



Needham Community Education

NCE | ADULT PROGRAMS



Needham Adult Education Catalog

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

Late Winter/Spring 2020

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Catalog

Cover Art: The Chinese brush painting, entitled "Azalias," is the work of Nan Rumpf: <http://www.nanrumpf.com/>. Nan offers Chinese brush painting classes through NCE. Details can be found on page 7.

Catalog Design and Layout: Fabienne Madsen Design

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, a Kindergarten After School program, 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. There are also a handful of adult & child programs.

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

Needham Community Education Staff

Director, Needham Community Education

Diane Simmons

Diane_Simmons@needham.k12.ma.us

Director, Adult and High School Programs

Amy Goldman

Amy_Goldman@needham.k12.ma.us

Director, Elementary and Summer Programs

Carolyn Colonna

Carolyn_Colonna@needham.k12.ma.us

Director, Middle School Programs

Alyssa Handler

Alyssa_Handler@needham.k12.ma.us

Director, Early Childcare Program

Christa Kelleher

Christa_Kelleher@needham.k12.ma.us

Registrar and Marketing Manager

Jill Ash

Jill_Ash@needham.k12.ma.us

Accounting

Deb Tormey

Deb_Tormey@needham.k12.ma.us

NCE: Adult Programs

Needham Community Education

School Administration Building, 1st Floor

1330 Highland Avenue

Needham, MA 02492

Telephone: 781-455-0400 x5

Fax: 781-455-0417

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

Office Hours: 8am-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,

Our wonderful NCE instructors often tell me that they especially love teaching in our community, because NCE students are so engaged, intelligent, congenial and fun! These qualities in our students enrich the experience for all who take our classes—new friendships are made, interesting thoughts are exchanged, and a laughter is shared. If you have enrolled in an NCE class in the past, then you know this first-hand. If you have never had the pleasure of attending an NCE program, I hope you will take a good look at the over 170 offerings in this catalog and carve out the time to join our special community of learners.

This catalog has something for everyone. If you are looking for adventure, offerings for you to consider include: *Try Scuba*, *Learn the Basics of Flight and Aviation*, *Emerald Necklace Bike Tour*, and *Intro to Obstacle Course Racing*.

If you would prefer a mellow activity, we have plenty of those, including many fine arts classes, craft classes and wellness programs. Some of my favorite new offerings are *Intro to Needle and Wet Felting*, *Intro to Portrait Drawing*, *Flower Arranging*, *Shake Your Soul: Yoga Dance and Practicing Mindfulness and Stress Reduction*.

Would you like an activity to enjoy with your children? The *Arboriculture Tour* at the UMass/Mt. Ida campus and the *Adult and Child Beginner Ukulele* class are perfect family activities. We are also offering two new parenting classes: *Strategies for Developing Your Child's Writing Skills* and *Parenting Young Children: Addressing the Joys and Challenges*.

In the lead-up to the big election year, NCE has joined forces with the League of Women Voters-Needham to bring you a Civics Series. Well-qualified speakers will provide informative overviews of our local, regional, state and federal governments. Sign up for selected presentations or the whole series. We hope these programs will provide an appreciation of our governmental systems and spark a desire for greater engagement at the local, state or federal level.

The aforementioned classes are just a small sampling of what NCE has in store for you this late winter and spring. I am confident that you will find the perfect class to match your interests and schedule, and maybe even a few!

Thank you to all students, new and returning, for the infusion of energy, curiosity and creativity you bring to NCE. These qualities, when paired with exceptional instructors, make our programs shine.



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/NCEAdultws20

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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☀ = Daytime class
S = Single class

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

Experience & Explore

Daytime class 
Daytime
Class

S Single day/Single evening class

Try Scuba **NEW** **S**

East Coast Divers Instructor

If you are curious about scuba, but are reluctant to invest a lot of time and money into the activity without sampling it first, this program is perfect for you! Spend an evening learning the basics and give the equipment a try in a heated swimming pool. All gear is provided, just bring a bathing suit and towel. Children 10 or older are welcome to register, with or without a participating responsible adult (but an adult must remain on site). Limited to 6.

Date: Sunday, March 1 OR Sunday, March 22

Time: 4:45-7:30PM

Location: Brookline High School pool, 60 Tappan St.

Fee: \$49

Learn the Basics of Flight and Aviation

@Global Flight Adventures Flight Simulation Center

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 8.

Dates: 4 Saturdays, March 14-April 4

Time: 4:00-7:00PM

@ Global Flight Adventures, 609 Neponset St., Canton

Fee: \$434

Explore Your DNA **NEW** **S**

Elizabeth Handler

Everyone seems to have had their DNA tested. But what does it mean? Learn how to better understand what the ethnicity results mean and why they differ among family members and from different testing companies. We will also cover why your results show so many fourth to sixth cousins. There will be an overview

of the various DNA tests and testing companies, ethnicity results, and cousin connections. Join us whether or not you have taken a DNA test. Limited to 12.

Date: Tuesday, April 28

Time: 7:00-8:30PM

@ Needham High School, Media Center Classroom

Fee: \$25

Arboriculture Tour

*@UMass Mt. Ida Campus **NEW*** 
Daytime
Class

Kristina Bezanson

Explore the many ornamental and native trees on the Mt. Ida campus as they emerge from winter into spring. In this family friendly tour, you will learn how arborists identify trees by using plant keys and other methods. You will also discover how trees provide multiple benefits to people and how they grow, reproduce and die. The arborist will discuss tree management and provide tips on how you can care for trees in your community. The program will take place rain or shine. Participants must be able to walk and stand for 2 1/2 hours. Limited to 30.

Date: Saturday, April 4

Time: 9:30AM-12:00PM

@ UMass/Mount Ida campus, Carlson Ave., Newton

Fee: \$19

Mission Hill **S**

Boston by Foot Guide 
Daytime
Class

Mission Hill is a neighborhood of continuous transition, rebirth, and renewal. Part of the colonial town of Roxbury, originally written as 'Rocksberry,' due to the plentiful outcroppings of Roxbury Puddingstone found throughout the area. We will see remnants of those and of the quarries that took advantage of them. Over time, new modes of transportation and new landfill projects brought more residents of diverse backgrounds to the area. By the mid-nineteenth century, Mission Hill had taken its name from the "Mission Church" (the Basilica of our Lady of Perpetual Hope). We will explore the many wonderful public buildings of this fascinating enclave of Boston, along with some fragments of an industrial past. Now mainly a residential area, we will discover some interesting housing stock as we climb up to the top of the hill to finish the tour. Children in strollers are welcome at no charge. Limited to 20.

Date: Saturday, May 30

Time: 2:00-3:30PM

Meet outside the Roxbury Crossing MBTA Station on the Orange Line, 1400 Tremont Street

Fee: \$15

Experience

Experience & Explore

Bay Village:

Boston's Hidden Neighborhood

Boston by Foot Guide

Visit one of Boston's hidden neighborhoods, an area that has maintained its residential charm amidst the surrounding city. Originally called the Bay Street District, Bay Village was created by the filling of the mud flats leading into the Back Bay during the 1820s and settled by artisans and craftsmen, many of whom worked on the homes of Beacon Hill and the South End. The scaled-down brick Federal and Greek Revival row houses contribute to the sense of a small community within a larger urban environment. In the early 20th century, Bay Village was the center of the New England film industry and was known as "Hollywood East." The Cocoanut Grove, a local nightclub and former speakeasy, burned in a fire killing 492 people becoming the second worst single-building fire in U.S. history. Limited to 20.

Date: Saturday, June 6

Time: 2:00-3:30PM

Meet at the fountain in Statler Park, on Columbus Ave. and Stuart St. Fee: \$15



Emerald Necklace Bike Tour

Urban AdvenTours Guide

Urban AdvenTours will lead this guided bike tour of the Emerald Necklace park system. On this 15-mile ride from downtown Boston to Jamaica Plain and back, you will make stops every 1-2 miles to study a feature of Frederick Law Olmsted's masterpiece. Bring your own



bike, or contact Urban AdvenTours if you would prefer to rent one of their Dew Hybrid bikes (info@urbanadventours.com, 617-670-0637). The tour will take place rain or shine (unless it is very stormy). The route is very flat. Limited to 8.

Date: Saturday, June 13

Time: 10:00AM-1:30PM

Location: Meet at Urban AdvenTours, 103 Atlantic Ave., Boston Fee: \$65

Kendall Square Food and Innovation Tour **NEW**

Off the Beaten Path Food Tours Guide

What's the center of the universe when it comes to innovation? Kendall Square, Cambridge! Centrally located next door to the Charles River, it's home to MIT, Cambridge Innovation Center, and numerous biotech and pharma companies. On this exciting food tour, you will experience some of the most beautiful restaurants in the city and sample a variety of delicious dishes, including Jewish baked goods, Asian dumplings, farm to table specialties, pizza, and even pickled eggs in a local dive bar. You will meet chefs and owners along the way. Together, with a friendly and knowledgeable local guide, you will hear about what's innovating in Kendall Square today, while discovering the impressive spaces this neighborhood has to offer in this special curated experience. Limited to 15.

Date: Saturday, May 16

Time: 2:00-5:00PM

Meeting your guide at Mamaleh's Deli, 15 Hampshire St. (One Kendall Sq.) Fee: \$69



EXPLORE

Create and Make *(Fine Arts and Crafts)*

"Try It" Watercolor Workshop

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, March 23

Time: 3:30-6:30PM

@ High Rock School, Room 238 Fee: \$35



Evening Workshop

Date: Thursday, April 30

Time: 6:00-9:00PM

@ High Rock School, Room 238 Fee: \$35

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 medium. 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/community_ed, under Adult.** Limited to 12.

Daytime Class

Dates: 8 Mondays, March 30-June 1
(no class 4/20 and 5/25)

Time: 3:30-6:30PM

@ High Rock School, Room 238 Fee: \$189

Evening Class

Dates: 8 Thursdays, May 7-June 25

Time: 6:00-9:00PM

@ High Rock School, Room 238 Fee: \$189



Daytime
Class

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. **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/community_ed, under Adult.** Limited to 12.

Daytime Class

Dates: 8 Fridays, February 28-May 1
(no class 4/10 and 4/24)

Time: 12:30-3:30PM

@ The Center at the Heights Fee: \$189

Evening Class

Dates: 8 Thursdays, February 13-April 9
(no class 2/20)

Time: 6:00-9:00PM

@ High Rock School, Room 238

Fee: \$189



Daytime
Class

Intro to Chinese Brush Painting

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



S

Daytime
Class

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. Limited to 10.

