


Cote Ford Complex

Appendix 1

SOLICITATION, OFFER AND AWARD		3. Date Issued		
1. PROJECT NAME	2. TYPE OF SOLICITATION			
Cote Ford Site Mattapan	<input type="checkbox"/> Invitation for Bids <input type="checkbox"/> Negotiated (RFP)	June 30, 2014		
4. ISSUED BY: City of Boston, Department of Neighborhood Development 26 Court Street, 9 th Floor Boston, MA 02180		5. ADDRESS OFFER TO: (If other than item 4)		
NOTE: In sealed bid solicitations "offer" and "offeror" mean "bid" and "bidder"				
SOLICITATION				
6. Sealed offers (original and 3 copies) will be received at the place specified in item 4 until 4:00 p.m. (EST) September 30, 2014.				
CAUTION: Late submissions, Modifications, and Withdrawals: See Section 10. All offers are subject to all terms and conditions contained in this solicitation.				
7. For Information Contact:	7a. Name	7b. Telephone	7c. Fax	7d. E-mail
	Christopher Rooney	(617) 635-0493	(617) 635-0282	<u>Christopher.M.Rooney@Boston.gov</u>
OFFER				
8. In accordance with the terms of this RFP, the undersigned agrees, if this offer is accepted, to furnish any and all supporting documentation upon request by DND.				
OFFER PRICE:				
9. SUBMISSION CHECKLIST				
(x)		(x)		
<input type="checkbox"/>	Appendix 1: COVER SHEET	<input type="checkbox"/>	Appendix 6: CONSTRUCTION EMPLOYMENT STATEMENT	
<input type="checkbox"/>	PROPOSAL SUMMARY	<input type="checkbox"/>	Appendix 7: PROPERTY AFFIDAVIT	
<input type="checkbox"/>	Appendix 2: STATEMENT OF BIDDER'S QUALIFICATIONS	<input type="checkbox"/>	Appendix 8: AFFIDAVIT OF ELIGIBILITY	
<input type="checkbox"/>	Appendix 3: PRELIMINARY DEVELOPMENT BUDGET	<input type="checkbox"/>	Appendix 9: CHAPTER 803 DISCLOSURE STATEMENT	
<input type="checkbox"/>	Appendix 4: PRELIMINARY OPERATING BUDGET	<input type="checkbox"/>	Appendix 10: BENEFICIAL INTEREST STATEMENT	
<input type="checkbox"/>	Appendix 5: DEVELOPMENT TIMETABLE			
10. ADDRESS OF OFFEROR		11. Name and Title of Authorized Signatory (Print)		
Phone Number		12. Signature		13. Offer Date

FS

Date: September 30, 2014

① of 5

To: Mr. Christopher Rooney
City of Boston
Department of Neighborhood Development
26 Court St., 9th Floor
Boston, MA 02180

From: Faubert Smith, Trustee
777 Essex Street Realty Trust

Subject: Development of Cote Ford Buildings
and open spaces

Dear Mr. Rooney,

Please do not disqualify this proposal because it is written by hand. My computer has a virus in it and my work is being sabotaged. With the advancements in technology, this (hand writing) may be the safest manner of communication.

We are extremely interested in the Cote Ford site, because of a higher calling. We are not going after this site to make money, but rather to serve, which is proven by the proposed uses & the low rents being charged.

At 820 Cummings Hwy, on the ground floor, we propose a day care for children, and a day care for adults. On the ~~Ground~~ Floor, we also propose a Fitness center with showers for people to stay in shape. From Cummings Hwy, the ~~Ground~~ Floor is for the most part below ground. We also propose a multi-purpose room, which will be used as a kid's church, ministry training, computer, professional training (see list of potential classes to be offered to the community on pages one through forty-seven in the back of proposal) on the ground floor.

The church will be located on the second ~~floor of the~~ and third floors of 820 Cummings Hwy. The second floor is the ground floor from a Cummings Hwy vantage reference and the third floor is balcony of the church.

The church will be a non-denominational Christian church of all nations, to serve the diverse population in the ~~area~~ vicinity of the building.

The design of 820 Cummings Highway will blend with the existing commercial buildings in the Mattapan area.

③ of ⑤

30 & 32 Regis Rd will be used for a homeless shelter to help with the homeless population in Mattapan; there is a substantial presence of homeless individuals in Mattapan square. The shelter will be modeled after the Port Authority shelter in Manhattan, NY, which is run by the Port Authority Bus Organization.

The shelter will provide meals (hot meals) three times a day for anyone who wants a meal. The shelter will provide showers to all, sleeping accommodations, clothing " " " "

30 & 32 Regis Rd will also include a food pantry for the distribution of ^{non} perishable food to anyone who shows up on the days that food is distributed; food will be distributed twice a week. The food pantry will be modeled after the food pantry of The Twelfth Baptist church, located on Warren Street in Roxbury.

There will be security guards & police details ~~are~~ around the clock for security reasons and address & to alleviate community concerns,

The parking lot located across Regis Rd. From 820 Cumming Hwy will be used for parking initially, but in the future, will be used for a school. We will also consider partnering or making that site available to one of the competing proposals for a school. All other vacant land on the site will be used for parking.

We proposed to complete construction on both 820 Cumming Hwy & 30-32 Regis Road by May 30th of 2016.

The Operational plan

The 777 Essex st. plans ~~with~~ to focus on construction of the property & then leasing it to the church and the shelter. Please see construction and operational budgets (Appendix 3 & 4).

Developers Qualification Experience & References

We developed 471-475 Blue Hill Ave into a 6000 sq. ft commercial space and equipped it with, coin operated, laundry equipment. The front facade, facing Blue Hill Ave, had to be maintained, while the rest of the structure was demolished. The total cost of the project was over a million dollars.

We are part of The ten Cheney Street Associates, a fifty million ^{dollars} and a hundred apartment units development propose in Boston. We are co-managing partner for the development.

We have only completed our own projects, therefore there is no outside reference. We have had to do Environmental reports on our developments (real estate) and we have always use I.C.S of somerville.

All our projects have gone to ^{the} various communities for community review.

We have worked well with Hezekiah Pratt Associates on our projects ~~and~~ and along with ~~me~~, Hezekiah Pratt will be designated as a point of contact:

Faubert Smith
31 Vose AV
Hyde Park, MA 02136
Yolene ~~Smith~~ S3 @ AOK.com
Office - 857-345-9888
Cell - 617-512-8768

Hezekiah Pratt
Newton, MA
Hez@ .com
Cell - 617-320-3749

STATEMENT OF PROPOSER'S QUALIFICATIONS

All questions must be answered. All information must be clear and complete. Attach additional pages, if needed.

- 1. Name of proposer: Faubert Smith
2. Names and titles of principals: Faubert Smith, Trustee of 777 Essex Street Realty Trust
3. Names of authorized signatories: Faubert Smith
4. Permanent main office address: 31 Vose Av. - Hyde Park MA 02136
Phone: 617-512-8768 Fax: Email: ydervs3@aol.com
5. Date organized: NOVEMBER OF 2009
6. Location of incorporation: Boston, MA
7. Number of years engaged in business under your present name: 5 years
8. List at least three private or public agencies that you have supplied/provided with similar services to that in this solicitation:

Has organization ever failed to perform any contract? YES NO
If YES, attach a written declaration explaining the circumstances.

AUTHORIZATION: The undersigned certifies under penalties of perjury that this proposal has been made and submitted in good faith and without collusion or fraud with any other person. As used in this certification, the word "person" shall mean any natural person, business, partnership, corporation, union, committee, club, or other organization, entity, or group of individuals.

Signature of individual submitting proposal

Title
Trustee

Legal Name of Organization
777 Essex St. Realty Trust

Date
09-18-2014

Appendix 3

PRELIMINARY DEVELOPMENT BUDGET

PROPOSER'S NAME: 777 Essex St. Realty Trust, Fairbairn Smith, Trustee.

Complete this Preliminary Development Budget or you may substitute another form that provides substantially equivalent information. Note: Total of Uses of Funds should equal Total of Sources of Funds.

USES OF FUNDING	AMOUNT
Acquisition - Land	\$ 1.
Site Prep/Environmental	\$ 2,000,000.
Construction 90,000 sqft X \$120	\$ 10,800,000.
Construction Contingency 10% of Construction	\$ 1,800,000.
Architect(s) and Engineer(s)	\$ 1,000,000
Development Consultant	\$ 2,000,000
Survey and Permits	\$ 100,000
Legal	\$ 50,000
Title and Recording	\$ 5,000
Real Estate Taxes	\$ 100,000
Insurance	\$ 150,000
Construction Loan Interest	\$ 0
Construction Inspection Fees	\$ 10,000
Other: Environmental overruns	\$ 1,000,000
Other: Acquisitions of Property on or near ^{site}	\$ 1,000,000
Other:	\$
Other:	\$
Other:	\$
Soft Cost Contingency	\$ 250,000
Developer Overhead	\$ 250,000
Developer Fee 10% of Construction	\$ 1,800,000
TOTAL: ALL USES	\$ 20,615,000

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SOURCES OF FUNDING	AMOUNT
Sponsor Cash In Hand	\$
Additional Sponsor Fundraising	\$ 20,615,000
Philanthropic Funding	\$ 20,615,000
Philanthropic Funding	\$
Bank Loans	\$
Donated Materials/Services:	\$ 1,000,000
Other:	\$
Other:	\$
TOTAL ALL SOURCES:	\$ 21,645,000

Committed

If any of the above-listed funding sources are already in hand or have been committed subject to designation/conveyance by DND, check off the right-hand box under "Committed".

Explanatory notes:

All funding will be provided by
 Philanthropic Organizations
 * to Church
 * to shelter

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PRELIMINARY OPERATING BUDGET

PROPOSER'S NAME: Faubert Smith, Trustee

Provide a Preliminary Operating Budget on the form provided below. You may substitute another form that provides substantially equivalent information.

\$1.5 sq ft
\$6.00 sq ft

SOURCES OF FUNDS: ANNUAL OPERATING INCOME	AMOUNT
Rent 1 - church (Triple net church will pay taxes only)	\$ 120K
Rent 2 - school (Future)	\$ 120K
Rent 3 - shelter	\$ 120K
	\$
Church will include a Fitness Center	\$
	\$
	\$
	\$
	\$
	\$
	\$
ANNUAL OPERATING INCOME: ALL SOURCES	\$ 240K

Committed

If any of the above-listed funding sources are already in hand or have been committed subject to completion of the new facility, check off the right-hand box under "Committed".

USES OF FUNDS: ANNUAL OPERATING COSTS	AMOUNT
Taxes	\$ 100K
Maintenance 5%	\$ 18K
Management 5%	\$ 18K
Management fee 10%	\$ 36K

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ANNUAL OPERATING COSTS: ALL SOURCES	\$ 0 174K

Explanatory notes:

All Funding will be provided
 by Philanthropic Organizations:

- * To Church
- * To Shelter

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DEVELOPMENT TIMETABLE

PROPOSER'S NAME: Faubert Smith, Trustee

Assuming that you are designated on November 01, 2014, indicate below your target dates for achieving these key development milestones.

MILESTONE	DATE
Designs Complete	03-31-15
Apply for Permit(s)	04-31-15
Zoning Relief Anticipated?	<input type="radio"/> YES <input checked="" type="radio"/> NO
All Development Financing Committed	04-30-15
Permit(s) Issued	06-31-15
Financing Closed	06-01-15
Construction Begins	07-01-15
Construction Complete	05-30-16

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CONSTRUCTION EMPLOYMENT STATEMENT

PROPOSER'S NAME: FAUBERT SMITH, Trustee

How many full time employees does your firm currently have?

Under 25 25 -99 100 or more

Are you a Boston-based business? YES NO

"Boston Based": where the principal place of business and/or the primary residence of the Proposer is in the City of Boston.

Are you a Minority-owned Business Enterprise? YES NO

If yes, are you certified as such by the State Office of Minority and Women Business Assistance (SOMBWA)? YES NO

Are you a Woman-owned Business Enterprise? YES NO

If yes, are you certified as such by the State Office of Minority and Women Business Assistance (SOMBWA)? YES NO

RESIDENT, MINORITY AND FEMALE CONSTRUCTION EMPLOYMENT

DND encourages developers to seek to achieve the following construction employment goals:

- Boston Residents 50% of project hours**
- Minority 25% of project hours**
- Female 10% of project hours**

These are targets, not requirements, but proposals that provide better evidence of their ability to achieve these targets will be more highly ranked. Explain what actions you will undertake to promote employment of these groups:

I will insist and verify these goals are met by holding the general contractor responsible and by making sure that minority & women subcontractors are awarded bids.

If you have additional information demonstrating your capacity to achieve these employment targets, you may provide this information on a separate sheet clearly labeled at the top with "Supplementary Construction Employment Statement" and the Proposer's name.

Note: if you are, according the US Dept. of Housing & Urban Development, a Section 3 certified vendor, this will be considered strong evidence of capacity to achieve DND's employment goals.

If you have completed any development projects in the last five years that have required employment reporting through the City's Office of Jobs & Community Services, please list the most recent here:

Faubert Smith, Trustee

Appendix 7

City of Boston – Department of Neighborhood Development Property Affidavit

Instructions: List all City of Boston properties currently owned, or previously foreclosed upon for failure to pay real estate taxes or other indebtedness, by the applicant or by any other legal entity in which the applicant has had or now has an ownership or beneficial interest.

For any additional properties that do not fit on this form, attach a spreadsheet. (Do not use another loops form. Only one typed signature page should be submitted.)

Applicant: _____

List Addresses of Boston Properties Owned:	PARCEL ID #

Boston Properties Previously Foreclosed Upon by COB:	PARCEL ID #
#69-475 Blue Hill Av, Dorchester, MA 02121	

Are you including any additional properties on an attached spreadsheet?

YES NO

By entering my name below, I declare under penalty of perjury that the foregoing representations are true, complete, and correct. I understand that failure to disclose any properties or financial interests, as described above, shall make voidable any agreements or contracts subsequently made with the City, will result in disqualification of any application(s) to obtain assistance or property from the City, and may result in prosecution.

Type name _____ Date _____

Applicant Contact (if different from above) _____ Telephone Number _____

For Official Use Only (to be completed by City of Boston staff)

DND PM, Division, & Project Christopher M. Rooney, Real Estate Management and Sales Division, "Former Cote Ford Site"

DND A&F Division Review Y\$ _____ N

Signature & Date: _____

Notes: _____

Public Works Department _____ Y\$

Signature & Date: _____

Notes: _____

Treasury Department Y\$ _____ N

Signature & Date: _____

Notes: _____

Boston Water & Sewer Commission Y\$ _____ N

Signature & Date: _____

Notes: _____

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AFFIDAVIT OF ELIGIBILITY

The undersigned hereby certifies, under the pains and penalties of perjury, that neither they, nor those with whom they have business ties, nor any immediate family member of the undersigned, is currently or has been within the past twelve (12) months, an employee, agent, consultant, officer or elected or appointed official of the City of Boston Department of Neighborhood Development.

For purposes of this Affidavit, "immediate family member" shall include parents, spouse, siblings, or children, irrespective of their place of residence.

This statement is made under the pains and penalties of perjury this 18th day
of September, 2014
Month Year

, Trustee

Proposer Signature

Co-Proposer Signature (If Applicable)

CHAPTER 803 DISCLOSURE STATEMENT

In compliance with Chapter 60, Section 77B of the Massachusetts General Laws as amended by Chapter 803 of the Acts of 1985, I hereby certify that I have never been convicted of a crime involving the willful and malicious setting of a fire or of a crime involving the fraudulent filing of a claim for fire insurance; nor am I delinquent in the payment of real estate taxes in the City of Boston, or being delinquent, an application for the abatement of such tax is pending or a pending petition before the appellate tax board has been filed in good faith.

This statement is made under the pains and penalties of perjury this 18th day of September, 2014
Month Year

, Trustee

Proposer Signature

Co-Proposer Signature (If Applicable)

**DISCLOSURE STATEMENT FOR
TRANSACTION WITH A PUBLIC AGENCY CONCERNING REAL PROPERTY
M.G.L. c. 7C, s. 38 (formerly M.G.L. c. 7, s. 40J)**

INSTRUCTION SHEET

NOTE: The Division of Capital Asset Management and Maintenance (DCAMM) shall have no responsibility for insuring that the Disclosure Statement has been properly completed as required by law. Acceptance by DCAMM of a Disclosure Statement for filing does not constitute DCAMM's approval of this Disclosure Statement or the information contained therein. Please carefully read M.G.L. c. 7C, s. 38 which is reprinted in Section 8 of this Disclosure Statement.

Section (1): Identify the real property, including its street address, and city or town. If there is no street address then identify the property in some other manner such as the nearest cross street and its tax assessors' parcel number.

Section (2): Identify the type of transaction to which this Disclosure Statement pertains --such as a sale, purchase, lease, etc.

Section (3): Insert the exact legal name of the Public Agency participating in this Transaction with the Disclosing Party. The Public Agency may be a Department of the Commonwealth of Massachusetts, or some other public entity. Please do not abbreviate.

Section (4): Insert the exact legal name of the Disclosing Party. Indicate whether the Disclosing Party is an individual, tenants in common, tenants by the entirety, corporation, general partnership, limited partnership, LLC, or other entity. If the Disclosing Party is the trustees of a trust then identify the trustees by name, indicate that they are trustees, and add the name of the trust.

Section (5): Indicate the role of the Disclosing Party in the transaction by checking one of the blanks. If the Disclosing Party's role in the transaction is not covered by one of the listed roles then describe the role in words.

Section (6): List the names and addresses of **every** legal entity and **every** natural person that has or will have a **direct or indirect** beneficial interest in the real property. The only exceptions are those stated in the first paragraph of the statute that is reprinted in Section 8 of this Disclosure Statement. If the Disclosing Party is another public entity such as a city or town, insert "inhabitants of the (name of public entity)." If the Disclosing Party is a non-profit with no individual persons having any beneficial interest then indicate the purpose or type of the non-profit entity. If additional space is needed, please attach a separate sheet and incorporate it by reference into Section 6.

Section (7): Write "none" in the blank if none of the persons mentioned in Section 6 is employed by DCAMM. Otherwise list any parties disclosed in Section 6 that are employees of DCAMM.

Section (8): The individual signing this statement on behalf of the Disclosing Party acknowledges that he/she has read the included provisions of Chapter 7C, Section 38 (formerly Chapter 7, Section 40J) of the General Laws of Massachusetts.

Section (9): Make sure that this Disclosure Statement is signed by the correct person. If the Disclosing Party is a corporation, please make sure that this Disclosure Statement is signed by a duly authorized officer of the corporation as required by the statute reprinted in Section 8 of this Disclosure Statement.

Jacob Smith, Trustee 09-18-14
777 Essex Street Realty Trust

**DISCLOSURE STATEMENT FOR
TRANSACTION WITH A PUBLIC AGENCY CONCERNING REAL PROPERTY
M.G.L. c. 7C, s. 38 (formerly M.G.L. c. 7, s. 40J)**

The undersigned party to a real property transaction with a public agency hereby discloses and certifies, under pains and penalties of perjury, the following information as required by law:

(1) REAL PROPERTY:

(2) TYPE OF TRANSACTION, AGREEMENT, or DOCUMENT:

(3) PUBLIC AGENCY PARTICIPATING in TRANSACTION:

(4) DISCLOSING PARTY'S NAME AND TYPE OF ENTITY (IF NOT AN INDIVIDUAL):

(5) ROLE OF DISCLOSING PARTY (Check appropriate role):

Lessor/Landlord

Lessee/Tenant

Seller/Grantor

Buyer/Grantee

Other (Please describe): NA

(6) The names and addresses of all persons and individuals who have or will have a direct or indirect beneficial interest in the real property excluding only 1) a stockholder of a corporation the stock of which is listed for sale to the general public with the securities and exchange commission, if such stockholder holds less than ten per cent of the outstanding stock entitled to vote at the annual meeting of such corporation or 2) an owner of a time share that has an interest in a leasehold condominium meeting all of the conditions specified in M.G.L. c. 7C, s. 38, are hereby disclosed as follows (attach additional pages if necessary):

NAME

RESIDENCE

(7) None of the above-named persons is an employee of the Division of Capital Asset Management and Maintenance or an official elected to public office in the Commonwealth of Massachusetts, except as listed below (insert "none" if none):

(8) The individual signing this statement on behalf of the above-named party acknowledges that he/she has read the following provisions of Chapter 7C, Section 38 (formerly Chapter 7, Section 40J) of the General Laws of Massachusetts:

No agreement to rent or to sell real property to or to rent or: purchase real property from a public agency, and no renewal or extension of such agreement, shall be valid and no payment shall be made to the lessor or seller of such property unless a statement, signed, under the penalties of perjury, has been

NA
NA
NA
Fauber Smith, Trustee 09-18-14
777 Essex Street Realty Trust

**DISCLOSURE STATEMENT FOR
TRANSACTION WITH A PUBLIC AGENCY CONCERNING REAL PROPERTY
M.G.L. c. 7C, s. 38 (formerly M.G.L. c. 7, s. 40J)**

filed by the lessor, lessee, seller or purchaser, and in the case of a corporation by a duly authorized officer thereof giving the true names and addresses of all persons who have or will have a direct or indirect beneficial interest in said property with the commissioner of capital asset management and maintenance. The provisions of this section shall not apply to any stockholder of a corporation the stock of which is listed for sale to the general public with the Securities and Exchange Commission, if such stockholder holds less than ten per cent of the outstanding stock entitled to vote at the annual meeting of such corporation. In the case of an agreement to rent property from a public agency where the lessee's interest is held by the organization of unit owners of a leasehold condominium created under chapter one hundred and eighty-three A, and time-shares are created in the leasehold condominium under chapter one hundred and eighty-three B, the provisions of this section shall not apply to an owner of a time-share in the leasehold condominium who (i) acquires the time-share on or after a bona fide arms-length transfer of such time-share made after the rental agreement with the public agency is executed and (ii) who holds less than three percent of the votes entitled to vote at the annual meeting of such organization of unit owners. A disclosure statement shall also be made in writing, under penalty of perjury, during the term of a rental agreement in case of any change of interest in such property, as provided for above, within thirty days of such change.

NA

Any official elected to public office in the commonwealth, or any employee of the division of capital asset management and maintenance disclosing beneficial interest in real property pursuant to this section, shall identify his position as part of the disclosure statement. The commissioner shall notify the state ethics commission of such names, and shall make copies of any and all disclosure statements received available to the state ethics commission upon request.

NA

The commissioner shall keep a copy of each disclosure statement received available for public inspection during regular business hours.

(9) This Disclosure Statement is hereby signed under penalties of perjury.

Faubert Smith

PRINT NAME OF DISCLOSING PARTY (from Section 4, above)

NA

Faubert Smith, Trustee

AUTHORIZED SIGNATURE of DISCLOSING PARTY

09-18-14

DATE (MM/DD/YYYY)

Faubert Smith, Trustee of 777 Essex St. Realty Trust

PRINT NAME & TITLE of AUTHORIZED SIGNER

The Cote Ford Site, Mattapan

1. DEVELOPMENT OBJECTIVES

In cooperation with neighborhood residents and the Blue Hill Avenue/Cummins Highway Working Advisory Group, the Department of Neighborhood Development has established the following development objectives for the property. The developer must address each of the following considerations, as expressed by the community, in a development concept narrative, construction description narrative & design documents, and agree to work with the community and the Blue Hill Avenue/Cummins Highway Working Advisory Group on any future issues that arise.

BUILDING DEMOLITION

If necessary, the developer must agree to demolish the existing building in a manner that is of minimal disruption to the surrounding residences, in order to make way for a vacant site suitable to build a structure that is more energy efficient, functional and attractive.

LAND USE

- The preference is for mixed-use (residential and commercial) in order to create housing and jobs for local residents, as well as to act as a catalyst for additional economic development in the surrounding area. The proposed commercial uses must have limited noise and traffic impacts and not adversely affect the quality of life of the immediate abutters. While the community has stated its interest in a mixed-use development, proposals that include an educational use will be considered.
- If residential is included in the proposal, there is a preference for mixed-income housing.
- If commercial is included in the proposal, the proposed development should complement existing businesses in the Mattapan Square area. The proposed development should not include passive uses such as warehouse or self-storage. In addition, the following uses are strongly discouraged: liquor store, gun shop, medical marijuana dispensary & fast food. Uses should include clean commercial that bring a number of jobs to the community.
- The proposed development must clearly demonstrate that it is providing sufficient on-site parking for residents and/or employees and/or customers in order to not overburden street parking used by area residents.

Faubert Smith, Trustee of 777 Essex Street Realty Trust
Faubert Smith 09-18-14

DESIGN

- Any new construction should be contextual with the existing neighborhood in terms of height, scale, massing, construction materials and visual appearance.
- Designs that exhibit superior energy-efficiency, low carbon emissions and utilize green construction technologies are preferred. Proposals that conform to the United States Green Building Council's "Leadership in Energy and Environmental Design" (LEED) Silver certification standard, or better, are encouraged.
- The design should minimize any increase in traffic, particularly as it impacts direct abutters.
- The design should not include any excavation activities that could undermine the structural integrity of the foundations of abutting properties.
- The design must appropriately address any drainage issues that impact abutters.
- The design should provide adequate screening and buffering for the abutters, including green space where appropriate.
- Preference will be given for the following design elements:
 - Indoor space available to the community for meetings and events.
 - Outdoor public space that is accessible to the community.
 - Improved streetscape, lighting, and signage.

