be performing a complete solo flight in one of the simulators. **Open to 16 year olds - adult.** Limited to 10.

Dates: 4 Sundays, October 27-November 17

Time: 4:00-7:00PM

*@ Global Flight Adventures, 609 Neponset St., Canton
Fee: \$434*

Electric Cars and Hybrids **S**

Peter Kane

Are you thinking of buying an electric car or a hybrid and would like to learn more about the options? This class will answer your questions about options currently available, what they cost, how they work, their

range, charging time, and performance. You will also receive information on financial incentives, market trends and environmental benefits. The instructor can describe his experience with two hybrids and three electric cars. Limited to 20.

Date: Tuesday, December 3

Time: 7:00-8:30PM

@ Needham High School, Room 206 Fee: \$25

Climate Change: Latest Information on Evidence, Impact and Choices **S**

Peter Kane

It has been said that climate change is one of the defining issues of our time. Would you like to know more about the evidence for human-caused climate change and the impacts of climate change that are already starting to be seen and felt? Join us for a fast-paced, up to date, non-political audiovisual overview of this important topic. The discussion will include the urgent choices that we must make in response to climate change. The class will be based on the National Research Council publication "Climate Change – Evidence, Impacts, and Choices." Limited to 24.

Date: Tuesday, October 15

Time: 7:00-8:30PM

@ Needham High School, Room 206 Fee: \$25

Impact-Driven Research: **S**

A Case Study in Air Quality Research to Change Lives rather than Publish Papers

Scott Oakley Hersey

Every year, over 7 million people die as a result of exposure to particulate matter (PM) air pollution, and millions more suffer from pollution-related diseases ranging from asthma to cardiovascular disease and neurological disorders. While everyone is susceptible to the negative health impacts of air pollutants, the burden of poor air quality is disproportionately carried by the poor across both global and local populations. And, while the EPA's Clean Air Act has made substantial strides in monitoring and improving air quality in the United States, emerging research and technology indicates that paradigm shifts are needed in the way we approach both studying and regulating atmospheric pollutants. This talk will explore the current state of understanding of air pollution exposure pathways, and the ways in which a refreshed paradigm for approaching research can result in exposure reductions in local communities. Limited to 20.

Date: Wednesday, October 23

Time: 7-8:30PM

@ Olin College Academic Center, Rm. 328 Fee: \$19

Hype vs. Hope in Medical News **S**

Joanne Pratt

You can't turn on the news without hearing about "the latest scientific breakthrough" in health or medicine, but the vast majority of these news stories never live up to their promise. How does an informed citizen or patient find reliable sources of medical information and interpret the impact of the information? In this class we will look at some examples of good and bad health information websites and learn some basic information about the medical research process that will help to put news of novel breakthroughs into perspective. We will also talk about some of the latest research and clinical developments that have scientists and physicians truly optimistic about future breakthroughs in disease diagnosis and treatment. Limited to 20.

Date: Thursday, October 10

Time: 7-8:30PM

@ Olin College Academic Center, Rm. 326 Fee: \$19

Needham's 8th Annual Diversity Summit:

Restoring the Rhythm of Life

Co-Sponsors: Needham Diversity Initiative, Needham Human Rights Committee, and Needham Public Schools

Join us for a day of learning, conversation, and thought-provoking panelists as we continue to build the ties that bind us into a welcoming community that embraces diversity and inclusiveness. We will go deep in our thinking about groups that are stigmatized and how we can break the chains of stereotypes so prevalent in our culture.

Date: Saturday, November 16

Time: 8:30AM-2:30PM

@ Pollard Middle School

No fee, but registration required

Art History:

Still Life Painting in Western Art **NEW**

Henry Altmann

Learn how artists create stories using inanimate objects and flowers. We will study floral and still life paintings from the ancient Roman mosaics and frescos to the Pop Art and Super Realist still lifes of Andy Warhol, Claes Oldenburg, Richard Estes and Audrey Flack. Limited to 15.

Dates: 6 Tuesdays, October 1-November 5

Time: 3:00-4:00PM

@ Center at the Heights Fee: \$85

Poetry Workshop **NEW**

Ken Lundberg

Explore published poetry in an informal, open discussion, and also create your own poetry through a series of writing exercises meant to stimulate the creative process. Mini lessons will bring into focus the use of various poetic devices such as sensory detail (metaphor, simile, symbolism) and sound effects (alliteration, consonance, assonance). Bring a laptop, notebook or both. Limited to 12.

Dates: 6 Wednesdays, October 16-November 20

Time: 3:30-5:00PM

@ Pollard Middle School, Library Fee: \$135

Short Stories Book Club **NEW**

Brooks Goddard

Short stories intrigue us by what is included and what is left out. These particular stories might be summarized by the E. E. Cummings poem which begins "be of love(a little)/More careful/Than of everything." Robert

Butler wrote *A Good Scent from A Strange Mountain* in 1992, and Viet Nguyen's collection *The Refugees* appeared in 2017. Both address Vietnamese immigrant matters in the USA. The title of Raymond Carver's collections, *What We Talk About When We Talk About Love/1981*, leaves no doubt about topic. The class will be participant-discussion, seminar format. Limited to 18.

Dates: 6 Mondays, October 21-December 2

(no class 11/11)

Time: 11:00AM-12:30PM

@ Center at the Heights Fee: \$135

Writing for Publication

Charlene Smith

Seeing your name in print has never been easier: you can write a blog, self-publish a book, or develop a podcast. Commercial publication, however, has never been harder. This dynamic, collaborative and supportive course, will help you develop some of the skills to identify the right markets for your writing, and the techniques commercial publishers demand, whether newspapers, magazines, or books. If you self-publish, it will also ensure you don't go to print after months or years of hard work with a book that never gets sold. You will learn tips about writing, self-editing, and layout that will ensure a professional book that is ready for sale. **When registering, please select the type of writing project you would like to develop in this class. A recommended reading list will be posted to the NCE website: www.needham.k12.ma.us/community_ed/nce_adult.** Limited to 18.

Dates: 6 Tuesdays, November 5-December 17

(no class 11/26)

Time: 6:00-8:00PM

@ Needham High School, Room 202 Fee: \$159

HUMANITIES

Learn to Invest: *The Stock Market Game*

Peter Yaffe

Arm yourself with the knowledge you need to make informed investment decisions, and practice using your skills with a virtual portfolio. You will start by examining various aspects of the functioning of markets, types of investment products, investment research, use of stock charts, impact of global events and conducting research for case studies. Then you'll learn about risk, speculating, and borrowing on margin. Working individually and in teams, you will compete against your fellow classmates and other groups across the state in the online investment game: The Stock Market Game™. This game is played each fall and spring by budding investors, from 4th graders to adults. Can you do better than an elementary school student in making savvy financial decisions? Come find out. No experience necessary! **Students will need to bring a laptop to class.** Limited to 12.

Dates: 8 Thursdays, October 3-December 12 (no class 10/24, 10/31 and 11/28)

Time: 7-8:30PM

@ Needham High School, Room 204 Fee: \$145

Retirement and College Savings:

How, What, Where and When? **S**

David Dirks

Saving for life's goals has become complex: how much to save, how to invest, and where to put it. In this one-session class, we will seek to answer the how, what, where, and when of saving for your goals that fit your unique situation, and help you determine how much you will need, and whether you are "on track" for retirement. Topics that will be covered include: best uses for a 401k, IRA, Roth IRA, 529, and HSA. In addition, we will discuss the best way to save for college, cover specific topics like whether to pay down your mortgage more quickly, and how to set up a simpler way to budget. The goal is to help you feel more in control of your financial future and is intended for audiences of all levels. There will be plenty of time for questions. Limited to 20.