Date: Saturday, March 28

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



Daytime
Class



skills. This class can also be helpful to watercolor and acrylic artists as it can expand their repertoire of expressive brushstrokes. The subjects for this session will be: Happy Year of the Rat, Daylily, Hibiscus & Bees, Frog and Cattails, Winter Scene on Double Shuen paper. (The Double Shuen paper will be provided by the instructor.) **A materials list will be posted by class title on the district website: www.needham.k12.ma.us/community_ed, under Adult.** 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, April 25-May 30 (no class 5/23)

Time: 10:00AM-12:00PM

@ Needham High School, Room 907 Fee: \$145

Taste of Acrylic S

Eddie Bruckner

Not sure if acrylic painting is for you? Please join us for a single class, with all materials supplied. The program is designed for beginners who have very little or no experience and want to explore the beauty of acrylic paint. You will spend an educational, relaxed, and fun evening creating an acrylic painting from start to finish. With step-

Create and Make *(Fine Arts and Crafts)*

by-step instruction, we will focus on color mixing and basic techniques to create your very own masterpiece! 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, February 12

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 lifes, 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. **A materials list will be posted by class title on the district website: www.needham.k12.ma.us/community_ed, under Adult.** Limited to 12.

Dates: 7 Wednesdays, February 26-April 15

(no class 4/8)

Time: 6:30-9:00PM

@ Needham High School, Room 903

Fee: \$195 (\$369 if you register for both

Acrylic I and Acrylic II at the same time)

Acrylic Painting II

Eddie Bruckner

This course, a continuation of Acrylic Painting I, is open to anyone with basic painting skills. Painting instruction will tackle more complex subject matter and cover new techniques and concepts. The focus will be on 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. **A materials list will be posted by class title on the district website: www.needham.k12.ma.us/community_ed, under Adult.**

Limited to 12.

Dates: 7 Wednesdays, May 6-June 17

Time: 6:30-9:00PM

@ Needham High School, Room 903

Fee: \$195 (\$369 if you register for Acrylic I and II at the same time)

Relief Block Printmaking:

Hand-Crafted Cards and More **NEW**

Anne Nydam

Carve your own rubber stamps and use them to print uniquely designed greeting cards. Who doesn't appreciate receiving a hand-written note on a hand-made card in this electronic age? Delight your friends and family with unique and special cards ready to take home at the end of each class. You will have the opportunity to try your hand at a variety of printmaking techniques for cards, including mix-and-match small



stamps, messages and monograms, chine collé with decorative papers, and complete scenes. You can also carve and print rubber blocks for other relief printmaking projects. Whether you've done printmaking before or are new to the art, you're sure to learn, improve your artistic skills, have fun, and go home with a supply of beautiful hand-crafted cards to send or give as gifts.

A \$25 materials fee is payable to the instructor in class. Limited to 12.

Dates: 4 Wednesdays, March 4-March 25

Time: 7:00-9:00PM

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

Beginning Drawing I

Eddie Bruckner, Instructor

This relaxed introductory class is geared for those who have never taken a drawing class before. We will cover

Paint & Print

Draw

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 skill-building exercises and guided 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/community_ed, under Adult.** Limited to 12.

Daytime Class

Dates: 7 Tuesdays, February 25-April 14

(no class 4/7)

Time: 1:00-3:00PM

@ One Wingate Way, Needham

Fee: \$217 (\$413 if you register for Beginning Drawing I and II at the same time)

Evening Class

Dates: 7 Tuesdays, February 25-April 14

(no class 4/7)

Time: 7:00-9:00PM

@ Needham High School, Room 903

Fee: \$175 (\$329 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 had 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/community_ed, under Adult.** Limited to 12.

Daytime Class

Dates: 7 Tuesdays, May 5-June 16

Time: 1:00-3:00PM

@ One Wingate Way, Needham

Fee: \$217 (\$413 if you register for Beginning Drawing I and II at the same time)

Evening Class

Dates: 7 Tuesdays, May 5-June 16

Time: 7:00-9:00PM

@ Needham High School, Room 903

Fee: \$175 (\$329 if you register for Beginning Drawing I and II at the same time)

Introduction to the Colored Pencil

Eddie Bruckner

This relaxed class will introduce the colored pencil and the vibrant art you can create with them. 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 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/community_ed, under Adult.** Limited to 12.

Dates: 6 Mondays, May 4-June 15 (no class 5/25)

Time: 7:00-9:00PM

@ Needham High School, Room 903 Fee: \$165

Intro to Portrait Drawing **NEW**

Louisa Bloomstein

This course, designed for students at all levels of artistic ability, will cover the fundamentals of portrait drawing. You will learn the basic anatomical structures in the head and neck, and get a quick overview of portraiture throughout art history. In addition, you will copy both Old Master and contemporary portrait drawings, and explore a range of different drawing styles from sim-

Create and Make *(Fine Arts and Crafts)*

ple pencil drawing to high contrast charcoal drawing. **Please bring a small sketchbook (maximum size 14" x 17", but preferably smaller) and your favorite drawing instrument.** Limited to 15.

Dates: 2 Saturdays, March 21 and 28

Time: 10:00AM-12:00PM

@ Needham High School, Room 213 Fee: \$65

Intro to Needle and Wet Felting

Chelsea Brown

Needle and wet felting are fiber art forms that turn wool into beautiful works. Chelsea Brown, a talented fiber artist, loves sharing her enthusiasm for these techniques. She will provide all of the necessary supplies and guide you through the process of using felting



techniques to create a beautiful wool landscape painting. **Bring a towel and rubber gloves, along with \$20 to cover the cost of materials.** Limited to 10.

Dates: 3 Mondays, February 24-

March 9

Time: 6:00-9:00PM

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

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.

Late Winter Session

Dates: 6 Tuesdays,

February 25-March 31

Time: 7:00-9:00PM

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

Spring Session

Dates: 6 Tuesdays, April 14-May 26 (no class 4/21)

Time: 7:00-9:00PM

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

Make Your Own Leaf Print Birdbath/ Table Top/Garden Decoration

Cathy Byrd and Leah Sauter

Travel to a barn in Needham to create a unique and functional work of art! On the first evening, you will choose a large leaf from the Cathy Byrd's vegetable garden (or bring one from your garden). Then, you will use the leaf as in imprint for a cement birdbath, table top or garden decoration. On the second evening, you



will add some finishing touches and weather proof the project. **Note: a \$15 materials fee is payable to the instructors in class.** Limited to 7.

Section 1

Dates: Tuesday, May 26 and Thursday, May 28

Time: 5:00-6:30PM

Location: 320 Charles River Street, Needham Fee: \$55

Section 2

Dates: Tuesday, June 2 and Thursday, June 4

Time: 5:00-6:30PM

Location: 320 Charles River Street, Needham Fee: \$55

Create & Make

Create and Make *(Fine Arts and Crafts)*

Flower Arranging:

Spring Centerpiece **NEW**

Fawn Hurwitz

In this hands-on program, you will learn basic flower arranging techniques as you create your own spring centerpiece. Bring some of the beauty of spring into your home with a flower arrangement that you can display with pride. **Please bring a pair of sharp scissors and a lazy Susan (if you have one). A \$40 materials fee is payable to the instructor in class.** Limited to 8.

Date: Thursday, March 26

Time: 3:00-4:30PM

@ One Wingate Way, Needham Fee: \$25

Beginning Sewing:

Make a Classic Skirt **NEW**

Catherine Gentile

In this class for beginner sewers, make a straight or A-line skirt with side zipper. This classic sits an inch below the waist with a clean waist line. We will size and adjust the pattern (available on Amazon) to fit you. Learn to cut and pin properly, sew straight seams and inset a zipper. Clean finish the seams with the instructor's serger for a professional look. **Bring your machine (easily transported in a rolling suitcase). The supply list can be found on the district website: www.needham.k12.ma.us/community_ed, under Adult.** Limited to 12.

Date: Saturday, March 28

Time: 10:00AM-4:00PM

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

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

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. **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.

Late Winter Session

Dates: 6 Wednesdays, February 26-April 1

Time: 7:00-8:00PM

@ Needham High School, Room 817 Fee: \$95

Spring Session

Dates: 7 Wednesdays, April 29-June 10

Time: 7:00-8:00PM

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

Zumba®

Lulu Tsai

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.

Late Winter Session

Dates: 6 Thursdays, February 27-April 2

Time: 6:30-7:30PM

@ Needham High School, Room 817 Fee: \$105

Spring Session

Dates: 6 Thursdays, April 30-June 4

Time: 6:30-7:30PM

@ Needham High School, Room 817 Fee: \$105

Intro to Obstacle Course Racing **NEW**

Kaylin Boileau

This program will enable you to develop the foundation for obstacle course racing. You will learn and practice technique and exercises you can do in a gym to build the strength and ability needed for the challenges. The first two classes will take place at Eagle Obstacles, where you will receive instruction on actual obstacles. In the final class of the session, held at B5 personal training studio in Needham, you will learn exercise routines specific to obstacle course race training. These routines will allow you to continue training on your own. Limited to 10.

Exercise

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

Dates: 3 Saturdays, May 2-May 16

Time: 7:00-8:00AM

*@ Eagle Obstacles, 80 Haven St., Dedham
(5/2 and 5/9)*

*@ B5 Personal Training, 322 Reservoir St.,
Needham (5/16) Fee: \$115*

Golf 101

Leslie Andrews

Are you interested in golf but not sure how to get started? This class will de-bunk the myths, allay your fears and help you take the next step to get started in golf. You will leave with a basic overview of terminology, knowledge on how the game is played, and information on what equipment and clothing is needed. Limited to 20.

Date: Wednesday, May 20

Time: 7:00-8:30PM

@ Needham High School, Library Classroom Fee: \$29

Beginning Golf Clinic for Women

*Under the direction of Leslie Andrews,
Director of Golf at Nehoiden Golf Club*

Even if you have never swung a club, this clinic will provide you with the skills and confidence to play golf. The program will include instruction in the development of a full swing, plus short game fundamentals: putting, chipping and pitching. On the 3rd day, participants will go out on the course to play some holes. Program is held rain or shine. **All equipment is provided.** Limited to 14.

Session 1

Dates: Wednesday, June 3-Friday, June 5

Time: 12:30-2:30PM

@ Nehoiden Golf Club, Wellesley Fee: \$269

Session 2

Dates: Wednesday, June 17-Friday, June 19

Time: 12:30-2:30PM

@ Nehoiden Golf Club, Wellesley Fee: \$269

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 peri-

ods. This type of training gets and keeps your heart rate up and burns more fat in less time, resulting in optimal 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.

Late Winter Session

Dates: 7 Mondays & 7 Wednesdays,

February 24-April 8

Time: 6:15-7:15AM

@ Needham Fitness Center Fee: \$185

Spring Session

Dates: 6 Mondays & 7 Wednesdays,

April 27-June 10 (no class 5/25)

Time: 6:15-7:15AM

@Needham Fitness Center Fee: \$170

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: 8 Thursdays, February 27-April 30

(no class 4/9 and 4/23)

Time: 7:30-8:45PM

@ Eliot School, Performance Center Fee: \$135

Flow & Restore Yoga

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.

Stretch

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

*Dates: 6 Thursdays, April 9-May 21
(no class 4/23)
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 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.