CONSTRUCTION

- The construction plan must demonstrate how it will mitigate construction impacts on abutters during the construction period and the developer must have the capacity to complete the development quickly and efficiently to minimize disruption to abutters.
- The construction plan should be cognizant of the building's former uses in order to be able to safely address any potential environmental hazards present, including but not limited to, asbestos, lead paint and oil tanks, if any.
- The developer will abide by Boston Resident Job Policy at a minimum and will work with the community to maximize opportunities for construction employment and business opportunities for local residents, people of color and women on the project.

FS

09-18-14

We don't believe in always reinventing the wheel. The church plan to offer most of the ~~classes~~ (courses) offered by the Brookline Adult & Continuing Education program, to the Mattapan community.

Disclosure:

This entire booklet was published by the aforementioned and belongs to them & we give them all the credit.

Minister Faubert Smith

P.S. We also will provide job training for the homeless during the day, in order to help with keeping them off the streets; ^{and} also to provide them with the means to provide for themselves.

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a message from the
director

While many are aware of our program today, few may realize the scope of its long and distinguished history and service to Brookline's citizens. A formal adult education program has been part of Brookline's culture since the mid-19th century, when in 1832, the privately funded Lyceum Society initiated the first adult education courses in Brookline. The program included classes in a variety of subjects, including philosophy, music, current affairs, and even phrenology (the study of bumps on the head). Luminaries came to lecture, such as Ralph Waldo Emerson on "Toleration" and Jared Sparks on "The Career of the Revolution." Shortly after the establishment of the first high school in Brookline, an adult school for working men and women over age 15 was established.

While the program has changed over time to include courses in latest trends and technology, our mission has always remained the same—to provide quality courses and educational opportunities for all. We hope you are able to take advantage of one of our many offerings this fall.



Claudia Dell'Anno
Director, Brookline Adult & Community Education



*"The more that you read,
the more things you will know.
The more that you learn,
the more places you'll go."
— Dr. Seuss*



ON OUR COVER
Tally-Ho
by C.J. Lori, 2007
Oil on wood, 24" x 18"

Courtesy of the Artist

JUST FOR KIDS AND FAMILIES

FOR FULL DESCRIPTIONS OR TO REGISTER ONLINE, PLEASE VISIT OUR WEBSITE:
WWW.BROOKLINEADULTED.ORG. NO DISCOUNTS OR WAIVERS APPLY.

KIDS' COOL CHEMISTRY

Wicked Cool for Kids, Instructor

Ages 5-7. Unlock your crazy inner scientist and learn the basics of chemistry. Explore the chemical properties of slime, build a better super-ball, analyze mysterious liquids, and make your own balloons.

Tuesday and Wednesday (meets 2 times per week for 1 week), 9:00 am-12:00 noon. Begins September 2, BHS, \$120.

LEGOPALOOZA—ROBOTICS REVOLUTION

Wicked Cool for Kids, Instructor

Ages 8-12. WeDo Robotics system features Lego models that incorporate working motors and sensors with simple programming software. Build and program a spinning carousel, roller coaster, and Ferris wheel. Design carnival games and safety gates for a new (take home) minifigure, and build a drawbridge to another Lego adventure!

Tuesday and Wednesday (meets 2 times per week for 1 week), 9:00 am-12:00 noon. Begins September 2, BHS, \$120.

KIDS' LAB: EXPLORATION IN SCRATCH

Sharon Jason, Instructor

Ages 9-14. Design your own computer game, animate a story, create some dancing and singing characters, or make an interactive birthday card for a friend. For those new to Scratch, and those with some experience, we will dive into this tactile and visual programming language which builds a foundation for critical thinking, art and design, and higher level programming.

4 Thursdays, 4:30-6:00 pm. Begins October 23, BHS, \$50.

YOGA FOR TEENS

Eva Sklaver, Instructor

Ages 13-18. Yoga is an excellent way to work out, while at the same time enjoying a calming and mindful practice. Learn to relax by slowing down, stretching, balancing, and concentrating, and connecting with your confident self. Please bring a yoga mat.

8 Tuesdays, 4:15-5:15 pm. Begins September 23, BHS, \$95.

SINGING FOR TEENS

Lee Soto, Instructor

Ages 13-18. Whether your interest is pop, hip hop, jazz, or rock, learn how to work with the voice you have and sing along with your favorite artists. Develop your confidence, and let your natural singing voice take over. After warming up, you'll learn correct vocal techniques, how to sing in a clear voice, and how to project to the back of the room. We'll have group and solo exercises.

9 Tuesdays, 4:45-5:45 pm. Begins September 23, UAB, \$129.

CREATIVE WRITING FOR TEENS

Jennifer Flescher, Instructor

Grades 9-12. In this course we will explore the elements of creative expression in whatever genre you most love to write—be it prose, plays, short stories, or poetry. Through experimental exercises, improve your writing craft and produce a polished work to include in our class literary magazine. We will workshop our pieces together, and meet others who are interested in creative writing.

6 Tuesdays, 5:00-6:30 pm. Begins September 30, BHS, \$75.

MAKE A MOVIE

Brookline Interactive Group Staff

Ages 9-13. Calling all actors, actresses, and directors! Students will script and direct a short film in BIG's state-of-the-art studio. We will learn to edit the footage using professional video editing software, and create our own productions from start to finish.

6 Tuesdays, 3:00-4:30 pm. Begins September 30, UAB, \$50.

CHARLES RIVER KAYAK TOUR: ADULT AND CHILD PAIRS

Charles River Canoe, Guide

Ages 8-15. Learn about the wildlife that inhabits the Charles River and its shoreline. Explore the wild section of the Charles River, poking into coves and shallows to find wildlife like blue herons, turtles, songbirds, and perhaps an egret, cormorant, muskrat, and beaver. Our guide will also net-dip for benthic (bottom-dwelling) organisms like dragonfly larvae and water-boatmen, show us the best viewing spots, identify the flora and fauna that we see, and describe how they fit into the intricate web of life on the Charles. Bring binoculars, water, snacks, and extra clothing layers.

1 Wednesday, 4:00-6:30 pm. October 1, meet at Nahanton Park, 455 Nahanton St. (Kendrick St.), Newton, \$63 per pair.

AMATEUR RADIO: ADULT AND CHILD PAIRS

Bob Phinney, Dexter Southfield

Ages 10-18. For kids and adults who share a common interest in science, learn the hobby of amateur radio communications. Our first class will include an overview of the hobby and basic information for beginners. Other topics will range from the science of radio electronics to the FCC rules governing the radio spectrum. For those who want to become licensed radio operators, the FCC Technician Test will be given at the final class. Participants will receive an amateur radio (one per pair) at the successful completion of the test.

6 Thursdays, 6:15-8:30 pm. Begins October 16, meet at Dexter Southfield, 20 Newton St., Brookline \$185 per pair.

PIZZA PARTY!

Erica Birnbaum, Instructor

Ages 7-12. Kids will have a great time learning their way around the kitchen and will get the chance to roll up their sleeves and prepare an assortment of yummy sweet and savory pizzas like Breakfast Pizza, Pepperoni Pizza, Cheese Calzone, Fried Dough, Apple Pie Pizza, and more. Please bring aprons and a container in which to take your creations home. A \$10 food fee (per pair) is included in the course fee.

1 Saturday, 10:00 am-12:00 noon. November 15, UAB, \$50 per pair (\$40 plus \$10 food fee).

SUPER COOL SPECIAL EFFECTS

Brookline Interactive Group Staff

Ages 9-13. On these early release days, learn how to use special effects with professional software to bring movies to life. Learn how to make yourself fly, become invisible, or glow! Each week focuses on different effects; sign up for one or all!

Tuesday, November 18, 1:00-3:00 pm, UAB, \$25.

Wednesday, December 3, 1:00-3:00 pm, UAB, \$25.

Tuesday, December 9, 1:00-3:00 pm, UAB, \$25.

BUILDING A GINGERBREAD HOUSE

Erica Birnbaum, Instructor

Ages 5-10. This class, especially for kids, offers the opportunity to design and create an edible masterpiece. We will mix, measure, build, and nibble while we decorate our own individual winter wonderlands, using graham crackers, pretzel rods, cookies, shredded coconut, candies, nuts, and marshmallows. Please bring a large square piece of cardboard or other firm surface on which to take your finished gingerbread house home. A \$12 food fee (per pair) is included in the course fee.

1 Saturday, 9:30-11:30 am. December 13, UAB, \$52 per pair (\$40 plus \$12 food fee).

1 Saturday, 12:00 noon-2:00 pm. December 13, UAB, \$52 per pair (\$40 plus \$12 food fee).





You'll find pertinent information on this page about what's new and interesting this term...

the buzz

on Fall 2014
Year AROUND

Welcome to the Fall 2014 Program!

Year AROUND
FALL 2014

Our fall term officially begins **Monday, September 22, 2014**. Classes are not in session on the followings dates. All missed classes will be made up at the end of the term.

Wednesday, September 24
(Rosh Hashana, no evening classes)

Thursday, September 25
(Rosh Hashana, no day/evening classes)

Saturday, October 4
(Yom Kippur, no classes)

Monday, October 13
(Columbus Day, no day/evening classes)

Tuesday, October 21
(BHS Back to School Night, no evening classes at BHS, UAB, Gym/Dance Studio)

Tuesday, November 11
(Veterans Day, no day/evening classes)

Wednesday, November 26
(no evening classes)

Thursday, November 27-Saturday, November 29
(Thanksgiving Break, no day/evening classes)

NEW FALL CLASSES

Please explore our new offerings this season. Here's just a sampling...

- Angela Carter's Feminist Retellings of Classic Fairy Tales, page 9
- Reading the Bible: The Book of Deuteronomy and Modern Archaeology, page 9
- Learning to Read Music, page 9
- Boost Your SAT Vocab, page 12
- Writing About Love and Relationships, page 13
- French Pronunciation For All Levels, page 15
- History and Arts of Boston: Discussion and Walking Tour, page 19
- The Wise Body: Learn to Hear Your Inner Ally, page 19
- Eating for Digestive Disorders, page 20
- Wordpress for Artists, page 21
- Introduction to Typography, page 23
- Streamline with Google Drive and Gmail, page 24
- Buying and Managing Distressed Real Estate, page 25
- Career Cross-Roads, page 27
- Cooking with Apples, page 28
- Gentle Yoga for Everyone, page 34
- 8 Dances in 8 Weeks, page 37
- Spinning, page 38
- Oil on Paper Workshop, page 43
- You've Taken the Picture...Now What?, page 43
- Sewing a Quilt, page 46

Visit brooklineadulted.org for newly added courses and any schedule changes.

INDIVIDUAL TUTORING SESSIONS

In our individual tutoring sessions, instructors are available to work one-on-one with students who want to continue their study of foreign languages, computers (both MAC and PC), English as a Second Language, and test preparation. Students may choose the time and day of the week and number of sessions. For further details, see page 11 for test preparation, page 14 for languages, page 17 for E.S.L., and page 21 for computers.

WOULD YOU LIKE TO TEACH?

Brookline Adult & Community Education is always looking for new and creative instructors who would like to share their knowledge and expertise with the surrounding community. Areas of study in which instructors are needed include: computers, languages, English as a second language, business and finance, yoga, mind and body, cooking and baking, test preparation, crafts, and hobbies. If you are interested in teaching, or would like to propose a course or lecture, we welcome new ideas. Please email your course or lecture proposal to bacep@brookline.k12.ma.us or submit a course proposal online at www.brooklineadulted.org/job.

Check out **page 47** for more information about registration, instructors, and schedules.



special events

We are pleased to present an exciting fall line-up of events. This special series will feature talks by local speakers who will draw on their expertise and experience on subjects including defining our true self, a report on medical marijuana, an epidemic in Brookline's Sister City, and a glimpse into naïve art. Join us for an educational opportunity and the chance to learn something new and exchange ideas with the community.

Medical Marijuana in Brookline: A Status Report

Wednesday, October 1, 2014
7:00-8:30 pm

Hunneman Hall, Brookline Public Library, 361 Washington Street
Free; pre-registration is not required
Course Code: **X297**

In 2012, Massachusetts voters approved the use of medical marijuana, with Brookline residents voting approval by a wide margin. Since then, the State health department has promulgated regulations, solicited applicants to operate dispensaries, and responded to public controversies about the application process. In January 2014, Brookline was selected as a location for a medical marijuana dispensary. A complex process has ensued to site the facility and to vet the applicant, New England Treatment Access (NETA). This public forum will review the history of medical marijuana, discuss the potential benefits to residents suffering from a variety of diseases and health conditions, and provide an update on the Brookline Registered Marijuana Dispensary process.

Our panel of experts will include:

Alan Balsam Ph.D., M.P.H., Director, Public Health and Human Services, Brookline

Kevin Fischer, C.E.O., New England Treatment Access (NETA)

Andrea Epstein, R.N., M.P.H., Director of Patient Education, NETA

Matthew J. Allen, Executive Director, Massachusetts Patient Advocacy Alliance

*Co-sponsored by the Brookline Community Aging Network
in partnership with Brookline Adult and Community Education*

Personalized Nutritional Support for Optimal Aging

Wednesday, October 15th
6:30-8:00 pm

Hunneman Hall, Brookline Public Library, 361 Washington Street
Reception prior to the program from 6:00-6:30 pm
To register, please call 617-730-2770

Enhance your mental health and support healthy brain function as you age. Learn about new research and the role of targeted nutritional supplements with Dr. James Greenblatt, a nationally-recognized psychiatrist in the field of integrative medicine.

How Are You?

Missy Carter, Author of *Living Lines*

Monday, October 20, 2014
6:30-8:00 pm

Brookline High School, 115 Greenough St.
\$6 • Course Code: X298

Chances are, several times a day you will be asked the same question—“how are you?” Most people who ask that just want to hear the standard “I’m great!” or “I’m good, and you?” and move on to another topic of conversation. The question, “how are you?” has turned into an automatic, common courtesy question in our busy lives. But what if you asked yourself that same question every morning, and you gave some deeper thought to your answer? The response would probably sound different than what you’ve been doling out. On this evening, Missy Carter will share her inspiring book, *Living Lines*, which asks the reader three important questions (“How are you? “Who are you? “Are you living in fullness?”) to reflect on every day and to help us define our true selves. If you are looking for personal discovery, inspiration, or self- and life- assessment, join us as we discuss perspectives on perennial themes—the meaning of life, transitions, setting priorities, coping with challenges, strengthening relationships, and connections between mind, body, and spirituality. Learn the tools for living a simpler, yet fuller life, so the next time someone asks how you are, you can honestly tell him or her. If you have read *Living Lines*, please choose a favorite line/page to share with the group. Books will be available for purchase.

Missy Carter, M.S., is a career and organizational development counselor and consultant. As President of Work/Life Decisions in Cambridge, she has specialized in individual counseling, consultations with organizations and seminars on issues of career decision making, work/life balance, stress management, and wellness.

Epidemic of Chronic Kidney Disease of Unknown Origin Hits Brookline’s Sister City

20,000 Deaths Across Central America Attributed to Epidemic

Wednesday, October 22, 2014
7:00-8:30 pm

Brookline High School, 115 Greenough St.
Free; pre-registration is not required
Course Code: X299

Co-sponsored by Brookline Adult & Community Education, Brookline Department of Public Health, the Friends of Brookline Public Health, and the Brookline Sister City Project

Quezalguaque, Nicaragua was designated Brookline’s Sister City in 1987. Twenty-six years later, the relationship continues to grow and expand. Today, we are involved in a number of new and ongoing projects funded entirely through private donations. More than ten years ago, the Sister City Project began researching concerns about a reported epidemic of chronic kidney disease in Quezalguaque, and the surrounding community. Since that time, more than 20,000 deaths have been reported in Nicaragua and other parts of Central America related to the epidemic. Professor Dan Brooks of the Boston University School of Public Health first learned about the epidemic as a member of the Health Committee of the Sister City Project. For the last five years, he has been in the forefront of the effort studying the causes of the epidemic and has led an international and interdisciplinary team. On this evening, he will be joined by the Mayor of Brookline’s Sister City and other experts on a panel to be chaired by Peter Stringham, M.D., chair of the Sister City Project Health Committee.

This forum is part of a series of programs for **Brookline Sister City Week, October 19-25, 2014**. For more information about other Brookline Sister City Week programs, see www.brooklinesistercity.org.

Naïve Art: An Enduring Art Form

Michelle Alfred, Curator

Wednesday, November 12, 2014
6:30-8:00 pm

Brookline High School, 115 Greenough St.
\$6 • Course Code: X300

Naïve art is characterized by a refreshing innocence and the charming use of bright colors, sometimes child-like perspective, and idiosyncratic scale. It portrays simple and often idealized scenes of everyday life, and depictions of an ancient story or Biblical tale, ordinary occurrence or current event, special ceremony, or daily activity. From cave paintings to the present day, naïve art has no rules, limits, or boundaries. Andre Malraux, the famed French novelist, who has also written numerous essays on art, says about naïve artists: “*Si leur «école» n’a pas de maîtres, elle a un style*” (“if their ‘school’ has no masters, it has a style”). Through discussion and works of art, we will look at Caribbean and Latin American artists from Brazil, Cuba, Dominican Republic, and Haiti who bring their unique vision of the world based on their beautiful cultures and their bright colors. An exhibition of paintings will accompany the presentation.

Michelle Alfred, native of Haiti, is a promoter of art and an independent curator with particular interest in the art of the island of Hispaniola (Haiti and the Dominican Republic). Since 1990, she has been active in the Caribbean and in the U.S. organizing and writing essays for many exhibitions. Michelle has lectured at Claremont College in California, and recently organized an exhibit of works by a Haitian artist for the French Cultural Center in Boston.

THURSDAY EVENING LECTURE SERIES

Our lecture series is an experiment in education and entertainment. From the historical to the cultural, our lectures will engage and enlighten, and give you a taste of all that Brookline Adult & Community Education has to offer.

Fixing it Fast and Fine: Home Maintenance

Lynnete Hartwig, Author, *Negotiating When Money Matters*

Your house is your place of safety and sanctuary, but what do you do when a home emergency strikes? Who should you call if your pipes burst, or if the basement is flooding? Learn to triage the situation, whether it's plumbing, fallen trees, kitchen fires, funny-acting electricity, broken windows, damaged garage doors, a or balky furnace—no tools required. We'll discuss tips and simple steps to mitigating damage, making calls to professionals, and getting important repairs going. Find out how to get the best work out of your chosen contractor, and what to do if they leave for days in the middle of the job. We'll also touch on easy-to-follow tips on hiring, paying, and supervising contractors. At the end of our session, ask questions about what to do (and not do) so that your job gets done quickly and within your budget.

Course Code: **J506**

Sec. 01: 1 Thursday, 7:00-8:30 pm. October 2, Brookline High, \$6.

Discover Boston's Forgotten History: 1630-1775

Rose Doherty, Partnership of the Historic Bostons

Everyone knows the Pilgrims arrived in Plymouth in 1620, and many people know that the Puritans settled in 1630 and named their new town after Boston in Lincolnshire, England. The story of Boston usually picks back up with the Revolutionary War in 1775, but what happened during that 140 year period shaped our country. In this illustrated talk, you will learn about Boston's formative decades, see the important sites in the town, and learn what Bostonians cared about and how they lived. We will discuss important figures in the founding of Boston including Governor John Winthrop of the Massachusetts Bay Colony, Anne Hutchinson, who was at the center of the Antinomian Controversy which shook the young colony, William Blaxton, the first European settler of Boston and Rhode Island, and Anne Bradstreet, the first female writer in the North American colonies. We will discuss 17th century uses of Boston Common, the Boston Latin School, and the Old Granary Burying Ground. The Founders Trail Tour created by The Partnership of the Historic Bostons will be used as the scaffolding on which we build this story that is so important to United States history.

Course Code: **J509**

Sec. 01: 1 Thursday, 7:00-8:30 pm. October 9, Brookline High, \$6.

Manage Your Mood Naturally

Rivka Simmons, Psychotherapist and Wellness Practitioner

It seems almost too easy, but by choosing to focus on your breath, you can create a powerful antidote for a bad moment or difficult day. Simple but potent breathing techniques will help you raise vital energy, calm strong emotions, focus your mind, and relax your nervous system. Join us to learn first-hand how the art of pranayama (breathwork) can work for you. This evidence-based practice, rooted in ancient yogic teachings, is suggested today by health practitioners of all persuasions. First, we will explain how the breath works physiologically, and together we will practice breathing techniques designed to help anxiety, depression, insomnia, and stress. You'll learn a variety of breathing practices to meet your mood, including three-part breath, bellows breath, 4:6 breath, alternate nostril breath, bee breath, and how to properly practice each one. Learn to manage your mood naturally, and leave empowered with a toolkit of practices to balance your emotional, mental, and physical state of being.

Course Code: **J505**

Sec. 01: 1 Thursday, 7:00-8:30 pm. October 16, Brookline High, \$6.

Learning the Knack of Long-Distance Travel

Joyce Graff, Seasoned Traveler

Are you feeling overwhelmed with all of the details of your upcoming trip? Learn from a seasoned traveler how to optimize your extended long-distance travel. Joyce will share stories and insights for planning your next trip—either domestic or international. Topics will include right-sized suitcases, managing jetlag, electricity and money conversion, health and security issues, visas and driving permits, managing medications across time zones, connecting with business and family at a reasonable cost, tips for staying healthy and entertaining yourself on a long trip, and generally having a stress-free time. Our conversation will help ease some of your travel fears and woes, and prepare you to pack your bags.

Course Code: **J510**

Sec. 01: 1 Thursday, 7:00-8:30 pm.
October 30, Brookline High, \$6.

Feng Shui Unplugged: Creating a Home for Personal Renewal

Linda Varone, Feng Shui Consultant

Modern life is hectic. It is easy for a home to become overwhelmed by iPhones and iPads, tablets and smartphones, laptops and TVs, making you feel constantly plugged in. But your home should be where you unplug, relax, and renew yourself. Feng Shui is about more than arranging your furniture, it is about creating a balanced place to recharge your personal batteries. It supports family connection and personal relaxation. Learn from an experienced Feng Shui consultant about chi energy, the Ba-Gua template, and the Nine Cures. Take home ideas for simple changes; make a profound impact on how you feel and function in your space. This lecture will be generously illustrated with photo slides, handouts, and real life examples to help you create a peaceful space to unwind.

Course Code: **J508**

Sec. 01: 1 Thursday, 7:00-8:30 pm.
November 6, Brookline High, \$6.

Edgar Degas at Work

Jason Gura, Artist and Art Historian

The 19th century French Impressionist artist Edgar Degas (1834-1917) created dazzling and luminous pastels, innovative prints, and sculptures of dancers, horses, and bathers. With only a few possible exceptions, there was no artist as daring, wide reaching, or innovative in their creative process during the 19th century as Degas. On this evening, join us for slides and a lively discussion focused on how Degas experimented with the various mediums of drawing, painting, printmaking, sculpture, and photography—in the process, transforming his studio practice and interweaving all results into a unique body of work. By examining Degas' work closely, we'll also look at the world he lived in and how French 19th century Parisian society impacted his compositions. Degas, through his unique sensibility, depicted a world that was in flux and full of startling contrasts. He was able to observe and record, in some of the most arresting and iconic imagery Western art has ever produced, the nexus between centuries of academic tradition and 20th century modernism.

Course Code: **J507**

Sec. 01: 1 Thursday, 7:00-8:30 pm.
November 13, Brookline High, \$6.

Irish History and Culture: From Molly Malone to Nobel Laureates

Christopher LaRoche, Lecturer, Northeastern University

Discover hundreds of years worth of Irish history, and learn how past events helped shape Ireland and its culture. We will investigate the history and culture of Ireland from the 18th century to the present, discussing topics such as Saint Patrick, the Famine of the 1840s, and the Irish Civil War. We will explore well-known events in Northern Ireland such as the Hunger Strikers, and the cyclical violence of the '70s and '80s. The influence of Irish America upon Irish culture will also be another important topic in this interactive discussion. Finally, we will discuss the ideas of mythology and stereotype as they relate to Ireland as a country.

Course Code: **J427**

Sec. 01: 1 Thursday, 7:00-8:30 pm.
November 20, Brookline High, \$6.

Humanities and Music

Boston's Old South End Jewish Tour *Robin Dexter, Guide*

Explore Boston's first Jewish neighborhood from the 1840s to 1920s located just south of the Boston Common. Our tour will begin on Hadassah Way, and will take us on a cultural journey past many sites and buildings that still stand today. We will pass the plaque to Edward Filene, Grand Lodge of Masons, and Warrenton Street where the first synagogue in Boston, Ohabei Shalom, was built in 1852. Continuing on Warrenton Street, our tour will wind its way into the heart of the South End, along Tremont Street through beautiful Union Park, and past the Greek Orthodox Church that was once the third home of Ohabei Shalom, before it moved to its present structure on Beacon Street in Brookline. We'll visit Berkeley Street in the Back Bay where we will view Theodore Parker Memorial Hall (now condos) which was the second location of Adath Israel, later renamed Temple Israel. Our tour will cover about 1 1/2 miles, so please wear comfortable walking shoes.

Course Code: H618

Sec. 01: 1 Sunday, 2:00-4:00 pm. October 19, meet on Hadassah Way, located across the street from the Boston Public Garden, Boston, \$25.