Date: Monday, October 21

Time: 7:00-9:00PM

@ Needham High School, Room 206 Fee: \$19

Understanding Medicare **S**

Daniel Williams, CLU, ChFC, CFP

If you are close to age 65 or already on Medicare, this class is for you! By the end of the evening, you will feel fully enlightened on how Medicare works and the different health care choices available to those age 65+. The program will cover the following: How are parts A, B, C and D integrated; Medicare Advantage; and the pros

and cons of HMO's, PPO's, and Medigap plans. You will also receive answers to the following questions: 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? Limited to 15.

Date: Wednesday, October 23

Time: 7:00-9:00PM

@ Needham High School, Room 728 Fee: \$25

Demystifying Social Security **NEW S**

Daniel Williams, CLU, ChFC, CFP

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. Without an understanding of the many complex rules surrounding Social Security, you could leave thousands of dollars on the table. Learning the answers to the following questions will arm you with the information you need:

- 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?

Limited to 40.

Date: Wednesday, November 13

Time: 7:00-9:00PM

@ Needham High School, Room 728 Fee: \$25

Estate Planning and Probate: *What You Should Know* **NEW**

Cory Rhoades, Esq.

Before sitting down with your attorney to develop your estate plan, it is helpful to have a basic knowledge of the process and considerations. The following topics will be covered:

- Understanding the functions of primary estate planning documents: Durable Power of Attorney, Healthcare Proxy, and Last Will and Testament
- Planning techniques utilizing life estates and trusts (irrevocable and revocable)
- Reviewing the issues and reasoning behind nursing home planning
- Explaining the Probate Court's function and the process for probating a will or intestate estate
- Discussing potential tax issues in your estate plan.

Play and Recreate

Additional time will be provided at the end for questions. Limited to 20.

Dates: 2 Thursdays, January 9-16

Time: 6:30-8:00PM

@Needham High School, Room 206 Fee: \$35

Beginning Bridge

Jori Grossack

Modern Bridge has evolved into an exciting, fast-paced, and competitive partnership game. This is not your grandma's game! The emphasis in this beginning bridge class will be twofold--to lay the foundations of solid bidding and superb play of the hand in an easy to follow and entertaining format. You will have fun while exercising your brain! This beginning class is appropriate both for students new to bridge and also for those who have dabbled with the game in the past. Limited to 14.

Dates: 8 Mondays, October 7-December 9 (no class 10/14 and 11/11)

Time: 7:00-9:00PM

@ High Rock School, Media Center Fee: \$179

Advanced Beginning Bridge

Jori Grossack

This Advanced Beginner bridge course is designed to take the beginner player to the next level of both bidding and play of the hand. We will continue to work on no trump techniques and to strengthen trump suit play. In addition, we will spend time on simple defensive techniques (like leads) and attitude signals. If we have the time we will also introduce competitive bidding like overcalls and takeout doubles. All new and fun challenges await! Limited to 14.

Dates: 8 Mondays, October 7-December 9 (no class 10/14 and 11/11)

Time: 5:00-7:00PM

@ High Rock School, Media Center Fee: \$179

Bridge: Supervised Play

Jori Grossack

Join us for a fun-filled session of bridge in a relaxed atmosphere of supervised play. Beginners and advanced beginners alike will have the opportunity to play hands with people at a similar level. You will bid and play hands, and then the instructor will tweak your bidding, opening leads, play of the hand and defense. You can bring your own partner, or be matched up with someone in class. The class will be fun and instructional, and a great chance to practice your bridge skills. Limited to 14.

Dates: 8 Fridays, October 4-November 22

Time: 3:30-5:30PM

@ High Rock School, Media Center Fee: \$179

Canasta for Beginners **NEW**

Beverly Shire

Do you like to play games? Would you like to learn a new one? More popular than ever with adults of all ages, the game of Canasta is a fun, complex and addictive game. We will cover all aspects of the game, using the American Canasta Society official rules. Participants will learn the rules and strategies needed to play. Each session will include instruction and supervised play. Meet new friends or gather your friends; either way this game offers you great brain exercise, fun, and a social experience. Limited to 8.

Fall Sessions

Dates: 6 Thursdays, October 3-November 14 (no class 10/31) Time: 3:15-5:15PM

@ High Rock School, Room 238 Fee: \$169



Dates: 6 Tuesdays, October 15-November 19

Time: 6:30-8:30PM

@ High Rock School, Room 238 Fee: \$169

Early Winter Session

Dates: 6 Thursdays, December 5-January 16 (no class 12/26)

Time: 3:15-5:15PM

@ High Rock School, Room 238 Fee: \$169



Mah Jongg for Beginners

Sharon Katz

One Bam! Three Dot! Nine Crack! Join the ranks of mah jongg enthusiasts nationwide who are reaping the social and intellectual benefits of playing this challenging tile game. No experience needed. By the end of the six-week session, players will have mastered the basics: setting up the tiles and racks, dealing and passing tiles, choosing a hand by interpreting the mah jongg card, and playing a round. **Note: A \$9 fee for the 2019 mah jongg card is payable to the instructor in class.** Limited to 10.

Dates: 6 Wednesdays, October 16-November 20

Time: 6:45-8:45PM

@ Center at the Heights Fee: \$169

Mah Jongg for Advanced Beginners

Sharon Katz

This class is suitable for players who already have mastered the basics: naming tiles, dealing, passing tiles during the Charleston, interpreting the mah jongg card

Games

and picking a hand, as well as calling tiles, Participants should be able to complete a round of play in under 30 minutes. We will work on developing offensive and defensive strategy by expanding one's focus beyond one's rack and the card. Expect to increase your confidence and speed while still having a teacher to consult with during supervised play. **2019 mah jongg cards may be purchased from the instructor for \$9.** Limited to 8.

Dates: 6 Fridays, October 11-November 22

(no class 11/1)

Time: 3:00-5:00PM

@ High Rock School, Room 117 Fee: \$169

Mah Jongg: Supervised Play

Sharon Katz

What better way to spend a cold, dark winter night than playing mah jongg?! This program is designed for enthusiasts who are able to play a round independently in 30 minutes or under. While the games are underway, the instructor, will consult with players about their hands and answer questions about rules. Get out of your house and join the fun! **2019 mah jongg cards may be purchased from the instructor for \$9.** Limited to 12.

Dates: 3 Wednesdays, January 8-January 22

Time: 6:45-8:45PM

@ Center at the Heights Fee: \$65

Languages

Italian for Travelers **NEW**

Elisa Tragni-Maloney

Is a trip to Italy in your future? Enhance the experience with a basic knowledge of the language, including key expressions, vocabulary words, and idioms necessary for the traveler. In addition, the instructor, born and raised in Italy, will provide travel tips, and insights into the culture and regional characteristics, traditions, and customs that will familiarize you with Italy of today. Limited to 16.

Dates: 8 Tuesdays, October 1-December 3 (no class 10/8 and 11/26)

Time: 6:30-8:30PM

@ Needham High School, Room 418 Fee: \$179

Advanced Beginning Italian

Barry Bridgell

Building upon the basic foundation provided in Beginning Italian (-are verbs, few irregular verbs, articles, calendar) you will improve your listening skills and conversational ability through structured dialogues and other practical activities. Begin to communicate more precisely as you learn -ere and -ire verbs in the present and all conjugations in the past tenses. Topics will include: review of expressions of date and quantity, indefinite and definite articles, past tense, interrogatives, and direct object pronouns. **Students will need to purchase the [Prego textbook](#).** Limited to 12.

Dates: 7 Mondays, October 7-December 2 (no class 10/14 and 11/11)

Time: 6:30-8:15PM

@ Needham High School, Room 416 Fee: \$145

Intermediate Italian **NEW**

Barry Bridgell

Keep up your Italian learning in this new NCE program! Upon completion of this level, you should be able to discuss topics such as moods, travel, holidays and business, using the present, past and future tenses. This class will emphasize improvement of oral comprehension and creative expression through the use of teaching resources including reading selections. Reflexive verbs, indirect and direct object pronouns, expressions of time and duration, simple and articulated prepositions will be covered. **Students will need to purchase the [Prego textbook](#).** Limited to 12.

