

FEATURED CLASSES

NEW! Constructing the Past with Historical Markers

Michael Rodriguez

Historical markers commemorate historical people, places, and events. In this class, we'll tackle some big questions: What do these markers tell us? What do they leave out? Who decides, and why? Looking at historical markers in Massachusetts and beyond, we will explore controversies, tell stories, and discover the choices that communities make as they remember their histories. (CTP 01)

Tuesday, Sept 29 | 7:00-8:30 pm | online | \$25

NEW! Introduction to Ralph Waldo Emerson

Ron McAdow

This lecture-discussion course introduces Ralph Waldo Emerson through attention to the central ideas in his first major book, *Nature*, and a comparison with the later essays in *Society and Solitude*. The class will explore Emerson's vision of nature, self-reliance, solitude, society, and the life of the mind, using biographical material to illuminate the development of his thought and writing. It is designed for adult learners who want a lively, accessible, and thoughtful encounter with one of America's most influential writers. (RWE 01)

Wednesdays | Oct 21 & Oct 28 | 7:30-9:00 pm | CCHS | \$45

NEW! Where Did Ireland Come From?

Sean Murphy

Have you ever wondered about the origin of Ireland and of its path through time? You may be in for a surprise. Consider this quote: "The Ireland we know today was a geological accident forged between two continents and then frozen, dunked beneath warm seas, lifted in part to the heights of the Himalayas, covered with lush tropical swamps, blistering deserts and vast expanses of molten rock, then again buried under ice and finally thawed out." In this online lecture, Irish historian Sean Murphy will introduce you to the geological history of Ireland and explain the origin of the physical Ireland people live on today. You will be fascinated to hear where Ireland has been over the past two billion years and the forms and structure it has gone through. (IRE 01)

Tuesday, Oct 13 | 7:00-8:30 pm | online | \$45

NEW! Lyman Estate Tour, Waltham

Lyman Estate Staff

Built in 1793, Lyman Estate is one of Historic New England's 38 properties and home to one of the oldest greenhouses in the country, an elegant mansion, and historic grounds. Visitors encounter over 150 years of architectural and domestic history during a 45-minute tour of the mansion. The greenhouses and grounds are available to enjoy before or after the tour. (LYE 01)

Saturday, Nov 14 | 10:00-11:30 am | Lyman Estate, Waltham | \$29

NEW! Ghost on the Roof of the World: Conservation of the Snow Leopard

Peter Zahler with Zoo New England Conservation

Remote presentation of what snow leopards are, what they do, the many ways Peter Zahler (and others) have been involved in protecting snow leopards across their range states, and their current global status. Tour of many field initiatives, including in Pakistan, Afghanistan, and Mongolia. A great virtual class for families! (LEO 01)

Thursday, Feb 4 | 6:30-7:30 pm | online | \$29

NEW! AI 101: Using AI in Everyday Life

Matt Brown

Curious about AI but not sure where to start? This beginner-friendly, hands-on course introduces tools like ChatGPT and shows you how to use them in your daily life. You'll learn by doing—using your own phone to try real tasks like planning trips, writing emails, summarizing information, and getting help with everyday decisions. Along the way, we'll build a simple, practical understanding of what AI is good at, where it can go wrong, and how to get better results. Each session includes guided practice, live demonstrations, and group discussion. No technical background required. By the end of the course, you'll feel confident using AI tools on your own—and know what to do when things don't go as expected. (AI 101)

Tuesdays | Oct 6–20 | 6:30-8:00 pm | L-S Library Classroom | \$149

NEW! Supporting Students with AI: Appropriate Use for Research & Test Preparation

Melisa Nasella, LS Faculty

In this workshop, we'll discuss AI tools caregivers can use to support middle & high school students with research, writing, and test preparation. Many of these tools are additionally helpful for students with learning needs (such as those who struggle with reading or writing, EF deficits, etc.). We will explore resources like NotebookLM and Gemini as learning tools (NOT as a crutch or to replace thinking/learning). Attendees should bring a device and come prepared to learn and experiment with these tools. (SAI 01)

Tuesday, Sept 29 | 6:00-8:00 pm | L-S Library Classroom | \$49

IT'S BACK! Raising Happy Healthy Chickens

Codman Community Farms

Interested in raising happy, healthy chickens in your backyard? Look no further! Join Codman Community Farms in learning everything you need to know about chickens - from coops to different chicken breeds. We'll help you get started on your journey toward fresh eggs. Class includes hands-on experience with pastured-raised, organically fed chickens. (Best suited for ages 15+.) (RHC 01)

Thursday, Sept 24 | 5:00-6:30 pm | Codman Farm | \$35

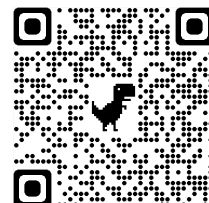
NEW! Introduction to Dot Mandala

Allison Caplin

Discover the centering art of dot mandala in this class geared for the beginner. The instruction blends mindfulness practices with learning the basics of dotting technique. You will receive step-by-step instruction to guide you in creating your own dot mandala design on stone. Please wear old clothes or bring an apron, as we'll be working with acrylic paints. The class fee includes a personal dotting kit to keep, so you'll have everything you need to continue your dot mandala practice at home. The possibilities are limitless! (IDM 01)

Wednesday, Sept 30 | 6:30-8:30 pm | L-S Conf Rm A | \$55

**SCAN QR CODE TO REGISTER
FOR ALL CLASSES**



TRAVEL & CULTURE

Virtual Safaris

Kathy & Jeff Klofft

Getting ready to plan the adventure trip of a lifetime? Unable to travel and want to feel as though you were there? Join the Kloffts as they share their travel adventures. You'll hear the stories of amazing wildlife and culture from all over the world through video and photos. Suitable for families.

Alaska - The Aleutian Islands (Sept 22): Virtually visit one of the wildest parts of Alaska; the Aleutian Islands are home to a wide variety of wildlife, including eagles, bears, and whales.

Costa Rica - Wildlife in Forests and Waters (Oct 27): If your family is planning a trip to Costa Rica, see photos and hear stories from a variety of areas both in the forest and oceans to help refine your itinerary.

Primates in Uganda (rewind) (Dec 15): Uganda has traditional safari "big five animals" at the Nile headwaters as well as chimpanzees and gorillas. Join us for photos, videos and stories of treks to explore wildlife in Uganda. This is a replay of our recent adventure.

Madagascar - Lemurs and Wildlife (Jan 19): The so-called "Galapagos of the Africa" Madagascar has friendly people and wildlife found nowhere else, including chameleons and lemurs. Join us for a journey of fabulous photos and stories of this remote island off the coast of Africa.