Telling Your Story: Senior Seminar in Autobiographical Writing

Irving Schwartz, Instructor

Co-sponsored by the Council on Aging

As we grow older, we tend to view our lives with a more reflective frame of mind. We think of who we are, where we've been, and what meaning we can make of our 'moments in history.' Telling your story, or some fragment of it, is a way to order your life by giving meaning to your unique experience. If you want to share what you have come to know, and would like some help in organizing and writing your remembered past, join us. Senior discount does not apply.

Course Code: H065

Sec. 01: 8 Wednesdays, 10:15-11:45 am. Begins September 24, 93 Winchester St., Brookline, \$72.

A Look at Renaissance Art

Nicole Letourneux, Instructor

This course will explore the development of art of the Italian Renaissance from the 14th to 16th centuries. Our focus will be on the paintings and sculptures of the Early Renaissance and High Renaissance. Achievements of major figures such as Donatello, Masaccio, Botticelli, Leonardo da Vinci, and Michelangelo will be discussed in terms of style, iconography, and the religious, political, and social dynamics

of the period. This course offers a basic understanding of the history of Renaissance art, and provides the confidence to analyze fine works from this period.

Course Code: HU59

Sec. 01: 4 Wednesdays, 1:00-3:00 pm. Begins September 17, 93 Winchester St., Brookline, \$95.

Sec. 02: 4 Tuesdays, 6:00-8:00 pm. Begins October 28, Brookline High, \$95.

Impressionism

Joanna Rothman, Instructor

Take a journey back in time to 19th century Paris to discover the era of the Impressionist painters. We will meet the father of Impressionism, Manet, and discuss how his art caused quite a stir during his lifetime. We will explore the works of Monet, Renoir, Cezanne, Degas, Morisot, Cassatt, and more, discovering their beauty, spontaneity, and play on light. We will also explore popular subjects and places to paint, including the 1841 invention of the portable paint tube, promoting painting *en plein air*. Class will include art from museums in Greater Boston.

Course Code: H622

Sec. 01: 2 Tuesdays, 6:00-7:30 pm. Begins September 23, Brookline High, \$51.

Romanticism

Antonio Ochoa, Instructor

Romanticism was an artistic, literary, and intellectual movement that originated in Europe toward the end of the 18th century. Partly a reaction to the Industrial Revolution, it was also a revolt against the aristocratic social and political norms of the Age of Enlightenment and a reaction against the scientific rationalization of nature. This course will explore the Romantic tradition in European art, as well as the influence and connection between Romantic artists and poets. We will look at works by Blake, Delacroix, Friedrich, Turner, Goya, and many more. We will also look at literature from the period to provide context and comparison. Themes of war, power, the sublime, and imagination will be addressed. Our final class will meet at Boston's Museum of Fine Arts on Wednesday, October 15 (admission is free).

Course Code: H611

Sec. 01: 3 Mondays, 6:30-8:30 pm. Begins September 22, Brookline High; and 1 Wednesday, October 15 6:30-8:30 pm, Museum of Fine Arts, 465 Huntington Ave, Boston, \$95.

Introduction to the History of Western Art Music

Raymond Chow, Instructor

Classical music is art music produced or rooted in the traditions of Western music. It encompasses a broad period from roughly the 11th century to the present day. In this course, we'll explore the Medieval and Renaissance periods, 850 to 1600, and discuss the close tie between religion and music during this time. The lives and music of Hildegard of Bingen, Machaut, and Palestrina will be introduced. We'll look to the Baroque era, 1600-1750, and discuss the emergence of opera, including

Cavalli opera, and composers Monteverdi, Lully, and J.S. Bach. The Classical period, 1750-1820, and the court patronage system will be explored, along with the music of Haydn, Beethoven, and Schubert. The Romantic period, 1820-1900, will include a discussion on the relation between nationalism and music making, and composers Chopin, Liszt, and Wagner. Lastly, we'll look to the Modern era, music after 1900, and discuss the *avant-garde* works of John Cage, and composers Copland, Boulez, and Tan Dun. No prior knowledge of Western art music is required.

Course Code: H621

Sec. 01: 5 Mondays, 1:00-3:00 pm. Begins November 10, 93 Winchester St., Brookline, \$106.

Literary Discussion: Fall

Lionel Claris, Instructor

Existentialism has been both an influential philosophical school of thought and an empowering literary movement for the past century and a half. While the two cannot be fully kept apart, we will focus on some of existentialism's central themes as they appear in accessible yet transformative literary works: freedom, authenticity, passion, anxiety, and absurdity. This semester, we will read and discuss four major works (not necessarily in this order): Albert Camus' *The Stranger*, Jean-Paul Sartre's *No Exit*, Franz Kafka's *The Metamorphosis*, and Dostoyevsky's *Notes from Underground*. No prior knowledge of Existentialism is necessary. Please read *No Exit* for the first class. All titles are available at the Brookline Booksmith.

Course Code: HU85

Sec. 01: 8 Tuesdays, 10:30 am-12:30 pm. Begins September 23, 93 Winchester St., Brookline, \$124.

The Landscape of Southern Women's Literature

Rosalie Davis, Instructor

The American South has produced some of our best writing and continues to be fertile ground for reconsideration. In this course, we'll look at how women's voices helped to change the Southern pastoral genre in the 20th century. We'll explore the landscape in southern women's literature across racial lines, from about 1920, when the 19th Amendment was passed, through the Civil Rights era and the Women's Movement, and into the '70s. Our study will consider how social changes might be reflected in selected landscapes women writers depicted in fiction, and reflect on what these shifts might mean. We'll read and discuss four books which include (not necessarily in this order): Eudora Welty's *Delta Wedding*, Zora Neale Hurston's *Their Eyes Were Watching God*, Katherine Anne Porter's *The Old Order*, and Alice Walker's *Meridian*. Please read Chapters 1-4 of *Delta Wedding* for the first class. Titles are available at the Brookline Booksmith.

Course Code: H617

Sec. 01: 5 Mondays, 1:00-3:00 pm. Begins September 29, 93 Winchester St., Brookline, \$106.

Angela Carter's Feminist Retellings of Classic Fairy Tales

Sharon Caplan, Instructor

You might say Angela Carter, an English novelist, is the fairy godmother of the modern fairy tale. Any path into the world of fairy tale scholarship will inevitably lead to her passionate, irreverent, diabolical short stories. Those interested in Fabulism, feminism, the strange, the beautiful, or the giants of English literature, must become familiar with her work. In this course, we will focus mainly on her collection of short fiction, *The Bloody Chamber*, discussing how what she has done to such classic tales as "Puss-in-Boots" and "Beauty and the Beast" changes the face of literature and social structure as we know it. Please begin to read *The Bloody Chamber* for the first class. Text is available at Brookline Booksmith.

Course Code: H620

Sec. 01: 5 Tuesdays, 7:00-8:00 pm. Begins September 30, Brookline High, \$80.

A Survey of Children's Literature

Karen Boss, Children's Book Editor

Many people believe that children's books must be left behind once a reader has left childhood. We will read, discuss, and analyze middle-grade novels and picture books that offer something quite spectacular to the literary canon. We'll read some classics, plus new books and nonfiction for children. For the first class, please read one novel: either *Charlotte's Web*, *Bridge to Terabithia*, or *Harriet the Spy*; and one picture book: either *Where the Wild Things Are*, *Miss Rumphius*, or *Mike Mulligan and His Steam Shovel*. Whether you are a parent looking for new books, a teacher looking for new ideas, or are just interested in books, join us for this interactive class. Please bring the two books you choose to read to the first class. Please note: we will not discuss how to write a children's book or how to get a book published.

Course Code: H612

Sec. 01: 6 Wednesdays, 6:00-7:30 pm. Begins October 1, Brookline High, \$102.

Reading the Bible: The Book of Deuteronomy and Modern Archaeology

Judy Weiss, Instructor

What can archaeology tell us about the Bible? We'll read the entire Book of Deuteronomy, examining evidence recovered by archaeologists. We'll gain an understanding of how archaeology can clarify the meaning of the text, suggest when and where it was written, teach about the societal setting, and evidence that implies the book's theology differs from the religion practiced by the general Israelite population of the 1st and 2nd Temple periods. What do archaeologists know about Kadesh, Mt. Ebal, and other locations mentioned in Deuteronomy? What do animal bones found in archaeological digs say about ancient Israel? What does archaeological evidence dealing with war strategies, the use of horses and chariots, and fringes on garments add to our understanding of Deuteronomy? What has been

discovered regarding honey production in Israel? We'll answer these questions and more as we read Deuteronomy, the fifth book of the Bible.

Course Code: H619

Sec. 01: 7 Wednesdays, 1:00-3:00 pm. Begins October 15 (no class 11/12 and 11/26), 93 Winchester St., Brookline, \$119.

Family Night Under the Stars

Clay Center Staff, Instructor

Learn all about space science from astronomy experts at the Clay Center Observatory. On this special family night, you'll make your own star finder, learn about meteorites, hear stories about the stars and the space shuttle, and see a 3D show in which you'll feel you're standing on the edge of a crater on Mars. Walk among the stars on the Clay Center's fiber-optic lit stars court, and travel in a glass elevator up to the roof deck, where you can enjoy a panoramic view of Boston. Finally you'll tour Clay Center's state-of-the-art observatory and point the telescope towards the planets, moon, and stars. All ages are welcome, but children must be accompanied by an adult. The program will start promptly at 6:30 pm; latecomers may miss something exciting.

Course Code: H597

Sec. 01: 1 Thursday, 6:30-8:00 pm. December 4, meets at Clay Center Observatory, 20 Newton St, Brookline, \$30.

Introduction to Astronomy at the Clay Center Observatory

Kelly Beatty, Clay Center Staff

This course is for beginning stargazers, or those who love to ponder mysteries beyond the blue sky. Our focus will be on observational astronomy, learning about constellations, sky navigation, Earth's seasons, and phases of the moon, to gain basic knowledge and skills to help you appreciate and study the night sky. We will also cover the basics of reflecting and refracting telescopes, how to calculate telescope magnification, and tips on what to look for when purchasing your own telescope. Weather permitting, we will use the Clay Center's 25" research-grade scope and other telescopes, and explore the fiber-optic-lit Stars Court, and the 3D Moon Court.

Course Code: HA46

Sec. 01: 3 Thursdays, 7:00-8:30 pm. Begins October 16, meets at Clay Center Observatory, 20 Newton St, Brookline, \$70.

The Art of Storytelling

Norah Dooley, Instructor

We all have a story to tell. From programs like *This American Life* and *The Moth*, to story slams at local clubs, stories are filling venues and imaginations everywhere. Would you like to learn how to captivate listeners when you're telling a story? Join us to gain confidence and ability as you work on your story and your voice. We'll work with a traditional story first to hone skills and memory. Then we'll focus on story games and oral exercises to help find experiences you will craft and perform as compelling oral narratives. Handouts and

resources will be provided. You will be invited to share your stories at local massmouth open mics or story slams.

Course Code: M312

Sec. 01: 6 Wednesdays, 7:00-9:00 pm. Begins October 1, Brookline High, \$113.

Learning to Read Music

Raymond Chow, Instructor

The ability to read music can enrich your life. With this knowledge you may feel more comfortable joining a singing group, helping your children with their music lessons, taking your own music lessons, or simply appreciating the music you listen to. We will cover all the basics of note reading, including the musical alphabet, the staff, bass and treble clef, note values, rhythm, and meter. You will learn about major and minor scales, sharp and flat key signatures, common chords, and how to create harmony. We'll also look at (and listen to) great composers, such as Bach, Beethoven, Chopin, and Tchaikovsky. Please bring a notebook and music staff paper to the first meeting.

Course Code: M241

Sec. 01: 5 Tuesdays, 7:00-9:00 pm. Begins October 7, Brookline High, \$106.

Conquering Stage Fright

Martin R. Anderson, Instructor

At some time or another almost everyone has to get up and speak in front of an audience. Even seasoned actors get stage fright. In an entertaining environment, you'll experience ways to transform your mind, body, and voice into a source of support while giving confidence, energy, and expression to speaking in public. You'll practice a range of approaches and learn how to read what your audience wants, from speeches and ad lib explanations, to scripted works and cold reads. We'll work on projection, body language, breezing through errors, answering questions, and tailoring your talk on the fly. If you have material that you'd like to present, please bring it to class.

Course Code: M342

Sec. 01: 1 Saturday, 10:30 am-2:00 pm. December 6, Brookline High, \$39.

Acting: Building a Character and Monologue Work

Jackie Theoharis, Instructor

What makes a character believable? In this class, we will work on turning written works into truthful characters by pairing existing scripts with improvisational games and exercises. Learn how to create alternatives to ingrained habits and patterns, and generally free your thinking and movements so you can fully embody a character in the imaginary world. Tap into your creative impulses and learn how to approach a character by developing a fictional background and understanding of the intentions behind what is being said. We'll also

explore voice, body movement, and realistic reactions in order to find and play with a whole range of characters and situations.

Course Code: M324

Sec. 01: 6 Tuesdays, 6:30-9:00 pm. Begins September 23, Brookline High, \$122.

Beginning Scene Study

Emily Singer, Instructor

Enjoy acting in scenes from a wide array of genres and playwrights. Enhance your understanding of acting and the process of being an actor by interacting with other performers. Open to actors of all levels, from beginners to advanced, this class is for those looking for a fun and participatory workshop-style class. Learn script analysis, and how to express yourself creatively while remaining true to the script. Explore how to create characters that come to life on stage. Students are welcome to bring particular scenes of interest to class.

Course Code: M354

Sec. 01: 7 Wednesdays, 7:00-9:15 pm. Begins October 1, Brookline High, \$124.

Advanced Scene Study

Thomas Kee, Instructor

This class is designed for students who have taken a beginning acting class, or who have some experience with the stage. We'll take our acting skills to the next level as we move beyond reciting lines, and connect our body, voice, and intention into more complete characters. Drawing from the famous stage method of Constantin Stanislavski and teachings of Ted Kazenoff, we'll explore acting techniques that focus on objectives, obstacles, responses, and the all-important "what if?" Please have a one-to-two minute monologue prepared for the first class (from any source).

Course Code: M352

Sec. 01: 8 Mondays, 7:30-9:00 pm. Begins September 29, Brookline High, \$113.

Acting Sampler: Improv, Monologues, and Scenes

D. Adriane Spunt, Actor and Director

In this participatory sampler course, you'll be introduced to three styles of acting: improvisation, monologue work, and acting scenes. You will experience a variety of theatrical styles and philosophies, including improvisation, speaking to the audience, spontaneously responding in scene work, and acting from a script. We will draw from period scenes, comic routines, and short speeches spanning from serious to absurd, and practice creating characters using techniques that best complement each realm and culture. Increase your acting confidence, learn more spontaneity, and gain a clearer understanding of the world of acting.

Course Code: M343

Sec. 01: 6 Saturdays, 10:30 am-12:30 pm. Begins October 18, Brookline High, \$113.

Theater Improvisation

Thomas Kee, Instructor

Spark your creativity and silence your inner judge by practicing spontaneity. In this no-fear improvisation workshop, we'll create a theatrical rendition of an online brain training game as we act our way through exercises, challenges, and performances that will increase your mental flexibility, confidence, self-trust, and speed. Give voice to new characters within you, learn alternative responses to old habits and patterns, and generally free up your thinking and movement. This class is for anyone interested in gaining the confidence to speak in public, write, act, or create, and promises a laughter-filled experience.

Course Code: M351

Sec. 01: 7 Mondays, 6:00-7:30 pm. Begins October 20, Brookline High, \$107.

Beginning Hand Drumming

Mark Williams, DrumConnection

For centuries the drum has provided people with a powerful basic tool to express themselves, to communicate, and to form community. Focusing on tone production, simple to complex rhythmic interaction, and the subtleties of drumming, you will play rhythms of West Africa, Cuba, and Brazil, on different drums including *conga*, *djembe*, and *ashiko*. Each week a new rhythm, technique, and time pattern will be presented. After several weeks you will have acquired enough knowledge to begin to improvise and be comfortable in any drumming situation. No prior musical training is necessary. Please bring a *conga*, *djembe*, or *ashiko* hand drum to class. A limited number of drums may be available to rent from the instructor.

Course Code: M278

Sec. 01: 7 Tuesdays, 7:00-8:30 pm. Begins October 14, Brookline High, \$137.

Voice Class

Lee Soto, Instructor

Experience the enjoyment of expressing yourself through music by discovering your singing voice. Each singer will explore the range, agility, and timbre of his or her voice, and work on solo and group singing. We will develop proper tone production, breathing, and posture. Students and the instructor will choose the vocal repertoire so that all aspects of vocal technique and musical interpretation can be applied to specific songs. Our emphasis will range from traditional jazz standards to more contemporary show or pop tunes. **Beyond Beginner** is for those who have some singing experience and who want to continue learning about performance and vocal techniques.

Course Code: M274

Sec. 01 (Beginner): 9 Wednesdays, 6:00-7:30 pm. Begins October 1, Unified Arts Building, \$153.

Sec. 02 (Beyond Beginner): 9 Wednesdays, 7:30-9:00 pm. Begins October 1, Unified Arts Building, \$153.

Ensemble Singing

Lee Soto, Instructor

Ensemble singing offers the chance to unleash your inner performer. If you like to sing, or have always wanted to learn, you may find that singing in an ensemble is perfect for many reasons. First, you may not feel ready to sing on your own. Also, learning how to control your voice while hearing and adjusting to your classmates' voices will teach you valuable skills and lift your spirits. In this course for singers of all levels, we will sing a wide variety of fun songs in unison and in harmony. We will focus on vocal techniques, posture, and breathing, and explore aspects of group singing such as harmony, blending, and style. Attention will be paid to each individual voice. We will conclude with a performance for family and friends.

Course Code: M345

Sec. 01: 9 Tuesdays, 5:45-7:00 pm. Begins September 23, Unified Arts Building, \$142.

Performance Level Singing

Lee Soto, Instructor

This class is for those who wish to focus on performance level singing with expression. You'll develop your repertoire, strengthen your technique, and learn how to take care of your voice for healthy singing. We will focus on artist development, vocal anatomy and physiology, application of vocal technique to choral warm-ups, and instruction in genres of your choice including rock, pop, folk, country, and jazz. Students should have completed *Beginner* and *Beyond Beginner Voice*, or its equivalent. We will conclude with a performance for family and friends.

Course Code: M336

Sec. 01: 9 Tuesdays, 7:00-8:30 pm. Begins September 23, Unified Arts Building, \$153.

Play the Flute

David Roache, Instructor

The flute is a comparatively easy instrument to learn; the biggest hurdle for beginners is learning to control breath. The proper embouchure allows the flautist to play the flute at its full range with a full, clear tone and without strain. In this course for beginners and those with some flute playing experience, we'll introduce solid fundamentals, learn to read music fluidly, and study basic theory. We'll touch upon sound production and rhythm, and develop proper embouchure, breathing habits, and fingerings. Pieces will be selected to fit the skill and preference of each student, and the course may culminate in a final recital for family and friends. Please bring a flute.

Course Code: M302

Sec. 01: 8 Wednesdays, 5:30-6:45 pm. Begins October 1, Brookline High, \$132.

Instant Piano for People With No Spare Time

Debbie Gruber, Instructor

Most children and adults learn to play the piano by reading notes. But professional musicians don't read notes; they read chords. For

hopelessly busy people who yearn to experience the joy of playing piano, this unconventional but highly effective class will teach you only what is essential to play the popular music that you love. It may seem amazing, but you will learn to construct major, minor, and seventh chords; memorize chords and transpose them from one key to another; and to embellish your music with flair. With this knowledge, you'll find yourself playing the piano with ease. Students will be able to try these techniques both in class and at home with the workbook and CD you'll receive for follow-up study. A \$25 materials fee is included in the course fee.

Course Code: M280

Sec. 01: 1 Tuesday, 6:30-9:30 pm. October 7, Brookline High, \$86 (\$61 plus \$25 materials fee).

Beginning Piano

Jonathan Lovenstein, Instructor

If you have always wanted to learn to play the piano, why not start now? In the **Beginner** course, you will learn how to read musical notation and will become acquainted with basic piano techniques. You will learn to play melodies with chord accompaniments, scales, and intervals. By the end of the course you will be able to play simple popular and classical piano pieces. The **Beyond Beginner** course is for those with some piano playing experience. We will focus on major scales, primary chords, more complicated rhythms, and linear accompaniments with the left hand. Each student will have a keyboard on which to work in class. The required text, *Alfred's Basic Adult Piano Course: Lesson Book, Level One*, is available at most music stores. Access to a piano or keyboard for practice is required.

Course Code: M272

Sec. 01 (Beginner): 9 Thursdays, 7:15-8:45 pm. Begins October 2, Brookline High, \$153.

Sec. 02 (Beyond Beginner): 9 Saturdays, 9:30-11:00 am. Begins September 20, Brookline High, \$153.

Violin

Amos Lawrence, Instructor

Have you always wanted to play the violin, or have you played in the past and want to pick it up again? From the fiddlers of the Hardanger plateau in Norway to the Highlands of Scotland and Cape Breton Island, from the stage of Carnegie Hall to the quaint fiddlers of the Blue Ridge Mountains in the Carolinas, the violin has succeeded in suiting every style and fulfilling every need. We will explore the balance needed for proper tone production, how to read notes, and how to comfortably hold the bow, using our fingers and playing melodies. This course is for beginners or those with some violin experience. Please bring a violin and shoulder rest to class. A practice mute and violin book will be available for sale in class. Approximate cost, \$15.

Course Code: M276

Sec. 01: 9 Tuesdays, 6:30-7:45 pm. Begins September 23, Brookline High, \$142.

Play the Banjo

Paul Sedgwick, Instructor

What's more fun than listening to the banjo? Playing the banjo! For those who are new to the instrument, or have some experience, we will identify the basic technique behind the two most popular styles of 5-String banjo playing: bluegrass, or three-finger style picking; and clawhammer or frailing folk styles. You will be given the opportunity to focus on one style or the other, or may choose to learn both. We will look at the amazing history of "America's instrument" through demonstrations and recordings. Please bring a 5-String banjo and a notebook to class. The required textbooks, *Teach Yourself Bluegrass Banjo* by Tony Trischka, and *Mel Bay's Frailing the 5-String Banjo: An Instruction Manual* by Eric Muller and Barbara Koehler, are available at music stores and online.

Course Code: M339

Sec. 01: 8 Wednesdays, 7:00-8:30 pm. Begins October 1, Brookline High, \$147.

Introductory Guitar

TBA, Instructor

Introductory Guitar is a course for those who have never picked up a guitar before, or for beginners who can strum a few chords and would like to have fun learning new songs and playing with other guitarists. Our primary emphasis will be on building a chord vocabulary, establishing a rhythm, switching between chords, and gaining comfort with the instrument. We'll learn about different chord types, what chord symbols mean, and how to play songs reading from a chord chart. In **Beyond Beginner** we will work on rhythm, harmony, and a more expanded chord vocabulary, as well as alternate chord voicings and pentatonic scales, with an aim to get more comfortable with making music on guitar alone or with a group. Please bring an acoustic guitar to class.

Course Code: M273

Sec. 01 (Beginner): 9 Mondays, 6:15-7:45 pm. Begins September 22, Brookline High, \$153.

Sec. 02 (Beyond Beginner): 9 Mondays, 7:45-9:00 pm. Begins September 22, Brookline High, \$153.

Play the Saxophone

Irving Schwartz, Instructor

The saxophone has been on the American scene for more than seven decades. It can be heard on the earliest recordings and is used extensively for solo and accompaniment in many contemporary groups. Despite its appearance, the saxophone is rationally designed and easy to play. We will show you how to create a musical sound by developing proper embouchure and delivering a controlled air-stream to the mouthpiece. With a reasonable effort, you'll soon be able to read and play simple scales and songs and enjoy ensemble playing. Please bring a saxophone (be sure it has a mouthpiece, reed, and strap) to class.

Course Code: M275

Sec. 01: 8 Thursdays, 6:30-8:30 pm. Begins October 2, Brookline High, \$158.

Test Preparation

Private Test Prep Sessions

In our individual tutoring sessions, test prep instructors are available one-on-one to work with students of all skill levels on such topics as HiSET, SAT, ACT, GRE, and GMAT prep. Students may choose the time and day of the week, Monday through Friday, or Saturday morning. Once we have your preferred schedule, we will work on finding an instructor to match your needs. Please come prepared with materials you would like to work on with your instructor. Sessions meet at Brookline High School. Discounts, waivers, or credits do not apply. **To schedule a private lesson, please contact the BA&CE office at 617-730-2700.**

Course Code: N074

Sec. 01 (4 Hours): \$200.

Sec. 02 (8 Hours): \$400.

High School Equivalency/HISET Preparation

George Abdallah, Instructor

The Massachusetts State Department of Education has begun using a test called HiSET, which stands for high school equivalency testing, instead of the GED. This course is designed to prepare you for the HiSET examination. You will work on five required areas of study: reading, writing, math, social studies, and science. Instruction will cover the main topics in each study area, and will be individualized where possible. You will have the opportunity to take practice tests in each area of study. Please bring a Casio fx-260 calculator, and bag lunch. The required text is available at the Brookline Booksmith.

Course Code: N015

Sec. 01: 9 Saturdays, 9:00 am-2:00 pm. Begins September 27, Brookline High, \$250.