Dates: 7 Thursdays, December 12-February 6 (no class 12/26 and 1/2)

Time: 6:30-8:15PM

@ Needham High School, Room 416 Fee: \$145

Beginning French **NEW**

Barry Bridgell

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. You will also be introduced to simple past tense. **Students will need to purchase the [Grammaire Progressive Niveau Débutant](#).** Limited to 12.

Dates: 7 Thursdays, October 3-November 21 (no class 10/31) Time: 6:30-8:15PM

@ Needham High School, Room 416 Fee: \$145

French Conversation

Barry Bridgelal

Spend Tuesday evenings with fellow French language lovers, conversing in a warm and inviting setting. This program is designed for students who are proficient in present, imparfait, and passé composé, and who are able to use object pronouns. The instructor will offer exercises designed to increase fluency. Limited to 12.

*Dates: 8 Tuesdays, October 1-November 26
(no class 10/8)*

Time: 6:30-7:30PM

@ Needham High School, Room 416 Fee: \$95

Beginning Spanish

Diana Garcia-Martinez

Have you been thinking about learning Spanish? Would you like to be able to communicate with native Spanish speakers in the U.S or as you travel the world? Or, do you believe that learning a new language enables us to understand the culture, traditions and history of a country? If you answered yes to any of these questions, then this is the class for you! You will learn the building blocks of the Spanish language, everyday vocabulary, and practice simple conversations from the first day of class. The emphasis will be on speaking, listening and immersing ourselves in the language. Come and enjoy learning a new language in a relaxed and supportive atmosphere. This course is for those with little or no knowledge of Spanish. **Students will need to purchase a text book (approximately \$35) for this course. Details will be posted to the NCE website: www.needham.k12.ma.us, click on Community Ed and Adult, and then the Materials Lists tab.** Limited to 15.

*Dates: 8 Tuesdays, October 1-November 26
(no class 10/8)*

Time: 7:00-9:00PM

@ Needham High School, Room 713 Fee: \$179

Advanced Beginning Spanish

Diana Garcia-Martinez

This class will be geared for those who have some basic introductory knowledge of the Spanish language. We will quickly review the conjugation of -ar, -er, and -ir verbs. We will 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. **Students will need to purchase a text book (approximately \$35) for this course. Details will be posted to the NCE website: www.needham.k12.ma.us, click on Community Ed and Adult, and then the Materials Lists tab.** Limited to 15.

Dates: 8 Mondays, October 7-December 9 (no class 10/14 and 11/11) Time: 6:30-8:30PM

@ Needham High School, Room 713 Fee: \$179

Intermediate Spanish

Diana Garcia-Martinez

This course is appropriate for students who have a solid knowledge of the use of the present, present progressive, and past tenses as well as every day vocabulary. We will review the present progressive, the past tense, and reflexive verbs and then dive into the imperfect tense, which will enable you to read and tell stories about events that happened in the past. Our conversations, essays and readings will become richer in describing nuances of past events. Join us to expand your Spanish language skills in a relaxed and supportive atmosphere! **Students will need to purchase a text book (approximately \$35) for this course. Details will be posted to the NCE website: www.needham.k12.ma.us, click on Community Ed and Adult, and then the Materials Lists tab.** Limited to 15.

*Dates: 8 Thursdays, October 3-December 5
(no class 10/31 and 11/28)*

Time: 6:30-8:30PM

@ Needham High School, Room 713 Fee: \$179

Advanced Spanish I

Diana Garcia-Martinez

This course is designed for those who have taken Diana's Intermediate class or equivalent. Students who have a good command of the imperfect and preterite tenses and reflexive tenses will fit perfectly in this class. We will learn the imperative and the present subjunctive. Our conversations, readings and written essays will become more abundant in complexity and breadth. Join us to expand your command of the Spanish language in a positive, supportive and growth promoting atmosphere. **Students will need to purchase a text book (approximately \$35) for this course. Details will be posted to the NCE website: www.needham.k12.ma.us, click on Community Ed and Adult, and then the Materials Lists tab.** Limited to 15.

*Dates: 8 Wednesdays, October 2-December 4
(no class 10/9 and 11/27)*

Time: 5:00-7:00PM

@ Needham High School, Room 713 Fee: \$179

French & Spanish

Advanced Spanish II

Diana Garcia-Martinez

This class is designed for those students who have taken Diana's Advanced Spanish class and who have good command of the imperative and present subjunctive tenses as well as the building blocks of the Indicative tenses. We will learn the imperfect and past perfect of subjunctive as well as other tenses within the Indicative such as conditional, present and past perfect. Students will be encouraged to make oral presentations in class in order to practice their speaking skills and the reading assignments will be more expansive in vocabulary and more complex in structure. **Students will need to purchase a text book (approximately \$35) for this course. Details will be posted to the NCE website: www.needham.k12.ma.us, click on Community Ed and Adult, and then the Materials Lists tab.** Limited to 15.

Dates: 8 Wednesdays, October 2-December 4

(no class 10/9 and 11/27)

Time: 7:00-9:00PM

@ Needham High School, Room 713 Fee: \$179

Conversational Spanish

Diana Garcia-Martinez

Do you want to speak Spanish fluently? Do you have a solid knowledge base and strong vocabulary, but no opportunity to practice or improve? This class will provide ample opportunities for you to practice your Spanish as we read about and discuss current events, short articles and stories. We will have group discussions and explore different perspectives about an issue. Classes will also include brief lessons on advanced grammar to help students increase their mastery of the language. Join us--you will improve your Spanish, have fun, and enjoy interesting discussions with others! Limited to 15.

Dates: 8 Tuesdays, October 1-November 26

(no class 10/8)

Time: 5:00-7:00PM

@ Needham High School, Room 713 Fee: \$179

Make Music and Use Your Voice

Beginning Songwriting

Terry Kitchen

If you have a poem that needs music, a melody that needs words, a notebook full of ideas, or just the desire to write your own songs, this program is for you! Even if you don't play an instrument or read music (many fine songwriters don't), you can still learn how to be a songwriter. Through an examination of classic songs, from pop, rock, country and Broadway, you will learn the elements of song (melody, lyric, harmony, rhythm) and song structure (verse, chorus, lift). Then, you will use this knowledge to develop ideas for your own songs. You will learn exercises and habits to free your imagination, and develop a toolbox to fix songs that aren't working. The instructor will also teach you about the technology now available to songwriters, and the role of songwriters in the music business. Limited to 15.

Dates: 6 Tuesdays, October 15-November 19

Time: 7:00-8:30PM

@ Broadmeadow School, Media Center Fee: \$119

Piano Bar:

Sing along to Your Favorite Songs **NEW**

Pam Steinfeld

What better way to distress after a busy day and to bring a smile to your face than by singing some of your favorite tunes? Pam Steinfeld, an experienced song leader, invites those who love to sing to gather around they keyboard and join the fun! The repertoire will include James Taylor, Joni Mitchell, Carole King, Jackson Browne, Carly Simon, the Eagles, Crosby, Stills & Nash, etc. Limited to 15.

Dates: 4 Tuesdays, October 15-November 5

Time: 6:30-7:30PM

@ Center at the Heights Fee: \$59

Guitar I

Jon Zucchi

Learn how to play the guitar in this supportive group session class. Classes will be geared towards complete beginners; no prior experience is needed. Develop basic guitar playing skills as you learn the essentials of first year guitar, such as: how to play chords G, C, D, A, E, B, F, A minor, D minor, and E minor; how to move from chord to chord; how to play with a steady beat; strumming; and how to use a Capo. The class will

Make Music and Use Your Voice

also consist of lessons on the 12-bar blues form, major and minor scales, and popular songs. Students will learn using visual aids such as chord diagrams, guitar tablature, and lead sheets. **Please bring an acoustic guitar.** Limited to 12.