Late Winter Session

*Dates: 5 Tuesdays, March 10-April 14 (no class 4/7)
@ Center at the Heights Fee: \$40*

Spring Session

*Dates: 7 Tuesdays, April 28-June 16
(no class 5/19)
Time: 9:00-10:00AM
@ Center at the Heights Fee: \$59*

Intermediate Vinyasa Flow

@Blue Lotus Healing Arts NEW

Michelle Keefe



Vinyasa Flow is an exciting practice that links movement to breath in a vigorous sequence of yoga poses (asanas). The practice cultivates sinking deeper into the body while releasing your mind to the synchronized rhythm of breath and body. Please note that the class moves at a moderate to fast pace, so knowing the basics is helpful. Limited to 10.

*Dates: 7 Wednesdays, February 26-April 8
Time: 9:30-10:15AM
@ Blue Lotus Healing Arts, 945 Great Plain Ave. Fee: \$112*

Shake Your Soul®: Yoga Dance NEW

Leann Shamash

When you hear music do feel the need to tap your feet and clap your hands? Does music make your spirits soar and at other times move you to tears? Do you have two left feet but love to move those feet joyfully to the music? Or perhaps you are not too mobile, but have your hands to move, your shoulders to shake, your fingers to wiggle and your head to nod? If you have answered a resounding yes to any of these questions then *Shake Your Soul®* is for you! *Shake Your Soul®* is a movement practice that relaxes your nervous system, energizes your body, and awakens your soul through a powerful, fluid dance repertoire set to world music. The program incorporates some yoga or Qi Gong and a series of dances, each with their own energy and creative movement. For more information on *Shake Your Soul®*, view the YouTube video *Shake Your Soul®* by the founder, Daniel Leven. Limited to 15.

Dates: 6 Tuesdays, February 25-March 31

Time: 7:30-8:30PM

@ Needham High School, Room 817 Fee: \$105

Hip Hop and Street Jazz Dance

Hallee Katz

This series is designed for adult beginners who are excited to explore hip hop and the invigorating energy it asks of dancers. We will learn choreography and craft stage presence. Think personality over rules, musicality over technique and flare over perfection; it's all about being rooted in the music and your body. All backgrounds, experiences, ages and bodies welcome. Start off your week by moving on Mondays! Please feel free to contact the instructor with any questions: hallek143@gmail.com. Limited to 15.

Dates: 5 Mondays, March 2-March 30

Time: 7:30-8:45PM

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

East Coast Swing

Karen Leeds

East Coast Swing is danced to big band music and is the easiest partner dance to learn, with easy 6-count moves. We will cover single step and triple step swing. If the class moves quickly we may throw in Charleston or Lindy Hop as well. **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, February 26-March 18

Time: 7:00-8:15PM

@ High Rock School, Gym Fee: \$65

West Coast Swing

Karen Leeds

West Coast Swing is done to most music – pop, country and blues. It has a fascinating elastic, push and pull connection. This is likely the most popular dance at the moment. If you want to go dancing there are many places to dance west coast swing. Come join us as we learn the basic steps: sugar push, tuck turn, side passes and whip. **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, April 1-May 6

(no class 4/8 and 4/22)

Time: 7:00-8:15PM

@ High Rock School, Gym Fee: \$65

Latin Dance: Salsa and Cha Cha

Karen Leeds

Do you feel an urge to dance to Latin music? Join us for this 4-week class to learn the two basic Latin dances--Salsa and Cha Cha. You will learn basic Latin technique as well as the main moves, including the basic step, ladies' turn, crossovers, cross body lead and more. Tired of feeling like a gringo? Get your mojo back – or join us for the first time! **Dance shoes with suede soles preferred but leather-soled shoes are better than rubber for turning. Singles are encouraged to sign up. Couples can choose not to rotate partners.** Limited to 24.

Dates: 4 Wednesdays, May 13-June 3

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, Jiujiitsu, 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

Tuesdays

Dates: 9 Tuesdays, April 7-June 9 (no class 4/21)

Fee: \$144

Thursdays

Dates: 10 Thursdays, April 2-June 11 (no class 4/23)

Fee: \$160

Tuesdays & Thursdays

Fee: \$247

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

Practicing Mindfulness for Stress Reduction **NEW**



Samantha Martyn

In this course, we will answer questions like, “What is stress?” “How does stress affect my mind and body?” “What can I do when stress arises?” “How can I help myself and my family handle stress better?” “How can I learn to relax?” You might be thinking, “I can’t sit still so I can’t meditate.” Or, “My mind never slows down so I can’t meditate.” Good news! This is the perfect place to start, wherever you are right now. We will answer these questions by exploring and experiencing an introduction to stress and human nature, formal mindfulness meditation, and informal moment-by-moment mindful awareness. Come prepared to put your devices away, to breathe deeply, to notice what it is like to be you, and to enjoy a comfortable and relaxing environment. Limited to 20.

Dates: 6 Wednesdays, February 26-April 1

Time: 4:15-5:30PM

@ Pollard Middle School, Room M6 Fee: \$129

Meditation for Every Day Life

Elizabeth Spark, MD

Come join us to learn how new findings in brain science can inspire and support us in cultivating meditation practices. You will come to appreciate how these techniques to promote “brain fitness” can bring about many positive benefits for both our well-being and effectiveness in our everyday life. Different meditation techniques will be explored, so each student can discover which method best fits their needs. Wear loose, comfortable clothing; we will meditate sitting in comfortable seats. Limited to 16.

Dates: 6 Tuesdays, April 28-June 2

Time: 6:45-8:00PM

@ Pollard Middle School, Media Center Fee: \$129

Be a Better You *(Wellness and Parenting Programs)*

Weigh Less, Stress Less, Eat Better **NEW**



Elisabeth Brewer, MD

Meghan Garcia-Webb, MD

Genevieve Anand, MD

Join Dr. Elisabeth Brewer to talk about weight management, obesity research, and why a healthy weight can help prevent and manage many chronic diseases, including heart disease, cancer, and dementia. Dr. Meghan Garcia-Webb will discuss the benefits of a plant-based diet and strategies to increase whole foods and reduce animal-based products. Dr. Genevieve Anand will review effective stress management techniques and how to integrate these into everyday life. Limited to 50.

Date: Tuesday, May 19

Time: 6:30-8:30PM

@ BIDH-Needham Outpatient Clinical Center

Fee: no cost (registration required)

Beth Israel Lahey Health 
Beth Israel Deaconess Hospital
Needham

Banish Phobias, Fears and Traumas

NEW

Judith Swack, Ph.D.

Do you have a fear of flying, heights, public speaking or other phobias that get in your way of success? The good news is you can heal phobias in minutes and not have to avoid what you are afraid of ever again! Phobias are caused by an experience that triggers an instantaneous fight or flight reaction that is exaggerated and irrational in nature. At the time that the flight/fight/freeze reflex fired off, anything that was in the environment can get associated with that memory. Later on, these associations can trigger this original reflex reaction, (like a body flashback) resulting in a phobic reaction, even when nothing dangerous or upsetting is occurring in the present moment. In this class, you will learn the natural bio-destressing technique, the amazingly effective and natural way to quickly and reliably activate the body’s natural calming reflex and integrate right and left brain information, thus quickly and permanently eliminating phobic and traumatic reactions. Limited to 20.

Dates: 2 Wednesdays, March 4-11

Time: 7:00-9:00PM

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

Be a Better You (Wellness and Parenting Programs)



Blue Lotus Healing Arts

Yoga - Acupuncture - Massage

Sacred Sound Healing: 5 Stages to Manifest the Life You Want **NEW**

Kirsten Allen and Kathleen Krivak

Explore the ancient wisdom of Tibetan Buddhist sound healing syllables and journey from openness to manifestation. In a shared safe space, we will build strength, confidence and creativity to meet life's challenges and manifest your gifts. The program will be led by Kirsten Allen and Kathleen Krivak, owners of Blue Lotus Healing Arts, senior 5-element acupuncturists, 20 year Buddhist meditation practitioners and students of Tenzin Wangyal Rinpoche. Limited to 10.

Dates: 6 Mondays, March 2-April 6

Time: 6:15-7:30PM

@ Blue Lotus Healing Arts, 945 Great Plain Ave.

Fee: \$185

Intro to Crystals **NEW**

Tyler Strutt

Have you been curious about crystals? If they're calling your name, it's because you are meant to work with them! In this class, you will learn how crystal can assist in healing on a spiritual, emotional, mental and physical level. We will discuss the different energy centers in the body and which crystals can help bring intention and focus to these areas in order to bring relief to anything out of alignment. Each class we will start off talking about a couple of different energy centers, and what is working vs. what is not working. Once we bring awareness to what we want to enhance or release we'll have time to work with the crystals hands-on, seeing what works best for each of us. You will learn how to set meaningful intentions with your crystals to:

- Get a good night's sleep
- Enhance your meditation practice
- Feel more grounded and present through the day
- Slow down and self-reflect
- Relax and restore

By the end of this course, you will have a personalized crystal kit with 7 crystals that you will be able to use wherever and whenever they are needed most. Limited to 10.

Dates: 4 Tuesdays, March 3-March 24

Time: 6:30-8:00PM

@ Blue Lotus Healing Arts, 945 Great Plain Ave.

Fee: \$133

The Alexander Technique **NEW** **S**

Jill Geiger

Interested in improving your posture, moving with ease, and reducing stiffness, pain and tension? The Alexander Technique teaches you to recognize and unlearn habitual patterns of tension, in order to restore your innate good posture, balance and poise. Since 1900 this practical, educational method has been used worldwide by individuals of all ages to reduce tension and stress, improve performance, and experience lasting relief from chronic pain. Its effectiveness is supported by research. Join us for an introduction to the principles of this technique and experience how they can be applied to your everyday activities to help you feel, move and look better. Class registration includes one private lesson at instructor's Newton office. Limited to 14.

Date: Thursday, April 30

Time: 7:00-9:00PM

@ Needham High School, Media Center Fee: \$39

Reiki Level 1 Certification Class **S**

Rita Glassman



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, May 9

Time: 10:00AM-6:00PM

@ Needham High School, Library Classroom, Fee: \$149

Tap Stress Away **S**

Holli Bassin, Instructor

Harness the healing power of Emotional Freedom Technique (EFT) to conquer stress, anxiety, and fear. EFT is a drug- and pain-free, non-invasive method that provides emotional renewal quickly and safely, without side effects! It involves tapping your body's pressure points to alleviate stress. A simple technique that has been around for over 5,000 years, and anyone can learn to do it. Learn this technique to apply it to yourself whenever and wherever you want for relief from your stress. EFT gently and easily releases negative emotions causing problems and pain. You will benefit from this new discovery that combines two well-established practices, including mind/body medicine and acupunc-

Wellness

Be a Better You (Wellness and Parenting Programs)

ture (without needles). Experience emotional freedom using your own fingertips and discover how your life can be changed for the better! Limited to 15.