Graduate Record Examination (GRE) Test Preparation

Olya Margul, Instructor

This course covers all aspects of preparing for the GRE, from exploring all the methods of solving mathematical problems, recognizing key words and transitions on verbal questions, and writing sharp, direct essays, to understanding the strategies of optimal scoring. Please bring the required textbook, *The Official Guide to the GRE revised General Test, Second Edition*, published by E.T.S., to the first class meeting. The textbook is available in the college textbook department of the Harvard Coop, at other bookstores, and online. Approximate cost, \$35.

Course Code: N018

Sec. 01: 6 Mondays, 6:30-9:30 pm. Begins September 22, Brookline High, \$369.

Graduate Management Admissions Test (GMAT) Preparation

Olya Margul, Instructor

This course reviews all of the relevant mathematics (pre-algebra, algebra, geometry, as well as word problems) for problem-solving and data sufficiency questions, rules of English grammar, and effective methods for solving all the different types of problems on the exam. You'll also be instructed on how to construct well-designed essays. One class will include exam practice in the computer lab. Please bring the required textbook, *Cracking the New GMAT, 2014 Edition*, by The Princeton Review, to the first class meeting. The required text is available in the college textbook department of the Harvard Coop, at other bookstores, and online. Approximate cost, \$22.

Course Code: N017

Sec. 01: 6 Tuesdays, 6:30-9:30 pm. Begins September 23, Brookline High, \$445.

SAT Strategies: Prepare for the October 11th Exam

Lionel Claris and David Jackson, Instructors

This intensive course enables students to master test-taking techniques and review for the SAT exam. Students will prepare for all three portions of the exam: critical reading, writing, and mathematics. We will review grammar and vocabulary, focus on developing writing skills, and improve reading comprehension. Time will also be dedicated to work on persuasive essays. In preparation for the mathematics section of the exam, students will review both algebra and geometry. This course includes practice testing, plus test-buster strategies. The required textbook, *The Official SAT Study Guide*, published by The College Board, is available online and at area bookstores. Approximate cost, \$22.

Course Code: N061

Sec. 01: Tuesdays and Thursdays (meets 2 times per week for 5 weeks), 7:00-9:00 pm. Begins September 9, Brookline High, \$349.

Boost Your SAT Vocab

Lionel Claris, Instructor

The structure of the SAT may be changing in 2016, but vocabulary still plays an important role on the current test. In addition to helping with the critical reading section, a strong vocabulary will also help you in the writing section, and can allow you to use more sophisticated language in college, scholarship and high school essays. Join us for this one night session to boost your knowledge of the difficult words used on the SATs.

Course Code: N084

Sec. 01 (August): 1 Tuesday, 6:00-9:00 pm. August 12, Brookline High, \$35.

You Can Afford College If...

Dick Man, Instructor

...You plan in advance, understand the financial aid process, and act early enough. Financial aid goes to the families who plan in advance—ideally before December 31st of the child's

sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process, and how implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. Remember, procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees.

Course Code: N078

Sec. 01: 1 Thursday, 7:00-9:00 pm. October 23, Brookline High, \$34.

Improve Your College Application Essay

Mindy Pollack-Fusi, Instructor

Are you a high school junior or senior who will need to write your common application essay soon? Would you like some insider tips? Learn the teacher's foolproof technique on how to choose your essay topic. We will also explore topics to avoid, dos and don'ts, and ways to shape the essay to make it concise yet creative and lively. This class will help you break through your fear or frustration and complete your essay with passion. Each student will have a few minutes of private consultation with the teacher about his or her essay topic. Class is limited, so please register early.

Course Code: N081

Sec. 01: 1 Tuesday, 7:00-9:00 pm. September 30, Brookline High, \$34.

Sec. 02: 1 Wednesday, 7:00-9:00 pm. October 8, Brookline High, \$34.

How to Find the Right College for You

Sara Kratzok, CollegeWise Instructor

There are over 2,000 four-year colleges in the U.S. for high school students to consider, but how can families help identify those schools at which their child will be happiest and most successful? Join a seasoned college admissions counselor as she shows you how to become a savvy college shopper. We'll discuss ways to recognize what types of colleges might be good fits for your child and show you how to evaluate the many factors that need to be considered such as size, location, and majors. We'll even discuss how to visit colleges, a planning ritual that sounds easy but can sometimes prove to be stressful.

Course Code: N082

Sec. 01: 1 Wednesday, 7:00-8:30 pm. October 1, Brookline High, \$28.

Got STEM: College Planning for Students Considering the Sciences

Sara Kratzok, CollegeWise Instructor

College graduates with degrees in science, technology, engineering, or math (STEM) are highly sought after in our economy, and the available jobs can be both exciting and lucrative. In this class, you'll learn everything from whether a STEM path is right for you to the many cool career opportunities that you can pursue—from structural engineer working on skyscrapers, to research scientist finding the

latest cure for cancer. You'll also learn about the essential skills STEM students need to succeed in college, and how to make sure those same skills get noticed by an admissions officer.

Course Code: N085

Sec. 01: 1 Tuesday, 7:00-8:30 pm. October 7, Brookline High, \$28.

Mastering College Interviews

Sara Kratzok, CollegeWise Instructor

A college interview can induce anxiety for a seventeen-year-old college applicant, but it doesn't have to be that way with a little practice. This interview workshop will show students how to relax and have engaging, effective, and even enjoyable college interviews. A seasoned college admissions counselor will explore what kind of questions to expect, and you will learn how to make a great impression before, during, and after the interview. We'll even cover what to do when you don't know the answer to a question—and how to look even better because of it.

Course Code: N086

Sec. 01: 1 Tuesday, 7:00-8:30 pm. October 14, Brookline High, \$28.

Driver Education

Joseph Giannone, Pleasant Auto School

According to Massachusetts state law, students are required to attend 30 hours of classroom instruction, 12 hours of behind-the-wheel training, and six hours of observation. To be eligible for classroom instruction, students must have reached their 16th birthday by the end of the course. The in-class portion of the Driver Education Program is offered both days and evenings throughout the year. Students will be taught on cars with automatic transmissions. **Administrative Fee:** \$62 (payable to the Town of Brookline). **Instruction Fee:** \$540, payable to Pleasant Auto School. Upon successful completion of this course, students are responsible for an additional \$130 in Registry of Motor Vehicles fees. A breakdown of these fees is available in the BA&CE office.

Course Code: N019

Sec. 01: Mondays, Tuesdays and Thursdays (meets 3 times per week for 5 weeks), 3:00-5:00 pm. Begins September 15, Brookline High, \$62.

Sec. 02: Mondays, Tuesdays and Wednesdays (meets 3 times per week for 5 weeks), 6:30-8:30 pm. Begins September 15, Brookline High, \$62.

Sec. 03: Mondays, Tuesdays and Thursdays (meets 3 times per week for 5 weeks), 3:00-5:00 pm. Begins November 10, Brookline High, \$62.

Sec. 04: Mondays, Tuesdays and Wednesdays (meets 3 times per week for 5 weeks), 6:30-8:30 pm. Begins November 10, Brookline High, \$62.

Driver Education: Parents Class

Joseph Giannone, Pleasant Auto School

According to Massachusetts state law, parents of high school-aged children must also attend a classroom training session. Class is free for parents of Pleasant Auto School students; for all others, there is a \$20 fee (payable to Pleasant Auto School).

Course Code: N048

Sec. 01: 1 Wednesday, 6:30-8:30 pm. October 22, Brookline High, Free for Pleasant Auto parents; pre-registration is required. \$20 for non-Pleasant Auto parents; pre-registration is required.

Sec. 02: 1 Wednesday, 6:30-8:30 pm. December 17, Brookline High, Free for Pleasant Auto parents; pre-registration is required. \$20 for non-Pleasant Auto parents; pre-registration is required.



Writing and Communication Skills

Six Poems in Six Weeks

Jeffrey Perkins, Instructor

Poet Kate Greenstreet has said that a poem is a way to "share a secret without telling it." Through writing assignments, readings, and discussions on craft and theme, this class will explore how poetry can share truth about the world without giving it away. We will pay attention to the particularities of the art form such as line breaks, diction, tempo, and form. Everyone will have six new poems by the end of the six classes. This class is open to both beginning and experienced poets.

Course Code: S350

Sec. 01: 6 Mondays, 6:30-8:30 pm. Begins September 22, Brookline High, \$113.

The Writing Studio

Kathryn Deputat, Instructor

Are your works in progress not progressing? Come get unstuck. This course will provide you with a meeting place to work intensively in a constructive environment to move your pieces forward. The specific content of each class will be dictated by the needs and material of each writer. We will combine timed writings, exercises, supportive feedback, rewriting, and revision to expose process, shed light, and

thereby enlighten and advance the writer and the work. Please bring your work in progress to class.

Course Code: S326

Sec. 01: 4 Tuesdays, 6:00-9:00 pm. Begins October 7, Brookline High, \$113.

Reading and Writing with Alice Munro

Susan Meyers, Instructor

Alice Munro's short stories build quietly from uncomplicated prose. The ordinary and the mysterious intersect in her writing in ways that echo the richness of real life. "The complexity of things—the things within things—just seems to be endless," Munro has said. We will explore how this exceptional writer and Nobel Prize winner does it: shapes stories in unconventional ways, builds themes, moves through time, amplifies details, controls tone, and mines themes of fate, time, and love. Each week we'll read two stories, then focus on an element of Munro's craft. A suggested writing assignment will give you a chance to take home and try what you've learned, and then bring it back to share.

Course Code: S352

Sec. 01: 6 Tuesdays, 7:00-9:00 pm. Begins September 23, Devotion School, \$113.

Writing About Love and Relationships

Gemma Cooper-Novack, Instructor

The intimate relationships in our lives shape us, be they friend, familial, or romantic. These relationships may seem too close and personal even to write about, or too challenging to fabricate in fiction, but this class will show how to mine this rich territory for creative expression. We'll explore a wide range of intimate relationships portrayed in fiction and non-fiction and hone our writing through in-class exercises, discussions, and critiques. You'll leave this class with several new works and a new understanding of the relationship between love and literature.

Course Code: S354

Sec. 01: 6 Thursdays, 5:30-7:30 pm. Begins October 23, Brookline High, \$113.

Thanks for the Memories: Memoir for the Non-Celebrity

Daniel Gewertz, Instructor

Celebrities can assume readers of their biographies will be seduced by fame; but when the rest of us write about our personal lives, we need to grab hold of a reader by the powers of our expression, our ideas, and our story-telling charms. Each week, this class will help sculpt your selected memories so that their inherent power can be brought to the page. We'll focus on the crafting of short, concise memoir pieces, with weekly prompts and assignments meant to jump-start your writing. But the class also welcomes students who are starting, or continuing, longer works. Writing will be read aloud in class. Why do certain moments haunt, charm, excite, or sadden us in retrospect?

Whether emotional, comical, sensual, or spiritual in nature, what are the moments in your life that make for great stories?

Course Code: S353

Sec. 01: 7 Mondays, 1:00-3:00 pm. Begins September 29, Unified Arts Building, \$119.

Travel Writing

Briana Palma, Instructor

One of today's most popular forms of literature, travel writing is all about exploring the world around you, whether in your own backyard or a faraway place. This course is designed for those who want to develop their travel writing skills and learn about the industry. In this class, we'll cover the kinds of travel writing that are commonly published and learn how to craft our own stories, from idea generation to final article. We'll also discuss how to use images and dialogue, pitch stories to publications, and handle the ethical questions that today's travel writers can face.

Course Code: S155

Sec. 01: 6 Wednesdays, 7:00-9:00 pm. Begins October 1, Brookline High, \$113.

There Are Many Ways to Write Your Memoir

Naomi Lomba-Gomes, Instructor

What is a memoir? How many ways can you write a memoir? Where do you begin? If you don't have answers for these questions, this class will give you the tips and techniques to address the important issues that you need to get your book out of the idea state and into reality. Develop ideas, organize materials, identify your reader, and learn to revise for clarity and completion of your work. This workshop will help you take your journal entries, notes-to-self, and works-in-progress and organize them into story format. There will be weekly assignments that are designed to help you focus on various aspects of your project; also short in-class writings that can be used to jumpstart longer stories. Readings of famous and current authors will give you perspective on the variety of ways you can approach your memoir. Please bring a sample of your works-in-progress, if any, and your questions and ideas.

Course Code: S336

Sec. 01: 6 Wednesdays, 5:30-7:30 pm. Begins October 1, Brookline High, \$113.

Writing Longer Fiction

Gemma Cooper-Novack, Instructor

Do you have a great idea for a book, but don't know where to begin? Do you write short stories, but want to make the leap to something longer? Do you want to form your memories into a more coherent story? Novel novices, amateur autobiographers: this is your class! Together, we will discuss the process of brainstorming, outlining, and developing stories so that they can sustain the length of a book. Through exercises and critiques, we'll sharpen plot and pace to

develop your novel or memoir. You don't need to have started your book to take this class—just bring your ideas and come ready to dive in.

Course Code: S257

Sec. 01: 6 Tuesdays, 6:30-8:30 pm. Begins October 14, Brookline High, \$113.

Introduction to Screenwriting

Andrew Osborne, Instructor

Whether you're picturing an independent film or a Hollywood blockbuster, come learn the tricks and techniques of screenwriting and take the first steps toward getting your project produced. This workshop will focus on the essentials of screenwriting, including strong character development, and writing plot and dialogue. While working towards the completion of a quality final draft, we will learn the basics of industry-standard screenplay formatting. We will also examine the three-act writing structure and the art of pitching and selling your ideas. Whether you've been writing for years or are a novice, you'll find this course beneficial.

Course Code: S102

Sec. 01: 6 Saturdays, 10:00 am-12:00 noon. Begins October 11, Brookline High, \$113.

Comedy Writing

Andrew Osborne, Instructor

Think you've got what it takes to be the next Will Ferrell or Kristen Wiig? Are you looking for new ways to access your own spontaneous creativity? Our first session will begin with an improv workshop to break the ice, stretch the imagination, and generate material for eventual writing assignments. In the remaining weeks, students will workshop sketches and sitcom scenes while learning the day-to-day realities of "the humor-industrial complex." By the end of this course, students will have learned the fundamentals of improvisation, some of the major figures of American (and British) comedy, and will become familiar with sitcom "spec" scripts and the process of securing representation and work in the business.

Course Code: S233

Sec. 01: 4 Saturdays, 12:00 noon-2:00 pm. Begins October 25, Brookline High, \$95.

Lasting Words: Writing Obituaries and Memorable Eulogies

Claire Willis, Instructor

When we write a eulogy, we are placing the life of the dead in the memory of the living. That can feel like a daunting task. How do we begin to describe a life, whether it is that of someone we have known and loved a long time, or perhaps someone we know less well? How do we single out what is most essential to share with others? What are the words we might want spoken about ourselves? In this workshop, we will consider the components of a good eulogy and obituary, review some poignant poetry, and begin to write a eulogy, helping to place our loved ones or ourselves into the memory of the living.

Course Code: S351

Sec. 01: 2 Wednesdays, 11:00 am-1:00 pm. Begins October 1, Korean Church, 32 Harvard Street (enter on Holden Street), \$51.

Right Grammar, Right Now: A Rapid and Reassuring Review

Anne Jackson, Instructor

You probably know much more about U.S. American English grammar than you think you do. This course will help you organize and clarify that knowledge. Through guided exercises and mini-quizzes, "Right Grammar" defines and explains basic grammatical terms, then provides tips, reminders, and signposts to highlight the aspects of each topic most likely to cause confusion and errors, and how to avoid or correct many of these. This course will cover sentence structure; nouns; pronouns; adjectives/adverbs; and verbs, time permitting. Please come prepared to take notes and draw diagrams. Homework will be assigned. This course is designed for native and fluent non-native speakers of English. A \$40 materials fee for an extensive workbook written by the instructor is included in the course fee.

Course Code: S255

Sec. 01: 4 Tuesdays, 6:00-9:00 pm. Begins October 28, Brookline High, \$153 (\$113 plus \$40 materials fee).

Writing Your Blog

Mary-Liz Murray, Instructor

There are millions of public blogs in operation across the globe—an astonishing presence for a writing medium that was born less than 20 years ago. Blogs (short for 'web logs') give any person the ability to carve out their own piece of web space, to make it their own and share it with the world. Whether you are a writer looking for new ways to keep your creativity flowing, or an entrepreneur interested in making a blog the centerpiece of your social media marketing strategy, this course will get you up and running. Starting with an overview of the three most popular blogging platforms (Blogger, Wordpress, and Tumblr) we'll work together to choose the platform that's right for you and explore the many facets of blogging. We'll discuss factors essential to writing for the web, and how it differs from print. We will also demystify the technical features and discuss the use of social media to gain followers or share with friends. With support from fellow explorers, you'll be blogging before you leave this class.

Course Code: S323

Sec. 01: 5 Thursdays, 6:30-8:30 pm. Begins October 23, Brookline High, \$106.

Grant Writing

David Marshall, Instructor

With greater competition for diminishing funding resources, strong grant writing skills assume more importance than ever. This course will introduce you to the grant-seeking process and provide techniques for creating effective proposals. You will learn to identify and cultivate likely funders, understand different types of support, design a "logic model," create a budget, and develop an appropriate writing style for grant writing. You will then write different elements of a proposal, culminating in a full-length proposal for a specific project or organization, and will gain experience as both a grant writer and grant reviewer. This class offers

the perfect opportunity for those considering a career in development or seeking funding for a specific non-profit. Participation in the course does not require prior grant writing experience. A \$10 materials fee is included in the course fee.

Course Code: S305

Sec. 01: 6 Tuesdays, 6:30-8:30 pm. Begins September 23, Brookline High, \$123 (\$113 plus \$10 materials fee).

Speak with Confidence: Connect & Communicate More Effectively

Mia Louik, Instructor

Speaking to an audience can be stressful. The best way to overcome this discomfort is through practice in a supportive environment. This interactive and experiential course will focus on a variety of topics to help you become a better, more confident speaker. We'll walk through the essential steps for preparing and delivering presentations in the office, at special events, or anywhere you might be called on to share information. You'll learn how to speak more comfortably, clearly, and effectively, while engaging your audience and getting your message across. Students will receive feedback and have weekly opportunities to prepare and give brief presentations.

Course Code: S162

Sec. 01: 5 Thursdays, 7:00-9:00 pm. Begins October 9, Brookline High, \$106.



Languages

Private Language Lessons

In our individual tutoring sessions, language instructors are available one-on-one to work with students of all skill levels on anything from pronunciation, to conversation, to travel tips. Students may choose the time and day of the week, Monday through Friday, or Saturday morning. Once we have your preferred schedule, we will work on finding an instructor to match your needs. Please come prepared with materials you would like to work on with your instructor. Sessions meet at Brookline High School. Discounts, waivers, or credits do not apply. **To schedule a private lesson, please contact the BA&CE office at 617-730-2700.**

Course Code: L001

Sec. 01 (4 Hours): \$160.
Sec. 02 (6 Hours): \$240.
Sec. 03 (8 Hours): \$320.

French I

Lionel Claris and Martine Della Ventura,
Instructors

French I is for those who have had no previous French study, or have forgotten what they learned. Emphasis will be placed on learning a new sound system and listening skills. By studying vocabulary and basic grammar, you will learn to understand and say simple phrases using the present tense of the three basic verb groups. You will gain confidence in basic sentence construction as well as listening comprehension. The required textbook, *Ultimate French Beginner-Intermediate*, is available at the Brookline Booksmith.

Course Code: L005

Sec. 01: 9 Thursdays, 9:30-11:30 am. Begins October 2, Brookline High, \$133. Della Ventura

Sec. 02: 9 Thursdays, 7:30-9:30 pm. Begins October 2, Brookline High, \$133. Claris

Sec. 03: 9 Saturdays, 10:30 am-12:30 pm. Begins September 27, Brookline High, \$133. Claris

French II

Michelle Alfred, Instructor

French II is for those who have completed French I, or its equivalent. You will continue to develop vocabulary and speaking skills at a beginning level. You should know the verbs *être*, *avoir*, *aller*, and *faire* and their many uses, plus the three verb group conjugations in the present tense. We will introduce the *passé composé* and continue with skills for simple speaking and writing. The required textbook, *Ultimate French Beginner-Intermediate*, is available at the Brookline Booksmith.

Course Code: L006

Sec. 01: 9 Tuesdays, 11:30 am-1:30 pm. Begins September 23, Unified Arts Building, \$133.

Sec. 02: 9 Wednesdays, 7:00-9:00 pm. Begins October 1, Brookline High, \$133.

French III

Monique Dlugy, Instructor

This course is for those who have completed French II or its equivalent, and would like to improve their vocabulary, accent, and fluency. Students should be comfortable conjugating regular and irregular verbs in the present and *passé composé*, and be able to count and tell time. You will be introduced to the conditional, subjunctive, future tense, and will continue to expand your knowledge of grammar and commonly used expressions through the practice of reading, writing, and speaking. The required textbook, *Ultimate French Beginner-Intermediate*, is available at the Brookline Booksmith.

Course Code: L007

Sec. 01: 9 Wednesdays, 9:00-11:00 am. Begins September 24, Korean Church, 32 Harvard Street (enter on Holden Street), \$133.

French IV & V

Monique Dlugy, Instructor

This course is designed for those who have completed French III or its equivalent, and have a mastery of the three main verb groups, and *être*, *avoir*, *aller*, *faire*, and *savoir*, and the *passé composé*, imperfect, and future tenses. French IV & V is designed as a step toward increasing your fluency and proficiency. Our activities will involve presentation skills, spoken vocabulary, idiomatic expressions, reading, writing, and speaking, and we will converse on specific topics from French short stories, plays, and newspapers. The required textbook, *Ultimate French Review and Practice*, is available at the Brookline Booksmith.

Course Code: L064

Sec. 01: 9 Tuesdays, 8:30-10:30 am. Begins September 23, Korean Church, 32 Harvard Street (enter on Holden Street), \$133.

French Pronunciation For All Levels

Lionel Claris, Instructor

Would you like to improve your French accent? Unlock the secrets of French pronunciation and achieve a more authentic accent. This course, for all French levels, will enable you not only to hear the language better, but to know what to listen for to facilitate comprehension of the spoken language. We will cover general principles of French phonetics, rhythmic groups, liaison, and intonation. We will also learn the rules for when not to pronounce certain letters and sounds (e.g., the mute "e") in French, a stumbling block for even advanced speakers. All levels welcome.

Course Code: L077

Sec. 01: 4 Thursdays, 5:30-7:00 pm. Begins October 23, Brookline High, \$87.

French Literature, Culture, and Conversation

Monique Dlugy, Instructor

This course is for those interested in French literature and culture. In our sessions, we will read, view, and discuss selections by prominent French writers, poets, musicians, and filmmakers, both classic and contemporary. You'll improve your spoken French, enrich your vocabulary, and improve your comprehension of written texts, while broadening your knowledge of great French literature and film. Students should have completed French II or its equivalent. A \$10 materials fee is included in the course fee.

Course Code: L094

Sec. 01: 9 Tuesdays, 10:30 am-12:30 pm. Begins September 23, Korean Church, 32 Harvard Street (enter on Holden Street), \$143 (\$133 plus \$10 materials fee).

Conversations en Français

Monique Dlugy, Instructor

Pour ceux qui parlent déjà français et qui veulent maintenir ou améliorer leur niveau de langue. Nous travaillerons dans des séances de conversation sur des sujets divers afin d'enrichir votre vocabulaire et de développer votre sens de l'expression idiomatique

française. En plus de la production orale, objectif essentiel du cours, nous reverrons des points de grammaire, lirons des extraits de textes francophones, écouterons de la musique et regarderons des documents audiovisuels. 10\$ pour le matériel pédagogique sont inclus dans les frais d'inscription.

Course Code: L053

Sec. 01: 9 Tuesdays, 7:00-9:00 pm. Begins September 23, Brookline High, \$143 (\$133 plus \$10 materials fee).

Spanish I

Cecilia Mclsaac and Soledad Phelan,
Instructors

This course is for those who have little or no previous experience learning Spanish. Emphasis will be placed on simple conversation, including everyday vocabulary. We will cover greetings, the alphabet, the present tense of regular verbs, noun-subject and gender agreement, numbers, and other basic vocabulary. The required textbook, *Spanish Now! Level 1 with CDs*, is available at the Brookline Booksmith.

Course Code: L008

Sec. 01: 9 Mondays, 9:00-11:00 am. Begins September 22, Korean Church, 32 Harvard Street (enter on Holden Street), \$133. Mclsaac

Sec. 02: 9 Tuesdays, 7:30-9:30 pm. Begins September 23, Brookline High, \$133. Phelan

Sec. 03: 9 Saturdays, 10:30 am-12:30 pm. Begins September 27, Brookline High, \$133. Phelan

Spanish II

Soledad Phelan, Instructor

This course is for students who have completed Spanish I or have equivalent experience. We will cover the present indicative tense of irregular verbs, the prepositions *a* and *de*, the verbs *ser* and *estar*, descriptive and limiting adjectives, more cardinal numbers, the agreement of ordinal numbers, and other basic vocabulary. By the end of the course, you will become more comfortable speaking, writing, and listening to Spanish. The required textbook, *Spanish Now! Level 1 with CDs*, is available at the Brookline Booksmith.

Course Code: L009

Sec. 01: 9 Mondays, 9:00-11:00 am. Begins September 22, Unified Arts Building, \$133.

Sec. 02: 9 Mondays, 7:30-9:30 pm. Begins September 22, Brookline High, \$133.