*Dates: 8 Thursdays, October 3-December 5
(no class 10/31 and 11/28)*

Time: 6:30-7:30PM

@ Needham High School, Room 608 Fee: \$115

Guitar II

Jon Zucchi

Take your guitar skills to the next level. This class is designed for students who have taken Guitar I For Beginners or have learned the basics in another setting. You will continue developing your guitar playing skills as you learn the essentials of 2nd year guitar, including how to play chords G7, C7, D7, A7, E7, B7, F7, A7 minor 7, D minor 7, E minor 7, B minor, and F minor. You will continue learning how to play with a steady beat, and how to strum the guitar in more complex ways. The class will study more complex and interesting 12-bar blues changes, major and minor scales, and popular songs. **Please bring an acoustic guitar.** Limited to 12.

*Dates: 8 Thursdays, October 3-December 5
(no class 10/31 and 11/28)*

Time: 7:30-8:30PM

@ Needham High School, Room 608 Fee: \$115

Hand Drumming:

Beginning and Beyond **NEW**

Alan Tauber

For thousands of years, the drum has provided people with a powerful basic tool to communicate, express themselves, form community and profoundly integrate the senses. This course will give you all the tools you will need to really enjoy yourself playing your drum. You will experience drumming's healing power and its power of self-expression. All basic techniques will be taught, and the program is appropriate for all levels of drummers, from beginners-advanced. An optional course book can be purchased in class for \$5. **Bring a full height (not a toy) hand drum, djembe or ashiko to class. Some drums may be available from the instructor for a rental fee. Please call 781-316-8068 if you will need a drum to rent.** Limited to 15.

*Dates: 6 Mondays, October 21-December 2
(no class 11/11)*

Time: 7:00-8:30PM

@ High Rock School, Room 316 Fee: \$125

Speaking with Confidence **NEW** **S**

Lau Lapidés

Are you making the impression you want to be making? Need to polish your speaking skills for work? Want to eliminate fears and anxieties of speaking? From the moment you enter a room, in literally seconds, you make your impression. Your smile, your voice, your first few words, your style, your energy, your initial eye contact--all of these ingredients create the successful chemistry to "command presence!" In this dynamic, fast-paced exciting workshop you will strengthen and polish your speaking style by utilizing tools and techniques to help you engage your audience and polish your presentation. Build self-confidence while learning how to organize and deliver interesting and relevant content to your audience. Polish your articulation, neutralize local accent/dialect and work on breathing techniques. Develop storytelling techniques that work and engage your audience. **Come dressed in comfortable clothing, bring a notebook and water.** This session will be accompanied by a complimentary consultation and assessment at the Lau Lapidés Company studio. No prior speaking experience necessary! Limited to 20.

Date: Thursday, November 7

Time: 6:30-8:00PM

@ Needham High School, Room 728A Fee: \$35

Voice-Overs...Now is Your Time! **S**

Brian Thon

Spend two-hours learning how you to begin using your speaking voice for commercials, films, videos and more. In this class, the instructor will teach you a unique, outside-of-the-box way to pursue a full or part-time career in the lucrative voice-over field. Voice-over artists are in high demand, with companies looking for new voices like never before. Put your voice to work for you! Limited to 40.

Date: Thursday, November 14

Time: 7:00-9:00PM

@ Needham High School, Room 728AB Fee: \$35

MUSIC & VOICE

Classes for Teens and Their Parents

(Test Prep and College Application Planning)

Test Prep

PSAT and SAT test prep classes at NHS!

- Learn new skills to improve your test performance
- Small classes (average 8:1 student/teacher ratio)
- Expert instructors (current or recent NHS staff members)
- Multiple practice exams
- Great value...at least 30% less expensive than comparable commercial offerings!
- Scholarship pricing is available for students who receive free/reduced lunch. Call NCE for details, 781-455-0400 x5.

These classes begin in early fall, so register soon!

Short SAT Prep Course

These shortened SAT programs are perfect for busy students who have a hard time fitting a full-length prep class into their schedule. Limited to 24.

The following section is in preparation for the October 5 and November 2, 2019 SAT:

Dates: 5 Tuesdays and 3 Thursdays, September 3, 5, 10, 12, 17, 19, 24*, October 1*

*6-8:30PM (*until 10PM on test nights)*

@ NHS, Rooms 701/702 Fee: \$495

The following section is in preparation for the December 7, 2019 SAT:

Dates: 8 Wednesdays, September 25, October 2, 16, 23, 30, November 6, 13*, 20*

*6-8:30PM (*until 10PM on test nights)*

@ NHS, Rooms 701/702 Fee: \$495

PSAT Crash Course

This program is ideal for the first-time test-taker looking for an edge, this course offers an introduction to the PSAT. Limited to 24.

Dates and times: 2 Saturdays, October 5,

10:00AM-3:30PM & October 12, 10:00AM-1:00PM*

*(*practice test)*

@ NHS, Rooms 701/702 Fee: \$145

SAT Practice Test

(Open to NHS students in their junior year)

Give your high school junior the experience of taking the SAT in a real-life setting. They will gain familiarity with the exam and get a sense of their strengths and weaknesses. Students will leave the practice test with their scores for the critical reading, math, and multiple-choice writing portions of the exam, as well as a copy of the test for review purposes.

Date: Saturday, November 2

Time: 8:30AM-1:00PM

@ NHS, Room 728 Fee: \$15

Full SAT Prep Courses

These 11-week programs will give your child the tools they need to prepare for the March 14 SAT. Limited to 24.

Section 1

Dates: 11 Tuesdays, 12/10, 12/17, 1/7, 1/14, 1/21, 1/28*, 2/4, 2/11, 2/25, 3/3*, 3/10*

*Time: 6:00-8:30PM (*until 10PM on test nights)*

@ NHS, Rooms 701/702 Fee: \$665

Section 2

Dates: 11 Wednesdays, 12/11, 12/18, 1/8, 1/15, 1/22, 1/29*, 2/5, 2/12, 2/26, 3/4*, 3/11*

*Time: 6:00-8:30PM (*until 10PM on test nights)*

@ NHS, Rooms 701/702 Fee: \$665

NCE offers SAT test prep programs leading up to each SAT test date. A full listing of SAT prep classes for the 2019-20 school year can be found on the NCE website: www.needham.k12.ma.us/community_ed, click on High School.

Classes for Teens and Their Parents

(Test Prep and College Application Planning)

Attention parents of teens: These classes are for you!

Dispelling Myths about College

Admissions and Financial Aid **S**

Eric Stutman

Are colleges looking for well-rounded students? Is my state school the least expensive to attend? Will applying for financial aid hurt my chances for admission? Will I pay twice as much if two of my children are in college? Attend this informative class to find out which of these and other admissions and financial aid questions are myths, and which are the truth. Attendees will come away with a deeper understanding of admissions and financial aid that they can put to use for their student. Limited to 15.

Date: Thursday, October 17

Time: 7:00-8:30PM

@ Needham High School, Room 201 Fee: \$29

College Application Process:

Tips for Reducing Your Child's Stress **S**

Eric Stutman

Perhaps you've heard stories about the stress of the college admissions process. Or you may have already experienced it first hand with one of your children. What you might not know is that you can eliminate a lot of the stress by planning ahead--the earlier the better! This interactive session will give parents of any high school student an understanding of the college admissions timeline, and what they can be doing now to reduce the stress often associated with the process. The class will include tips for busy families regarding SAT and ACT tests, college visits, creating a great college list, and types of financial aid. Limited to 15.

Date: Thursday, November 14

Time: 7-8:30PM

@ Needham High School, Room 201 Fee: \$29

Global Travel Night **S**

A special event for high school parents and students

Wednesday, November 13

6:45-7:30pm

Orientation to Global Travel and the NHS Global Competence Program (GCP)

GCP Director, Stephen Plasko, will orient students and parents to both the international travel opportunities at Needham High and to the Global Competence Program (GCP). The GCP was developed by Needham High School in 2006--modeled on a Boston College Program. Since then, it has been replicated at numerous high schools across the country. All students are eligible to work towards a Certificate of Global Competence awarded for: proficiency in a foreign language, completing eligible global travel and global service, completing a focus project and writing a reflective essay. Information on the GCP can be found at: http://nhs.needham.k12.ma.us/academics/extra_curricular/global_travel/global_competence.