Tuesdays | 7:00-8:30 pm | online | \$19/class

NEW! Nashville to Memphis: A Civil Rights & Music Journey

Arranged by Newton Community Ed Tours

Explore the heart of the South in Nashville and Memphis, where powerful history meets legendary music. This unforgettable journey blends meaningful experiences with true Southern hospitality. Please see our website for more details. Call **617-559-6999** for information/reservations and mention L-S Adult Ed.

Nov 11-15 | \$3829 per person (double occupancy)

NEW! A Vietnam Adventure: Captivating Coastlines, Culture & Cuisine

Arranged by Newton Community Ed Tours

Discover the beauty, culture, and flavors of Vietnam on this unforgettable journey. Explore historic cities, cruise through Halong Bay, wander lantern-lit Hoi An, and experience life along the Mekong Delta. Please see our website for more details. Call **617-559-6999** for information/reservations and mention L-S Adult Ed.

Feb 14-23 | \$5149 per person (double occupancy)

WELLNESS & SELF-CARE

First Aid, CPR & AED

Juanita Allen Kingsley

This American Safety & Health Institute (ASHI) course covers CPR, AED, First Aid, Medical/Injury Emergencies, Allergies, Epipens and Asthma. Participants receive 2-year ASHI certification in Pediatric First Aid and Adult and Pediatric CPR and AED use. This class is suitable for day-care providers, grandparents, coaches, scout leaders and parents. Ages 12 and up. **(AID 01)**

Thursday, Oct 22 | 6:00-8:15 pm | L-S Library | \$109

NEW! Pediatric First Aid & CPR for Grandparents, Coaches & Caregivers

Juanita Allen Kingsley

Caring for children, students and grandchildren comes with responsibilities—especially when it comes to safety. This course brings you up to date on first-aid practices that may have changed since you raised your own children. Learn how to respond to injuries and medical emergencies during the critical first minutes until help arrives. Topics include medical, injury, and environmental emergencies; CPR for all ages; using an AED; and managing severe allergies with EpiPens. You'll earn an American Safety and Health Institute certification in Pediatric CPR, AED, and First Aid. **(AID 02)**

Monday, Nov 9 | 6:00-8:15 pm | L-S Library | \$109

NEW! Face Yoga

Janice Novak

There are over 30 individual muscles on each side of your face, all of which can be strengthened and toned, just like arm or leg muscles. Facial exercises can take years off your appearance by reducing frown and forehead lines, reducing 'puppet mouth' lines, lifting and firming neckline, making upper and lower cheeks fuller, reduce puffiness and sagging around eyes, improve circulation and nutrient flow into cells and improve lymph circulation. Learn simple exercises that will rejuvenate your face. You will need a regular teaspoon for a few of the exercises and a little of your favorite moisturizer. **(FY 01)**

Monday, Oct 5 | 7:00-8:30 pm | online | \$29

NEW! Just Breathe! Techniques to Calm, Center & Balance

Janice Novak

Breathing in specific ways can have amazing and powerful healing benefits on mind and body. Breath work is the single most powerful thing you can practice to improve energy levels, health, and well-being. In this workshop, you will learn ancient breathing exercises that will: neutralize stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response and decrease depression and anxiety. Breathing exercises are powerful, free and literally right under your nose. **(JB 01)**

Tuesday, Jan 19 | 7:00-8:30 pm | online | \$29

NEW! Understanding & Overcoming Procrastination

Laura Mutch

This interactive workshop reframes procrastination as a natural brain response rather than a character flaw and explores the neuroscience behind why we delay important tasks while easily engaging in other activities. Through guided exercises and personal action planning, participants will identify their procrastination patterns and create a customized approach for change which emphasizes self-compassion over self-criticism. **(UOP 01)**

Mondays | Oct 5 & Oct 19 | 6:30-8:30 pm | LS Conf Rm A | \$39

CANCELLATION POLICY

Withdrawal from a class must be requested at least 8 days in advance of the first class meeting, and either a refund minus a \$10 processing fee or a credit toward another class will be issued.

NO CREDIT OR REFUND WILL BE PROVIDED FOR WITHDRAWALS WITHIN ONE WEEK OF THE START OF CLASS.

FITNESS, DANCE & GAMES

NEW! Adult Gymnastics

Lindsey Kersten, Donoma Gymnastics

Kick off with a full-body foam rolling routine to ease into the session, followed by ankle exercises, a hard ball roll out, and stretching. Once warmed up, we move into floor work with arm circles, leg extensions, rolls, handstand drills, and cartwheels. Afterward, students can choose their own adventure: join Lindsey for one or two circuits focused on mobility and skill-building, often mixed with strength or flexibility exercises, or explore the gym spaces at their own pace. This class is perfect for adults looking to enhance mobility, strength, and gymnastics skills in a supportive environment. No prior experience is required. Participants should wear comfortable athletic clothing and bring a water bottle. Ages 18+. (GYM 01/02)

Tuesdays | Sept 8–29 and/or Oct 6–27 | 8:00-9:00 pm
Donoma Gymnastics, Stow | \$64/session

Qigong And Tai Chi For Health

Ellie Horwitz

Tai chi has been called a “perfect exercise!” Based on Qi Gong, tai chi is an ancient Chinese mind-body practice that involves controlled breathing and movement exercises for the cultivation of your energy. It involves gently flowing strengthening and conditioning movements which increase flexibility, promote relaxation, and enhance health, strength and balance. Come join us in this wonderful 10-week exercise for body, mind and spirit. All levels of experience and ability are welcome. Participants are requested to attend their first class of the session in person; subsequent classes will have an option to attend online. (TAI 01)

Thursdays | Sept 17–Nov 19 | 5:30-6:30 pm | L-S C120 | \$125

Rise & Shine Yoga With Kelly

Kelly Gaudreau, LS Faculty

Start your weekends off right with Rise & Shine Yoga. This one-hour class combines deep stretching, muscle strengthening, balance, and vinyasa flow. The class guides you through smooth, safe movements purposefully designed to loosen up those tight muscles, melt away stress, and rejuvenate your body. Participants do not need prior yoga experience. Please bring your own mat. Yoga blocks are highly recommended and will be provided. This class takes place in-person with the option to join the class remotely. (RSY 01/02)

Saturdays | 8:30-9:30 am | L-S C120

Session 1: Sept 19–Dec 5 (no class Oct 3 or 10, Nov 28) | \$135

Session 2: Jan 9–Mar 20 (no class Jan 16, Feb 13 or 20) | \$120

Tennis

Michael M. Lustig

Come enjoy 4 weeks of tennis instruction. Please bring your racquet, wear comfortable running/tennis shoes, and bring your own water. In case of rain, another day will be added (rain dates are typically the following day if possible). We offer one class for kids ages 8+ and two classes for adults, “Beginner” and “Intermediate/Advanced”.