Spanish III

Cecilia Mclsaac and Soledad Phelan, Instructors

This course is for students who have completed Spanish II or have equivalent experience. We will review the irregular verbs in the present tense and study the preterite or past tense of regular and irregular verbs, reflexive verbs in the present and preterite tenses, direct and indirect object pronouns, and the verb *gustar*. By the end of the course, you will become more comfortable speaking, writing, and listening to Spanish. The required textbook, *Spanish Now! Level 1 with CDs*, is available at the Brookline Booksmith.

Course Code: L010

Sec. 01: 9 Mondays, 11:00 am-1:00 pm. Begins September 22, Korean Church, 32 Harvard Street (enter on Holden Street), \$133. Mclsaac

Sec. 02: 9 Wednesdays, 7:30-9:30 pm. Begins October 1, Brookline High, \$133. Phelan

Spanish IV

Cecilia Mclsaac, Instructor

This course is for students who have completed Spanish III or have equivalent experience. The goal of this course is to increase fluency and proficiency by deepening your knowledge of conversation, grammar, and writing skills. Grammar topics to be covered include a review of the preterite tense (regular and irregular verbs), the stem-changing verbs (-ar, -er, -ir) in the present and past tenses, formation of the past imperfect tense of regular and irregular verbs, and the future tense of regular and irregular verbs. A \$15 materials fee is included in the course fee.

Course Code: L011

Sec. 01: 9 Fridays, 11:00 am-1:00 pm. Begins September 26, Unified Arts Building, \$148 (\$133 plus \$15 materials fee).

Spanish VI

Cecilia Mclsaac, Instructor

This course is for students who have completed Spanish V or have equivalent experience. Students will deepen their conversation skills in this class, in which the course material and discussion is conducted entirely in Spanish. We will review compound tenses, and we may learn the subjunctive, time permitting. A \$15 materials fee is included in the course fee.

Course Code: L116

Sec. 01: 9 Wednesdays, 9:00-11:00 am. Begins September 24, Unified Arts Building, \$148 (\$133 plus \$15 materials fee).

Destinos: An Introduction to Spanish

Francisco Ruiz, Instructor

Destinos is a highly structured language program developed by leading language professors. Based on a series of videos and textbooks, this program is designed to immerse those with little or no knowledge of Spanish in the study of authentic language and culture. Each session begins with a video episode that introduces you to the culture and new grammar,

vocabulary, and idioms. The instructor will lead you in language activities and discussion on these topics, so you'll be communicating in Spanish from the first session. This multi-level course is designed to increase fluency as students continue each term. A \$15 materials fee is included in the course fee.

Course Code: L050

Sec. 01 (Level 1): 9 Tuesdays, 7:00-9:00 pm. Begins September 23, Brookline High, \$148 (\$133 plus \$15 materials fee).

Sec. 03 (Level 3): 9 Mondays, 7:00-9:00 pm. Begins September 22, Brookline High, \$148 (\$133 plus \$15 materials fee).

Conversación en Español

Marisol Marquez, Instructor

Esta clase es para los que ya pueden hablar español con cierta fluidez y para los que quieren mejorar su dominio del vocabulario y de la gramática de idioma. Utilizaremos una serie de lecturas y videos o cortometrajes (short films) para iniciar charlas, ampliar nuestro vocabulario y aprender sobre la cultura del mundo hispano. Además, repasaremos los temas gramaticales avanzados (y no tan avanzados) que sean necesarios, según los conocimientos de los estudiantes. Incluido en el costo del curso son \$10 por cargo de materiales.

Course Code: L023

Sec. 01: 9 Wednesdays, 6:00-8:00 pm. Begins October 1, Brookline High, \$143 (\$133 plus \$10 materials fee).

Italian I

Maria Conte, Instructor

Whether you're planning your first trip to Italy or are enchanted by the language of Dante, this course will introduce you to Italian using a relaxed, conversational approach. This course is for those who have little or no previous experience learning Italian. We will focus on vocabulary, grammar, basic verb conjugation, and pronunciation. Emphasis will be placed on speaking and listening comprehension. A \$22 textbook fee is payable to the instructor at the first class.

Course Code: L014

Sec. 01: 9 Tuesdays, 9:30-11:30 am. Begins September 23, Unified Arts Building, \$133.

Sec. 02: 9 Tuesdays, 5:30-7:30 pm. Begins September 23, Brookline High, \$133.

Italian II

Maria Conte, Instructor

This course is for those who have completed Italian I, or have equivalent experience. We will continue to expand vocabulary, learn irregular verbs, their conjugation, and the simple past tense, and improve speaking and listening comprehension. By the end of the course, you will become more comfortable speaking, writing, and listening to Italian. A \$22 textbook fee is payable to the instructor at the first class.

Course Code: L016

Sec. 01: 9 Tuesdays, 7:30-9:30 pm. Begins September 23, Brookline High, \$133.

Brazilian Portuguese for Beginners

Elizabeth Kugell, Instructor

Portuguese is the language of almost two hundred million people in Europe, Asia, and South America. This class is for beginners who have little or no previous knowledge of Portuguese. Emphasis will be placed on listening and speaking skills, so that by the conclusion of the course you will be able to carry on simple conversations with Brazilian native speakers. The required textbook, *Portuguese in 10 Minutes a Day with CD-ROM*, is available at the Brookline Booksmith.

Course Code: L032

Sec. 01: 9 Thursdays, 7:00-9:00 pm. Begins October 2, Brookline High, \$133.

Beginning German

Agnes Farkas, Instructor

German is an exciting and enriching language, with many applications in travel, art history, and literature. This course is for beginners who have little or no experience with German, but wish to acquire a working knowledge of the spoken language. Areas of emphasis will include vocabulary building, verb conjugation, sentence formation, contemporary idiomatic expressions, and discussion of culture. The required textbook, *German Demystified*, is available at the Brookline Booksmith.

Course Code: L021

Sec. 01: 9 Tuesdays, 7:00-9:00 pm. Begins September 30, Brookline High, \$133.

Beginning Russian

Polina Dubovikova, Instructor

Our study of the Russian language will include basic Russian pronunciation, vocabulary, grammar, and customs. We will use printed materials, video, and music to get a broad introduction to Russian language and culture. By the end of the course, students can expect to read some Russian, hold a simple conversation, and feel confident enough to continue studies on their own. The required textbook, *Living Language Russian: Essential Edition, Beginner, with Audio CDs*, is available at the Brookline Booksmith.

Course Code: L012

Sec. 01: 9 Mondays, 6:30-8:30 pm. Begins September 22, Brookline High, \$133.

Introduction to Modern Irish

Thomas Carty, Instructor

Would you like to order a pint of stout in Irish while traveling the Emerald Isle? This beginner's course will introduce you to Ireland's mother tongue as it is still spoken today in the Gaelteacht regions. We will focus on developing basic conversational skills, as well as learning grammar and vocabulary. You'll also gain a better appreciation of both Ireland's history and its people. A \$15 materials fee is included in the course fee.

Course Code: L055

Sec. 01: 9 Tuesdays, 6:30-8:30 pm. Begins September 23, Brookline High, \$148 (\$133 plus \$15 materials fee).

Beginning Conversational Chinese

Wei Ping Ren, Instructor

About one-fifth of the world's population speaks some form of Chinese as a first language. In this class, we will concentrate on conversational Mandarin, emphasizing vocabulary, pronunciation, and intonation. The goal of the course is to help you understand simple Mandarin, to speak everyday sentences, and to learn about Chinese life and culture. Students will also develop basic reading and writing skills. The required textbook, *A Key to Chinese Speech and Writing, Vol. 1*, is available online.

Course Code: L017

Sec. 01: 9 Wednesdays, 6:30-8:30 pm. Begins October 1, Brookline High, \$133.

Beginning Japanese

Yuko Sato, Instructor

In this beginning Japanese class, you will explore grammar, vocabulary, and pronunciation through situational dialogues on topics such as shopping, making acquaintances, dining out, and more. Vocabulary lists with the corresponding basic *Hiragana* characters will help you learn to read and pronounce survival Japanese. The required textbook, *Japanese for Busy People I: Romanized Version with CD*, is available at the Brookline Booksmith.

Course Code: L030

Sec. 01: 9 Tuesdays, 6:30-8:30 pm. Begins September 23, Brookline High, \$133.

Latin for Beginners

Allison Jolly, Instructor

Latin lies at the heart of Western culture. Not only are the Romance languages, French, Spanish, Italian, Portuguese, and Romanian derived from it, but the languages of religion, law, medicine, art, and the sciences all share its influence. This class will introduce you to Latin vocabulary, grammar, and word order so that you can read simplified stories and also learn some of the Latin words which are the roots of many words in English and the Romance Languages. A \$10 materials fee is included in the course fee.

Course Code: L040

Sec. 01: 5 Wednesdays, 6:30-8:30 pm. Begins October 1, Brookline High, \$116 (\$106 plus \$10 materials fee).

American Sign Language

Sara Vallesteros, Instructor

As many as 500,000 people in the U.S. communicate using American Sign Language. It is a vital tool for those who deal with Deaf, hard of hearing, or late-deafened individuals. Instruction and practice will be given in expressive and receptive hand signs and basic sign vocabulary. You will also be introduced to current issues in U.S. and world Deaf culture. The required textbooks, *Talking with Your Hands*, *Listening with Your Eyes* and *Barron's Dictionary of American Sign Language*, are available at the Brookline Booksmith.

Course Code: L035

Sec. 01: 9 Wednesdays, 6:30-8:30 pm. Begins October 1, Brookline High, \$133.

English as a Second Language

E.S.L. Private Lessons

In our individual tutoring sessions, E.S.L. instructors are available one-on-one to work with students on all skill areas. Students may choose the time and day of the week, Monday through Friday, or Saturday morning. Please come prepared with materials you would like to work on with your instructor. Once we have your preferred schedule, we will work on finding an instructor to match your needs. Sessions meet at Brookline High School. Discounts, waivers, or credits do not apply. **To schedule a private lesson, please contact the BA&CE office at 617-730-2700. Please do not register online.**

Course Code: E044

Sec. 01 (2 Hours): \$80.

Sec. 02 (4 Hours): \$160.

Sec. 03 (8 Hours): \$320.

Saturday Conversation Practice

Spend your Saturdays improving your speaking and listening skills through conversation. In this course, our focus will be on pronunciation, grammar, and practicing your spoken English. Students will learn vocabulary and expressions, and emphasis will be placed on how to clearly exchange ideas through informal discussions, debates, role-plays, and presentations. Each week, we will practice a different real-life situation. Topics will be based on student requests, but may include going to the grocery store, talking to your child's teacher, paying a bill, and more. The required textbook is available at the Brookline Booksmith.

Course Code: E103

Sec. 01 (beginning): 8 Saturdays, 10:00 am-12:30 pm. Begins September 27, Brookline High, \$145.

Sec. 02 (intermediate): 8 Saturdays, 10:00 am-12:30 pm. Begins September 27, Brookline High, \$145.

Writing and Grammar Skills

Do you need help with your grammar, or do you want to be a better writer? This course, designed for intermediate and advanced students, will focus on improving your grammar and writing skills. Grammar topics we'll review include past, present, and future tenses, question formation, passive voice, nouns and pronouns, gerunds and infinitives, prepositions, and phrasal verbs. Writing topics will include sentence structure, paragraph organization, and essay and summary writing. We'll also work on building our vocabulary. The required textbook is available at the Brookline Booksmith.

Course Code: E053

Sec. 01: 8 Saturdays, 10:00 am-12:30 pm. Begins October 11, Brookline High, \$145.

American Culture and Conversation

Just as it is necessary to learn the language when living in a new country, it is also important to understand the habits, customs, expressions, and people whose cultural backgrounds differ from your own. This course, for advanced students who feel comfortable with written and oral English, will introduce the multifaceted, multicultural mix of American life. We'll explore issues such as literature, history, movies, holidays, and traditions to learn about American culture. Through in-class activities and discussions, you will build your knowledge of colloquial, informal English, including slang and idiomatic expressions. Handouts will be provided. A \$10 materials fee is included in the course fee.

Course Code: E031

Sec. 01: 8 Saturdays, 10:00 am-12:30 pm. Begins September 27, Brookline High, \$155 (\$145 plus \$10 materials fee).

Introductory English

This course is for students who are just learning English. We will focus on all four skill areas including listening, speaking, reading, and writing. We will practice speaking English, study the alphabet, learn new vocabulary, review introductions and currency, and work on the simple present (I study), past (I studied), and the present continuous (I am studying) tenses. The required textbook is available at the Brookline Booksmith.

Course Code: E073

Sec. 01: Mondays, Tuesdays and Wednesdays (meets 3 times per week for 7 weeks), 8:30-10:00 am. Begins September 29, Korean Church, 32 Harvard Street (enter on Holden Street), \$172.

Sec. 02: Tuesdays and Thursdays (meets 2 times per week for 7 weeks), 7:00-8:30 pm. Begins September 30, Brookline High, \$145.

Beginning English

This course is for students who know some English and who have completed an introductory English course. In each class, you will work on grammar and vocabulary, writing, conversational skills, and reading and composition. We will review use of the present tense to talk and write about our habits and daily routines, and we will work on prepositions of place (at, in, on), determiners (this, that, these), simple past tense (I ran), the verb to be, and present continuous. The required textbook is available at the Brookline Booksmith.

Course Code: E001

Sec. 01: Mondays, Tuesdays, Wednesdays and Thursdays (meets 4 times per week for 8 weeks), 10:00-11:30 am. Begins September 22, Korean Church, 32 Harvard Street (enter on Holden Street), \$263.

Sec. 02: Mondays and Wednesdays (meets 2 times per week for 9 weeks), 7:00-8:30 pm. Begins September 22, Brookline High, \$170.

Reading and Writing for Beginners

This class is for students who are beginning to read and write in English. We'll learn to write sentences, practice spelling, read easy stories, and learn many new words. A \$10 materials fee is included in the course fee.

Course Code: E104

Sec. 01: Mondays and Wednesdays (meets 2 times per week for 8 weeks), 12:00 noon-1:30 pm. Begins September 24, Korean Church, 32 Harvard Street (enter on Holden Street), \$170 (\$160 plus \$10 materials fee).

Intermediate English

This course is for students who have some fluency in speaking and reading English, and need to brush up on beginning grammar. We will focus on conversation, vocabulary, and reading short stories. We will also discuss interesting topics like holidays and finding an apartment in the U.S. Grammar topics that may be reviewed include present continuous, future simple, and past continuous (while he was living in Boston, ...), modal verbs and expressions, action and nonaction verbs, and gerunds and passive voice. The required textbook is available at the Brookline Booksmith.

Course Code: E063

Sec. 01: Mondays, Tuesdays, Wednesdays and Thursdays (meets 4 times per week for 8 weeks), 10:00-11:30 am. Begins September 22, Korean Church, 32 Harvard Street (enter on Holden Street), \$263.

Sec. 02: Mondays and Wednesdays (meets 2 times per week for 9 weeks), 7:00-8:30 pm. Begins September 22, Brookline High, \$170.

High-Intermediate English

This course is for students who want to feel more comfortable speaking English and who need an intensive review of intermediate grammar and vocabulary before taking advanced courses. You will work on improving silent and oral reading ability, comprehension, and writing skills. Grammar topics we will review may include present perfect, present perfect continuous, present (If I were rich, I would move to Hawaii) and past conditional (If he had studied, he would have passed the test), and gerunds and infinitives. The required textbook is available at the Brookline Booksmith.

Course Code: E065

Sec. 01: Mondays, Tuesdays, Wednesdays and Thursdays (meets 4 times per week for 8 weeks), 8:30-10:00 am. Begins September 22, Korean Church, 32 Harvard Street (enter on Holden Street), \$263.

Sec. 02: Tuesdays and Thursdays (meets 2 times per week for 9 weeks), 7:00-8:30 pm. Begins September 23, Brookline High, \$170.

Intermediate and High-Intermediate English

For students who want an intensive course of study and wish to attend class four days per week, this course offers the chance to attend both the Intermediate English (E063) and

High-Intermediate English (E065) courses at a special savings. The required textbook is available at the Brookline Booksmith.

Course Code: E076

Sec. 01: Mondays, Tuesdays, Wednesdays and Thursdays (meets 4 times per week for 8 weeks), 8:30-11:30 am. Begins September 22, Korean Church, 32 Harvard Street (enter on Holden Street), \$490.

Sec. 02: Mondays, Tuesdays, Wednesdays and Thursdays (meets 4 times per week for 9 weeks), 7:00-8:30 pm. Begins September 23, Brookline High, \$320.

Advanced English

This course will help you develop the skill and confidence you need to be a fluent speaker of English. Each class will be devoted to activities involving presentation skills, with a special emphasis on rapid speech, vocabulary, and idiomatic expressions. We'll work to communicate our ideas clearly and precisely through conversations on specific topics, small and large group discussions, debates, and group activities. Grammar will be reviewed as necessary. The required textbook is available at the Brookline Booksmith.

Course Code: E003

Sec. 01: Mondays, Tuesdays, Wednesdays and Thursdays (meets 4 times per week for 8 weeks), 8:30-10:00 am. Begins September 22, Korean Church, 32 Harvard Street (enter on Holden Street), \$263.

Sec. 02: Mondays and Wednesdays (meets 2 times per week for 9 weeks), 7:00-8:30 pm. Begins September 22, Brookline High, \$170.

Advanced Reading and Writing Skills

This class is for those who are interested in both reading and writing. We will read a contemporary novel that inspires surprising discussions. In addition, we will review the basics of sentence structure, and learn how to make your writing more interesting by using sentence variety, increasing your flexibility in the use of new and old vocabulary, and practicing many different types of phrases and clauses. Your skills will also be developed reviewing paragraph writing, and working on essay organization. The required textbook is available at the Brookline Booksmith.

Course Code: E067

Sec. 01: Mondays, Tuesdays, Wednesdays and Thursdays (meets 4 times per week for 8 weeks), 10:00-11:30 am. Begins September 22, Korean Church, 32 Harvard Street (enter on Holden Street), \$263.

Advanced Speaking and Conversation

Would you like to speak with others about current events, different cultures, or life in the U.S.? This course, for advanced students, will help you clearly express and exchange ideas through informal discussions, debates, role-plays, presentations, and group activities.

Idioms, world and local news, and new vocabulary will be introduced. A \$10 materials fee is included in the course fee.

Course Code: E058

Sec. 01: Mondays and Wednesdays (meets 2 times per week for 8 weeks), 12:00 noon-1:30 pm. Begins September 22, Korean Church, 32 Harvard Street (enter on Holden Street), \$170 (\$160 plus \$10 materials fee).

Sec. 02: Tuesdays and Thursdays (meets 2 times per week for 8 weeks), 5:30-7:00 pm. Begins September 23, Brookline High, \$170 (\$160 plus \$10 materials fee).

Intermediate Speaking and Listening

Would you like to develop confidence in your speaking and listening skills through extensive practice? This course will emphasize the development of conversational English by giving students practice with spoken language. For intermediate and high intermediate students. A \$10 materials fee is included in the course fee.

Course Code: E102

Sec. 01: Tuesdays and Thursdays (meets 2 times per week for 8 weeks), 12:00 noon-1:30 pm. Begins September 23, Korean Church, 32 Harvard Street (enter on Holden Street), \$170 (\$160 plus \$10 materials fee).

Afternoon Intermediate or Advanced English

This course is for students who are seeking to develop and improve their command of English. Each session will focus on all key language skills including speaking, listening, pronunciation, vocabulary, reading, and writing. You will practice your conversation skills, learn to write with accuracy and effectiveness, develop strategic listening skills, and improve your use of grammar. The required textbook is available at the Brookline Booksmith.

Course Code: E079

Sec. 01 (Intermediate): Tuesdays and Thursdays (meets 2 times per week for 7 weeks), 11:30 am-1:30 pm. Begins October 7, Korean Church, 32 Harvard Street (enter on Holden Street), \$170.

Sec. 02 (Advanced): Tuesdays and Thursdays (meets 2 times per week for 7 weeks), 11:30 am-1:30 pm. Begins October 7, Korean Church, 32 Harvard Street (enter on Holden Street), \$170.

Reduce Your Accent

Batsheva Fenster, Instructor

Can you speak English, but are frustrated because people have a hard time understanding you? Do you feel that your accent may be holding you back from career advancement? In this course, you will learn to recognize and correct troublesome sounds and stress patterns in English, and will participate in guided exercises to reinforce clear pronunciation. You will leave with increased confidence in your ability to communicate clearly in English and be understood. A \$15 materials fee for a CD is included in the course fee.

Course Code: E059

Sec. 01: 8 Wednesdays, 7:00-9:00 pm. Begins October 29, Brookline High, \$155 (\$140 plus \$15 materials fee).

Clarity Now: Finding Your Answers Within

Kathryn Deputat, Instructor

Do you feel stuck? Confused? Blocked? Come share, witness, and learn methods to access the focus, insight, and answers that are with us always, that are within you now. Using writing, inquiry, deep listening, and one-on-one work, we will untangle thoughts, identify true desires, and meet the obstacles and aids to fulfillment. Guided by the power of intention, we will reveal the clarity and solutions that await beneath the dust of confusion, restoring enthusiasm, direction, and forward motion. During the second meeting, we'll tweak, review, and build on the new ground we've taken.

Course Code: P688

Sec. 01: 2 Tuesdays, 6:00-9:00 pm. Begins September 23, Brookline High, \$87.

Happiness 101

Jeanne Mayell, Instructor

The Dalai Lama said, "Happiness is not something ready made. It comes from your own actions." In this class, you will learn how to cultivate happiness using some simple practices that have been tried, tested, and researched, and will have a cumulative effect on your life. Mindfulness, intuition, and positive psychology can be cultivated with some simple instructions to guide you through life's mazes, keeping you on your right path. We will also discuss the art of gratitude, which has been found to boost your immune system, improve your sleep, strengthen your relationships, and make your heart stronger.

Course Code: P729

Sec. 01: 2 Tuesdays, 6:00-8:30 pm. Begins October 28, Brookline High, \$80.

Deepen Your Intuition with the Tarot

Jeanne Mayell, Instructor

You've had hunches that turned out to be correct and now you'd like to know how to tap into your intuition at will. In this class, you will learn a powerful and wondrous skill. The Tarot is a set of ancient picture cards that stimulate your intuition, enabling you to unearth profound truths about your life, as well as the lives of your friends and loved ones. In this class, you will learn to read the cards and how to tap into your intuition any time you need it. Please bring a Thoth deck (or your favorite deck). Decks can also be purchased from the instructor. Approximate cost, \$27 (large size).

Course Code: P068

Sec. 01: 1 Tuesday, 6:00-9:00 pm. October 14, Brookline High, \$37.

Sensitivity as Strength

Sarah Hagedorn, Psychosynthesis Life Coach

Whether you are highly empathetic, have a finely tuned nervous system, or just find the hustle and bustle of the city overwhelming, sensitivity is often framed by ourselves and others as a weakness. Learn to reframe your sensitivity as a strength, give a name to your particular sensitivities, and explore your

hidden gifts and the actions towards which they are pointing you. Together we will explore all aspects of what it means to be sensitive, from the anatomy of the nervous system, to the latest research on HSP's (highly sensitive people), to survival tools like visualizations and grounding. In the safe space of the group, you will practice identifying and communicating your unique needs and strengths to others, and begin the work of setting appropriate boundaries and self-care practices that honor your sensitive nature.

Course Code: P752

Sec. 01: 3 Wednesdays, 6:00-8:00 pm. Begins November 5, Brookline High, \$87.

Sugar and Fat: The Good, the Bad, and the Ugly

Gena Mavuli, Holistic Nutrition Consultant

Sugar and fat have a bad reputation in nutrition circles, but in order to thrive, the human body needs both of these elements to a certain degree. In this course, we will talk about natural sugar versus added sugar, the hidden places sugar is found, and ways to replace sugar and sugar substitutes. We will talk about the right fats to eat, what is "wrong" with the wrong fats, and the truths and myths behind fat, cholesterol, and heart disease. We will also discuss fat and sugar in relation to weight loss.

Course Code: P747

Sec. 01: 1 Monday, 7:00-9:00 pm. October 20, Brookline High, \$34.

Whole Foods for Weight Loss

Gena Mavuli, Holistic Nutrition Consultant

Whole foods are unprocessed, contain no additives or artificial ingredients, and are both nutritious and delicious. Eating whole foods is a great way to prevent disease, feel healthy, and begin to lose weight. Whether you would like to shed a few extra pounds or simply improve overall health, this class will get you started on the right path. With a few shifts in diet and habits, you can start to make and see changes quickly. We'll discuss the nutritional aspect of eating whole foods, how to update your favorite recipes to be healthier, and go over meal plans so you can easily implement these methods at home.

Course Code: P748

Sec. 01: 1 Monday, 7:00-9:00 pm. October 27, Brookline High, \$34.

Eating for Digestive Disorders

Gena Mavuli, Holistic Nutrition Consultant

A wide array of digestive disorders can be improved by adding or eliminating certain foods from your diet. Ulcers, GURD, IBS, colitis, diverticulitis, Crohn's disease, food allergies, and other sensitivities can be extremely difficult to cope with, but there are many things that can be done to alleviate symptoms, and for some people, can even heal the issue completely. Join us to learn more about how to eat for long-term digestive health.

Course Code: P749

Sec. 01: 1 Monday, 7:00-9:00 pm. November 3, Brookline High, \$34.