Date: Wednesday, May 6

Time: 7:00-8:30PM

Location: Needham High School, Room 202 Fee: \$25



Strategies for Developing Your Child's Writing Skills **NEW**

Sharon Katz

Writing is a multi-faceted skill that places numerous demands on the brain simultaneously. It requires one to integrate ideation, word choice, planning, spelling, grammar, revising and editing. No wonder it can be so challenging for many people to transfer their ideas to text on the page. Sharon Katz will share brain storming, drafting and revising strategies to help you support your child in become more confident while crafting both narrative and expository text. Come prepared to learn methodologies and practice putting your own pencil to paper. Limited to 30.

Parents of 3rd-5th Graders

Date: Saturday, February 8

Time: 10:00-11:30AM

@ Needham High School, Room 728A Fee: \$29

Parents of 6th-8th Graders

Date: Saturday, February 8

Time: 1:30-3:30PM

@ Needham High School, Room 728A Fee: \$29

Parenting Young Children:

*Addressing the Joys and the Challenges **NEW***

Jill Olive and Amy Kahn

Do you feel like you have more questions than answers when it comes to parenting your young child? We all wish that children came with an instruction manual! Parenting is one of the most challenging, yet most rewarding jobs you will ever have. In this program, designed for parents of 2-6 year olds, early childhood experts, Jill Olive and Amy Kahn, will provide useful parenting tips and strategies. Each evening, we will focus on a topic of interest to the group. Topics might include: positive discipline, temperaments, the importance of play, parenting with a partner, and developmental disappointments, to name but a few. Limited to 16.

Dates: 4 Mondays, March 2-March 23

Time: 7:00-8:30PM

@ Needham High School, Room 201 Fee: \$79

Cook and Taste (Food and Beverage Programs)

I'm Stuffed! **S**

Jen Tuttleman

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.** Limited to 10.

Bring plastic containers so you can take home ample portions of each item made in class. Limited to 10.

Date: Wednesday, April 29

Time: 6:00-9:00PM

@ High Rock School, Cafeteria Fee: \$69

Simple and Delicious **S** Soups and Stews

Barbara Carroll-Conway

In the cold of winter, no meal is more satisfying than a hot bowl of soup or stew. Come learn a few basic recipes and prepare a batch of each in this winter-warming class. On the first evening, you will prepare two soups: chicken noodle and Portuguese bean. On the second evening, you will make traditional beef and chicken stews. Sign up for one night or both. **Bring plastic containers so you can take home portions of each. A \$20 ingredients fee is payable to the instructor in each class.** Limited to 6.

Soups

Date: Wednesday, March 4

Time: 6:30-8:30PM

@ Needham High School, Cafeteria Fee: \$39

Stews

Date: Wednesday, March 18

Time: 6:30-8:30PM

@ Needham High School, Cafeteria Fee: \$39

Cook and Taste *(Food and Beverage Programs)*

Israeli Breakfast: *Cook and Enjoy* **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, March 22

Time: 10:00AM-1:00PM

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

S Middle Eastern Dinner: *Cook and Enjoy*

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, March 12

Time: 6:00-9:00PM

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

Southern Indian Cuisine **NEW S**

Shruti Mehta

The southern region of India is known to the world for its coastal beauty, IT industries, and Classical Indian music and dance. The food of South India, however, though quite popular in India, remains a secret to the world. Unlike the cuisine of the North, South Indian cuisine is distinguished by a greater emphasis on rice as the staple grain, the liberal use of coconut and curry leaves, and particularly coconut oil. South Indian cooking is even more vegetarian-friendly than north Indian cooking and incorporates fewer spices and simpler ingredients. Come, explore this cuisine and learn to make Uttapam (rice and lentil crepes with onions and chilies), accompanied by onion and potato bhaji (stew) and a spicy lentil and radishes soup called Sambar. Other dishes include Pongal which is the ultimate southern comfort food (a risotto of rice and dal cooked with cashews and ghee), and a popular dessert of vermicelli cooked with milk, almonds and cardamom.

A \$20 ingredients fee is payable to the instructor in class. Bring plastic containers in case there are leftovers. Limited to 15.

Date: Tuesday, April 14

Time: 6:00-9:00PM

@ High Rock School, Cafeteria Fee: \$45

An Indian Dinner **NEW S**

Shruti Mehta

Come join Shruti Mehta for an evening of cooking and culture as we prepare an evening meal together. We will fry, sauté, roll and stir a variety of ingredients and come up with a scrumptious dinner. Come prepared for hands-on participation and get transported to another world. Possible dishes may include batata-vada (mashed potatoes with ginger, chilies, cilantro and spices, coated with chickpea flour batter and deep-fried), date chutney (sweet and sour dipping sauce made with dates and tamarind), zucchini raita (grated zucchini with yogurt, green chilies, mustard and spice to provide a cool contrast to other spicy dishes), eggplant masala (scrumtuuous eggplant curry cooked in Mughalai way with onion, tomatoes, spices and cream), masoor dal (red lentils cooked with ginger and garlic), and spinach pulao (rice cooked with spinach and tomatoes, and seasoned with peanuts, brown sugar and garam masala), a quick garlic naan (popular store bought bread embellished with garlic and butter), and sweet phirni (a North Indian dessert with cream of wheat, saffron, cardamom and nuts). **A \$20 ingredients fee is payable to the instructor in class. Bring plastic containers in case there are leftovers.** Limited to 15.

Date: Tuesday, May 5

Time: 6:00-9:00PM

@ High Rock School, kitchen Fee: \$45

Wine Tasting: *Rose All Day*

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

Jen Ziskin

At Heritage of Sherborn Coffee, Wine & Provisions, there are over 30 roses in stock from all over the world. Rose has been all the rage for the last few years and this spring will be no different. Most wineries release their roses in the spring, even though they are the perfect wine to drink all year. Join Jen Ziskin, Owner and Wine Director of Heritage of Sherborn, to taste through 10 roses, all from different areas of the world, to see what all the fuss is about. Snacks will be provided to taste with the wines. **A \$25 wine fee is payable to the instructor in class.** Limited to 20.

Date: Thursday, May 7

Time: 6:30-8:30PM

@ Heritage of Sherborn, 33 N. Main St., Sherborn

Fee: \$49

Cook & Taste

Cook and Taste *(Food and Beverage Programs)*

Taste

Wine Tasting at Sweet Basil:

S



Daytime
Class

Wines of France **NEW**

Paul Malagrifa

France is considered by many to be the most important winemaking country in the world. Her wine laws have become the basis of nearly every country's wine law system and with her average production of 1.5 billion gallons of wine a year, she leads the way in total wine production. At this event, we will taste a representative group of wines from several important French wine regions, all of which will demonstrate why French Wines are important to understand and taste. **A wine fee of \$15 per person is payable in class.** Limited to 18.

Date: Sunday, March 15

Time: 2:00-4:00PM

@ Sweet Basil, 943 Great Plain Ave., Needham

Fee: \$69

Wine Tasting at Sweet Basil:

S



Daytime
Class

Wines of Chianti & Chianti Classico **NEW**

Paul Malagrifa

Chianti is one of the most well-known wines in the world and its notoriety is not all due to a history of quality. Most people know Chianti because of the memorable straw-covered bottles that most restaurants turned into candlestick holders. The wine was not always the best, but with a focus on quality over the last few decades,

Chianti and Chianti Classico are producing some truly magnificent wines. At this event, we will taste a number of terrific wines from Chianti and Chianti Classico, white, red and maybe even rose. **A wine fee of \$30 per person is payable in class.** Limited to 18.

Date: Sunday, April 5

Time: 2:00-4:00PM

@ Sweet Basil, 943 Great Plain Ave., Needham

Fee: \$69

Wine Tasting at Sweet Basil:

S



Daytime
Class

Wines of the Pacific Northwest **NEW**

Paul Malagrifa

When people think about the wines from the west coast of the US, most think California. If that's all you think about, then you're missing a lot of really good, high value wine. While Pinot Noir has made a name for itself in Oregon, many other varieties have become stars as well. Washington State is home to some of the finest Cabernet/Merlot-based wines, and there again, the number of killer varietals now in production has grown dramatically. So, if you are interested in discovering where the really great US wines can be found, don't miss this tasting! **A wine fee of \$15 per person is payable in class.** Limited to 18.

Date: Sunday, May 17

Time: 2:00-4:00PM

@ Sweet Basil, 943 Great Plain Ave., Needham

Fee: \$69

What students are saying about their NCE classes:

"The program was very stimulating and served as a reminder that stepping outside of your comfort zone is crucial at any age."

"The other participants were smart and had interesting questions and comments."

"This was a really fun and challenging experience. I feel proud of my end product."

Develop Professional & Technology Skills

Professional Self-Branding:

Establish Your Identity on LinkedIn **NEW** **S**

Julie Kurd

Your words and stories are key to moving your professional identity forward. Learn how to establish or improve your professional identity on LinkedIn, how to connect with professionals and how to engage with other professionals. Limited to 20.

Date: Monday, March 16

Time: 7:00-9:00PM

@ Needham High School, Room 451 Fee: \$19

Google Drive **NEW**

Howard Loewinger

Google Drive is Google's answer to Microsoft Office and it is free! There is no software to install, and you can access the Drive apps and your files from any Internet connected computer or mobile device. This class will focus on the word processing (Docs), spreadsheet (Sheets) and presentation (Slides) apps. You will learn how to create and edit files and upload Office and other files into Drive. You will also learn how easy it is to share files with others. **If you have a smartphone and/or laptop, please bring it with you. Desktop computers will also be available for your use in class. To use Google Drive you must have a Google account. Please set one up prior to class** (Gmail users already have a Google account). Limited to 14.

Dates: 2 Tuesdays, March 17-March 24

Time: 7:00-9:00PM

@ Needham High School, Room 409 Fee: \$65

Cutting the Cable **NEW** **S**

Howard Loewinger

Are you ready to "cut the cable?" Watching TV has changed over the last 20 years. Now you can choose from hundreds of channels, watch TV on just about any electronic device anytime, anywhere! This short course will walk you through all the ways you can to watch your favorite shows: traditional cable, over the air, streaming and live TV over the Internet. We will discuss some of the pros and cons of each and whether your TV is "smart enough," or if you will need additional hardware to use the Internet services. There will be demonstrations and time for your questions. Limited 14.

Dates: Tuesday, April 7

Time: 7:00-9:00PM

@ Needham High School, Room 406 Fee: \$29

Intro to Photoshop

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, March 3-March 31

Time: 6:00-8:00PM

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

Photoshop: Specialty Projects

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 potential 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 Photoshop.** Limited to 15.