Saturdays | Sept 19–Oct 10 | L-S Courts | \$110

ADULT INT/ADV: 8:30-9:45 am

ADULT BEGINNER: 9:45-11:00 am

KIDS Ages 8+: 11:00 am-12:00 pm

Badminton

Shuhong Li

Badminton is the most popular and fastest racquet sport! It's a fast, fun and social game that can be played and enjoyed by people of all ages. If you have never played badminton before, you will quickly learn the basics and join other experienced players in exciting games! If you are looking for a great way to have fun while getting in shape, this is the place to be! Bring your racquet and we will provide the birdies. (BAD 01)

Wednesdays | Sept 23–Dec 9 (no class Nov 11 or 25)
7:00-9:00 pm | L-S Gym 1 | \$199

Dance: Swing!

Carole Ann Baer

Come join in on the fun of the lively and energetic East Coast Swing, and dance the night away! In this 4-week course, couples will learn the dance's style, technique and footwork. Enjoy the fun and easy setting while listening to great music. Whether you have danced before or are just a beginner – you will LOVE this workshop! Price is PER COUPLE. (SWING 01)

Mondays | Sept 28–Oct 26 (no class Oct 12) | 6:00-7:00 pm
L-S C120 | \$159

Line Dancing

Rachel van Heest & Dustin Morneau

Whether you're a beginner, eager to learn, or someone looking to refresh their skills, understanding the basics of line dancing is key to enjoying this lively and social activity. Line dancing, with its synchronized steps and vibrant rhythms, is a captivating dance form that brings people together on the dance floor; it is more than just dance, it's about community. You will learn dance floor etiquette, terminology, and of course the most popular steps in line dances. Those steps can include, but are not limited to, grapevines, rocking chairs, k-steps, v-steps, pivots, jazz boxes, lock steps, shuffles, lindys, and much much more. Let's learn some new moves together and have a blast! See you on the dance floor! (LINE 01/02)

Wednesdays | Sept 23–Oct 14 and/or Oct 21–Nov 18 (no class Nov 11) | 7:00-8:00 pm | L-S C120 | \$52/session

NEW! Beginner Salsa & Bachata

Monica Schauweker

Have you always wanted to move to those infectious Latin beats? No previous dance experience necessary. Come learn the basics of these fun, fast and slow dances, whether you want to be ready for your next vacation or just enjoy a fun night out without heading into the city. Couples and singles welcome! (BSB 01)

Tuesdays | Sept 22–Nov 10 | 7:00-8:00 pm | L-S C120 | \$199

NEW! Dance Cabaret Fun!

Monica Schauweker

If you love the moves of Broadway and those old movie classics, then this class is for you! We'll improve flexibility, learn routines, and break down styling all at a beginners pace. No previous dance experience necessary! (DCF 01)

Tuesdays | Sept 22–Nov 10 | 8:00-9:00 pm | L-S C120 | \$199

PLEASE REGISTER EARLY!

Classes that do not meet the minimum enrollment requirements will be canceled.

Learn To Play Mah Jongg - Beginners

Lydia Borenstein

Learn the American version of Mah Jongg! It's an ancient Chinese tile game of skill and chance, for all ages, in the Rummy family and is typically played with four people. The game is sociable, competitive, exciting and addictive, one that improves your memory and it's lots of fun. In this class, you will learn what the tiles are and how to play the game using many strategies. Most people are able to play at any American Mah Jongg table after completing this class. Once you've learned the rules, the possibility to excel is limitless and no two games are ever the same. **This course is geared towards teaching newcomers or those with some playing experience. (MAH 01/02)**

**Tuesdays | Sept 22-Oct 13 or Oct 27-Nov 17 | 6:00-8:00 pm
L-S Library | \$119**

NEW! Mah Jongg Refresher

Lydia Borenstein

Ready to build your confidence and get more comfortable at the table? Need a refresher before you play with a group? The Mah Jongg Refresher class is a structured session designed for players who have already learned Mah Jongg and hence, know the basics but want to build confidence and sharpen their skills. We'll start with a brief review followed by guided play. Whether you are looking to brush up on strategy or ease back into the rhythm of the table, we offer this targeted session to get you playing comfortably.

This class is an accelerated review and not appropriate for players who are new to the game. (MJR 01)

Thursday, Sept 17 | 6:00-8:00 pm | L-S Library | \$30

HOME & GARDEN

Residential Addition 101

Nancy Dickinson

If you have been thinking of adding on to your house, but don't know where to start, this one night class is for you! Nancy 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. **(RES 01)**

Thursday, Oct 15 | 6:00-8:00 pm | online | \$39

Real Estate Workshops

Faina Shapiro

HOW TO BUY A HOME - You will learn how to hire and find the right agent and be an advocate for yourself in the home buying process. The class will focus on the home buying process from beginning to end including your mortgage options, lawyer info and fees, the offer process and negotiating techniques, what you would expect to pay for closing costs, and what to look for at open houses. **(BUY 01)**

Wednesday, Oct 7 | 6:00-9:00 pm | online | \$35

HOW TO SELL YOUR HOME - You will learn how to hire and find the right agent, what's necessary to fix or not fix before putting your house on the market, tips on home staging, how to price your home and different techniques to generate more interest and offers. The class will also focus on the home selling process from beginning to end including the offer process and negotiating techniques. **(SELL 01)**

Wednesday, Nov 4 | 6:00-9:00 pm | online | \$35

Introduction To Honey Bees & Beekeeping

Mel Gadd

Bees perform approximately 80% of all pollination worldwide and bee colonies have declined precipitously over the last few years. Maintaining a backyard beehive can help increase our local bee population which in turn will foster community pollination and support our local food supplies. Come learn about the importance of honey bees, gain a general knowledge of honey bee biology and how to care for honey bees throughout the year. Students will be taught how to recognize common honey bee ailments and pests, as well as the methods for treating them. **(IHB 01)**

Tuesday, Oct 6 | 7:00-9:00 pm | L-S Conf Rm B | \$29

Where Have All My Birds Gone? Fall Migration 101

Michele Grzenda

As our days get shorter many of us are wondering: "Where have all my birds gone?" The story books suggest: they went south for the winter. And that's certainly a big part of the story: But wait, there's more! This zoom presentation will complete the picture with insights into: Why do birds fly away at all? Where do they go? What adventures might they experience on the way? Michele will offer some ideas on how we can help birds have a good trip south and provide them with a warm welcome next spring. **(WBG 01)**

Tuesday, Oct 6 | 7:00-8:00 pm | online | \$40

INVEST & PLAN

Instructors present their own views. L-S Adult & Community Education does not endorse their recommendations.