6:30-6:45 and 7:30-8:00pm

Exhibit Hall Featuring Travel Options and Travel Partners

The exhibit hall is designed to help students and parents explore the variety of options available throughout their high school years by talking with representatives of various student travel programs. Needham High School offers a range of travel options for students in terms of cost, duration and focus. In all cases, the trips are designed for students to stretch outside their comfort zone in order to learn about the world and about themselves, and possibly to practice use of a foreign language. Some trips are low-cost, some are exchanges, some focus on practicing a foreign language, some on culture and history, and some on leadership and teambuilding. Some programs are led by Needham High School teachers, and others are offered through Needham High School travel partners.

@ NHS, Media Center

No fee, but please register in advance

For more information about global travel and the GCP, visit:

http://nhs.needham.k12.ma.us/academics/extra_curricular/global_travel/global_competence

College Planning

Meet the NCE Instructors

Joanne Afarian, after a career in marketing in the biotech industry, decided to pursue her deepest passion, teaching yoga. She's had a personal yoga practice for 20 years and has been teaching for five years. Joanne is a certified 200hr Kripalu yoga instructor. Kripalu style is more introspective and emphasizes a connection of the mind- body-and breath. When we connect to our breath, we can feel what is happening in our bodies more, and when we feel what is happening in our bodies, we can deepen our practice. She is also a certified Yin Yoga instructor. Her passion is helping students connect to their bodies and release any pre-conceived ideas of what yoga must or should look like and rather focus on having their own unique experience.

Henry Altmann is a realist painter, working in watercolor and pastels. As well, he has been an art history professor for many years, teacher at Boston University, Lesley University, and Fisher College.

Holli Bassin is a Functional Medicine Health Coach, Author, and Speaker who helps clients reverse their root causes of disease by using education, nutrition and holistic intervention. Before founding Your Food Allergy Coach in 2013, Holli was an accomplished Human Resource professional, respected confidant and adviser to senior executives on strategic issues. She brings those skills to helping her clients cope with the challenges brought on by health concerns. Inspired by her daughter's success overcoming life-threatening food allergies through a desensitization process, in 2015 Holli became a certified Integrative Nutrition Health Coach and in 2017 published her book, *From Anaphylaxis to Buttercream*. She continues to provide support to individuals and families; integrating healthier functional nutrition and lifestyle options into daily lives to enable better choices that have been proven to increase focus, improve energy levels and sleep patterns, reverse chronic health issues, help to decrease food cravings, manage stress, and maintain healthy balance in all areas of life.

Caryn I. Bello, Psy.D. is a licensed clinical psychologist specializing in the treatment of body image concerns and eating disorders. She earned her doctorate from Indiana University of Pennsylvania and completed a post-doctoral fellowship at Harvard University. In addition to maintaining a full-time practice she is actively engaged in prevention efforts through teaching, presenting, and public speaking. She is a professional member of the Massachusetts Psychological Association and the Multi-Service Eating Disorder Association.

Barry Bridgelal was born and raised until the age of 8 on the island of Trinidad. His family then moved to Boston. His years living in a cosmopolitan city, coupled with and his multicultural background, fostered Barry's proclivity for foreign languages. He has studied more than ten different languages! After undergraduate and post graduate studies at Tufts University and King's College, Barry started his teaching career. For the past 13 years, Barry has been teaching all levels of French and Italian at area institutes and universities. In the classroom, he strives to show how a new language provides a new vision on life.

Jennifer Brinckerhoff, MD is the medical director of Hebrew SeniorLife Medical Group and Orchard Cove in Canton, MA. Dr. Brinckerhoff's specialty is geriatric medicine. She graduated from University of Virginia School of Medicine in 2000 and has been in practice for 18 years.

J. Scott Brumit has been studying various forms of martial arts since 1983. He has studied and taught Kung-Fu, Tai Chi, Qigong, and numerous weapon forms. He has been performing, directing, and producing opera throughout the U.S. for over 40 years. He is also the founder and general director of the Longwood Opera Company, based in Needham.

Eddie Bruckner is a professional artist who creates original acrylic abstract paintings and teaches personalized, in-home art lessons for all ages. He has a BA from Brandeis University, two masters degrees, and is a Grumbacher certified art instructor. His paintings have been exhibited in galleries on Newbury Street in Boston, and in NYC and Providence. Eddie's artwork has been selected for many prestigious juried art shows, including Cambridge Art Association's National Prize Show and Connecticut Academy of Fine Arts Annual Juried Exhibition. For more info, go to www.EddieBruckner.com.

Barbara Carroll-Conway is a Needham Food Service staff member who has taught herself old word skills and such as organic gardening, beekeeping, raising small stock and canning. Barbara is also an enthusiastic home cook and adventurist eater.

Cindy Carson has had a life-long passion for baking, which, over 30 years ago, led her to try her hand at the art of decorating cakes. She began by taking classes at The Cake Cottage in Baltimore. Since then, she has advanced her skills through classes at the Culinary Institute of America and The Wilton School of Cake Decorating. Over the years, while raising her family, Cindy has enjoyed teaching cake decorating skills to others, and also continues to delight her customers, friends, co-workers and family with beautifully decorated layer cakes, sheet cakes and cupcakes.

Andrew Coyle is a Special Education Teacher in the Needham Public schools and has been a lifelong multimedia artist specializing in graphic design. His work includes illustration, album covers, logo and character design, T-shirts and apparel, marketing materials, and even three murals on the grounds of Newman Elementary School. In addition to his Masters in Special Education, Andrew has a degree in Visual and Media arts from Emerson College in Boston.

David Craft graduated from Brown University in 1996 with a degree in Mechanical Engineering. After a 2-year stint at General Electric Research and Development, and a year teaching high school math, he returned to graduate school at MIT and earned his Ph.D. in Operations Research (a branch of applied mathematics) in 2004. Since that time, David has been working in the field of optimization of radiation therapy for cancer treatment at the Massachusetts General Hospital. He is an avid collector of edible plants and mushrooms and every year leads many foraging tours in the New England area. He has also written a book on the topic, entitled *Urban Foraging*.

Marilyn Cruickshank, a Needham resident, is the owner of Creative Simplicity Organizing & Productivity, LLC. Since 2009, she has helped individuals & families declutter, downsize and get organized. Marilyn is a Board member of the New England Chapter of the National Association of Productivity and Organizing Professionals (NAPO).

Kris Degraw Danna has served as Director of Volunteer Services for many organizations, including: ESPN X Games, Boston Marathon, Brigham and Women's Hospital, the Boston Symphony Orchestra, and the Needham Community Council. She has also given hundreds of talks, workshops, and trainings related to volunteering. As an adjunct professor at Simmons College, Kris teaches volunteer management, engagement and programming.

Birgit DeWeerd is a beekeeper in Bedford, MA. She became fascinated with beekeeping 30 years ago, studied every aspect of the honeybee, and soon began producing her own honey for family and friends. She then expanded to the production of beeswax products, including skin creams and wax ornaments. Birgit is committed to expanding the understanding of, and respect for,

Meet the NCE Instructors

the importance of honeybees in our environment, and frequently provides talks for children in schools and adults in community settings on bees and beekeeping. For more information, go to www.deweerdbeeproducts.com.

David Dirks is co-founder of the financial advisory firm Plum Street Advisors (www.plumstreetadvisors.com). Previously, David was a Managing Director at Mellon Capital (a subsidiary of BNY Mellon) and a consultant at McKinsey & Company. David holds a degree in Economics from Stanford University and a Master's degree from the Kellogg Graduate School of Management at Northwestern. He lives in Needham with his wife Katy and their four children. In his free time, he pretends to be a farmer, tending the family's chickens, miniature horses, and rabbits.