Dates: 3 Tuesdays, April 28-May 12

Time: 6:00-8:00PM

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

Professional Skills

Develop Professional & Technology Skills

Introduction to Video Editing



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, March 21-April 4

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

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, April 15

Time: 6:30-8:30PM

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

S

Investment Property Workshop

NEW

Faina Shapiro

Are you interested in buying an investment property to generate income? This class will teach you what to look for when buying rental property in the current market. You will be given important buying tips and financing options. You will also learn about building equity and important landlord/tenant laws. Finally, the instructor will share advice for being a proactive vs. a reactive landlord. Limited to 15.

Date: Wednesday, February 26

Time: 6:00-8:00PM

@ Needham High School, Room 203 Fee: \$29

Sell Your Home Workshop

S

Faina Shapiro

If you are thinking about selling your home in the near future, this class is a must! You will learn how to hire the right agent and what you need to know if you plan on selling without an agent. The class will also cover what's necessary to fix before listing and what isn't, what buyers want, and what costs are associated with selling. The importance of staging and cleaning your home before listing will also be discussed. Limited to 15.

Date: Wednesday, March 25

Time: 6:00-8:00PM

@ Needham High School, Room 203 Fee: \$29

Home Inspection:

Helpful Information and Tips

NEW

S

Ron Bracha

Home inspection is an important step in the process of buying a home. Learn what to expect from an inspection and tips for getting the most from it. Legal and ethical matters, along with specific inspection-related testing (i.e. septic system, radon, lead paint, mold) will also be discussed. Limited to 20.

Date: Wednesday, March 18

Time: 7:00-8:30PM

@ Needham High School, Room 201 Fee: \$19

Adding onto Your Home

S

Nancy Dickinson

If you have been thinking of adding onto your house, but don't know where to start, this one night class is for you! Nancy Dickinson, Principal at Dickinson Architects in Concord, will give an overview of the design and construction process for residential additions and renovations. The class will review zoning and septic issues, programming, budgeting, whether to "move or stay," the architectural process, contractor selection, permitting and what to expect during construction. Time will be allowed for questions about your specific project. Nancy is a registered architect with over 25 years of experience; for 20 years, she has specialized in Residential Design. See her website at DickinsonArc.com. Limited to 20.

Date: Tuesday, March 24

Time: 7:00-9:00PM

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

Low-Maintenance Gardening:

Spring Workshop

Joanne Neale

Were you disappointed with last year's garden? Do you

Home

need to update your overgrown landscape? Most importantly, do you feel you are spending too much time and money on landscape maintenance? If you answered yes to any of these questions, join us for this two-session class to learn how to cultivate a beautiful but low maintenance garden. We will focus on techniques for designing, planting, and maintaining an inexpensive and environmentally responsible garden. In addition, you will be introduced to some new plants to enhance your garden this spring, including lesser-known, easy-care trees, evergreens, flowering shrubs, bulbs, perennials, and ground covers for sun or shade, wet or dry sites. This course includes a photo-presentation of plants, useful handouts to take home, and time for specific questions. Limited to 20.

Dates: 2 Thursdays, March 19 and April 2

Time: 7:00-9:00PM

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

Stop Mulch-Scaping and S 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 groundcover 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: Thursday, March 26

Time: 7:00-8:00PM

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

Intro to Sustainable Vegetable Gardening: *Planning, Planting and Maintaining*

(In collaboration with the Needham Community Farm)

Theresa Strachila

As we all know, home-grown produce is far superior to what you can buy at the market. However, the thought of starting your own vegetable garden can be daunting. This class will provide you with an overview of

everything you need to know--from figuring out where to put your garden to care and maintenance of common vegetables. After the sessions, you will be ready to grow your own garden vegetables this year! Limited to 20.

Dates: 4 Tuesdays, March 3-March 24

Time: 6:30-8:00PM

@ Needham High School, Room 203 Fee: \$129

Seed Starting: *Vegetables and Flowers*

(In collaboration with the Needham Community Farm)

Joe Leghorn

Do you like exotic heirloom tomatoes and other vegetables, hard to find annual and perennial flowers, or fresh herbs year-round? Then learn how to start your own seedlings in your home. It's fun, easy and educational. Learn where you can purchase hard to find seeds, assemble a seed starting station, nurture your seedlings and get them ready for the outdoors. Among other things, starting your own seedlings lets you explore tomato and flower varieties you don't see in the garden center and fights those long winter blues. Limited to 20.

Dates: 2 Mondays, April 6-April 13

Time: 6:30-8:00PM

@ Needham High School, Room 203 Fee: \$75

Spring Chickens:

How to Raise a Healthy Flock S

Vicki Krupp

Join us for this everything-you-need-to-know primer on raising backyard chickens. Learn how to choose a coop, pick the right breeds, care for young and mature birds, protect from predators, and much more. After taking this class, you will have all the knowledge you need to start a flock of chicks this spring. And, you will be enjoying fresh eggs come fall! Limited to 20.

Date: Tuesday, March 3

Time: 7:00-9:00PM

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

Upholstery

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. **Note: Bring tack hammer, tack puller, good scissors, pliers, and chair to the first class.** Instructions on purchasing fabric will be provided

Garden

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, February 24-April 13

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. **Note: 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, May 4-June 1 (no class 5/25)

Time: 6:30-9:30PM

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

Basic Sewing Machine Service S

Anthony Ferranti

Keep your sewing machine running smoothly by learning how to lightly service and maintain it. This class is for all types of machines: old or new, computerized or mechanical. You will learn to troubleshoot issues that come up over time. During the class, you will be guided on how to disassemble certain parts of the machine

and how to clean and oil it. Next, you will learn how to check and adjust tension, and how to check belts, bobbin cases etc. Finally, you will then sew to ensure proper functionality. **Please bring the following: your machine (only 1, please), regular and Phillips head screwdrivers, brush, and tweezers.** The instructor will also have plenty of tools on hand for students to borrow. Limited to 18.

Date: Wednesday, April 15

Time: 7:00-9:00PM

@ Needham High School, Cafeteria Classroom

Fee: \$55

Style Secrets NEW

Yelena Perchenok

You can improve your image and look stylish without breaking the bank. Learn how to have more wardrobe options using fewer articles, and how to build new and practical outfits from your existing wardrobe or during a shopping trip. We will cover the use of accessories and correction techniques. Each class will include a presentation about a few aspects of looking "put together" (i.e. body shapes, complimenting colors, styles, accessories). There will be plenty of time for Q&A and personal approach discussion. Limited to 10.

Dates: 2 Wednesdays, May 6-13

Time: 7:00-9:00PM

@ Needham High School, Library Classroom

Fee: \$65

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, March 11-18

Time: 6:30-8:30PM

@ Needham High School, Room 203 Fee: \$59

Expand Your Mind



NCE, in collaboration with the League of Women Voters-Needham, is pleased to present the following Civics Series. The program speakers are experts on the topic they are presenting, and their programs are designed to make you a more informed and engaged citizen. Register for one program or register for the entire series (at a discounted price).

Town Government 101 **NEW** **S**

Kate Fitzpatrick

Spend an evening learning about local government. Kate Fitzpatrick, Needham Town Manager, will provide an overview of the various forms of local government that are found in the U.S. and Massachusetts. She will then focus in on the structure of Needham's town government and the roles of the Town Manager, Select Board, elected and appointment committees, and Town Meeting. Town services, critical issues that the Town will be addressing in 2020, and resources for further investigation will be discussed, followed by time for questions and answers. Limited to 40.

Date: Wednesday, March 4

Time: 6:30-8:00PM

@ Center at the Heights

Fee: \$15 (\$45 if you register for the full series)

Overview of Regional Government in MA **NEW** **S**

Dan Matthews

Many functions of government are managed on a county or regional basis. In this informative program, Needham Select Board Member and Former Director of Norfolk County Operations, Dan Matthews, will provide an overview of regional government in Massachusetts, including county governments, state agencies using county district boundaries, regional planning agencies, regional authorities, and others. There will be plenty of time for questions and answers. Limited to 40.

Date: Wednesday, March 25

Time: 6:30-8:00PM

@ Broadmeadow School, Performance Center

Fee: \$15 (\$45 if you register for the full series)

State Government **NEW** **S**

Jay Gonzalez

Jay Gonzalez, 2018 Democratic gubernatorial nominee and Secretary of Administration and Finance in the Deval Patrick administration, will lead an informative, interactive class on MA state government. Learn the State government basics: how MA government is structured, what it is responsible for, who your elected representatives are, etc. Then, spend time on how public policy and legislation get developed and how decisions get made. Most importantly, explore the ways in which you can engage and influence public policy and legislation at the state level. You will get an inside view of how state government works, and current issues will be used to illustrate the dynamics that drive policymaking at the state level. Limited to 40.

Date: Thursday, April 30

Time: 6:30-8:00PM

@ Broadmeadow School, Performance Center

Fee: \$15 (\$45 if you register for the full series)

Federal Government **NEW** **S**

Bob Baker

You probably studied Federal government in high school, and maybe in college as well, but how much do you remember? Bob Baker, Government and Politics Professor, will help refresh your knowledge. He will cover topics such as our representatives, the three branches of government, the legislative process, the cabinet and federal judicial appointments. There will be ample time for questions. Limited to 40.

Date: Wednesday, May 20

Time: 7:00-9:00PM

@ Broadmeadow School, Performance Center

Fee: \$15 (\$45 if you register for the full series)

Art History: *The Human Figure* **NEW**

Henry Altmann

Explore how the human figure has been portrayed in Western Art, from the 4" high Venus of Willendorf from 40,000BC, to Raphael and Leonardo in the Renaissance, and all the way to Philip Pearlstein's super realistic nudes of the 1960's. Limited to 15.

Dates: 6 Tuesdays, April 7-May 12

Time: 3:00-4:00PM

@ Center at the Heights Fee: \$85

Civics

Expand Your Mind

Playing with Poetry **NEW**



Brooks Goddard

This seminar style class will feature poems from a single book called *Americans' Favorite Poems* (edited by Pinsky & Dietz, Norton pubs., ISBN 0-393-04820-9). The book is readily available at libraries and online (do not confuse with other subsequent titles in the series). Participants are encouraged to select a poem or poems that they would like discussed. The instructor will also have poems that he thinks the group would like to talk

about. The controlling idea is to discuss the poems with regard to the delights that they engender and to push interpretation to the side (or to the center depending on the group's wishes). Sample poets in the collection include Elizabeth Bishop, Countee Cullen, Emily Dickinson, Robert Frost, and Williams Shakespeare. Limited to 14.

Dates: 4 Fridays, February 28-March 20

Time: 3:30-5:00PM

@ Center at the Heights Fee: \$89

Invest and Plan

Special Needs Financial Planning: **S**

Planning for Two Generations NEW

Alexandria Nadworny

This class will provide invaluable financial planning information for parents with a special needs child. You will be introduced to the Special Needs Planning Timeline™, highlighting the various planning pressure points where you should be aware of changes relating to your child's benefits, legal and financial issues, including housing and the ABLE account. The primary focus is to help you avoid common mistakes and pitfalls in your planning. Limited to 20.