Eating for Thyroid Health

Gena Mavuli, Holistic Nutrition Consultant

Your thyroid gland controls sensitivity to hormones, how quickly the body uses energy, and makes proteins. If you have difficulty regulating your thyroid with drugs, or don't want to use drugs, learn how dietary changes can help you control and promote healthy thyroid function, sometimes eliminating the need for medical intervention. Soy, coffee, gluten, salt, and every-day foods can all play a role. We'll go over both what to include in your diet, and what to avoid to optimize thyroid health.

Course Code: P750

Sec. 01: 1 Monday, 7:00-9:00 pm. November 10, Brookline High, \$34.

Talking So Your Kids Will Listen

Jonathan Wolf, Life Coach

Although communicating and connecting with others is a basic human need and something we do every single day, communicating with your own child can sometimes feel like an enormous task. Many parents begin to communicate and operate out of fear, anxiety, and anger when dealing with their children, but effective communication and genuine connection can help develop trust and confidence that will ultimately open up new possibilities. This class is designed to provide you with researched and effective techniques and exercises that will help guide you to improve communication and connection with your child. Learn how your child's needs dictate communication styles, and find direction to improve the meaningful relationships in your life.

Course Code: P751

Sec. 01: 1 Tuesday, 7:00-9:00 pm. November 18, Brookline High, \$34.

Introduction to Zen Meditation

Cambridge Zen Center, Instructor

Zen meditation is a discipline, a practice, and a path that dates back over 2,500 years to the historical Shakyamuni Buddha. As a discipline, it helps us cultivate openness and concentration, heightening our awareness of both our inner being and the world around us. As a practice, it helps us discover who we are, develop greater compassion for ourselves and others, and open up to the deeper layers of experience. As a path, it is a way to grow, to deepen, to let go, and to live. We will explore basic meditation techniques for use while sitting, walking, and chanting. Each class will include explanations and discussion of the philosophies behind the practice of Zen meditation. Please wear comfortable clothing and bring a cushion or pillow to sit on. Chairs will also be available.

Course Code: P147

Sec. 01: 6 Wednesdays, 7:15-8:30 pm. Begins October 8, Devotion School, \$108.

Three-Week English Program

For those students who don't have time for an eight-week course, this short three-week program offers an intensive course of study. We will work on grammar and vocabulary, writing, conversational skills, and reading and composition. Handouts will be provided. A \$10 materials fee is included in the course fee.

Course Code: E056

Sec. 01 (Beginning): Tuesdays, Wednesdays and Thursdays (meets 3 times per week for 3 weeks), 9:00-11:30 am. Begins December 2, Brookline High, \$170 (\$160 plus \$10 materials fee).

Sec. 02 (Intermediate): Tuesdays, Wednesdays and Thursdays (meets 3 times per week for 3 weeks), 9:00-11:30 am. Begins December 2, Brookline High, \$170 (\$160 plus \$10 materials fee).

Sec. 03 (Advanced): Tuesdays, Wednesdays and Thursdays (meets 3 times per week for 3 weeks), 9:00-11:30 am. Begins December 2, Brookline High, \$170 (\$160 plus \$10 materials fee).

Grammar and Short Stories

Mastering grammar can improve your speaking, writing, reading, and listening skills. In this course, for high-intermediate and advanced students, we'll review important structures in English grammar, and students will have a chance to get their questions about English grammar answered. We'll also read a selection of short stories to improve our reading and vocabulary skills. A \$10 materials fee is included in the course fee.

Course Code: E004

Sec. 01: Tuesdays and Thursdays (meets 2 times per week for 8 weeks), 10:45 am-12:45 pm. Begins September 23, Korean Church, 32 Harvard Street (enter on Holden Street), \$192 (\$182 plus \$10 materials fee).

WHAT YOU NEED TO KNOW ABOUT YOUR ENGLISH COURSE

- In doubt about your English level? We offer an E.S.L. placement test for new students. Please visit BA&CE during office hours to take the test, or download the test at www.brooklineadulthood.org/ESLtest.pdf
- All textbooks are available at the Brookline Booksmith, 279 Harvard Street, Brookline (Coolidge Corner).
- E.S.L. Private sessions are available day and evening. Please call 617-730-2700 to register.
- For instructor updates and bios, please check our website: www.brooklineadulthood.org
- Please register early for your English course. Courses with low enrollment will be cancelled 48 hours before the start of class.

Friday Pronunciation

Students with limited exposure to native-spoken English will develop confidence in their listening and speaking skills through extensive practice. In this course, for intermediate and advanced students, you will learn many new words which will improve your thinking in English while you practice the sound systems as well as the stress and intonation patterns of the English language. We will also work on building vocabulary through reading and homework assignments. A \$10 materials fee is included in the course fee.

Course Code: E099

Sec. 01: 7 Fridays, 9:00-11:00 am. Begins October 3, Brookline High, \$140 (\$130 plus \$10 materials fee).

Friday Conversation and Vocabulary

Would you like to increase your vocabulary and improve your spoken English? For students who are comfortable carrying on a conversation in English, this course offers an opportunity to practice your speaking skills in a variety of contexts, and to develop your vocabulary, comprehension, and cultural awareness. A \$10 materials fee is included in the course fee.

Course Code: E101

Sec. 01: 7 Fridays, 11:30 am-1:30 pm. Begins October 3, Brookline High, \$140 (\$130 plus \$10 materials fee).

History and Arts of Boston: Discussion and Walking Tour

Wendy Dodek, Instructor

Boston offers visitors or newcomers a variety of interesting places and events to explore and discover. This course, for high-intermediate and advanced students, will introduce you to some of Boston's artists through classroom activities and a field trip. You'll enhance your vocabulary, reading, and speaking skills while learning about the city's rich artistic history, and its most interesting early artists such as painter John Singleton Copley and silversmith Paul Revere. The course includes one walking tour of the older neighborhoods of Boston, plus one visit to the Museum of Fine Arts. Handouts about Boston history and artistic traditions will be provided. Tuition does not include transportation or admission to the M.F.A.

Course Code: E096

Sec. 01: Tuesdays and Thursdays (meets 2 times per week for 3 weeks), 11:30 am-1:30 pm. Begins September 30, Brookline High, \$130.

Preparation for the TOEFL Exam

The Test of English as a Foreign Language is often necessary for entry into careers and higher education programs. This course offers an introduction and a review of the four sections of the TOEFL: listening comprehension, written expression, reading comprehension, and speaking. We will review grammar, writing, reading and listening comprehension, and sentence and paragraph structure, and begin practice for the exam. Those who are new to the TOEFL exam and those who are ready to

take the exam will be accommodated. The required textbook is available at the Brookline Booksmith.

Course Code: E008

Sec. 01: Tuesdays and Thursdays (meets 2 times per week for 8 weeks), 8:30-10:30 am. Begins September 23, Korean Church, 32 Harvard Street (enter on Holden Street), \$182.

Sec. 02: 8 Saturdays, 9:30-11:30 am. Begins October 11, Brookline High, \$140.

Mind and Body

The Wise Body: Learn to Hear Your Inner Ally

Sarah Hagedorn, Psychosynthesis Life Coach

Have you ever engaged your body in conversation the way you would a friend? How about your heart? Your toes? And what about the chronic back, neck, and shoulder pain you've been experiencing? Many of the answers we seek are available in our own bodies if we learn how to listen. Working introspectively, with a partner, and as a group, we will embark on an exciting journey into the compassionate truths our bodies are eager to share with us. You will be supported in setting up concrete, attainable goals in alignment with your newfound awareness, and leave this class with the tools to engage in lifelong, compassionate dialogue with your biggest ally: your body. Please bring a bag lunch.

Course Code: P753

Sec. 01: 1 Saturday, 9:00 am-2:00 pm. October 25, Brookline High, \$80.

Introduction to Reiki Healing

Kelly Fey Holt, Instructor

Reiki, a Japanese technique for stress reduction and relaxation, promotes physical and emotional healing, as well as relief from specific health conditions. Reiki energy brings about deep relaxation, provides new vitality in the form of flowing life energy, and is a simple, natural, and safe method of non-invasive hands-on healing. Learn the basics of energy work and how to address imbalances within yourself by practicing techniques and treatments on your classmates and on yourself. Please bring a bag lunch.

Course Code: P722

Sec. 01: 1 Saturday, 10:00 am-2:00 pm. October 11, Brookline High, \$51.



PC AND MAC COURSES

The following courses are taught on the PC using Windows 7, or on the Mac using Mac OS X, and Microsoft Office classes use Office 2010. Prerequisites for each course are listed where applicable.

All courses are taught in a computer lab with individual student workstations.

Introduction to HTML and CSS

Bharti Joshi, Instructor

Do you have a simple blog or website, but have to outsource coding because it seems too complicated? HTML (Hypertext Markup Language) and CSS (Cascading Style Sheets) are the two languages of the web that allow you to flex your web muscles and customize your designs. In this class, we will use a simple text editor to learn how to write and edit HTML and CSS. With hands-on experience in these two cornerstones of web development, you will be ready to learn how to become a web developer. Although this course is taught in a PC lab, skills are transferable to Mac. Students may bring their own laptops, if they prefer.

Course Code: C298

Sec. 01: 6 Tuesdays, 7:00-9:00 pm. Begins September 30, Unified Arts Building, \$206.

Social Media: Facebook, Twitter, and More

Joe Guarino, Owner, Evolutionary IT

Social media sites continue to explode in popularity. Facebook, Twitter, LinkedIn, YouTube, and more all attract millions of individuals who use these sites to connect and collaborate online. In this hands-on class, we will discuss the similarities and differences of various social media sites, and explore how different sites can be used to keep in touch with friends and family, find common interest communities, network with business colleagues, and much more. We'll also cover how to start a blog, and discuss the benefits of blogging and how to increase your blog's readership. Privacy, identity protection, and safe usage will be addressed as well. Although this course is taught in a Mac lab, skills are transferable to PC.

Course Code: C250

Sec. 01: 2 Mondays, 6:30-8:30 pm. Begins November 17, Unified Arts Building, \$94.

Workshop Your Website

Christopher Homick, Instructor

No matter what your profession, having an impressive personal or business website can be a huge advantage. In this workshop for those who already have existing websites on various platforms, we will explore what makes a site look professional, give and receive feedback, and work as a group and with the instructor to make improvements. The class will cover graphic design strategies, basic information architecture, mobile-friendly and responsive

design, and what should be featured on the front page. Although this course is taught in a Mac lab, skills are transferable to PC.

Course Code: C336

Sec. 01: 4 Mondays, 7:00-9:00 pm. Begins October 20, Unified Arts Building, \$153.

Programming with Python

Alex Ramsdell, Instructor

Python is one of today's most popular object-oriented programming languages. It is also one of the easiest programming languages to learn and is perfect for rapid software development. This practical, hands-on course provides a comprehensive introduction to the Python language and will enable students to begin writing code after the first class meeting. Topics discussed will include text processing, functional programming techniques, systems programming, and network programming. Additionally, each class will emphasize effective problem-solving techniques, design considerations and useful debugging tips. Programming experience is recommended, but not required. Although this course is taught in a Mac lab, skills are transferable to PC.

Course Code: C263

Sec. 01: 8 Tuesdays, 7:00-9:00 pm. Begins September 30, Unified Arts Building, \$234.

BIG Video Production Basics

Brookline Interactive Group

This course will be taught by the staff at Brookline Interactive Group (formerly Brookline Access Television), and will provide an eight week crash course in video production basics. In this course, students will learn everything from creating a cable TV show to polishing amateur or professional videos with Adobe Premiere. Class will culminate with a screening of final projects. Completion of this course will allow students increased privileges at BIG. Discounts or waivers do not apply. Limited to 10.

Course Code: C327

Sec. 01: 8 Tuesdays, 7:00-9:00 pm. Begins September 23, Unified Arts Building, \$65.

Digital Video Editing with Adobe Premiere

Tessa Amoroso, Instructor

Learn to edit your videos in Adobe Premiere, a user-friendly, advanced digital video-editing program designed to help you create professional-looking videos. In this class, you will learn media management, how to import and capture footage, edit in a timeline, and add video and audio effects using multiple tracks. Whether you would like to learn to edit footage of your child's sporting events or create a blockbuster movie, editing in Adobe Premiere will give you the tools to create videos that you'll be proud of. Although this course is taught in a Mac lab, skills are transferable to PC.

Course Code: C315

Sec. 01: 8 Thursdays, 6:00-8:00 pm. Begins October 2, Unified Arts Building, \$234.

Introduction to Adobe Illustrator CS6

Sarah Georgakopoulos, Instructor

Adobe Illustrator is one of the most powerful and popular graphic design programs. Setting the standard for design software with its drawing and typographic functions, Illustrator is used by graphic designers, layout artists, and desktop publishers—anyone interested in producing professional quality design and high-resolution output for print. If you're a graphic designer or artist, or are interested in a career in desktop or web publishing, learn how to use the advanced graphic tools of design professionals. Basic Mac skills are required. Although this course is taught in a Mac lab, skills are transferable to PC.

Course Code: C059

Sec. 01: 8 Thursdays, 7:30-9:30 pm. Begins October 2, Unified Arts Building, \$234.

Introduction to Adobe InDesign CS6

Darian Burch, Instructor

Adobe InDesign is cutting-edge layout design software for publishing print and digital documents. It is tightly integrated with other Adobe applications such as Photoshop and Illustrator and has become the standard for commercial print production and desktop publishing. Equally well-suited to designing flyers, posters, brochures, newsletters, magazines, and even books, InDesign gives you precise control over typography and layout so you can produce files for home/office printing, commercial printing, or digital distribution with ease. Through instruction and class exercises, you will develop a solid understanding of InDesign's interface and basic functions, and learn to create multi-page document layouts with type, images, and vector graphics. Students should be comfortable using a PC. Although this course is taught in a PC lab, skills are transferable to Mac.

Course Code: C181

Sec. 01: 8 Mondays, 7:00-9:00 pm. Begins September 22, Unified Arts Building, \$234.

Adobe Photoshop CS6

David Leifer, Instructor

Adobe Photoshop is the premiere image-editing program used in digital photography and both print and digital media production. In **Section 01**, you will learn how to create, edit, and adjust digital images and prepare them for print and web. We will explore essential Photoshop skills such as creating selections, cropping, retouching, using filters and making tone and color corrections through adjustment layers. In **Section 02**, for those who have taken Sec. 01 or have equivalent experience, we will investigate advanced use of layers, masking, smart objects, and Camera Raw for compositing, special effects and a complete non-destructive editing workflow. **Section 03** combines Sec. 01 and Sec. 02 at a reduced rate. Students who decide to continue from Sec. 01 will also receive the reduced rate.

Mindfulness: A Day-Long Retreat

Patricia Howard, Instructor

Mindfulness is an ancient practice exquisitely illustrated by the Buddha long ago and expounded upon today by modern doctors and teachers such as Jon Kabat-Zinn, S.N. Goenka, and Thich Nhat Hanh. By employing the simple technique of being watchful moment-to-moment and breath-to-breath, we can detach from habitual stress-heightening reactions and develop new and practical insight into the ever-present center of our being. In this course, we will learn and practice various mindfulness techniques that will teach us to gain discernment and insight into what is happening both externally and internally in each moment. Please bring a yoga mat and bag lunch to class.

Course Code: P584

Sec. 01: 1 Saturday, 9:00 am-2:00 pm.
November 1, Brookline High, \$80.

The Practice of Meditation

Donna Rubenoff, Instructor

This course is designed for those of all ages and backgrounds who want to experience a more peaceful way of being in their lives by connecting breath, body, and mind. In our sessions, we will explore connecting with the breath, discovering and activating sensations in the body, and we will tap into our feelings and emotions. We will also incorporate some guided meditations where we will use our imagination to elicit our senses to relax our body and mind. As we practice meditation together, we will get in touch with who we really are, ultimately changing our relationship with our body and emotions and developing compassion and loving kindness for ourselves.

Course Code: P640

Sec. 01: 3 Mondays, 11:30 am-12:45 pm.
Begins September 22, Unified Arts Building, \$51.

Living Free of Anxiety

Niki Birbilis, Instructor

Approximately one out of five Americans struggle with some form of anxiety—not to mention the added anxiousness induced for many by the holiday season. While this experience can feel overwhelming, there are holistic, drug-free ways to conquer it. Anxiety is not a disease or illness, and can be eliminated from your life for good. Why suffer when you can learn how to let go and live in the moment, and be more effective in everything you do? In this class, we'll learn new and safe tools and techniques to help conquer anxiety and take back control of our bodies and minds. Discover new steps you can take to reduce your anxiety in everyday life.

Course Code: P696

Sec. 01: 4 Thursdays, 7:00-8:30 pm. Begins
October 16, Brookline High, \$87.

Computers and Technology

Private Computer Lessons

In our individual tutoring sessions, Mac and PC computer instructors are available to work with students one-on-one, on anything from basic word processing, to setting up a blog, to using LinkedIn to find employment opportunities. Students may choose the time and day of the week, Monday through Friday, or Saturday morning. Once we have your preferred schedule and what you'd like to learn, we will work on finding an instructor to match your needs. Sessions meet at Brookline High School. You may choose to bring your own laptop or use our computer labs. Please come prepared with questions about the application(s) or operating system you wish to learn. Discounts, waivers, or credits do not apply. **To schedule private lessons, please contact the BA&CE office at 617-730-2700.**

Course Code: C001

Sec. 01 (4 hours): \$200.

Sec. 02 (6 hours): \$300.

Wordpress: An Overview

Joe Guarino, Owner, Evolutionary IT

Would you like to build a blog or website quickly and easily? Wordpress is the most powerful, popular, and easy to use blogging and content management system available today. Using Wordpress, you can build almost any type of website and edit content without advanced knowledge of HTML or other technical expertise. Join us for an overview of this powerful software and learn what it can do for you. Whatever type of website you imagine, Wordpress gives you all the tools you need to build it. Students should be comfortable using a computer. Please note that this is not a course in web design or coding.

Course Code: C262

Sec. 01: 2 Wednesdays, 6:30-8:30 pm. Begins
November 5, Brookline High, \$94.

Introduction to Web Design

Ben Vivante, Instructor

In the rapidly evolving field of web design, a variety of software applications can be used to develop creative and beautiful sites. This course will begin by providing a basic introduction to HTML (HyperText Markup Language), the language needed to create any site on the Internet. Students will then be introduced to Adobe Dreamweaver CS6, one of the most popular HTML authoring software applications available. Using Dreamweaver's object palette, students will learn how to create links, tables, forms, layers, and more. With the behaviors palette, students will learn how to create rollovers, pop-up windows, draggable layers, and more. This class will cover the basics of importing text and ready-made graphics; if time

permits, we'll create custom graphics using Adobe Photoshop and discuss ways to enhance the viewer's experience. Although this course is taught in a PC lab, skills are transferable to Mac.

Course Code: C162

Sec. 01: 8 Tuesdays, 7:30-9:30 pm. Begins
September 23, Brookline High, \$234.

Wordpress for Artists

Scott Feldman, Instructor

For visual artists, musicians, actors, and other creatives, having a strong web presence is essential. The way in which you display your work can directly affect your visibility and opportunities. In this class geared specifically toward artists, learn from a design and marketing professional how to best present your work through the easy-to-use Wordpress platform. In the first few classes, we will explore best practices, web design, audio and visual tools, and the scope of Wordpress's functions for artists. We will then work directly on your new or existing site. You will leave with a stellar product and the tools to continue to expand and improve it as your portfolio grows. Although this course is taught in a Mac lab, skills are transferable to PC. Students should expect an additional expense if they choose to purchase a website domain and host.

Course Code: C334

Sec. 01: 6 Wednesdays, 7:00-9:00 pm. Begins
October 1, Unified Arts Building, \$206.

Websites Made Easy with Wordpress

Ben Vivante, Instructor

Do you dream of having your own website for your business or blog? Using Wordpress, you'll learn to build, edit, and customize your own website—without advanced knowledge of HTML. We'll learn both technical setup and creative customizations, tailoring our efforts to the interests and needs of the class. Students should expect an additional expense if they choose to purchase a website domain and host.

Course Code: C281

Sec. 01: 8 Tuesdays, 5:30-7:30 pm. Begins
September 23, Brookline High, \$234.

Wordpress, Drupal or Joomla: Choosing the Best Platform for You

Bharti Joshi, Instructor

Choosing which platform to build your website on can be complicated. The three most popular systems—Wordpress, Drupal, and Joomla—all offer unique advantages and disadvantages and vary widely in terms of features, capability, flexibility and ease of use. Join a web expert for this one night workshop exploring the ins and out of each system. You will walk away with the knowledge needed to make the best choice for you.

Course Code: C335

Sec. 01: 1 Tuesday, 7:00-9:00 pm. September
23, Unified Arts Building, \$44.

Streamline with Google Drive and Gmail

Ben Vivante, Instructor

Google services are free and powerful tools that sync email, calendar, and the ability to create, store, and share documents. With many of the same capabilities as Microsoft Office, many people are switching to the Google platform where everything is stored in "the cloud," making it easy to access files from any computer. In this class, you will learn how to create a Google account if you do not have one, upload and sync files, create new files, send, share and collaborate, convert and print documents, and more. Join us to learn how you can streamline your work, all for free using the Google system. Although this course is taught in a PC lab, skills are transferable to Mac.

Course Code: C329

Sec. 01: 2 Mondays, 6:00-8:00 pm. Begins November 3, Unified Arts Building, \$94.

PC and Internet Intensive for Job Seekers

Glen Cabbage and Joe Guarino, Instructors

Are you changing your line of work, and finding that the jobs you would like to apply for seek computer-savvy candidates? In order to quickly familiarize students with office and administrative tools, this course will touch on Email tools, Microsoft Word, Powerpoint, and Excel, how to effectively search the internet, and social media skills that have become requisite for any job in an office environment. This course is a fast-paced survey of many topics. For classes that will further advance your computer skill set, please see our other offerings. Although this course is taught in a PC lab, skills are transferable to Mac.

Course Code: C338

Sec. 01: Tuesday, Wednesday and Thursday (meets 3 times per week for 1 week), 6:30-9:00 pm. Begins September 16, Unified Arts Building, \$150.

Computer Essentials for the Workplace

Michael Toon, Instructor

Efficient use of the PC requires basic knowledge in several areas: the operating system, software applications (Microsoft Office), and the Internet. In this class, you will learn about the Windows operating system, its tools, and how to manage software, files, and folders. We will explore basic word processing using Word, learn about spreadsheets with Excel, and look briefly at PowerPoint. Finally, we will examine the Internet with a popular web browser and discuss issues such as internet access and different types of internet services. This hands-on course is for beginners.

Course Code: C096

Sec. 01: 6 Wednesdays, 5:30-7:30 pm. Begins October 1, Unified Arts Building, \$206.

MS Word for Your Job or Business

Michael Toon, Instructor

Microsoft Word is the most widely used word-processing program available for the PC and Mac. With it you can create all kinds of documents:

memos, letters, reports, brochures, and even books. This course will include an overview of the Windows operating system and will cover such Word features as cut, copy, and paste, character formatting, rulers, and section formatting. Students should have basic PC skills.

Course Code: C316

Sec. 01: 4 Thursdays, 7:00-9:00 pm. Begins October 23, Unified Arts Building, \$153.

MS Excel for Your Job or Business

Michael Toon, Instructor

Microsoft Excel is the most widely used and comprehensive spreadsheet package available, and allows you to quickly and easily create business and financial reports. This course will provide an introduction to Excel's user interface and will cover important features such as how to create and edit worksheets and workbooks, manipulate table cells, create formulas, and validate data. Basic PC skills are required. Although this course is taught in a PC lab, skills are transferable to Mac.

Course Code: C081

Sec. 01: 6 Wednesdays, 7:30-9:30 pm. Begins October 1, Unified Arts Building, \$206.

Excel: Pivot Tables, Macros, and VLOOKUP

Michael Toon, Instructor

Would you like to build on your basic MS Excel 2010 skills to more efficiently organize, summarize, and interpret data? We'll use Pivot Tables to automatically sort, count, total, or average the data stored in one table or spreadsheet. Then, we'll discuss Macros and how they can repeat, or "play back," commands. You'll learn to record and repeat your steps, so you aren't coming up with a new system every time you need to perform the same task. We'll also use VLOOKUP to find a value in a list or table, similar to looking up a person's name in a telephone book. Ultimately, you will leave this class with a more efficient approach to Excel for application at work or home. Although this course is taught in a PC lab, skills are transferable to Mac. Please bring a flash drive.

Course Code: C296

Sec. 01: 3 Wednesdays, 7:30-9:30 pm. Begins November 12, Unified Arts Building, \$125.

Microsoft Excel Workshop

Glen Cabbage, Instructor

In this intermediate-level workshop, we will explore data analysis and advanced data validation techniques, pivot tables, linking cells in multiple Excel workbooks, customizing toolbars, and exporting data to Word and PowerPoint. We'll discuss key strategies for using Excel more effectively to make data reporting and analysis faster and easier. This workshop will have a flexible structure that will allow students to bring questions and real-life examples to class. This class will be taught using Windows 7 and Microsoft Office 2010.

Course Code: C253

Sec. 01: 1 Saturday, 9:30 am-12:30 pm. October 18, Unified Arts Building, \$68.