Long-Term Care & Asset Protection

Daniel R. Williams CLU, CHFC, CFP

The high cost of long-term care can wipe out a family's life savings in a short period of time. Unfortunately, many families are faced with this situation, finding themselves at the mercy of an under-funded government Medicaid system with limited choices. Recent legislative changes have created many questions surrounding planning techniques: How can I protect my home? What is the penalty for giving assets away? Are my assets protected if I put them in a trust? When is long-term care insurance worthwhile to consider? What if my loved one is already in a nursing home, can they still protect their assets? All of these questions and more will be clearly answered in this very important class. **(LON 01/02/03)**

**Tuesday, Oct 6 or Feb 9, or Wednesday, Nov 18
7:00-9:00 pm | online | \$35**

Understanding Medicare

Daniel R. Williams CLU, CHFC, CFP

If you are close to age 65 or already on Medicare, this class is for you! The class is designed to fully enlighten you on how Medicare works and the different health care choices available to those age 65+. In this class you will learn: How are parts A, B, C and D integrated, what is Medicare Advantage, what are the pros and cons of HMO's, PPO's and Medigap plans, should I take Medicare if I am still employed? How do I avoid late sign up penalties? Does any part of Medicare cover long-term care expenses? These questions and many more will be answered in this very important class. **(UND 01/02/03/04)**

**Wednesday, Sept 16, Oct 21 or Jan 13, or Tuesday, Nov 10
7:00-9:00 pm | online | \$35**

Demystifying Social Security

Daniel R. 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. By not understanding the many complex rules surrounding Social Security, you could leave thousands of dollars on the table. In this class, you will learn when you should file for Social Security benefits, what are the advantages and disadvantages of filing at age 62 or deferring to age 70, and 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? These questions and many more will be answered in this very important class. (DEM 01/02/03/04)

Wednesday, Sept 30, Nov 4, Dec 2, or Jan 27
7:00-9:00 pm | online | \$35

Estate Planning Made Easy: Wills, Trusts & Protecting What Matters Most

Erica Endyke (in-person) and Marla Buitrago-Brown (virtual)

Estate planning doesn't have to be overwhelming or intimidating—and this workshop is here to prove it! Join Attorney Erica Endyke or Marla Buitrago-Brown of 20West Legal for a relaxed, informative session where the essentials of estate planning are broken down in a way that's clear, approachable, and easy to understand. Whether you're just getting started or it's time for an update, you'll walk away with the knowledge you need to take the next step confidently. We'll cover key topics including:

- Wills vs. Trusts – what's the difference and which one do you need?
- How to avoid probate and keep your affairs private
- Naming guardians for minor children
- What happens if you don't have a plan in place?
- The documents everyone should have—no matter your age or stage

This workshop is perfect for individuals, couples, and families looking to get their affairs in order and protect their loved ones from court, conflict, and confusion. Questions are encouraged, and no legal background is needed! (WTR 01/02)

Tuesday, Oct 6 (L-S Conf Rm B) or Thursday, Jan 7 (online)
5:30-6:30 pm | \$35

NEW! Mediterranean Mezze Night

Shazia Rizvi

Join us for a delicious hands-on Mediterranean Mezze Workshop where guests will create a beautiful mezze spread from scratch using fresh ingredients and authentic flavors. In this interactive class, participants will learn how to make creamy homemade hummus, flavorful roasted red pepper muhammara, and fresh herb-topped labneh. Guests will also prepare healthy pan-fried falafel, learning how to mix, shape, and cook them to golden perfection with less oil while still achieving a crispy texture. The class is designed to be relaxed, social, and beginner-friendly, with tips on balancing flavors, textures, and presentation for an impressive mezze platter. Everyone will assemble and leave with a Mezze board, recipes, new skills, and inspiration for easy Mediterranean entertaining at home. (MMN 01)

Thursday, Oct 22 | 6:00-8:00 pm | L-S B321 | \$75

NEW! Fall Into Cake Decorating

Shazia Rizvi

Enjoy a fun and festive Fall Theme Cake Decorating Class inspired by the colors and charm of autumn! In this hands-on workshop, participants will learn how to color buttercream icing in beautiful seasonal tones and frost their own mini cakes. Students will also work with fondant to create adorable fall decorations including pumpkins, autumn leaves, acorns, and other seasonal accents to personalize their cakes. This class is perfect for all skill levels and offers a relaxing, creative experience filled with cozy fall vibes. Everyone will leave with a beautifully decorated cake ready to display and enjoy. (FCD 01)

Thursday, Oct 29 | 6:00-8:00 pm | L-S B321 | \$65

NEW! Winter Wonderland Cookie Decorating Class

Shazia Rizvi

Get into the holiday spirit with a fun and festive Winter Wonderland Cookie Decorating Class! In this hands-on workshop, participants will decorate four beautifully themed cookies using royal icing, sprinkles, and edible decorations. Learn simple decorating techniques while creating charming winter designs such as snowflakes, mittens, ornaments, and cozy holiday treats. All supplies and cookies are provided, and each guest will leave with a box of their handcrafted creations to enjoy or share. (WWC 01)

Thursday, Dec 10 | 6:30-8:00 pm | L-S B321 | \$49

French Macaron Basics

Ashley Ferullo

Come to a demonstration and tasting course to learn the basic preparation of French Macarons. The course will begin with tasting pre-made samples and then the instructor will demonstrate the process of macaron making. Students can help participate and take home some macarons made in class as well as recipes and tips for trying at home. (MAC 01)

Tuesday, Oct 20 | 7:00-9:00 pm | L-S B321 | \$49

CLASS IDEA? COME TEACH WITH US!

Fill out our course proposal form on our website:
LSRHS.net/adult-and-community-education

CULINARY ARTS

NEW! The Art of Sushi Rolling

Shazia Rizvi

Join us for a fun and interactive Sushi Rolling Workshop where participants will learn the art of creating delicious homemade sushi in a relaxed setting. In this hands-on class, guests will prepare fresh fillings and learn to roll three different styles of sushi, including a classic inside-out roll (uramaki), a traditional maki roll, and a specialty roll. Participants will learn how to season sushi rice, prepare and assemble flavorful fillings, work with nori, use bamboo rolling mats, and master rolling and cutting techniques while exploring flavor combinations and presentation tips. Perfect for beginners and sushi lovers alike, this class offers a creative and social culinary experience where everyone will make their own assortment of sushi to enjoy during class or package to take home. All materials and ingredients will be provided, and participants will receive a bamboo rolling mat to keep rolling on their own. (ASR 01)

Thursday, Oct 8 | 6:30-8:00 pm | L-S B321 | \$75

Discover Big Red Wines!