Date: Wednesday, March 11

Time: 7:00-8:30PM

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

Investing for Beginners

Karen Shapiro

Have you wanted to start saving and begin investing for the future, but don't know how to begin? Are you concerned that you are too late getting started and won't be able to make up for lost time? If this sounds like you, this program will provide you with the practical and simple investment advice you need. The instructor will serve as your guide, and gladly answer your questions. Topics we will cover include:

- Overview of investment options--what's the difference between stocks, bonds, mutual funds, ETFs?
- Developing a financial plan--what should I invest in and how much risk do I feel comfortable taking with my money?
- Should I use a financial advisor, and if so, how do I find the right one for me?
- Aligning my investments with my values

Limited to 15.

Dates: 3 Tuesdays, March 24-April 7

Time: 6:30-8:30PM

@ Needham High School, Room 206

Fee: \$79

Socially Responsible Investing **NEW S**

David Dirks

Socially responsible investing (investing in line with your values) is no longer a niche; it has become mainstream. This form of investing has evolved from simply avoiding tobacco, alcohol and weapons stocks to much more sophisticated efforts that measure the impacts companies are having on the environment, the attention they pay to social concerns, and even how responsive they are to shareholders. This class will cover the principles behind socially responsible investing, as well as practical implementation. How much does it cost? How do socially responsible investment firms perform? Do they make a difference? We will explore all of these questions, and show how you can put together your own socially responsible portfolio. Limited to 20.

Date: Monday, May 4

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

Invest and Plan

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, March 11

Time: 7:00-9:00PM

@ Needham High School, Media Center Classroom

Fee: \$25

Demystifying Social Security 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 25.

Date: Wednesday, April 29

Time: 7:00-9:00PM

@ Needham High School, Media Center Classroom

Fee: \$25

Play and Recreate

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 Wednesdays, February 26-April 29

(no class 4/8 and 4/22)

Time: 7:00-9:00PM

@ High Rock School, Media Center Fee: \$185

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, March 23-May 18 (no class 4/20)

Time: 7:00-9:00PM

@ High Rock School, Media Center Fee: \$185

Bridge: Supervised Play

Jori Grossack

Join us for a fun-filled session of bridge in a relaxed atmosphere of supervised play. Advanced beginner and intermediate players 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, February 28-May 1

(no class 4/10 and 4/24)

Time: 3:30-5:30PM

@ High Rock School, Media Center Fee: \$185

Canasta for Beginners

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 9.

PLAY

Play and Recreate

Daytime Session

Dates: 6 Mondays, March 2-April 6

Time: 3:15-5:15PM

@ High Rock School, Room 115 Fee: \$175

Evening Session

Dates: 6 Thursdays, March 5-April 16 (no class 4/9)

Time: 6:30-8:30PM

@ High Rock School, Media Center

Fee: \$175

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 2020 mah jongg card is payable to the instructor in class.** Limited to 9.

Late Winter Session

Dates: 6 Thursdays, February 27-April 2

Time: 6:30-8:30PM

@ High Rock School, Room 117 Fee: \$175

Spring Daytime Session

Dates: 6 Fridays, May 1-June 5

Time: 3:15-5:15PM

@ High Rock School, Room 117 Fee: \$175



Daytime
Class

Spring Evening Session

Dates: 6 Tuesdays, April 28-June 2

Time: 6:00-8:00PM

@ High Rock School, Room 117 Fee: \$175

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 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. **2020 mah jongg cards may be purchased from the instructor for \$9.** Limited to 9.

Late Winter Session

Dates: 6 Wednesdays, February 26-April 1

Time: 7:00-9:00PM

@ High Rock School, Room 117 Fee: \$175

Spring Session

Dates: 6 Thursdays, April 30-June 4

Time: 7:00-9:00PM

@ High Rock School, Room 117 Fee: \$175

Languages

Korean Language and Culture **NEW**

Hyojung Son

Experience Korea and Korean culture without the jet lag! This course is designed to introduce Korean characters, basic grammar, vocabulary and pronunciation through learning situational conversation. The language will be explored through lessons that will include exposure to Korean culture, including cuisine, the arts, festivals and holidays. Upon completion of the program, you will be able to read, write and converse with Korean speakers in situations such as introducing, greeting, shopping, restaurant, public transportation, trip and etc. Limited to 14.

Dates: 8 Thursdays, March 12-May 14

(no class 4/9 and 4/23)

Time: 6:00-8:00PM

@ Needham High School, Room 417 Fee: \$169

Beginning Italian

Barry Bridgelal

This program is designed to give beginning students a practical command of the Italian language. Upon completion of the course, you will be able to discuss every-day activities and describe situations using the present tense. You can also expect to be able to read and write elementary texts such as a simple letter. Topics include pronunciation, adjectives, expressions of date and quantity, indefinite and definite articles, and first conjugation are verbs. **Students will need to purchase the Prego textbook.** Limited to 12.

Dates: 8 Mondays, February 24-April 13

Time: 6:30-8:15PM

@ Needham High School, Room 418 Fee: \$169

Languages

Intermediate Italian II **NEW**

Barry Bridgell

This course is for students who have completed Barry's Intermediate Italian class or others who have a solid foundation in the language, including reflexive verbs, indirect and direct object pronouns, expressions of time and duration, and simple and articulated prepositions. Upon completion of this level, students should be able to discuss topics including health, travel, holidays and business using the present, past and future tenses. This level continues to emphasize the improvement of oral comprehension and creative expression. Topics introduced will include review of imperfect tense versus passato prossimo, tonal pronouns, comparatives and superlatives, simple future tense, and double object pronouns. **Students will need to purchase the Prego textbook.** Limited to 12.

Dates: 8 Thursdays, February 27-April 30

(no clas 4/9 and 4/23)

Time: 6:30-8:15PM

@ Needham High School, Room 418 Fee: \$169

Beginning French

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 introduction to simple past tense. **Students will need to purchase the Grammaire Progressive Niveau Débutant.** Limited to 12.

Dates: 8 Tuesdays, February 25-April 14

Time: 5:45-7:15PM

@ Needham High School, Room 418 Fee: \$145

Conversational French

Barry Bridgell

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, February 25-April 14

Time: 7:15-8:15PM

@ Needham High School, Room 418 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 on the district website: www.needham.k12.ma.us/community_ed, under Adult.** Limited to 15.

Dates: 8 Wednesdays, April 15-June 10 (no class 4/22)

Time: 6:30-8:30PM

@ 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**

Languages

course. Details will be posted on the district website: www.needham.k12.ma.us/community_ed, under Adult. Limited to 15.

Dates: 8 Tuesdays, February 25-April 14

Time: 7:00-9:00PM

@ 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 on the district website: www.needham.k12.ma.us/community_ed, under Adult.** Limited to 15.

Dates: 8 Mondays, February 24-April 13

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 on the district website: www.needham.k12.ma.us/community_ed, under Adult. Limited to 15.

Dates: 8 Thursdays, February 27-April 30

(no class 4/9 and 4/23)

Time: 6:30-8:00PM

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

Advanced Spanish II: NEW

Reading, Presenting and Speaking

Diana Garcia-Martinez

This class is designed for those students who have a good command of the Indicative and Subjunctive tenses and who would like to become more fluent in the language. Students will be asked to make oral presentations in class in order to practice their speaking skills. The reading assignments will be more expansive in vocabulary and more complex in structure. Limited to 15.

Dates: 8 Wednesdays, February 5-April 1 (no class 2/19)

Time: 6:30-8:30PM

@ 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, February 25-April 14

Time: 5:00-7:00PM

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

Make Music & Use Your Voice

Adult and Child Beginner Ukulele

with Rob's Guitar School NEW

Rob's Guitar School Instructors

In this fun family-friendly offering, taught by instructors from Rob's Guitar School of Newton, you and your child/grandchild/niece/nephew/young friend can learn to play a wonderful and versatile little instrument together! Over the course of eight weeks, you will learn a number of songs and strumming patterns and even learn to sing and play at the same time,

if you wish. You and your child will finish the class having a strong foundation in chords and strumming, enabling you to play a basic version of any song you wish on your instruments. **All students must have their own ukulele** (good ones can be purchased for as little as \$40). **Minimum age for children is 7.** Limited to 6 adult and child pairs.

Dates: 8 Thursdays, February 27-April 30

(no class 4/9 and 4/23)

Time: 6:00-7:00PM

@ High Rock School, Room 316 Fee: \$395/pair

Make Music & Use Your Voice

Beginner and Intermediate Ukulele NEW

Rob's Guitar School Instructors

The ukulele is a versatile instrument and is easy to play. Adults and teens who are new to the instrument or who have some prior experience are welcome in this program, taught by instructors from Rob's Guitar School of Newton. Over the course of eight weeks, you will learn a number of songs and strumming patterns and even learn to sing and play at the same time, if you wish. You will finish the class having a strong foundation in chords and strumming, enabling you to play a basic version of any song you wish on your instruments. **Students must have their own ukulele** (good ones can be purchased for as little as \$40). Limited to 12.

*Dates: 8 Thursdays, February 27-April 30
(no class 4/9 and 4/23)*

Time: 7:00-8:00PM

@ High Rock School, Room 316 Fee: \$199

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 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. Students should bring an acoustic guitar. Limited to 12.

*Dates: 8 Thursdays, February 27-April 30
(no class 4/9 and 4/23)*

Time: 6:30-7:30PM

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

Guitar II

Jon Zucchi

Take your guitar skills to the next level! Learn how to read and play in first position and second position. Finger picking technique, note reading, rhythm reading, and playing with a steady beat will also be covered. You will develop your guitar playing skills as you play arrangements with 2 - 4 independent guitar parts. Arrangements are taken from traditional folk tunes, classical, and contemporary music. Please bring an acoustic guitar. Limited to 12.

*Dates: 8 Thursdays, February 27-April 30
(no class 4/9 and 4/23)*

Time: 7:30-8:30PM

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

Hand Drumming: *Beginning & 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 617-686-6080 if you will need a drum to rent.** Limited to 15.

Dates: 8 Mondays, February 24-April 13

Time: 7:00-8:30PM

@ High Rock School, Room 316 Fee: \$165

Sing along to Your Favorite Songs

Pam Steinfeld

What better way to destress 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, will provide guitar or keyboard accompaniment as participants sing along to a repertoire that will include James Taylor, Joni Mitchell, Carole King, Jackson Browne, Carly Simon, the Eagles, Crosby, Stills & Nash, etc. Join the fun! **Bring along your smartphone so you can view the lyrics.** Limited to 15.

Dates: 4 Tuesdays, April 28-May 19

Time: 6:30-7:30PM

@ Center at the Heights Fee: \$59

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

Will Kamp

Spend two-hours learning how 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 20.

Date: Tuesday, April 28

Time: 7:00-9:00PM

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

MUSIC
&
VOICE

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. Please call NCE for details, 781-455-0400 x5.