COMPUTER CLASSES AT THE BROOKLINE SENIOR CENTER



Brookline Adult & Community Education, in cooperation with the Brookline Council on Aging, offers a variety of computer courses for seniors ages 60 and older who want to dive into the myriad of new technologies emerging in contemporary culture that affect how we live, interact, and communicate. Computer courses are taught using Windows 7 and Office 2010. Courses are held at the Brookline Senior Center, located at 93 Winchester Street, Brookline.

Computer Basics for Seniors

Michael Toon, Instructor

In the **Introduction** course, you'll learn basic skills such as how to use a mouse and keyboard, navigate the desktop, and make sense of computer jargon. We will also explore word processing. By the time you leave, you will be ready to move on to other subjects such as using the internet, writing email, and managing your finances. In the **Intermediate** course, students will learn improved file and folder management, and word processing skills. Students will also gain comfort with printing, burning a CD, copying and pasting text, and will learn efficient word processing commands. Senior discount does not apply. Limited to six.

Course Code: C312

Sec. 01 (Introduction): 4 Wednesdays, 10:00 am-12:00 noon. Begins September 24, 93 Winchester St., Brookline, \$72.

Sec. 02 (Intermediate): 4 Wednesdays, 10:00 am-12:00 noon. Begins October 29, 93 Winchester St., Brookline, \$72.

Facebook for Seniors

Michael Toon, Instructor

Facebook is a hugely popular social networking site that allows you to connect with other users, share interests, and join groups. Using Facebook, you can keep in touch with family members, reconnect with long-lost friends and classmates, and even play games with others online. If you are curious about Facebook, this hands-on class will help you get started by explaining the basics and helping you to create your own account. We'll learn how to share photos, videos, and more, while also discussing Facebook's privacy policy. Although this course is taught in a PC lab, skills are transferable to Mac. Senior discount does not apply. Limited to six.

Course Code: C267

Sec. 01: 4 Fridays, 10:00 am-12:00 noon. Begins September 26, 93 Winchester St., Brookline, \$72.

Basic Mac skills are required. Although this course is taught in a Mac lab, skills are transferable to PC.

Course Code: C075

Sec. 01: 4 Tuesdays, 7:00-9:00 pm. Begins September 23, Unified Arts Building, \$153.

Sec. 02: 4 Tuesdays, 7:00-9:00 pm. Begins October 28, Unified Arts Building, \$153.

Sec. 03: 8 Tuesdays, 7:00-9:00 pm. Begins September 23, Unified Arts Building, \$234.

Introduction to Graphic Design

Greg Lookerse, Instructor

Graphic design is a powerful force in our culture. In every book, storefront, website, and mailing, you will see something a designer created. This course will introduce you to the fundamental principles and concepts of graphic design. Using Adobe Photoshop and Illustrator, we will explore the six principles of design: balance, proximity, alignment, repetition, contrast, and space. A basic understanding of Photoshop and Illustrator is helpful, but not required. Although this course is taught in a Mac lab, skills are transferable to PC.

Course Code: C331

Sec. 01: 8 Mondays, 7:00-9:00 pm. Begins September 22, Unified Arts Building, \$234.

Introduction to Typography

Greg Lookerse, Instructor

We are surrounded by the written word, and the way in which those words are laid out can affect learning, recognition, and emotion. Until the digital age, typography was a specialized occupation, but today anyone can make words sit perfectly on the screen. We will apply our skills on business cards, brochures, posters, and more. Using Adobe Illustrator and InDesign, we will learn the fundamentals of typographic history, design and layout. Some experience using Adobe Illustrator is helpful. Although this course is taught in a Mac lab, skills are transferable to PC.

Course Code: C332

Sec. 01: 6 Mondays, 5:00-7:00 pm. Begins September 22, Unified Arts Building, \$206.

An Adobe CS6 Primer

Joyce Graff, Instructor

Adobe Creative Suite applications Photoshop, Illustrator, and InDesign are the building blocks for graphic design in a variety of job settings. With these programs, artists can also transform artworks; web designers can create and export graphics; writers can create books for publication; and much, much more. In this four-week course, you will be introduced to each of these programs, and we will also explore the usefulness of working across these three applications. We will also talk about the differences between CS6 and Creative Cloud and the program that might best serve your needs. Although this course is taught in a PC lab, skills are transferable to Mac.

Course Code: C318

Sec. 01: 4 Mondays, 7:00-9:00 pm. Begins October 20, Unified Arts Building, \$153.

Adobe Creative Cloud Overview

Joyce Graff, Instructor

Many services are now moving to "the cloud." While Adobe's programs like Photoshop, Illustrator, InDesign, Premiere, and more still run on the desktop computer, they interact with the Cloud in ways that ensure you always have access to the latest version, on any device, and that you can collaborate with colleagues in dynamic ways. Instead of paying a large up-front price, users pay a subscription fee which gives them access to the applications they need and to all the collaboration tools and platforms as well. See an introduction to Creative Cloud, ask questions, and see if it might be the right program for you.

Course Code: C333

Sec. 01: 1 Thursday, 7:00-9:00 pm. October 16, Brookline High, \$30.

Introduction to Bookkeeping with QuickBooks Pro

Emily Stein, Instructor

QuickBooks is a popular software package that allows the small business owner to track and control business activity. Students will receive hands-on experience with an introduction to the lifecycle of common business events using QuickBooks 2013. We will take a step-by-step approach through the creation of a company, customers, vendors, banking, and reporting, and be introduced to payroll. We'll discuss real-life business accounting issues and QuickBooks features that can help increase your bottom line. We will also discuss basic bookkeeping techniques including accounting cycle of sales, purchases, invoicing, collections and collection techniques, managing cash flow, and bank reconciliation. Students should be comfortable using a PC, and may bring their own laptops with QuickBooks, if they prefer. Although this course is taught in a PC lab, skills are transferable to Mac.

Course Code: C178

Sec. 01: 6 Tuesdays, 7:00-9:00 pm. Begins October 28, Unified Arts Building, \$206.

Going Further with iPad

Marjorie Wein, Instructor

You have mastered the basics of your iPad and now you're ready for more. Explore the many tips and tricks that will greatly enhance your iPad experience. Topics include the benefits of using Siri, dictation, calendar, contacts, music, iCloud, and Dropbox; creating and organizing bookmarks for your favorite websites; the cut, copy and paste function; organizing, editing, and sharing photos; exploring the settings application, and understanding the many accessibility options including larger fonts and speech selection. This class is for students who are comfortable using their devices and are ready to expand their knowledge. Please bring your iPad.

Course Code: C337

Sec. 01: 2 Thursdays, 6:00-8:00 pm. Begins October 30, Unified Arts Building, \$94.

What's So Great About Apps?

Marjorie Wein, Instructor

Learn how to navigate the world of mobile applications using your iPhone or iPad to find the latest and greatest apps. In this class, we will demonstrate an assortment of popular apps for entertainment, games, news, social networking, weather, productivity, utilities, and photos. Some favorite apps include Pandora (a free radio station which plays only music you like), Words with Friends, and Instagram. Students will be introduced to a wide range of apps and have a general understanding of how to use each one. This class is for students who are comfortable using their iPhone or iPad and are ready to expand their knowledge. Please bring your iPhone or iPad.

Course Code: C293

Sec. 01: 1 Monday, 6:00-8:00 pm. November 10, Unified Arts Building, \$44.

Photography for iPhone

Mark Sarver, Instructor

Thanks to the iPhone, many more of us have a camera in our pocket, making us into instant photographers. However, in order to achieve stunning results, we need apps and time to learn about them. In this course, we will train you on the best photo apps for the iPhone, including Instagram. We'll talk about controlling focus and exposure, filter-based apps, sharing photos, and preparing our photos for print. Photographers and non-photographers alike are welcome in this course. Please bring your iPhone. iPad users are also welcome.

Course Code: C290

Sec. 01: 2 Wednesdays, 6:30-9:30 pm. Begins October 22, Unified Arts Building, \$125.

Get to Know iPhoto

Marjorie Wein, Instructor

Taking digital photos is easier than ever, but organizing them can be a time-consuming task. If you enjoy taking pictures, but never quite get around to sorting through them, or you just need a quick way to find photos from your summer vacation, this hands-on class is for you. Join us to learn iPhoto's easy-to-use interface and discover how you can import photos and organize images by date, location, event, and more. iPhoto also enables you to quickly retouch, email, and print photos, create slideshows, and share online through Facebook and Flickr. Students must be comfortable using a Mac. Please note, this course is taught in a Mac lab and skills are not transferable to PC. Please bring your camera with USB cable and a flash drive.

Course Code: C252

Sec. 01: 1 Monday, 6:00-8:00 pm. October 6, Unified Arts Building, \$44.

Keeping in Touch and Up-to-date Using the Computer

Sharon Jason, Instructor

Would you like to keep up to date and communicate with family members near and far using your computer? Are you interested in receiving news about other countries from sources in those countries? We'll cover some of the more popular communications tools such as Skype, Facebook, Instagram, and Instant Messaging. We'll also explore Internet radio stations and online news media sources. This course requires proficiency with the use of the keyboard and mouse, and familiarity with Windows or Mac OS X. Students should have completed Introduction to Computer Basics for Seniors or its equivalent. Although this course is taught in a PC lab, skills are transferable to Mac. Senior discount does not apply. Limited to six.

Course Code: C103

Sec. 01: 4 Thursdays, 9:30-11:30 am. Begins October 16, 93 Winchester St., Brookline, \$72.

Getting to Know Your Android Phone or Tablet

Joyce Graff, Instructor

Did you recently purchase or receive an Android phone or tablet, such as a Samsung, Nexus, or Amazon Fire, and want to make the most of it? In this class we will touch on all the key elements to help you master your device. We will explore camera and audio capabilities, how to set up your phone on a wireless network, and discuss how to use the "cloud environment." We'll talk about surfing the web, email, making calls via Skype, and how to interwork MS Office from your Android. We'll finish up with an exploration of popular and useful apps such as YourBusMBTA, Kindle Reader, and airline apps. Senior discount does not apply. Limited to six.

Course Code: C321

Sec. 01: 2 Tuesdays, 11:45 am-1:45 pm. Begins October 21, 93 Winchester St., Brookline, \$42.

Mastering Your iPhone or iPad

Marjorie Wein, Instructor

With the iPhone and iPad, checking email on the go, browsing the web, reading books, watching movies, and sharing photos or slideshows have never been easier due to their bright displays and portability. In the separate iPhone and iPad classes, we'll learn how easy it is to adjust settings to suit your individual needs, how to use the touchscreen interface, how to add applications to your system using the App store, and discuss what makes each device unique. Please bring your iPhone or iPad, if you have one, and your questions, to the appropriate class. Senior discount does not apply. Limited to six.

Course Code: C311

Sec. 01 (iPhone): 2 Mondays, 9:30-11:30 am. Begins September 22, 93 Winchester St., Brookline, \$72.

Sec. 02 (iPad): 2 Mondays, 9:30-11:30 am. Begins October 20, 93 Winchester St., Brookline, \$72.

Organizing Your Budget with MS Excel for Seniors

Michael Toon, Instructor

Did you know you can get your finances, budgets, and personal records in order using Microsoft's popular Excel program? In this course, we'll begin by exploring the basic features of Microsoft Windows, including file management and the control panel. Then you'll learn to produce spreadsheets with Excel that will allow you to track budgets and accounts, or create a database of useful information, such as addresses or birthdays. Students should have completed Computer Basics or equivalent. Although this course is taught in a PC lab, skills are transferable to Mac. Senior discount does not apply. Limited to six.

Course Code: C172

Sec. 01: 4 Fridays, 10:00 am-12:00 noon. Begins October 24, 93 Winchester St., Brookline, \$72.

Online Auctions: Successful Selling on eBay

Deborah Davidson, Instructor

Join the tens of millions of people who use eBay, the world's largest online auction, to earn money by selling anything from hubcaps to tickets to rare antiques. This class will introduce you to the ins and outs of eBay, including how auctions work, how to register as an eBay seller, and how to make smart and safe transactions. You'll learn how to establish yourself as a seller, research the marketplace, create listings, develop pricing strategies, explore PayPal and other payment options, monitor sales, and how to work with buyers after sales close. This class requires basic PC, Internet, and email skills. Senior discount does not apply. Limited to six.

Course Code: C197

Sec. 01: 2 Mondays, 11:45 am-1:45 pm. Begins September 22, 93 Winchester St., Brookline, \$42.

Researching Your Roots Online

Joyce Graff, Instructor

Genealogy no longer means traveling to Philadelphia and poring through huge, old, handwritten ship logs, or going through miles of microfilm at the Library of Congress satellite sites. These resources and more have now been automated and are available online, sometimes for a modest fee. Today, you can do more from your armchair than you could have done 20 years ago in three months of road trips. Learn how to delve into the online records and learn the steps for researching your history. Students should be comfortable using a computer. Although this course is taught in a PC lab, skills are transferable to Mac. Senior discount does not apply. Limited to six.

Course Code: C294

Sec. 01: 3 Tuesdays, 11:45 am-1:45 pm. Begins September 23, 93 Winchester St., Brookline, \$57.

Finance and Career

Real Estate Salesperson's Course

Arnie Goldie, Instructor

Learn the real estate fundamentals necessary to be licensed by the Commonwealth of Massachusetts as a real estate salesperson. Areas to be covered include legal aspects of brokering, real estate financing, mechanics of closing, residential market evaluation, landlord-tenant relations, condominium conversions, tax abatements, zoning and land use control, license law and Massachusetts real estate practice, and real estate math. This course is also appropriate for individuals who would like to be better informed on all aspects of real estate. Please note: by completing this 42-hour course, students will have met the pre-licensure education requirement for the Massachusetts Real Estate Salesperson exam. A textbook fee for the required textbook is payable to the instructor in class. Approximate cost, \$30.

Course Code: B177

Sec. 01: Mondays and Wednesdays (meets 2 times per week for 7 weeks), 6:30-9:30 pm. Begins September 29, Brookline High, \$378.

Buying Your First Home or Condo

David Miller, Instructor

In today's real estate market, it's more important than ever to be knowledgeable before purchasing a home or condo. Get an overview of the entire process, from finding the perfect neighborhood and selecting a real estate broker, to obtaining favorable financing and hiring an attorney to protect your investment. We'll teach you how the rights and responsibilities of condo owners differ from those of homeowners, and review the primary legal documents related to each. This course's unbiased, comprehensive approach can help you avoid disastrous situations from the loss of your hard-earned deposit, to buying a property with latent defects such as termites, lead paint, or water damage. Walk away feeling confident and ready to make this important life decision.

Course Code: B263

Sec. 01: 1 Tuesday, 6:00-9:00 pm. October 7, Brookline High, \$43.

Buying and Managing Distressed Real Estate

David Miller, Instructor

When owners miss mortgage payments and properties fall into disrepair, the properties become distressed, often resulting in great opportunities for buyers, but also great risks. Learn about short sales, foreclosure sales, bank-owned sales, and "real estate owned" sales. Discover the pros and cons of buying distressed property, plus investment strategies for quick fix-ups, resale or extensive renovations, condominium conversion, and

holding property for management. We'll also cover landlord-tenant laws for dealing with the possibility of eviction of former occupants and for leasing to new tenants.

Course Code: B264

Sec. 01: 1 Tuesday, 6:00-9:00 pm. November 4, Brookline High, \$43.

**Selling Your Home Yourself—
Successfully**

Tom Matzell, Instructor

Do you think only realtors can sell houses successfully? In this course, you'll learn how to do it yourself and save tens of thousands of dollars in commissions. Taught by an experienced homeowner who will share his extensive knowledge from multiple successful home sales, this comprehensive review will prepare you to sell your property without a broker, quickly, and at the right price. We'll cover necessary repairs; pricing your home correctly; in person and online marketing; running open houses; financing; closing your deal, and more.

Course Code: B250

Sec. 01: 2 Wednesdays, 6:30-8:30 pm. Begins October 22, Brookline High, \$58.

The ABCs of Investing

Mary Ellen McCarthy, Registered Investment Advisor

Would you like to learn about investing and a practical approach to building wealth, but don't know where to start? This comprehensive course is designed to demystify investment jargon and empower you to manage your money safely and effectively. We'll start by examining money market accounts, certificates of deposit, savings accounts, stocks, bonds, and mutual funds. With weekly hands-on exercises, you will master practical investment skills such as spotting high fees on account statements and in mutual fund prospectuses, and building a balanced portfolio. Find out what really matters when you pick mutual funds (hint: it's not the number of stars). Learn how to protect yourself from salespeople and speculators, and how to use the financial services industry to your best advantage. A \$20 materials fee for a course packet is payable to the instructor at the first class.

Course Code: B011

Sec. 01: 4 Tuesdays, 7:00-9:00 pm. Begins October 14, Brookline High, \$115.

Index Fund Investing

Mary Ellen McCarthy, Registered Investment Advisor

The mutual fund industry promises performance, but year after year—in good markets and bad—most mutual funds perform poorly compared to the broad indices that track stock and bond markets. So why not just invest in the index? Learn why the best-informed investors are doing just that, and how choosing the right index funds can save you thousands of dollars, open new investment opportunities, make your life easier, and help reduce your tax burden. In this hands-on course, you will build model portfolios, learn how to use index

funds to your best advantage in different types of accounts, and study prospectuses and other SEC filings for index funds in every major investment category. You'll leave with a solid understanding of how to invest in index funds and a list of the best fund choices. A \$25 materials fee is payable to instructor at the first class.

Course Code: B153

Sec. 01: 4 Wednesdays, 7:00-9:00 pm. Begins November 12, Brookline High, \$115.

**WomensWorth: The Ten Dimensions of
Financial Mastery**

Amy Lampert, Instructor

The time is now to command your own financial mastery. This course seeks to create a safe and comfortable environment in which women can learn the skills and acquire the knowledge to take responsibility for their own financial affairs. We will begin by conducting a gap analysis to evaluate how involved you are now versus how involved you want to be with your financial affairs. We will then move on to discuss how to choose and monitor savings and investment plans, organizing and managing documents, communicating effectively about financial matters, planning and preparing for emergencies, and planning for retirement.

Course Code: B269

Sec. 01: 2 Tuesdays, 7:00-9:00 pm. Begins October 28, Brookline High, \$58.

Basic Bookkeeping for the New Year

Emily Stein, Instructor

Learn to better manage your personal finances and start the year off fresh. In this course, you will learn tricks of the trade from a professional bookkeeper about how to better track your income and expenses, manage and pay off your existing debts, and how to make your credit card work for you. We will also introduce tools you can use to streamline the bookkeeping process.

Course Code: B262

Sec. 01: 1 Thursday, 7:00-9:00 pm. November 13, Brookline High, \$40.

Fundamentals of Stock Investing

Rod Laurenz, Investment Advisor

Whether you're saving for retirement or trying your hand at stock-picking, it's important for any investor to understand how markets work. We'll start with the basics of what it means to own stock in companies and how they're financed, and move all the way through proper portfolio construction and how to balance risk and return. We'll cover splits, shorts, dividends, price/earning (P/E) ratios, buybacks, margins, leverage, various ways to own stocks, and basic tax implications. Most importantly, you'll learn the mistakes that most investors make and how to avoid them. As Warren Buffett says, great investing isn't so much about making brilliant decisions as avoiding poor ones.

Course Code: B258

Sec. 01: 3 Wednesdays, 6:00-8:00 pm. Begins October 8, Brookline High, \$98.

**Making Your Nest Egg Last: Strategies
for Sustainable Income in Retirement**

Deborah Goodman, CPA, CFP

Today's notion of retirement is very different from that of previous generations. Individuals are working longer, living longer, and are faced with the challenges of both caring for elderly parents and providing for the needs of adult children. In this course, you will learn how to assess what your retirement needs are, how to position your assets to meet those needs, and how to take advantage of tax savings while maximizing government retirement benefits. You will leave this course with detailed strategies to ensure that you will have sufficient income to help you enjoy a comfortable, secure retirement. Students will also have the opportunity to schedule a complimentary consultation with Goodman Advisory Group, LLC.

Course Code: B215

Sec. 01: 1 Thursday, 7:00-8:30 pm. October 16, Brookline High, \$32.

**TIAA-CREF and Your Retirement
Planning**

Rose Thompson, Instructor

As the most popular retirement provider for people who work in academic, research, medical and cultural fields, the name TIAA-CREF is well known to many residents of the Brookline area. But although you may know the name, navigating these often-complex plans can be a challenge. In this class, join a former TIAA-CREF retirement consultant, who has advised professors, medical professionals, senior staff members, researchers, and administrative staff for many years. We will review income distribution options, rollover options, plan structures, the pros and cons of using annuities, all with an emphasis on tax minimization. After our sessions, you will feel more confident in your ability to understand and manage the issues of increased longevity, increased market volatility, and customizing a sustainable and secure retirement income.

Course Code: B265

Sec. 01: 2 Thursdays, 7:00-9:00 pm. Begins October 23, Brookline High, \$58.

**Introduction to Estate Planning: Wills,
Trusts, and Taxes**

Laura Days, Attorney

Estate planning is essential if you want to protect your assets, reduce fees, keep your family out of court, and minimize estate taxes. To do so, it is important to understand how probate, wills, trusts, advanced directives, and the estate tax system work. Using a step-by-step approach, we will discuss what probate is, how an estate is administered under the new Massachusetts Uniform Probate Code, what types of property pass through probate, and the importance of drafting a will. We will also review federal and state estate taxes and discuss how they can be minimized. In addition, this course will explain trusts, health care proxies,

and powers of attorney. Students of all ages, all manner of assets, and all levels of financial experience are welcome.

Course Code: B002

Sec. 01: 2 Wednesdays, 6:30-8:00 pm. Begins November 5, Brookline High, \$43.

Understanding Long-Term Care

Mark Baron, Instructor

There is a long-term care crisis in America that is worsening as baby boomers age. With higher incidences of Alzheimer's, people living longer, and shrinking government benefits, the burden can frequently fall on family members. Long-term care is a normal part of aging, but has a direct impact on the well-being of unpaid, in-home family caregivers. In this class, we'll learn how to develop a plan of action, how to avoid crisis management, and review complicated insurance choices. We will also explore different care options including assisted living, nursing homes, adult daycare, and community care centers. The later years in life should be a time to reflect, relax, and share quality time with friends and family. Learn how to make this time less stressful on all parties.

Course Code: B194

Sec. 01: 1 Wednesday, 7:00-9:00 pm. November 12, Brookline High, \$40.

Beyond Grantwriting: Diversifying Your Fundraising Portfolio

Adjoa-Eva Acquaaah-Harrison, Instructor

Creating a diverse and multifaceted fundraising plan for a non-profit can be a challenge for even the most experienced professional. Grantwriting is certainly one important tool, but it should not be the sole focus of your fundraising portfolio. Join a professional with 20 years of experience who has worked all over the world as you explore the many facets of building a plan that will keep you running and helping others for years to come. We will discuss direct mailings and annual give, major gifts, Requests for Proposals and Letters of Inquiry, corporate partnerships and sponsors, databases, online marketing, and more. Join us and learn how to help your non-profit soar.

Course Code: B260

Sec. 01: 4 Wednesdays, 7:00-9:00 pm. Begins October 8, Brookline High, \$115.

How to Connect and Close: Take Your Negotiating Skills to the Next Level

Nancy Chisholm, Instructor

If you work in sales or would like to improve your negotiating skills, join us for this one night intensive to strengthen your technique. Learn how to identify your customers goals, fears, and objectives, and create a negotiating strategy that you can implement immediately. The class includes a DiSC Sales Action Planner, which

will help you increase client receptivity, tailor your presentations, and close the deal. A \$10 materials fee is included in the course fee.

Course Code: B267

Sec. 01: 1 Wednesday, 6:00-8:00 pm. November 12, Brookline High, \$50 (\$40 plus \$10 materials fee).

Succeeding On A Non-Profit Board

Ted Coates, Instructor

Serving on the board of a charity allows you to experience, first-hand, the operations of an organization at a high level and serve the community meaningfully. Far too often people find themselves on a board where they do not understand their role. Whether or not you currently serve on a board, or strive to be on one, this course will help you first determine if the board is a good fit for you, and how you can maximize your value to the organization and promote effective leadership. Through lecture, examples, best practices, and discussion, you'll learn how to serve an organization well.

Course Code: B234

Sec. 01: 2 Thursdays, 7:00-9:00 pm. Begins November 6, Brookline High, \$58.

Career Crossroads

Nancy Chisholm, Instructor

If you are not stimulated by your current career, or feel that your talents are not being put to best use, it may be time to look for a new job. Join us to get a head start on the career search, and take charge of your life. Before the class, you will take an online DiSC assessment to uncover your talents, strengths, and values. The DiSC assessment, which stands for dominance, influence, steadiness, and conscientiousness, will help you understand your work style and put you on the right path to finding a fulfilling career. We'll show you how to develop an action plan and strategies you can use. A \$38 materials fee for the DiSC assessment is included in the course fee. Participants must register by Monday, 9/29 in order to take the online DiSC assessment required for class.

Course Code: B266

Sec. 01: 1 Wednesday, 6:00-9:00 pm. October 1, Brookline High, \$81 (\$43 plus \$38 materials fee).

Job Hunting in the Digital Age

Anne Grieves, Instructor

Searching for jobs is not what it used to be. No longer do we circle ads in the newspaper; instead, the approach to a successful job search requires strategy, research, time, connections, and lots of effort. If you make the investment now, hopefully you won't have to go through the process again for a very long time. In this course, you will discover efficient use of online and in-person networking including LinkedIn and online research, job boards, and how to best tailor a resume and cover letter.