Gary Epstein-Lubow, M.D. is the Medical Director of the Center for Memory Health at Hebrew SeniorLife. Dr. Lubow is a geriatric psychiatrist and was a recent Fellow in the Health and Aging Policy Fellows Program, and is a national leader working to improve care for people living with cognitive symptoms.

Michael Galperin has achieved the title of Combat SAMBO Grandmaster from the World Martial Arts Alliance, and was inducted into the Hall of Fame by AAU-USA. He studied with one of the founders of SAMBO in Russia, and has taught self-defense Combat SAMBO both in Europe and the U.S. for various law enforcement, military, and community organizations for over 60 years. He is the founder and President of the U.S. Combat SAMBO Association and Director of the Instructors Academy of Combat SAMBO.

Diana Garcia-Martinez, M.S., is TEFL certified and has over 10 years of experience teaching languages including Spanish, French and ESL. Diana, a long-time Needham resident, teaches both group and private Spanish and French classes at the Boston Language Institute. She has taught Spanish to business executives and other professionals with technical and other backgrounds, across a wide spectrum of language proficiencies. Corporate clients include, among others, Dunkin Donuts, Banco Santander, Trip Advisor, and Ocean Spray. Diana completed her undergraduate studies at the National Polytechnic Institute in Mexico City and obtained her Master's degree at MIT.

Catherine Gentile has been sewing for over 50 years. A fiber artist educated at the School of the Museum of Fine Arts, in Japan and Germany, she specializes in contemporary clothing and creative quilting. Catherine owned and operated the Button Box Quilt Shop and Sewing Center in Wellesley for 21 years. Now retired, she teaches at the non-profit Sew-N-Sew Fiber Arts in Natick.

Rita Glassman has been practicing energy medicine for more than 20 years. She is a Reiki Master/Teacher and is certified in Medical Reiki. She is also a Reiki volunteer at the Brigham Hospital.

Brooks Goddard is a Needham resident and former English Department Head at Wellesley High School. He also served an interim year in that capacity at Needham High School. He has taught English in Deerfield, Kenya, Wellesley, and Westwood, and literature classes for NCE, a poetry class at North Hill, and classes at Lifetime Learning at Regis College's Lifetime Learning Program.

Jennifer Gonzalez has been a certified Physician Assistant for over 20 years. She is passionate about high quality nutrition and the role it plays in our health and quality of life. She lives with her husband and daughters in Needham where she grows her own produce year-round using an aeroponic garden.

Jori Grossack is an avid bridge player, having earned over 2500 master points. She teaches bridge in many local venues, bringing enthusiasm and fun into the classroom. She is both a committed teacher and student of the game she loves.

Kirke Hall is an interior decorator with a strong interest in the health and wellness industry. She lives in Westwood and has 2 teenage daughters away at school. Helping families with their nutritional needs has become a passion of hers, which she does through her whole food wellness franchise. Kirke is an avid gardener and enjoys growing her own veggies year-round on her aeroponic tower garden.

Elizabeth Handler has been researching her ancestry for over 25 years and her husband's Jewish ancestry for almost as long. She holds the Boston University Certificate in Genealogical Research and is a member of several genealogical organizations including the New England Historic Genealogical Society, the Massachusetts Society of Genealogists, the Jewish Genealogical Society of Greater Boston, the National Genealogical Society, the Association of Professional Genealogists, as well as the Col. William McIntosh Chapter of the National Daughters of the American Revolution. Since 2011, she has been blogging about family history at From Maine to Kentucky (<https://frommainetokentucky.blogspot.com/>) and A Jewish Genealogy Journey (<https://jewish-genealogyjourney.blogspot.com/>) and enjoys sharing her interest and knowledge with others who have an interest in genealogy.

Christine Higgins has been teaching classical ballet for 15 years. As an avid masters rower and dancer, she adopted a plant based lifestyle to help her refuel, recover and perform. As a result, her family is healthier, has more energy, and feel they have boosted their wellness. Christine enjoys sharing the message of whole food nutrition and aeroponic gardening.

Samantha (Sam) Hoff is a certified yoga teacher who has been a Needhamite since birth. She first tried yoga as a teen and returned to her mat as an adult while navigating a difficult career transition. She found that practicing yoga asana, breath work and meditation, provided not only physical benefits, but also helped her to tame her anxiety, enabling her to be more present both on and off her mat. Sam strives to show her students that yoga offers much more than a way to become more flexible or fit. She is known for her clear, precise cueing that enables you to flow with your eyes closed (if you choose) while emphasizing alignment throughout her all levels classes. Her classes provide a place to explore and find a balance between challenging yourself and caring for yourself through breath and movement. Off the mat, Sam enjoys telling her two dogs how adorable they are, traveling, cooking, and hiking. She holds an undergraduate degree and a MBA from Babson College.

Peter Kane is a mechanical design engineer and high school science teacher with a broad knowledge of climate change science and energy systems. He worked in the solar field for almost two decades, prior to switching careers to become a teacher, and served as the chair of the Westwood Environmental Action Committee for five years. Peter is passionate about environmental issues and is eager to share his knowledge and experience with others. He has recently gone back to school for a master's degree in education and has been teaching physics and environmental science at Norfolk County Agricultural High School in Walpole.

Susie Kaplan is a certified Primary Group Exercise Instructor through AFAA (Aerobics and Fitness Association of America). She currently teaches at area health clubs and at Newton Wellesley Hospital. In addition to teaching, she has run many

Meet the NCE Instructors

road races and maintains an active and healthy lifestyle with her family in Needham.

Halle Katz is a Boston-based choreographer and instructor with a passion for bringing inviting and empowering dance experiences to life. Halle began dancing as a young child and discovered her love of hip hop. The genre's rhythmic and expressive qualities drove her to explore and train in additional styles, fusions and cultural forms including: lyrical, contemporary, musical theater and West African. At Brown University, Halle performed with a pre-professional company, founded the athletic department's first recreational dance class and coordinated community dance programs for beginner-intermediate experienced students. That being said, Halle believes that we can all expand ourselves through moving, dancing, expressing, performing and simply enjoying what our bodies and minds can do in sync.

Sharon Katz moved to Needham nine years ago and has been playing Mah Jongg ever since. With a master's degree in Education from Boston University, Sharon was a teacher for more than 25 years. Sharon is excited to fuse her passion for the game of Mah Jongg with her professional training as an educator.

Terry Kitchen is an award-winning songwriter and recording artist with over twenty years' experience in the music business. His songs have won the USA and Mid-Atlantic song contests, been runner up in the John Lennon song contest, and been recorded by numerous artists in addition to his own recordings. They have also appeared in numerous films. Terry has taught songwriting at workshops, conferences and music festivals across the U.S. More on Terry at www.terrykitchen.com.

Hila Krikov was born and raised in Israel in a home filled with the aroma of freshly made goods. After arriving in the US, first to a small town in Texas, she missed her homeland and memorable childhood flavors and began to experiment with Middle Eastern and Mediterranean ingredients and cooking techniques. In 2017, she founded Sweet Tahini--a food business with a focus on tahini.

Kathleen Krivak is a licensed acupuncturist, energy healer, and meditator with many years of experience. Kathleen earned her Master's degree in acupuncture at the Traditional Acupuncture Institute (now Maryland University of Integrated Health) in 1994. She has a strong commitment to healing and spiritual practice and has experienced many benefits from her practice. In her 30 years of practice, Kathleen has incorporated several different traditions of Buddhist meditation and is grateful to her teachers: especially Tenzin Wangal Rinpoche, Tara Brach, and Sharon Salzberg. A dedicated meditator herself, Kathleen would like her students to experience the profound long term gifts of a meditation practice.