Sudbury Wine & Spirits

Looking for some big, bold red wines from around the world? Discover dark, rich wines with abundant flavors from the USA, France, Chile, and South Africa. Invite a friend or two to join for a relaxing evening at Sudbury Wine & Spirits, 410 Boston Post Road, Sudbury, MA. (BRW 01)

Thursday, Oct 8 | 6:30-7:30 pm | Sudbury Wine & Spirits | \$29

CREATIVE ARTS

Woodworking

Paul Shultz, LS Faculty

Appropriate for both beginners and experienced woodworkers. In this 8-week class you will learn the skills to use both hand and machine tools. Enjoy the state-of-the-art wood shop and work on your own projects or learn something new. Students must provide their own wood. Paul can help in locating plans and wood.

All students must attend the first class. (WWK 01)

Tuesdays | Oct 6–Nov 24 | 6:30-9:30 pm | L-S B232 | \$325

IT'S BACK! Sterling Silver Jewelry – Beginner

Theresa Carmichael

Working in sterling silver, students will be trained in sawing, filing, soldering and developing their skills through various projects involving fabricating, stone setting, fusing, Keum-boo, chasing and repousse and a variety of techniques as time and experience allow. Materials fee based on the cost of the chosen project will be payable to the instructor. (BEJ 01)

**Wednesdays | Sept 23–Nov 18 (no class Nov 11)
6:00-9:00 pm L-S B235 | \$385**

Sterling Silver Jewelry – Intermediate

Theresa Carmichael

Working in sterling silver, students will advance their skills in a variety of techniques through various projects including stone setting and fabricating using numerous techniques and honing their soldering skills.

Prerequisite: Beginning Jewelry or the equivalent. Material kits will be supplied at cost for projects, payable to the instructor. (SSJ 01)

**Mondays | Sept 28–Nov 30 (no class Oct 12 or Nov 23)
6:00-9:00 pm | L-S B235 | \$385**

Mastering Your Digital Camera

Harrison G. Ball

This course is for the beginning photographer with a digital SLR or mirrorless camera. Develop your photographic vision: Go beyond automatic settings, learn how aperture, shutter speed and ISO yield creative images. Learn about RAW vs. JPEG images, white balance, depth of field, and exposure. As you learn to take control of your camera, we will discuss the basics of composition and how to express your vision. We will also explore how to display your images through print and digital medium. We will plan one or two optional field trips on weekends (or weekdays if you prefer) to put into practice what we have learned in the classroom. (SLR 01)

Wednesdays | Oct 14–Nov 4 | 7:00-9:00 pm | L-S Conf B | \$149

NEW! Autumn Glow Candle Workshop

Shazia Rizvi

Celebrate the cozy charm of autumn in this fun and creative Fall Candle Making Workshop! In this hands-on class, guests will learn the basics of candle making while creating their own custom fall-inspired candle. Participants will prepare candle containers with wicks, blend seasonal fragrances such as pumpkin spice, apple cider, cinnamon, and vanilla, and work with colorful wax to create decorative accents like pumpkins, fall leaves and many more using silicone molds. Once the scented candle wax is poured, students will unmold and arrange their handmade decorations to design a beautiful finished candle perfect for fall décor or gifting. This beginner-friendly workshop is a relaxing and engaging experience with all materials and supplies included. (AGC 01)

Thursday, Nov 12 | 6:00-8:00 pm | L-S B321 | \$65

Cold Process Soap: Two-Part Class

Kate Marchand

Calling all Soapers! Let's make some cold process soap- you pick the scent and the additives. It is all good clean fun. This is a "hands-on" class. You will learn the basics about cold process soapmaking and make a high-quality, long-lasting soap. This class will provide you with all the knowledge and skills needed to craft your own soap. You can pick the scent (essential oil): Orange, Lemon, Lavender, Tea Tree, Peppermint or any combination of these oils. You can add oatmeal, clay or coffee. You may also choose to add no scent and/or no additive.

This is a two-day class; on Monday or Tuesday, you will make your soap and on Thursday you will unmold your soap and cut it into bars. All materials and worksheets will be provided. Please do not wear your best clothing. An apron and/or an old shirt will be the best option. **Please let the instructor know if you have any skin allergies or allergies to essential oils. Women in their first trimester of pregnancy should not take this class.**

CPS 01: Mon, Oct 5, 6:30-8:00 pm & Thurs, Oct 8, 6:00-6:30 pm

CPS 02: Tues, Oct 6, 6:30-8:00 pm & Thurs, Oct 8, 6:00-6:30 pm

CPS 03: Mon, Nov 2, 6:30-8:00 pm & Thurs, Nov 5, 6:00-6:30 pm

CPS 04: Tues, Nov 3, 6:30-8:00 pm & Thurs, Nov 5, 6:00-6:30 pm

L-S A415 | \$89

NEW! Crafty Cards

Nancy Ann Entwistle

Create 5 beautiful A2 cards (4.25 x 5.5 inches) with envelopes. A card making kit with all of the supplies needed will be ready for pick-up at L-S one week before the online class. Card-making class instruction will be on Zoom. Enjoy making cards at home that you can share with loved ones and friends. (CRC 01)

Wednesday, Jan 20 | 5:30-8:00 pm | online | \$40

NEW! Winter Round Welcome Sign Craft

Nancy Ann Entwistle

Create a cheerful hanging winter-themed round welcome sign using paint, seasonal colors, and decorative accents. With guided instruction, you'll leave with a finished piece ready to display all season long. (WRW 01)

Tuesday, Nov 3 | 5:30-8:00 pm | L-S B321 | \$40

NEW! Watercolor Workshop

Trisha Shaw

Join us for a 2-hour Watercolor Workshop designed for beginners or those who are curious about watercolor art. Trisha Shaw creates a fun environment for participants to play with brushes and paint and shares some of her own experience and opinions about this medium. All necessary materials are provided. Participants will go home with a 5x7 painting that they have created, as well as a suggested list of materials for those who would like to further pursue watercolor as an interest. This is a no-pressure, social environment, and questions are encouraged! **(WW 01)**

Saturday, Oct 24 | 10:00 am-12:00 pm | L-S B233 | \$65

NEW! Knit a Jumbo Chunky Throw Blanket

Joy Spadafora

Stay cozy all winter long by designing and hand-knitting your own jumbo chunky throw blanket—perfect for warming your lap or snuggling under on chilly nights. In this fun and relaxing hands-on workshop, you'll create a soft, stylish, and functional throw using only your hands—no needles or prior knitting experience required! Discover the calming rhythm of the technique as you relax, unwind, and make something beautiful to enjoy year-round. Please purchase the necessary jumbo (#7) blanket yarn and bring it to class; a list of suggested materials and resources will be provided upon registration. **(CTB 01)**