Full SAT Prep Courses

The following sections are in preparation for the May 2, 2020 SAT:

Section 1

Dates: 11 Mondays, February 3*, 10, 24, March 2, 9, 16*, 23, 30, April 6, 13*, 27

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

@ NHS Rooms 701/702

Fee: \$665

Section 2

Dates: 10 Thursdays and 1 Monday, February 6*, 13, 27, March 5, 12, 19*, 26, April 2, 6 (Monday), 16*, 30

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

@ NHS Rooms 701/702

Fee: \$665

The following sections are in preparation for the June 6, 2020 SAT:

Section 1

Dates: 11 Tuesdays, March 17*, 24, 31, April 7, 14, 28*, May 5, 12, 19, 26*, June 2

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

@ NHS Rooms 701/702

Fee: \$665

Section 2

Dates: 10 Wednesdays and 1 Tuesday, March 18*, 25, April 1, 7 (Tuesday), 15, 29*, May 6, 13, 20, 27*, June 3

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

@ NHS Rooms 701/702

Fee: \$665

Chemistry SAT II Test Prep

In preparation for the June 6, 2020 Chemistry SAT II Test

The College Board SAT Subject Tests are designed to help you demonstrate your interest and competence in a particular subject for prospective colleges. Due to the rigor of the Chemistry SAT subject test, this course is designed for students who have completed and done well in accelerated chemistry. A diagnostic practice test is given to help students identify their key areas to focus on. Four learning modules will guide students through the content, emphasizing topics not covered in the first-year course, as well as familiarizing students with the format of the exam and test-taking strategies. Following the 4 learning modules is a full proctored practice exam and final review day. The course fee includes a prep book. Limited to 15.

Dates: 6 Thursdays: April 30-June 4

Time: 6:00-7:30PM

@ NHS Room 208 Fee: \$179

Biology SAT II Test Prep

In preparation for the June 6, 2020 Biology SAT II Test

The College Board SAT Subject Tests are designed to help you demonstrate your interest and competence in a particular subject for prospective colleges. This course will bridge the gap between an introductory biology course and the SAT Subject Test content. Four learning modules will guide students through the content, with an emphasis on topics not covered extensively in a typical first year course, as well as familiarizing students with the format of the exam and test-taking strategies. This course also includes a full proctored practice exam and time for review. **Note:** Students taking the biology exam will select an Ecology or Microbiology emphasis on the day of the exam. This course is designed to prepare students for the Microbiology emphasis, although students interested in either exam will benefit from this course. **Students will be asked to take a practice test on their own, the week prior to the first class.** The practice test is included in the study guide that each student will receive. Limited to 15.

Section 1

Dates: 5 Tuesdays, May 5-June 2

Time: 6:00-7:30PM

@ Needham High School, Room 211 Fee: \$169

Section 2

5 Thursdays, May 7-June 4

Time: 6:00-7:30PM

@ Needham High School, Room 211 Fee: \$169

Attention parents of teens: These classes are for you!

Prep School: *Finding the Right Fit and the Application Process* **NEW** **S**

Kim Chorosiewski

Are you considering prep school for your child? If so, you will benefit from this informational evening, presented by Kim Chorosiewski of McMillan Education, an independent school and college admissions consulting company. Kim will cover topics such as: what makes prep schools special, how to find the “right fit” for your child, how prep schools address learning disabilities such as ADHD, the role of arts and athletics, the application process, prep school costs, and post graduate (PG) years. There will be ample time for questions and answers. Limited to 20.

Date: Thursday, March 5

Time: 7:00-8:30PM

@ Needham High School, Room 451 Fee: \$19

Best-Fit College Lists and Effective College Visits

Eric Stutman

It can be a daunting process for your child to develop their list of colleges they are interested in applying to. A best-fit list includes schools with the best academic, social, geographical and financial fit for your child. In this program, you will learn practical tips that will enlighten the process. Once your child has created their college list, college visits, when effectively utilized, are an extremely useful tool for evaluating colleges and enabling your child to determine which schools they are most excited about. Learn how to gain the most insight from your college visits. Limited to 15.

Date: Thursday, February 6

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, April 2

Time: 7:00-8:30PM

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

College Essays: What Parents Should Know and How They Can Help **NEW** **S**

Jane Hirschhorn

The college essay personal statement is arguably one of the most important pieces of writing a student will complete in high school. It is also a type of writing not commonly taught in the classroom; the personal narrative. We invite parents of high school juniors to attend this one-session class to learn more about what admission officers seek in the personal statement. We will also cover approaches in how to answer common supplemental essay prompts and provide tips parents can use to support their student throughout the writing process. Limited to 35.

Date: Thursday, June 11

Time: 7:00-8:30PM

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

What students are saying about their NCE instructors:

“The instructor is super talented and knowledgeable. He inspires me by providing constructive and complimentary feedback.”

“I would love another class with this instructor! She is very receptive to the needs of the class, and has a fun and warm personality.”

“What an awesome teacher! She has so much energy and makes the class so enjoyable that I looked forward to every Thursday night.”

College Planning

Meet the NCE Instructors

Kirsten Allen graduated with honors from Wellesley College and received her Master's degree in Acupuncture from the Traditional Acupuncture Institute (now Maryland University of Integrated Health) in 2001. She carries National Board Certification in Acupuncture from the NCCAOM and is licensed by the Board of Medicine in MA. In addition, Kirsten has been a practitioner of several styles of Qi Gong and Tai Qi Quan for 15 years, is a Tibetan Buddhist meditation practitioner, and is certified to teach Yoga Nidra. She effortlessly weaves together these strands of experience and training to bring inspiration and enthusiasm to the process of healing and personal evolution.

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.

Genevieve Anand, MD, MPH is board-certified in Internal Medicine and Preventive Medicine, practicing at Beth Israel Deaconess HealthCare-Wellesley. She is also a certified Yoga teacher and has training in teaching various meditation techniques. Her primary care practice focuses on achieving a positive state of health and well-being for her patients. She is particularly interested in integrative medicine and women's health and wellness.

Leslie Andrews is Director of Golf at Nehoiden Golf Club and former Executive Director, LPGA Teaching Professionals.

Bob Baker is a retired Needham High School teacher who currently teaches US Government and Politics at Fitchburg State University, Bridgewater State University, St. Joseph's College of Maine and Western Kentucky University. Bob has published numerous curriculums and historical narratives.

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.

Kristina Bezanson is the program advisor for the Arboriculture and Community Forest Management at the Stockbridge School of Agriculture, UMass, Amherst, where she teaches arboriculture classes in the department of Environmental Conservation. She has over 25 years of experience in horticulture and the green industry, and is a Massachusetts Certified Arborist and International Society of Arboriculture Board Certified Master Arborist, Municipal Specialist and Tree Risk Assessment Qualified. In addition, Kristina is a Chesapeake Bay Landscape Professional and specializes in sustainable landscape practices.

Louisa Bloomstein has an MFA from the School of the Museum of Fine Arts at Tufts, and she studied artistic anatomy with Robert Beverly Hale at the Art Students League in New York City. She is a recipient of a National Endowment for the Arts Regional Fellowship in Drawing, and her work is in the collections of the Rose Art Museum at Brandeis University, the Fogg Art Museum at Harvard University, and the List Visual Arts Center at MIT.

Kaylin Boileau is co-owner of Eagle Obstacles in Dedham, MA. She specializes in teaching technique as well as effective exercise and condi-

tioning you can do to improve your strength and ability during an obstacle course race.

Doron "Ron" Bracha is an experienced architect and home inspector, certified, licensed and insured. Learn more on his website: <https://www.accenthi.com/about>.

Elisabeth Brewer, MD is board-certified in Internal Medicine, practicing at Beth Israel Deaconess HealthCare-Wellesley. She earned her medical degree from the University of Virginia Medical School and completed her primary care residency at Cambridge Hospital, Harvard Medical School. She is passionate about weight management and is in the process of becoming board-certified in Obesity Medicine. She enjoys working with patients to improve their lifestyle in order to help prevent and manage chronic medical conditions such as diabetes, hypertension and heart disease.

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.

Chelsea Brown has been an avid felter for over 5 years, with additional experience in textile design and pattern drafting from MassArt. Although she makes a living teaching painting, she derives the most joy from working with wool and sharing her passion with others.

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.

Cathy Byrd is a lifelong volunteer in Needham where she has always loved creating projects from nature. Three years ago, looking over her garden she noticed the beautiful leaves from her rhubarb plants and her elephant ear hostas. How could she preserve these leaves? She settled on a cement birdbath formed around these leaves. She has now produced many birdbaths using rhubarb, hosta, and other leaves. Come and enjoy creating your own birdbath using your own leaves or those from Cathy's garden.

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

Kim Chorosiewski, EdD, CSCS, CMAA is an experienced athlete, coach and athletic administrator and educator who has guided student-athletes for over 30 years at all levels and currently assists prospective students in all collegiate sports at McMillan Education, Boston's foremost independent educational consultants in school, college, and graduate school planning. McMillan Education helps families in the Boston area, nationally, and worldwide with independent boarding and day school, college, graduate program, and therapeutic program planning. Kim also has been an Adjunct Professor at Northeastern University, Ohio University and The College of William & Mary. She served as an Athletic Director and advisor and wore the numerous hats of a boarding school faculty member at The Fay School in Massachusetts and Garrison Forest School in Maryland.

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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.

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).

Nancy Dickinson is principal of Dickinson Architects in Concord, MA. She is a Registered Architect with over 25 years of experience and has specialized in residential design for the past 20 years.

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.

Anthony Ferranti is a 3rd generation repairman who has been repairing all makes and models of sewing machines for 25 years.

Kate Fitzpatrick was appointed as the first Town Manager in Needham, Massachusetts in 2005. She has served the community since 1990 as Town Administrator, Assistant Town Administrator, and Personnel Director. Prior to serving in Needham, Ms. Fitzpatrick worked in a variety of human resource roles for Commonwealth of Massachusetts. She is currently serving as a Commissioner on the Massachusetts Public Employee Retirement Administration Commission, and has served as president of the Massachusetts Municipal Association (the State's non-partisan league of cities and towns), president of the Massachusetts Municipal Managers Association, chair of the Massachusetts Municipal Association's Labor and Personnel Policy Committee, and chair of the Massachusetts Municipal Personnel Association. She is also a member of the national League of Women in Government, past chair of the ICMA Leadership Advisory Board, current member of the ICMA Credentialing Advisory Board, and is a founding member of Women Leading Government in Massachusetts. Ms. Fitzpatrick received a Bachelor's Degree in History from the College of Holy Cross in 1984, and an MBA, with a concentration in Public Management, from Boston University in 1993. She is an ICMA Credentialed Manager.

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, taught 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.

Meghan Garcia-Webb, MD is board-certified in Internal Medicine, practicing at Beth Israel Deaconess HealthCare-Wellesley. She earned her medical degree from the University of Vermont College of Medicine and completed her internal medicine residency at the University of Massachusetts in Worcester, one of the few safety net hospitals in the state. She is passionate about incorporating evidence-based medicine into wellness practices and helping patients achieve health at any size.