Lau Lapidés Company, based in Wellesley, MA is a unique communication one to one coaching studio. Our team, all work in the broadcasting, media industry and specialize in areas such as: Voice Over, Acting, Public Speaking & Presentation. Our studio podcast, Mic Camera Action Talkin Shop with Lau Lapidés and Dan Lothian can be found on iTunes & Stitcher and recent book release, *50 Ways to Mega Crush Your Media Career* can be found on Amazon & Kindle. <https://laulapidescompany.com>

Karen Leeds teaches Swing, Latin, Ballroom, and Night Club Two Step. She has taught for Swing City, Boston Sports Club, Boston Adult Education and Kathy McCrohon Dance Center. Karen also gives private lessons for wedding couples in Wellesley. View more information on her website www.KarenLeeds-Dance.com

Mike Levin is Programming Manager at the Needham Channel. He started volunteering at TNC while going to Pollard Middle School, mainly helping with sports productions until he graduated from NHS. After college, he returned to Needham Channel Sports, broadcasting games, as well as anchoring and reporting on the "Needham Channel News." Mike then spent a decade out of state, working in sports broadcasting. He was excited to return to his roots in 2016, serving as Municipal Affairs Producer at TNC, before stepping into his current Programming role. You can see and hear Mike on NCN, NCS and other special programs.

Howard Loewinger has been working with computers his entire career, as a programmer and database administrator, and as a systems and user support specialist, mostly in higher education. Howard was the technology coordinator of a school district for 15 years. Since retiring from that position in 2010, he has taught IT courses at a community college, and classes for adults and children in a local community education program.

Ken Lundberg is currently teaching English at the Pollard Middle School, where he has worked for the past 20 years. He especially enjoys working with young writers and the grade 7 poetry unit has always been his favorite.

Paul Malagrifa is a Certified Wine Educator who has been avidly pursuing his passion for wine for well over 20 years. A winemaking hobby begun in the 1980s spurred him to begin collecting and studying the wine making of others. Paul writes, teaches and lectures frequently on the topic of wine appreciation, and conducts regular wine education classes and seminars in the greater Boston area. His website, www.musingsonthevine.com, aims to share his passion about wine, strip away the mysteries surrounding wine, and provide a resource for those "who just want to be able to buy a decent wine to drink with dinner tonight."

Marc Mandel has been a staff member at the Needham Channel (Needham's community access television station) since 1995. In 2002, Marc became Executive Director of the organization, growing it to include many skilled producers and editors who come together to share their talents with students in the Needham Channel's first collaboration with NCE.

Sally Meding, this catalog's cover artist, is a signature member of the Southwestern Watercolor Society, and a native of London, UK. She earned a PhD in Freiburg, Germany and immigrated to the United States in 1990. Sally creates semi-abstract work in watercolor on paper, and has won numerous awards for her work, including first place in November of 2014 in the Rhode Island Watercolor Society Open Juried Exhibition. She also teaches beginning and intermediate watercolor and graphite drawing classes at 5 Crows Gallery in Natick, Keefe Tech in Framingham, and The Post Road Art Center in Marlborough, MA. For more information and to view Sally's artwork, go to www.sallymeding.com

Shruti Mehta has been teaching Indian cooking to Indian food aficionados for over 30 years. With Shruti, Indian food enthusiasts learn the inherent recipes of the foods of Northern, Southern and Western India's distinguished cuisine. Her classes include field trips to the best local Indian Restaurants and Indian grocery stores, exploring the wealth of Indian Masalas (spices and spice blends) and other unique ingredients that make Indian food so rich and colorful. Shruti has demonstrated Indian cooking fundamentals and rituals at Peabody Essex Museum and other Indian venues. Her take-home simple recipes are always a hit with her students.

Meet the NCE Instructors

Kate Murray has been surrounded by handiwork all of her life; knitting and crocheting were skills that everybody had, and were a way to make blankets for the babies, and lace for the table. In recent years, Kate took the NCE adult education Knitting class to learn to read patterns--opening up a whole new world of possibilities. When not knitting, she teaches middle school science and math in Boston. She has a BS in Biology from UNC Chapel Hill, and a Masters in Secondary Science Education from Columbia Teachers College.

Joanne Neale is a former attorney and the owner of Needham-based Garden MentorSM. Since 2000, she has provided over 600 Metrowest homeowners with garden designs, consulting on plant identification and care, and personal plant shopping services. Her gardening philosophy is based on low maintenance, sustainability and organic methods. Joanne was a speaker at the 2017 Boston Flower and Garden Show and has been featured on WHDH 7 and in the Boston Globe, Needham Times, and Improper Bostonian. Her articles on plants and gardening have been published in PITH + VIGOR, and she has won awards for her garden photography. Her Needham landscape, with woodland garden, mini-meadow, raised perennial beds and extensive bulb plantings, was included on the first Needham Women's Club Garden Tour in 2012.

Anne Nydam is a Needham resident whose relief block prints have illustrated many books and magazines, as well as being in private collections from New England to Japan. She taught middle school art for ten years, and continues to teach printmaking workshops and summer classes, as well as exhibiting her block prints at numerous shows in the area throughout the year. For more information, go to www.nydamprints.com.

Scott Oakley Hersey is Assistant Professor of Chemical and Environmental Engineering at Olin College.

Carol Oberle is a Certified Yoga Instructor who has been practicing yoga and teaching yoga to adults in various local settings for many years.

Angelica Ochoa Orozco started teaching Zumba® in 2010. Born in Mexico, she has a passion for my Latino roots and loves integrating Latino music into her classes, along with international and pop music.

Diana Parkhurst has a BS in Physical Education and a MS in Teaching and Administration, both from Springfield College. She has been a member of the Needham High School Physical Education & Wellness department since 2005, and before that taught physical education at Newman Elementary School. She received the 2009 Massachusetts Secondary Teacher of the Year for Physical Education. Diana is also the head coach for the NHS Boys Rugby Club, head coach for the Northeastern Women's Rugby Club, and serves as coach, player, and captain of the Boston Women's Rugby Club.

Joanne Pratt is Associate Professor of Biological Sciences at Olin College.

Cory Rhoades, Esq. is Senior Counsel with D'Ambrosio Brown LLP and handles a wide variety of estate planning, real estate, and business succession needs for his clients. His estate planning and probate work involves drafting estate plans at all asset levels, ranging from basic estate documents to complex trusts. Additionally, he often works in the probate courts of the Commonwealth, handling estates, guardianships and conservatorships. Cory lives in Needham with his wife and two daughters.

Nan Rumpf has a BA from the University of Iowa. She has studied watercolor painting with several instructors, including Susan Swinand, Lois Smiley and Cheng Khee Chee. She currently teaches art classes at the Danforth Museum School in Framingham, and at the Concord Art Association. Her paintings have been exhibited at the DeCordova Museum School Gallery, the Danforth Museum, The Art Complex in Duxbury, The Clinton Art Show (Best in Show), and many other venues. You can view her work at www.nanrumpf.com.

Jen Serani has been practicing yoga for over 15 years. She received her 200-hour yoga alliance certification through Open Doors and completed her Yin Yoga teacher training with Shawn Cornelison. Jen is currently working to complete her advanced 300-hour yoga training as well. She loves yoga for the balance that it brings to her life and loves helping others explore and find their balance through yoga. Everyone has a certain amount of craziness in their lives and finding that time and space on the yoga mat to focus on ourselves is so important. Jen loves exploring the physical and mental aspects of many types of yoga from the power of vinyasa flows to the strength and flexibility of Yin poses. For her, being aware and feeling present helps her create an openness to possibilities which she hopes to share with students as they practice together with true breath and alignment during class.

Faina Shapiro is passionate about finding ways to simplify home maintenance, cleaning and repair and then sharing her tips. As a professional organizer and stager, with property management experience, Faina has helped many clients to create clean, organized, refreshed and functional spaces so they can fall in love with their home again (or make it attractive to potential buyers).