Thursday, Nov 5 | 6:30-9:00 pm | L-S Conf Rm A | \$39

Introduction to Pysanky

Alona Popova

Discover the beautiful Ukrainian art of Pysanky in this beginner-friendly workshop led by a native Ukrainian artist. Participants will learn about the history, symbolism, and traditions behind these intricate decorated eggs while creating their own Pysanky using the traditional wax-resist method. Using a real chicken egg, beeswax, candle, "kistka" tool, and vibrant dyes, participants will be guided step-by-step through the process of designing and decorating their eggs. No previous experience is necessary. Emptied and cleaned chicken eggs, dyes, and all materials will be provided. By the end of the workshop, each participant will complete one or two unique pysanky eggs while gaining a deeper appreciation for this cherished Ukrainian folk art tradition. Children ages 6+ are welcome when accompanied by an adult. **(IPY 01)**

Tuesday, Oct 13 | 6:00-8:00 pm | L-S B321 | \$50

Pysanky Ornaments Together

Alona Popova

Create a beautiful handmade Pysanka and transform it into a festive holiday ornament in this family-friendly workshop. Participants will learn the traditional Ukrainian wax-resist method using real chicken eggs, beeswax, a "kistka" tool, candles, and colorful dyes to create unique designs and patterns. During the workshop, participants will also learn several options for turning their finished pysanka into a hanging ornament perfect for holiday decorating or gifting. This class is suitable for beginners, families, and anyone looking for a cozy seasonal creative experience together. All materials are included. **(PYO 01)**

Tuesday, Nov 10 | 6:00-9:00 pm | L-S B321 | \$50 per pair

Snowflake Craft: Wheat Straw Decorations

Alona Popova

Celebrate the winter season by creating delicate wheat straw snowflake decorations inspired by traditional folk crafts. In this hands-on workshop, participants will learn how to craft beautiful straw snowflakes and stars that can be used as Christmas tree ornaments, window decorations, gift toppers, or handmade seasonal gifts. Using templates, guides, and examples, participants will create a variety of 8-point, 12-point, or 16-point straw star designs. Each participant will leave with a collection of 3–6 handmade straw decorations. All materials are included. **(WSD 01)**

Tuesday, Dec 8 | 6:00-8:30 pm | L-S B321 | \$50

NEW! Coastal Christmas: Oyster Shell Ornament Workshop

Emily Law

Get into the holiday spirit with a coastal twist! In this hands-on workshop, you will learn how to turn beautiful oyster shells into stunning holiday ornaments. Perfect for adding a unique touch to your décor or gifting to loved ones. We'll guide you step-by-step through cleaning, designing, and finishing your own one-of-a-kind keepsakes. Materials fee of \$15 is due to instructor. **(CCO 01)**

Wednesday, Dec 2 | 7:00-8:00 pm | CCHS | \$35 + \$15 materials

Fall Fresh Flower Arrangement

Mary Jean Laviolette

Make and take home a fresh seasonal flower arrangement for Fall. Give as a gift or enjoy it in your own home! All materials included. **(FALLF 01)**

Thursday, Oct 1 | 7:00-8:30 pm | L-S Cafe | \$69

Thanksgiving Fresh Flowers In A Pumpkin

Mary Jean Laviolette

A collection of blooms tightly packed into a bright orange pumpkin just screams "fall." It's an elegant take on fall decorating: setting the table for Thanksgiving dinner, adorning the mantle for the season, or even to give as a gift. Learn how to make one of these gorgeous fresh flower centerpieces. All materials included. **(THK 01)**

Tuesday, Nov 24 | 7:00-8:30 pm | L-S Cafe | \$89

Holiday Boxwood Tree Centerpiece

Mary Jean Laviolette

Learn how to make a real boxwood tree! Add it to your holiday decor or give it as an amazing gift. All materials included. Get creative with decorations, mini-lights and more! **(BOXWOOD)**

Thursday, Dec 3 | 7:00-8:30 pm | L-S Cafe | \$79

NEW! Succulent Birch Planter Workshop

Jessica Montejo

Assemble your own festive succulent arrangement in a birch planter. Perfect for home decor or to give as a hostess gift. All materials included. **(SBP 01)**

Tuesday, Dec 8 | 6:30-8:00 pm | L-S Cafe | \$59

February Fresh Flower Arrangement

Mary Jean Laviolette

Make and take home a Valentine's Day arrangement. Give as a gift or enjoy it in your own home. All materials included. (FEBF 01)

Thursday, Feb 11 | 7:00-8:30 pm | L-S Cafe | \$69

IT'S BACK! Flower Arranging For A Cause

Jo Ann Forester

Join Sudbury Garden Club member Jo Ann Forester and some member volunteers to try your hand at flower arranging... with a twist. Make a creative arrangement for yourself and one for a neighbor in need at Meals On Wheels in Sudbury! Brighten the day of some senior citizens with these colorful arrangements. Learn elements of floral design as well as how to care for an arrangement to achieve long-lasting freshness. Come as you are, bring some clippers or scissors, and leave with a small floral design to brighten your home and a happy heart knowing you have made several arrangements to be delivered in town. (FAC 01)

Thursday, Oct 29 | 7:00-8:30 pm | L-S Cafe | \$45

OUTDOOR PURSUITS

USCG: Boating Skills & Seamanship

USCG Auxiliary Flotilla 013-05-02

This introductory course is for both sail and power boaters and includes instruction on safety afloat, legal responsibilities, aids to navigation, rules of the road, charts and compass, engines, knots, weather, boat handling, radio procedures, and navigation electronics. Completion certificate helps reduce boat insurance fees. Families are welcome. Course materials are \$60 and are paid directly to the USCG in class. Materials include the text, chart, test & certificate. (BSS 01)

Wednesdays | Sept 16-Dec 16 (no class Nov 11 & 25)
7:00-9:00 pm | CCHS | \$75 + \$60 materials fee

Family Fishing Clinic

Jim Lagacy, MA Wildlife Angler Education

Have you ever wanted to learn how to fish? Now's your chance! Let the MassWildlife Angler Education Program be your guide. We'll have equipment on hand for use, as well as terminal tackle and live bait. You'll learn the basics, from casting out to baiting up, and the best part - you'll actually be able to fish. So come try your hand at this great pastime, guaranteed to catch some fun! Pre-registration is required. Please note: This is NOT a kid's program. It is a program for people of all ages that want to learn how to fish. If you are 15 and younger, you must be accompanied by an adult. (FFC 01)
REGISTER PER FAMILY UP TO 5.

Tuesday, Sept 22 | 5:00-7:00 pm | Sewataro | \$25/family

Flowers In The Field: Bouquet

Codman Community Farms

What could be better than watching the sunset from our flower patch? This is a perfect chance to get outside and enjoy the beauty of the farm, have some delicious farm snacks and pick your own bouquet to bring home. Class includes all materials needed and is for adults only. Class is BYOB - ice buckets and cups are provided. (FFB 01)

Wednesday, Sept 9 | 5:30-7:00 pm | Codman Farm | \$45

Fall Guided Walks: Weir Hill And Concord Meadows

Ted Elliman

Join Ted Elliman on guided walks exploring the woods, meadows, and wetlands of two Great Meadows National Wildlife Refuge properties: Weir Hill in Sudbury or Concord Meadows.