Jill Geiger has been teaching the Alexander Technique since 1990. She is certified by AmSAT and STAT and also holds a BS in Education and Psychology. Jill enjoys working with individuals of all ages and finds teaching very satisfying because of the lasting changes that typically occur. For more information please visit her website: www.AlexanderTechniqueInstruction.com.

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.

Jay Gonzalez was the 2018 Democratic nominee for Governor of Massachusetts, and he served as a cabinet secretary for Governor Deval Patrick. As the Secretary of Administration and Finance for the Commonwealth of Massachusetts, Jay was responsible for managing the state budget during the Great Recession, overseeing 18 state agencies, and serving on various state boards and commissions. Jay is currently a partner at the law firm Hinckley Allen where he specializes in public finance and helps governments finance capital projects. Jay lives in Needham with his wife, Cyndi, and has two daughters, Isabel and Abby.

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.

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. She first took a DNA test in late 2011 and has tested her DNA (as well as DNA of family members) at all four of the major DNA testing sites. She has been blogging about family history at From Maine to Kentucky (<https://frommainetokentucky.blogspot.com/>) and A Jewish Genealogy Journey (<https://jewishgenealogyjourney.blogspot.com/>) since 2011.

Jane Hirschhorn is a writing coach with more than 20 years of experience working with students from middle school through graduate school. For the past seven years, Jane has worked with high school seniors helping them craft authentic, compelling college essays. Jane has worked at several Boston-area private schools as a classroom teacher and was a writing coach at Mount Ida College for nine years. She is the owner of JBH Tutoring, based in Newton, MA. To learn more about Jane, visit her website at jhtutoring.com.

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

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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.

Fawn Hurwitz is the former President and longtime member of the Temple Beth Shalom Garden Club. She loves flowers and enjoys sharing her knowledge of floral design with others.

Will Kamp has a voice you have probably heard on TV and radio. As a successful voice-over artist, actor, and comedy improv performer, Will has done voice work ranging from Honda radio commercials to on-camera work for nationally recognized TV stations. He has also been nominated “Best Comedic Actor.”

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 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 has a Master’s in Education from Boston University, and has worked with children and adult learners for more than 25 years. Sharon has taught Elementary Math, Reading Comprehension, Written Expression, and Executive Functioning Study Skills at independent schools in RI, CT and MA. She has lived in Needham with her family for the past 12 years. Sharon is a game enthusiast who loves to read, practice yoga (especially on the beach) and take walks with her dog. She has played Mah Jongg for more than a decade and has been teaching the game for the past several years. Sharon relishes the opportunity to fuse her passion for the game of Mah Jongg with her professional training as an educator.

Michelle Keefe wants you to love yoga! Her light-hearted approach offers a comfortable atmosphere for every level of student, and her vinyasa style classes are taught with intelligent sequencing that leaves students feeling centered, energized, and relaxed. Michelle’s mission is to instill the importance of physical alignment for a safe and beneficial yoga practice while also helping students to integrate the sensations of yoga off the mat and into daily life; developing a wholesome self. Michelle, a RYT 500 through Yoga Alliance, has been practicing yoga for over 15 years. In 2007, she completed her 200-hour training under the skilled tutelage of Natasha Rizopolous and YogaWorks. Most recently, Michelle also completed a 300-hour teacher training with Natasha Rizopoulos at Down Under Yoga. And her training continues.

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.

Vick Krupp has raised chickens for the past four years in her Needham backyard. She enjoys watching their antics and complex social interactions. She also appreciates having fresh eggs for her morning breakfast! When she is not in the coop, Vicki writes curriculum for Listenwise, an educational tech company.

Julie Kurd developed a professional branding and social selling seminar for her sales team at work, which she subsequently adapted for Needham High seniors, a ‘careers’ workshop at Suffolk University and for the KPA Professional Association in Boston. Julie is VP of Business Development at CMB, a mid-sized consumer research company based in Boston. She has her MBA from BU and undergrad from Colby College.

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.KarenLeedsDance.com

Joe Leghorn is a retired lawyer and avid gardener. Tired of the common varieties of tomatoes, pepper and eggplants available at garden centers and through the mail, he began starting his own seedlings about 10 years ago. Working in his basement, he set up a seed starting table and now starts many vegetables, herbs and annual flowers for his garden on Cape Cod. Joe follows sustainable and organic growing principles in his seed starting and gardening. He is a board member of the Needham Community Farm and a member of the Northeast Organic Farmers’ Association Massachusetts.

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.

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.musingson-thevine.com, aims to share his passion about wine, strip away the mys-

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teries 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.

Samantha Martyn has taught in the Needham Public Schools since 2011 as a member of the Wellness Department. She earned a Bachelor's Degree from UMass, Amherst, in Women's Studies and Psychology, a Post Baccalaureate degree from Bridgewater State University in Physical Education, and a Masters degree in Education / Health, Family and Consumer Science from Cambridge College. Her graduate dissertation was focused on implementing Mindfulness-Based Stress Reduction with school-aged students, which she is currently teaching 8th graders at Pollard. She is also a 200-hour certified Yoga teacher and a former head coach of the NHS Ski Team and Sailing Team.

Dan Matthews is a longtime Needham Select Board Member, Attorney, and Former Norfolk County Director of Operations.

Sally Meding 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.

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.

Alexandria Nadworny, CFP®, CTFA began her advisory career working with traditional clients on retirement planning and earned her Certified Financial Planner™ credential. She joined Special Needs Financial Planning, continuing her own general wealth management practice and having a key role on the Special Needs Financial Planning team, working with client families to educate and advise the next generation of family members. She has been featured as a speaker and in the media on this topic. As a sister and future guardian of her brother, Alex has a deep understanding of all of the roles and responsibilities that may need to be filled one day. Understanding that no one can replace a parent, Alex created a program called A Team to Carry On; a succession plan for parents of adult children with a disability. She is an active participant in several organizations and fundraisers designed to benefit individuals with disabilities. Currently, Alex works as a Certified Financial Planner™ at Affinia Financial Group.

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.

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

Jill Olive and **Amy Kahn** have extensive backgrounds in early childhood education and development. They have worked with parents of young children for many years, and raised their own.

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.

Yelena Perchanok lives in Needham, along with her husband, two kids and two conures. She is a Quality Engineer by daytime and follows her passion as a stylist in her free time. Yelena also volunteers at Dress for Success in Worcester, MA and enjoys helping others to look their best.

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.

Leah Sauter is a retired nurse who has been volunteering in Needham since her retirement. Being a lover of anything nature, she was very intrigued with co-instructor Cathy Byrd's idea to make leaf bird baths. They have since become a team, perfecting their techniques while embellishing some creations with everything from crystals to ornate beads, polished rocks to fun designs.

Leann Shamash has been in the field of Jewish education for her entire career, working in both traditional and informal settings. Aside from her passion for Shake Your Soul yoga dance, Leann is working on photographing the elderly, including a series on her 95 year old mother.

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). In addition, Faina serves on the Needham Board of Assessors.

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Karen Shapiro is a Financial Advisor with Progressive Asset Management. She is passionate about empowering investors with the resources necessary for working toward their financial goals, while also aligning their investments with their environmental and social concerns. Karen has an MS from Harvard School of Public Health and BS from Rutgers University. She holds Series 7 and 66 professional registrations. Securities offered through Securities America, Inc. Member FINRA/SIPC. Advisory services offered through Securities America Advisors, Inc. Progressive Asset Management and Securities America are separate entities.

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 Waretown. 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.

Hyojung Son is a TESOL certified native Korean, with over 5 years of experience teaching English. She moved to Boston in 2010 and currently works as a substitute teacher in Needham public schools. She loves meeting people with different backgrounds and learning languages. Overall she is a very happy, positive, passionate and persistent Korean A-Joom-Ma (meaning married woman).

Elizabeth Spark, MD brings over 25 years of experience teaching communication and stress management skills in group settings as well as in her medical practice located in Newton, MA. NVC (Non Violent Communication) has touched her profoundly and has become a major influence in her work with patients as well as in her personal life. For more information on NVC, go to www.cnvc.org.

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

Theresa Strachila manages the Needham Community Farm, a nonprofit advancing food justice through food donations and educational programming. She has been farming for over 5 years and gardening for most of her life. Her focus is on small-scale sustainable and organic vegetable production while creating a more just food system. Theresa has a B.A. from Boston University and is originally from Washington State.

Tyler Strutt draws on her intuition, experience in parenting, counseling, teaching, training in Shambala Buddhism, and her certification in Heart-Math Resilience Coaching to help people come home to themselves while connecting with the divine love of the universe. As Tyler combines these strengths with her knowledge of the healing power of crystals, she helps others live a heart focused life.

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.

Judith A. Swack, Ph.D., originator of Healing from the Body Level Up™ methodology, is a Biochemist/Immunologist, Master NLP Practitioner, Certified Hypnotherapist, Mind/Body Healer, visionary and leader in the field of Energy Psychology. Dr. Swack has presented her dramatic results live on national television and at international conferences. She has published numerous articles in scientific, professional, and popular journals. Dr. Swack is among the authors of best-selling book, Success

Starts Today, a collaboration of expert advice on achieving success anchored by Jack Canfield. She also authored a chapter "Healing from the Body Level Up" in the industry-defining publication, Energy Psychology in Psychotherapy: A Comprehensive Source Book. Dr. Swack is a recipient of the 2015 ACEP award for major contribution to the field of Energy Psychology. She offers trainings both nationally and abroad. Dr. Swack has a private practice in Needham, MA. She and her associates offer individual client sessions in person, by Skype or by telephone. For more information please see her website www.hblu.org.

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.

Lulu Tsai is a seasoned Zumba instructor, teaching in Newton and Needham. She enjoys being a Zumba instructor because it is such a fun cardio exercise for all levels. She welcomes experienced and novice Zumba exercisers in her programs. Come join the party!

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.

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.

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.

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 is a graduate of The Boston Conservatory at Berklee as well as Providence College. He holds a master's degree in music education and a bachelor of arts degree with a music major. Jon has been performing and teaching in Massachusetts for 20 years and is certified as a highly qualified teacher of grades K - 12. Since 2016, he has worked in Needham. His current day job is teaching Music Technology in Shrewsbury. Jon also works as a lesson instructor at Guitar Center – Natick and is a founding member of the Evocati Guitar Ensemble, comprised of Metrowest area adult guitar players.



Late Winter/Spring 2020 Registration Form

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Preferred Phone # _____ Email _____

Participation of Minors in Adult Education Classes: Parents/guardians, please be aware that if you register a minor 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/NCEAdultWS20>

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 8:30AM and 4:00PM, 1330 Highland Ave., 1st floor

Checks should be made payable to NCE.

Office Use: Tally _____ Batch # _____ Check # _____

Mastercard, Visa or Discover (NCE cannot accept American Express)

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