Steffi Shapiro has both a MSW and is a R.Y.T. (Registered Yoga Teacher), and is the founder and director of The Well Street Station in Watertown. She has combined her background in social work and yoga to work in various settings for over 30 years. She currently teaches at several senior centers and senior facilities in the area. She is a member of both the Mass Yoga Network and national Yoga Alliance, and often presents workshops at national conferences.

Beverly Hoffman Shire has been a game enthusiast her entire life. Now retired from a career as a teacher, principal and special education administrator, Beverly has more time to pursue her passion for games and to teach others how to play some of her favorites, which include Mah Jongg and Canasta.

Charlene Smith is the authorized biographer for Nobel Peace Prize winner, Nelson Mandela, who she personally knew for two decades. Fourteen books have been published in her name, mostly by Random House Penguin. She has won more than a dozen international awards. Charlene worked as a journalist for the Los Angeles Times, Canadian Broadcasting Corporation, and CBS 60 Minutes and has lived and worked on four continents. She still writes the occasional journalistic piece and is a popular and empathetic writing teacher.

Grace Steele says she "quickly became hooked" to yoga, when she began taking free classes offered at her university. "The practice allowed me to connect with my own body in ways that I never had before. Yoga has completely changed my self-concept and feelings of my own self-worth. My practice is my strength." She works in the social work field and sees so many connections between yoga and empowering others to live more peaceful lives. She wants to share this practice with others to promote healing and compassion within our world that so desperately needs it.

Meet the NCE Instructors

In both teaching and practice, she strives to slow down from the fast pace that often defines life. She values a balance between softness and strength, effort and ease, on and off the mat.

Pam Steinfeld is an experienced and award-winning song leader, vocalist, and keyboard-player.

Eric Stutman is owner of Needham-based Top Choice College Consulting, helping families navigate the college admissions process including college lists, financial aid, essays and applications.

Alan Tauber of DrumConnection, is a gifted percussionist, musician, facilitator and educator who has spent over 40 years sharing his passion for drumming and healing with the worldwide community. He and his teachers have the skills to help you be a good drummer.

Nick Taylor is a scotch and whiskey instructor, writer and traveler, having visited over 65 distilleries in the United States, Scotland and Japan and written numerous pieces. In addition to writing and speaking about whiskey, Nick is the Founder & President of Taylor & Taylor Whiskey Co., a nascent whiskey education company and independent bottler, which he and his brother are working hard to grow. Nick loves to be active in every part of the whiskey hobby and industry and his enthusiasm, first-hand involvement in sourcing whiskey and abundant whiskey knowledge make him an entertaining and informative instructor (and a very happy one).

Brian Thon's voice can be heard on work from professional sports teams to Fortune 500 companies, from GE Healthcare to Fox News.

Elisa Tragni-Maloney is a native of Bologna, Italy and received a BA in law studies in 1997 from Università di Bologna, Italy, and a MA in Organizational Management from Antioch University in Santa Barbara, CA. Elisa was an Italian instructor at Carnegie Mellon University, and also has experience teaching introductory Italian classes in the continuing education program at Santa Barbara City College. Elisa also taught as a lecturer in the French and Italian Studies Department at the University of California at Santa Barbara. She has also worked as a technical translator, and as an advisor for Fulbright and International Fellowships at Carnegie Mellon. Since she moved to Massachusetts 5 years ago, she has been an Adjunct Italian Faculty at Assumption College in Worcester.

Jen Tuttelman, MS, RD, SNS is a registered dietitian and school nutrition specialist. She works for the Needham Public Schools' Nutrition Department as the Nutrition Outreach Coordinator, promoting healthy eating for the entire Needham School community. In addition to her passion for healthy food and cooking, Jen has a crafty side. She has made a variety of beaded jewelry over the years, selling her items in boutiques in Florida and the Cape. Jen is always looking for new jewelry pieces to create to keep up with the current styles.

Kim Wallace, has worked all facets of the wine industry, from restaurant, to distribution, to representing luxury California wines. A native Houstonian, Kim developed a passion for wine while pursuing the pre-medical program at the University of St. Thomas. She has spent 15 years in the restaurant industry, and, in 2003, became the Wine Director for Brenner's Steakhouse, the oldest operating steakhouse in Houston. During her service at Brenner's, she competed at the First Annual Texas Sommelier's Conference (aka TEXSOM), of which she placed first and was named the "Best Sommelier in Texas" for 2005. A gen-

erous scholarship issued by the Court of Master Sommeliers fast-tracked her to sit the Advanced examination and in 2007, she successfully passed with an invitation to sit the prestigious Master Sommelier exam. She is currently working toward her diploma with the Wine and Spirits Education Trust.

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.

Babette Wils, formerly an education economist for international organizations such as UNICEF, has been permaculture gardening in Needham for over 15 years. Recently, Babette started a gardening blog: <https://bigfootgardens.blog/>. From 2010-2012 she taught organic gardening classes at the Needham Community Farm, and is a veteran NCE instructor. Currently, Babette is Workshop Coordinator at the Boston Food Forest Coalition (BFFC).

Mike Woloshyn is a professional upholsterer who has taught upholstery for Needham Community Education for many years, and has developed a following of very enthusiastic students.

Peter Yaffe is a retired financial adviser and long-time Newton resident. Peter has taught The Stock Market Game class for kids for more than ten years and for adults for several years. He enjoys sharing his inside knowledge of the industry and his students have had impressive results in The Stock Market Game, winning the state competition twice.

Jen Ziskin is director and co-owner of La Morra and Heritage of Sherborn with her husband Josh. Jen was initiated into the restaurant business when she was fifteen years old and is familiar with all aspects of the industry. Jen and Josh opened La Morra in 2003, named after the small village they lived and trained in after they were married. La Morra, Boston Magazine's Best Italian Restaurant in 2015, and The Improper Bostonian's Best Italian restaurant in 2016 has earned a well-deserved reputation in Greater Boston for authentic Northern Italian cuisine. In 2015, Jen and Josh opened Heritage of Sherborn. Taking everything she loves about the hospitality business and putting it all under one roof, Jen has designed the perfect space to host weddings, functions, and wine dinners. Jen is known for her personal relationships with small family-owned and operated vineyards all over the world. She received a certification as an Italian Wine Specialist from the North American Sommelier Association, passed her Level 1 Exam for the Court of Master Sommelier and completed her Advanced for The Wine & Spirit Trust.

Jon Zucchi has a Bachelor of Arts in Music from Providence College and a Master's in Music Education from The Boston Conservatory at Berklee. He taught Guitar, Piano Lab and Music Studio at Needham High School for several years and loves introducing high school students and adults to the joys of music.



Fall 2019 Registration Form

Name(s) _____

Address _____ **Town** _____ **Zip** _____

Required for credit card payments

Preferred Phone # _____ **Email** _____

Participation of Minors in Adult Education Classes: Parents/guardians, please be aware that if you register your under 18-year old child for an adult education class you are agreeing to the following:

I hereby consent to my son's/daughter's participation in the Needham Community Education adult education program, the taking of photos of my child and/or promotion of the program and to his/her use of the Needham Public Schools facilities and equipment. I further agree to release and hold harmless the Town of Needham, Needham Public Schools and their employees, agents and assigns from any and all liability or expenses arising out of any incident involving, or any account of any injury to my minor child in connection with such a program. I accept full responsibility for all costs for any such emergency treatment. I agree to abide by all NCE policies.

Course Title	Section (if applicable)	Fee
		Total:

4 Easy Ways to Register

Online: <http://www.Schoolpay.com/link/NCEAdultF19>

Phone: Call NCE between 8:30AM and 4:00PM at 781-455-0400 x5

Mail: Send form and payment to NCE, 1330 Highland Ave., Needham, MA 02492

Come in: Register in person at NCE, between 8:00AM and 4:00PM, 1330 Highland Ave., 1st floor

Checks should be made payable to NCE.

Office Use: Tally _____ Batch # _____ Check # _____

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Credit Card #: _____ / _____ / _____ / _____

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We welcome your participation!***