Sunday, Nov 1 | 10:00 am-12:00 pm | Weir Hill | \$29

Sunday, Nov 8 | 10:00 am-12:00 pm | Concord Meadows | \$29

Plant ID Guided Nature Walks

Jeff Adams, outdoor enthusiast & naturalist

Fabulous Fall Flora: These highly interactive walks focus on plant identification during New England's Autumnal Season. Learn ID techniques for native flowers, shrubs, trees and some non-natives too. Examine branching, buds, fruits, leaves, and diagnostic characteristics to immediately identify particular species and include some interesting natural history.

Saturday, Oct 17 (rain date Sunday, Oct 18) | 9:30 am-12:00 pm
Wolbach Farm, Sudbury Valley Trustees, Sudbury | \$29 (WOL 01)

Saturday, Oct 24 (rain date Sunday, Oct 25) | 9:30 am-12:00 pm
Mt. Misery, Conservation Land, Lincoln | \$29 (MTM 01)

Bare Trees & Naked Shrubs: A guided walk focusing on plant identification without all those pesky leaves in the way! Branching, buds, bark, persistent fruits and galls will help us identify what we're seeing for a selection of native and non-native species. We'll also include some natural history.

Saturday, Jan 30 (rain date Sunday, Jan 31) | 9:30 am-12:00 pm
Wolbach Farm, Sudbury Valley Trustees, Sudbury | \$29 (WOL 02)

Saturday, Feb 6 (rain date Sunday, Feb 7) | 9:30 am-12:00 pm
Mt. Misery, Conservation Land, Lincoln | \$29 (MTM 02)

TECH & DIGITAL LIFE

NEW! Practical ChatGPT Tips for Beginners

Nickie Welsh

Have you been curious about what ChatGPT is exactly and how it may affect you? Learn what you need to know about ChatGPT powered by Artificial Intelligence in this fun and engaging class! You will understand how it works exactly and why it's taking the world by storm. You'll also learn practical everyday uses for ChatGPT in the workforce and at home. Don't get left behind in today's tech savvy world, and attend this upcoming training! (PCT 01)

Tuesday, Nov 10 | 1:00-2:00 pm | online (playback available) | \$29

NEW! ChatGPT Powerhouse: Advanced Tips!

Nickie Welsh

Unlock the full potential of ChatGPT in this dynamic one-hour masterclass designed for users ready to move beyond the basics. You'll discover advanced prompting techniques like system instructions, multi-shot examples, and chain-of-thought reasoning to get dramatically better results. Learn insider strategies for customizing outputs, managing context, and leveraging ChatGPT for complex tasks including analysis, creative projects, and professional workflows. Walk away with expert-level techniques to transform ChatGPT into a true powerhouse for your specific needs. (CGP 01)

Tuesday, Nov 17 | 1:00-2:00 pm | online (playback available) | \$29

NEW! Canva Creative Projects

Nickie Welsh

Unlock a world of creative possibilities with Canva, the ideal digital tool for beginners and crafters! This online interactive class will teach you how to harness the power of Canva to bring your creative projects to life. You'll learn to design and create everything from custom greeting cards and party invitations to printable wall art, gift tags, and personalized crafts. Whether you're working from scratch or customizing templates, you'll receive step-by-step guidance to turn your ideas into beautiful, print-ready projects. Leave this class with the confidence and skills to use Canva for all your creative crafting needs. (CCP 01)

Tuesday, Oct 20 | 1:00-2:00 pm | online (playback available) | \$29

NEW! Canva Academy for Business

Nickie Welsh

Are you tired of spending hours trying to create graphics for your business, only to feel frustrated with the results? Learn how to design professional-looking social media posts, flyers, and marketing materials using only the free version of Canva with no design experience required. You'll learn the exact tools, shortcuts, and strategies that make creating beautiful visuals quick and stress-free. By the end of this session, you'll have the skills and confidence to create graphics that attract customers and make your business look polished and professional. (CAB 01)

Tuesday, Oct 13 | 1:00-2:00 pm | online (playback available) | \$29

NEW! Fast-Track to Social Media Marketing for Business

Nickie Welsh

Take your business to new heights with our fast-paced, comprehensive session designed to equip business owners, entrepreneurs, and marketing professionals with the essential skills and strategies needed to leverage social media for business success. Learn how to effectively reach your target audience, increase brand awareness, and drive engagement across major social media platforms. (SMM 01)

Tuesday, Sept 29 | 1:00-2:00 pm | online (playback available) | \$29

MORE COURSES AVAILABLE ON OUR WEBSITE!

Please check out the Tech & Digital Life section at:
LSRHS.net/adult-and-community-education

WRITING & PUBLISHING

From Expert to Author: Turning Know-How Into Books

Alicia Simons

In today's world, many individuals know or have been told they "need to write a book." This course covers the nonfiction publishing process, including the creation, positioning, and marketing of a professional work. Participants will learn how to develop a compelling book concept, craft a proposal that aligns with publishers' expectations, and understand the publishing landscape. The class also presents the steps needed to set their work up for success, including platform development, launch planning, and ongoing marketing strategies. Attendees will gain the practical guidance needed to create a well-positioned publication that enhances their visibility and contributes to their broader career objectives. (NFP 01)

Thursday, Sept 24 | 6:30-8:30 pm | LS Conf Rm B | \$35

Creative Writing

Leta Serafim

Do you have a story to tell? Join prize winning author, Leta Serafim, and start writing compelling fiction today. This class will be taught in a workshop format, utilizing timed prompts and other techniques; and each of the four sessions will explore a different aspect of effective storytelling, everything from developing a memorable plot-line to creating unforgettable characters. The genres covered will depend on students' interests. (CWR 01)

Mondays | Nov 2–Nov 23 | 7:00-8:30 pm | L-S B333 | \$59

Pitfalls Of Publishing

Leta Serafim

Once your manuscript is finished, comes the next and often hardest step, getting your work published. This course will outline the various options available from writing query letters to agents and publishers to signing on with self-publishing companies like Ingram-Sparks. The instructor will provide an overview of the industry today and give her recommendations as to how best to negotiate this ever-changing field and avoid the expensive mistakes many first-time authors make. Information about AI scams targeting writers will also be discussed. (POP 01)

Monday, Nov 30 | 7:00-8:30 pm | L-S B333 | \$29

HIGH SCHOOL & COLLEGE PLANNING

SAT: Reading & Writing Review (In-Person)

Travis Minor, Open Door Education

The digital SAT challenges students to apply the reading, writing, and analytical skills they have developed throughout high school to a wide range of academic texts and question types. In this course taught by Open Door Education Founder Travis Minor, students will learn and practice proven strategies for tackling every section of the SAT Reading & Writing test, including grammar, rhetorical analysis, transitions, and reading comprehension. As students become skilled in using effective test-taking strategies, they will build confidence, improve accuracy, and strengthen their scores. (SRW 01/02)

**Thursdays | Oct 15–Nov 5 or Feb 4–Mar 4 (no class Feb 18)
6:00-8:00 pm | L-S Library Classroom | \$355**

SAT: Math Review (In-Person)

Mary Brunson, LS Faculty

As students become more familiar with the SAT and practice test-taking strategies, their confidence and scores are sure to grow! This course will explore the types of questions on the test as well as test-taking strategies. Students will also learn time management and the benefits of taking an educated guess. Math skills learned in prior and current math classes will be reviewed including the best way to approach the exam based on individual skills. Students must respond to the survey due the week prior to taking the course. (SMR 01/02)

Students MUST bring a computer to each class with the SAT Bluebook Application downloaded prior to the first class as well as the graphing calculator they will use on test day.

**Tuesdays | Oct 13–Nov 3 or Feb 2–Mar 2 (no class Feb 16)
6:00-8:00 pm | L-S A402 | \$355**

SAT Advanced Bootcamp

Travis Minor, Open Door Education

The ADVANCED SAT class is intended for students who have previously scored at least 1300 on the SAT. During this 4-session online class, students will focus on the most challenging question types, the most difficult content areas, and the most important strategies for high-scoring students. This class will provide rigorous practice for the Reading/Writing and Math sections of the SAT. (SATADV 01)

Tues/Thurs | Sept 1, 3, 8, 10 | 7:00 pm-8:30 pm | online | \$575

SAT Practice Tests

Administered by Open Door Education

Prepare for success on the SAT! Our low-stakes, simulated Test Day environment fosters familiarity and confidence, helping students to be better prepared for their admissions testing. Students taking this digital, adaptive test will gain familiarity with the structure and content of the SAT, and our detailed score reports will help guide students in deciding whether the SAT or ACT is the best fit for their academic goals. Students taking this practice test should plan to bring a fully-charged laptop and a charger. If a student does not have a laptop, one can be provided. (SAT 01/02)

This test will be administered with standard time. Any students who qualify for accommodations, including extended time, should contact Open Door Education directly to discuss options for a practice test.

Saturday, Oct 3 or Jan 23 | 9:00-11:30 am
L-S Library Classroom | \$30

College Planning in 9th and 10th Grades: It's Too Early ... Isn't It?

Jamie Gossels

Many parents of 9th and 10th graders want to know what lies ahead in the college planning and admissions process. The goal of this session is not to add stress, but to help you understand the process, expectations and timing so your student can make smart decisions now that will keep options open for later. This session will address how colleges evaluate applicants, academic planning during high school, extracurricular and summer activities, considerations for student-athletes, when to take standardized tests and how to prepare, and why sophomore year is important to financial aid. We'll overview the college admissions roadmap and timeline so you know what's ahead, and answer your questions. Pre-registration is required. (COL 01)

Thursday, Oct 22 | 7:00 - 8:30 pm | L-S Lecture Hall | \$25/family

NEW! Musical Theatre College Pathways

Jim Giebutowski

This class is designed to educate parents and student-performers in theatre, voice, and dance of all abilities and ambitions about the various performing arts options available to them in college. Discussion will include the roles that performing arts can play in the college years, how to decide between a BFA (Bachelor of Fine Arts) and a BA and the admission process, information about non-BFA programs and the schools that offer them, student run productions and ensembles, how to determine the right college theatre environment for you, and more. (MTP 01)

Wednesday, Sept 23 | 6:30-8:00 pm | L-S Conf Rm A | \$25/family

Christo Driving School

Christo's Staff

This driving instruction course for teens includes 30 class hours, 12 driving hours and 6 observation hours. Christo Driving School has been licensed by the Massachusetts Registry of Motor Vehicles for over 70 years. To register and for course fee information, go to www.christodriving.com or call their office at 978-443-4645.

Tuesdays/Thursdays | 5:45-9:00 pm | L-S (location TBA)

Fall S1: Sept 22-Oct 29 (no class Oct 8 or 20)

Fall S2: Nov 3-Dec 22 (no class Nov 12, 17, 26, Dec 3 or 15)

Winter S1: Jan 5-Feb 11 (no class Jan 7 or 19)

MUSIC APPRECIATION

Sudbury Valley New Horizons Music

Fall 2026 Adult Concert Band And String Ensemble

Diane Muffitt & Linda Murdock

Don't just LISTEN to the music, PLAY!! Join our adult concert band or string ensemble and experience the joy of making instrumental music with others. Haven't played your trumpet (flute, clarinet, violin, cello...) in 30 years? We have some members who came back to their instruments after 50, 60 and even 70 years! Never played an instrument? We'll help you figure out how to get started, get connected with a teacher, and in a few weeks sit in with our group. It is never too late; over half of our members started their instruments as adults! Our members range in age from 20-something to 90-something, and from beginner/novice to quite advanced in playing ability — all are welcome! (SVNH 01)

For more information, visit, www.svnham.org or call Diane Muffitt, 978-261-5065. (New members please contact Diane before registering.)

Rehearsals on Wednesdays, Sept 23-Dec 16 plus
Mondays, Nov 9 & 23 (No rehearsal Nov 11, 18, 25)
6:30-8:15 pm | L-S | \$192
Concert: Sunday, Dec 13 at 3 pm

NEW! Beginning Guitar or Ukelele

Jason Yost

An ideal class for teens or adults who have always wanted to learn the guitar or ukulele. Learn to play chords, strumming patterns, riffs, and melodies within the context of popular songs. (GUI 01/UK 01)

Mondays | Sept 28 – Oct 26 (no class Oct 12) | Band Room | \$79
Guitar: 6:00-7:00 pm | Ukelele: 7:00-8:00 pm

Private Music Lessons - All Ages

Local Music Teachers

Private music lessons are given in 8-week sessions in your choice of format: in-person or online. Lessons take place after school or on weekday evenings. We offer lessons in: Woodwinds, Brass, Percussion, Strings and Voice. **Before registering, please send us an email at adult.ed@lsrhs.net for more info and to determine the availability of the instructor.** There is a \$39 administrative fee per 8-week session. A portion of the administrative fee will be donated to L-S Friends of Music.

Fall session begins September 28; winter session begins January 4.

\$46 per 30 minute lesson for 8 weeks plus \$39 admin fee = \$407
\$61 per 45 minute lesson for 8 weeks plus \$39 admin fee = \$527
\$81 per 60 minute lesson for 8 weeks plus \$39 admin fee = \$687