Receive valuable insight into the application process, and how to make your application shine.

Course Code: B254

Sec. 01: 2 Thursdays, 7:00-9:00 pm. Begins October 16, Brookline High, \$58.

Career Exploration in Health and Human Services

Emily Wilson, Instructor

The field of health and human services provides a vast and varied array of job possibilities in addition to traditional clinical roles, including advocacy, social justice organizing, administration, research, training, and non-profit management. If you have ever thought of working in this area, join us for an interactive evening discussion of the many opportunities ranging from health education and promotion to social work and more. We will discuss the education, skills, credentialing and certifications, and resume-building activities you may need to move forward and pursue your goals.

Course Code: B268

Sec. 01: 1 Thursday, 7:00-9:00 pm. November 6, Brookline High, \$40.



Food and Wine

Beginning Cooking: Basic Skills

Dagmar Smith, Professional Cook

If you're a new cook and would like extra guidance in the kitchen, this hands-on course is a fantastic starting point. Learn basic cooking skills and techniques such as steaming, pan-frying, roasting, braising, boiling, baking, and knife skills. Students will work in pairs to make Blueberry and Corn Muffins, Fresh Pineapple Salsa, Baked Salmon with Yogurt Dill Sauce, and Pears Poached in Wine. We'll learn to pan sear steak, cook a whole roasted chicken, make pasta sauces from scratch, and bake homemade cookies. A \$80 food fee is payable to the instructor at the first class.

Course Code: F171

Sec. 01: 6 Thursdays, 6:00-9:00 pm. Begins October 2, Unified Arts Building, \$125.

Beginning Cooking and Baking

Pallavi Mehta, Instructor

Are you new to cooking or spend lots of money eating out because you don't know what to make or how to make it? For those with no experience in the kitchen, this course will introduce you to basic cooking methods such as roasting and baking. Using uncomplicated recipes, you will learn to prepare dishes and desserts that are easy yet elegant, fancy yet foolproof. Our recipes may include Lasagna with Ricotta and Sausage; baked Chicken with Olives and Lemons; Rice Pilaf; Garlic Bread from scratch; Greek Salad; Minestrone Soup; and Eggplant Parmesan. Desserts may include Lemon Cake and Banana Bread. A \$50 food fee is payable to the instructor at the first class.

Course Code: F810

Sec. 01: 3 Wednesdays, 6:00-9:00 pm. Begins November 5, Unified Arts Building, \$94.

Wasik's Cheese Shop

Brian Wasik, Owner, Wasik's Cheese Shop

Calling all cheese lovers! This interactive and over-indulgent course in all things cheese is taught by a second generation cheesemonger. Our evening at Wasik's Cheese Shop in Wellesley, one of the busiest and oldest full-service cheese counters in the country, will begin with a "cheese 101" tutorial, followed by an extensive tasting of multiple selections from different families of cheese. We will also make fresh milk ricotta and cheese fondue. Appropriate wines will be selected and served throughout the evening. Samplings will be ample, so please come prepared to indulge. Discounts or waivers do not apply.

Course Code: F979

Sec. 01: 1 Tuesday, 7:30-9:30 pm. October 28, The Cheese Shop (Wasik's), 61 Central St., Wellesley, \$69.

Elegant Cheese Appetizers

Laura Robinson, Personal Chef

A cheese plate is a great way to kick-off a dinner party, but some occasions call for something a bit fancier. But just because it's fancy, doesn't mean it can't involve cheese! In this class, we will explore different ways to create elegant cheese appetizers including Gorgonzola Mousse with Figs and Walnuts in Endive Spears; Cheddar Frico cups with seasonal Apple Salad; spicy Broiled Feta with Olive Crostini, and more. A \$15 food fee is included in the course fee.

Course Code: F009

Sec. 01: 1 Wednesday, 6:00-9:00 pm. November 19, Unified Arts Building, \$64 (\$49 plus \$15 food fee).

Culturing Dairy 101: Yogurt, Kefir, Sour Cream & Butter

Gena Mavuli, Holistic Nutrition Consultant

If you enjoy yogurt, milk and other dairy products from the store, wait until you try the homemade versions—they simply can't compare. This class will take you step-by-step through the process of culturing dairy to reap the benefits of beneficial bacteria in your diet. You'll learn how to control the culture to get the texture you prefer, along with several different culturing methods. This is a great class for those with any sort of digestive disorder, or anyone simply looking to add healthy options to their menu. Each participant will take home the necessary materials to begin at home, and enjoy plenty of samples during the class. A \$15 food fee is included in the course fee.

Course Code: F001

Sec. 01: 1 Wednesday, 6:00-9:00 pm. October 8, Unified Arts Building, \$64 (\$49 plus \$15 food fee).

Cooking with Apples

Edgar levins, Personal Chef

During the months of September, October, and November, New England is bursting with apples. Learn how to enjoy this healthy local product by making your own chunky Applesauce, Apple Butter, and Cinnamon Apple Chips. We'll examine different varieties such as Braeburn, Cortland, Honey Crisp, and Winesap, and make Mile-High Apple Pie (with a number of different possibilities for the crust). In addition, we will roast apples and vegetables and a Tarte Tatin to have for lunch. Remember, an apple a day keeps the doctor away. A \$17 food fee is included in the course fee.

Course Code: F002

Sec. 01: 1 Saturday, 10:00 am-1:30 pm. November 8, Unified Arts Building, \$72 (\$55 plus \$17 food fee).

Hearty Soups for Fall

Edgar levins, Personal Chef

If any food is inherently calming, and even consoling, it is a hearty bowl of soup. Create delicious soups that are simple to concoct, and are satisfying additions to your recipe collection. Soups freeze easily and are a ready meal for busy nights. After learning to make soup stock from scratch, we will also address the use of aromatic vegetables, herbs, and additional enhancements for our soups. We'll learn to prepare a traditional Chicken Soup, classic Vichyssoise, Vegetarian Ginger-Carrot Soup, Hearty Green Pea Soup with Ham Hocks and, of course, New England Clam Chowder. A \$17 food fee is included in the course fee.

Course Code: F546

Sec. 01: 1 Tuesday, 6:00-9:00 pm. September 23, Unified Arts Building, \$66 (\$49 plus \$17 food fee).

Healthy Comfort Food

Michelle Lahey, Chef

Few things get us through cold weather like warm, comforting meals, but frequently these meals are so heavy, they put us right to sleep. Fortunately, comfort food doesn't always have to be overly filling with the right recipes. In this meatless course, we'll learn how to make vegetarian Shepherd's Pie, Arugula-Pesto Lasagna, the ultimate Vegetarian Chili, and more. For dessert, if you still have room, we'll enjoy Pumpkin-Chocolate Chip Bars. A \$17 food fee is included in the course fee.

Course Code: F012

Sec. 01: 1 Tuesday, 6:00-9:00 pm. December 2, Unified Arts Building, \$66 (\$49 plus \$17 food fee).

A New England Thanksgiving Dinner

Edgar levins, Personal Chef

No other holiday captures the spirit of home cooking like Thanksgiving. From the perfect roast turkey to rich, old-fashioned pumpkin pie, good food shared with family and friends is what makes this day so special. If you are a beginning or an experienced cook, and are daunted by the prospect of planning and preparing a family Thanksgiving meal on your own, this course is for you. In addition to the moist turkey and flavorful Apple-Sausage Stuffing, we'll prepare Orange-Cranberry Sauce, Butternut Squash Soup, Mashed Potatoes with Homemade Gravy, and more. For dessert, we'll enjoy deep-dish Fruit Cobbler. Presentation, garnishing ideas, and carving how-tos will also be discussed. A \$17 food fee is included in the course fee.

Course Code: F177

Sec. 01: 1 Saturday, 10:00 am-2:00 pm. November 22, Unified Arts Building, \$73 (\$56 plus \$17 food fee).

Unique Thanksgiving Sides and Vegetarian Mains

Edgar levins, Personal Chef

Enliven traditional Thanksgiving sides, learn unique new recipes to serve your vegetarian family and friends, and turn the holiday dinner into a memorable experience for all, no matter what they eat. We will prepare a show-stopping Torte Milanese, hearty vegetarian dressing and gravy, along with a host of vegetables, including crispy Mushroom Strudels, Cauliflower Steaks with Herb Salsa Verde, Cranberry Chutney, and Truffled Potatoes. For dessert, we will create a no-bake Pumpkin Pie. A \$17 food fee is included in the course fee.

Course Code: F007

Sec. 01: 1 Tuesday, 6:00-9:00 pm. November 25, Unified Arts Building, \$66 (\$49 plus \$17 food fee).

Thanksgiving Pies: A Twist on Tradition

Vanessa LaBranche, Instructor

Everyone looks forward to dessert at Thanksgiving. Jazz up the standard offerings and give them even more to talk about with these unique takes on your holiday favorites. We will begin by learning the basics of how to make a great tasting pie, which always starts with a flaky, buttery crust. We will then prepare traditional pies with a twist on tradition such as Sweet Potato or Pumpkin Pie with Praline Topping, Banana Pudding Pie, and Ginger-Apple Crumb Pie. A \$15 food fee is included in the course fee.

Course Code: F013

Sec. 01: 1 Thursday, 6:00-9:00 pm. November 20, Unified Arts Building, \$66 (\$49 plus \$15 food fee).

Cooking with Black Truffles

Rayna Verbeck, Instructor

What are these exotic delicacies that grow tucked into the roots of trees? Black truffles, known as black diamonds, have been prized ingredients for over 2,000 years. We will discuss the history and secrecy surrounding this illusive fungi, and enjoy assorted Black Truffle Crostini, warm Wild Mushroom Salad with Black Truffle Vinaigrette, and Black Truffle Flatbread with Cremini Mushrooms and Gruyere. Dessert will include Salted Caramel Black Truffle Ice Cream. An \$18 food fee is included in the course fee.

Course Code: F949

Sec. 01: 1 Monday, 6:00-9:00 pm. November 17, Unified Arts Building, \$67 (\$49 plus \$18 food fee).

Gluten-Free Cooking

Paula Denoncourt, Holistic Health Counselor

Do you find it difficult around the holidays to eat healthy gluten-free meals? This two part class will show you how you can enjoy and share delicious healthy, gluten-free meals with your friends and family. We will discuss alternatives for gluten-free items such as pasta and flour, and our recipes will be simple but decadent. Dishes may include Vegetarian Chili with Quinoa, Butternut Squash and Apple Soup, Sweet Potato Gnocchi with Sage Sauce, Spaghetti Squash with Cauliflower Alfredo Sauce, almost raw Pumpkin Pie with Coconut Cream and gluten-free Apple Crisp. A \$34 food fee is payable to the instructor at the first class.

Course Code: F748

Sec. 01: 2 Wednesdays, 6:00-9:00 pm. Begins December 3, Unified Arts Building, \$79.

Meatless Italian

Michelle Lahey, Chef

Among the immense pleasures of life in Italy is the enjoyment of Italian meals prepared with the finest ingredients. This vegetarian course takes farmers' market fresh produce and turns it into a modern, four-course Italian meal. Savor a delectable feast of Italian vegetarian dishes and learn some simple Italian cooking techniques. We'll prepare Mushroom Bruschetta, Escarole and Apple Salad, roll out homemade Egg Pasta with quick Tomato Sauce, and Lentil-Ricotta Meatballs. For dessert, we'll try our hand at Chocolate-Ricotta Mousse and rustic Fruit Tarts. A \$17 food fee is included in the course fee.

Course Code: F011

Sec. 01: 1 Monday, 6:00-9:00 pm. October 6, Unified Arts Building, \$66 (\$49 plus \$17 food fee).

Tofu and Tempeh: Not Just for Vegetarians

Michelle Lahey, Chef

Not just for vegetarians, tofu and tempeh are also great for those seeking more healthful cuisine, an alternative to dairy products, or just something tasty and new. Anything but bland and tasteless, they are the chameleons of food, absorbing the seasonings and flavoring of any dish, and are also high in protein, relatively low in fat, and high in phytoestrogen. You'll learn a variety of cooking methods, such as frying, baking, crumbling, and marinating, and ways in which to incorporate them into your favorite meals, including dessert! Our dishes will include Sweet Potato and Tempeh Hash, marinated Tofu Tacos with homemade Salsa, Tempeh Sloppy Joes, Tofu Chocolate Pudding, and more. A \$15 food fee is included in the course fee.

Course Code: F459

Sec. 01: 1 Thursday, 6:00-9:00 pm. November 13, Unified Arts Building, \$64 (\$49 plus \$15 food fee).

The Paleo Diet: Eat Your Way Healthy

Edgar Ilevins, Personal Chef

Working with the ancient premise that food is the best medicine, the Paleo Diet focuses on the human diet from the first 200,000 years of recorded history. With an emphasis on natural, as opposed to processed foods, this program addresses a host of degenerative issues including obesity, diabetes, and heart and brain function. We will make a grain-free Pizza, Fish Tacos, Sweet Potato Shepherd's Pie, mini Paleo Meatloaves, Apple-Basil Chicken Sliders, and a host of sides, snacks and desserts that any caveman would love. A \$34 food fee is payable to the instructor at the first class.

Course Code: F006

Sec. 01: 2 Wednesdays, 6:00-9:00 pm. Begins October 15, Unified Arts Building, \$79.

International Seafood Specialties

Dagmar Smith, Professional Cook

Explore the seafood specialties of the world in this three-week tour of international seafood cuisine. Along the way we will learn what to look for in fresh fish, as well as how to properly store and handle seafood. The first week we will learn American seafood recipes including crispy Baked Cod, Florida Crab Cakes with Fruit Salsa, and Shrimp Cooked in Beer. The second evening will focus on European recipes including Normandy Mussels, Mediterranean Three Fish Soup, and parchment baked Salmon with Fresh Herbs. We will finish the series with Asian inspired recipes including Japanese Seafood Nabe, Monkfish in Lemongrass and Coconut Sauce, and delicate Spring Rolls. A \$50 food fee is payable to the instructor at the first class.

Course Code: F416

Sec. 01: 3 Thursdays, 6:00-9:00 pm. Begins December 4, Unified Arts Building, \$94.

Sangría y Tapas Fantásticas

Marisol Marquez, Instructor

An integral part of the Spanish lifestyle, *tapas* are many and varied, ranging from a simple snack of fried almonds or marinated olives to delicious little dishes of grilled mussels, roasted vegetable tartlets, or zucchini fritters. Let a native of Spain teach you how to prepare these delightful little dishes that are simple to make and easy to serve. Our feast will include *Montaditos* (vegetable brochettes), *Tortilla Española* (traditional Spanish omelette), *Patas Bravas*, *Empanadas de Atun*, and additional *tapas fantásticas*. After our cooking lesson we will enjoy our savory creations, and toast the evening with *sangría*. A \$15 food and wine fee is included in the course fee.

Course Code: F528

Sec. 01: 1 Tuesday, 6:00-9:00 pm. October 28, Unified Arts Building, \$66 (\$49 plus \$15 food and wine fee).

WHAT YOU SHOULD KNOW ABOUT FOOD AND WINE CLASSES

- All of our cooking and baking classes meet at the kitchens in the Unified Arts Building at Brookline High School.
- In order to receive a refund or credit for your food or wine course or fee, we must have five business days (Monday through Friday) notice in advance of the starting time of the class. Please refer to our course refund policy at the back of the catalog for more information.



Authentic Tamales

Laura Robinson, Personal Chef

Tamales are a favorite comfort food, eaten as both breakfast and dinner. Dumplings made of masa (hominy flour) dough—tamales—filled with meats, vegetables, cheese, nuts or fruits, and then steamed in a natural wrapper (typically a corn husk or banana leaf). Learn to make your own authentic chicken or vegetarian tamales without traveling south of the border as chef Laura shares recipes from a well-known tamale making family in Belize. We will learn how to turn *masa harina*, fresh produce, and homemade sauce into a delicious dish. A \$15 food fee is included in the course fee.

Course Code: F960

Sec. 01: 1 Tuesday, 6:00-9:00 pm. October 7, Unified Arts Building, \$64 (\$49 plus \$15 food fee).

Home-Style Korean Cooking

Grace Cheng, Instructor

From the famous rice dish *bibimbop* to *kimchi*, the spicy cabbage condiment served with every meal, Korean food is bursting with bold flavors. One of the healthiest Asian cuisines, Korean food focuses mainly on vegetables and harmonized sauces. In this class we will explore a variety of delicious home-style dishes including spicy cucumber salad, *chapchae* (sweet potato) noodles, *pa jeon* (pancakes), and vegetarian *Bibimbop*. A \$15 food fee is included in the course fee.

Course Code: F003

Sec. 01: 1 Wednesday, 6:00-9:00 pm. October 8, Unified Arts Building, \$64 (\$49 plus \$15 food fee).

Pleasures of the Vietnamese Table

Renita Mendonca, Chef

Influenced by the cuisines of China, Mongolia, France, and Thailand, Vietnamese cooking combines flavors and textures that complement each other in subtle and delicate ways. Learn how to shop for and prepare a sampling of traditional Vietnamese appetizers and dishes. Depending on what is freshest at the market, we'll prepare *Goi Cuon* (fresh spring rolls with lettuce, bean sprouts, pork, and rice noodles) served with *Nuoc Nam* (dipping sauce), *Goi Ga* (chicken with shredded cabbage and carrots), *Dau Hu Xao Xa Ot* (lemongrass tofu), *Pho Ga* (chicken soup with rice noodles), and more. A \$33 food fee is payable to the instructor at the first class.

Course Code: F593

Sec. 01: 2 Wednesdays, 6:00-9:00 pm. Begins October 15, Unified Arts Building, \$79.

Dazzling Chinese Dumplings

Fan Stanbrough, Instructor

Dumplings are a popular snack or meal in China, and come in all shapes and sizes. They may look difficult to prepare, but with the help of a native instructor, you will quickly master the techniques of folding and wrapping, steaming and pan-frying. In this class we will focus on *Jiaozi* dumplings, which are essential during

Chinese New Year. You will have the choice to make sweet and savory dumplings, as well as pork or vegetarian. We will also concoct an array of dipping sauces. A \$15 food fee is included in the course fee.

Course Code: F473

Sec. 01: 1 Wednesday, 6:00-9:00 pm. October 29, Unified Arts Building, \$64 (\$49 plus \$15 food fee).

Classic Indian Cuisine

Renita Mendonca, Chef

India is a country of great ethnic, religious, and cultural diversity. In the U.S. people are exposed mostly to the kebabs and naans of Northern India, but the country has many more wonderful dishes to offer. Discover the distinct flavors and characters of Indian cooking, and learn how to prepare your favorite non-vegetarian dishes at home. Let a native teach you how to make an assortment of traditional dishes that may include Shrimp Curry, Chicken *Xacuti* (roasted coconut and spices), stir-fried Okra with spices, *Amritsari* (fish delicacy from Amritsar), *Poori* (crispy golden bread), *Kadhi* (blend of yogurt and besan), and so much more. Join us to discover the cuisine and culture of the vast sub-continent of India. A \$30 food fee is payable to the instructor at the first class.

Course Code: F217

Sec. 01: 2 Wednesdays, 6:00-9:00 pm. Begins November 5, Unified Arts Building, \$79.

Creating a Dim Sum Brunch

Edgar Levins, Personal Chef

Dim Sum, which literally means "heart's delight," are small, succulent Chinese delicacies, esteemed for their savory meat, seafood and vegetable fillings, light, airy wrappings, and delicate sauces. Traditionally served as brunch in China, Dim Sum can also be enjoyed as appetizers, hors d'oeuvres, or a light lunch. In this class, we will learn to make *Shu Mai* (steamed seafood dumplings), Egg Rolls, Shrimp Toast, Chicken Satay with Peanut Sauce, Crab Rangoons, spicy Asian-Style Eggplant, and homemade Fortune Cookies. A \$17 food fee is included in the course fee.

Course Code: F010

Sec. 01: 1 Saturday, 10:00 am-1:30 pm. September 27, Unified Arts Building, \$72 (\$55 plus \$17 food fee).

Indian Vegetarian Cuisine

Shruti Mehta, Instructor

Indian cuisine has multiple regional variations but is generally characterized by perfect combinations of flavors and spices. Unravel the mystery, and learn about the colors, tastes, and ingredients of this flavorful cuisine. Marvel at how just a few simple spices such as ginger or cumin can turn an ordinary dish into an exotic and colorful entree. We'll learn where to shop for ingredients and spices, and how to prepare an assortment of vegetarian dishes that may include *Pakor*s (vegetable fritters), *Palak Paneer* or Curry with *Paneer*, aromatic *Pulao* (rice with nuts and whole spices), Garlic

Naan, and sweets like *Mango Lassi* (sweet yogurt drink). A \$40 food fee is payable to the instructor at the first class.

Course Code: F765

Sec. 01: 3 Tuesdays, 6:00-9:00 pm. Begins October 28, Unified Arts Building, \$94.

Simply Curries

Shruti Mehta, Instructor

For the Indian food aficionado, the word "curry" conjures up images of aromatic lentils and vegetables in buttery and colorful sauces. Whether you are new to Indian cuisine or would like to introduce your friends and family to exotic flavors, join us for this curry-centric class. We will prepare three different kinds of savory and spicy curries including *Vegetable Tikka Masala*, *Chhole* (chickpeas stewed in ginger, tomato, and onion gravy), and a quick Potato Curry served with aromatic rice flavored with saffron, spices, and nuts. A \$15 food fee is included in the course fee.

Course Code: F999

Sec. 01: 1 Tuesday, 6:00-9:00 pm. December 9, Unified Arts Building, \$64 (\$49 plus \$15 food fee).

The Vibrant Cuisine of West Africa

Adjoa-Eva Acquah-Harrison, Instructor

The cuisine of West Africa is full of bright flavors such as ginger, peanuts, and chilis that reflect its lively and friendly population. Bring your palette and curiosity to this hands-on class taught by a native of Ghana to explore the flavors of this region without the cost of airfare. Dishes will include *Kelewele* (fried and spiced sweet plantains), *Jollof Rice* (rice dish served at every celebration), Groundnut Soup, and *Suiya* (spiced and grilled meat dish). You will also learn about the origin of West African cooking, how it is typically served at home and at celebrations, and where to shop for the unique ingredients in Boston. A \$17 food fee is included in the course fee.

Course Code: F997

Sec. 01: 1 Tuesday, 6:00-9:00 pm. September 30, Unified Arts Building, \$66 (\$49 plus \$17 food fee).

Saturday Baking Workshop: Macarons

Grace Cheng, Instructor

From Paris to Boston, macarons are the new rage sweeping the dessert world. These colorful, delicate confectionaries make the perfect accompaniment to afternoon tea or a sweet ending to any meal. Learn to make the meringue-based shells and fill them with a variety of sweet fillings including chocolate ganache, salted butter caramel, and vanilla buttercream. You will be sure to impress your friends with these fancy sandwich cookies. For those with allergies: macarons contain almonds and eggs. A \$15 food fee is included in the course fee.

Course Code: F981

Sec. 01: 1 Saturday, 10:00 am-1:00 pm. October 25, Unified Arts Building, \$64 (\$49 plus \$15 food fee).

Hobbies, Walks, and Tours

Fencing

Neal Carney, Instructor

Fencing, often described as “physical chess,” develops grace and skill in the mind and the reflexes. It is a demanding and fascinating art form that is both recreational and an excellent form of exercise. In this introduction to the fundamentals of fencing, you will learn both footwork and elementary bladework, including *en-guard*, advance, and retreat positions as well as simple attacks and defensive actions. You will use a foil as your weapon, but will also become familiar with an *épée* and *sabre*. Please wear long sweat pants and sneakers to class. All uniforms and equipment will be provided.

Course Code: T143

Sec. 01: 7 Mondays, 7:30-9:00 pm. Begins September 22, Lawrence School, \$120.

Rock Climbing in a Rock Gym

Casey Schmidt, Instructor

You may not know it, but there is an excellent indoor climbing wall right here in Brookline. Rock climbing is an exciting sport that offers an amazing workout and tests your problem-solving skills. It can be enjoyed both indoors and out, and allows you to bond with another person in a unique way. In this class, safety will be paramount and you will be instructed in the proper usage of gear, knot tying, belaying, and basic climbing equipment. After being belay tested, you will learn fundamental climbing techniques and graduate to basic route finding. After this class you should feel comfortable climbing in any other guided setting. Please wear climbing shoes (sneakers with a narrow sole will suffice), and dress in active wear that will not bunch up under a harness. Harnesses and other gear will be provided. A \$10 equipment fee is included in the course fee.

Course Code: T121

Sec. 01: 4 Mondays, 7:30-9:00 pm. Begins September 29, Brookline High School Gym, \$97 (\$87 plus \$10 equipment fee).

Bridge

Dan Corwin, Instructor

Bridge is an exciting, fast paced, and competitive game. In the **Beginner** class, we will learn fundamentals about play of the hand, partnership defense, and modern bidding techniques. By the end of this course, you will be able to play a casual, social game of bridge. In the **Advanced Beginner** bridge class we will build upon techniques of defense, play of the hand, and bidding. Students should have completed a beginner level class or have general bridge playing experience. By the end of this course, you will be able to play a duplicate

or club game of bridge or just wow your social bridge friends with your advanced playing abilities.

Course Code: T013

Sec. 01 (Beginner): 8 Mondays, 5:30-7:30 pm. Begins September 22, Brookline High, \$132.

Sec. 02 (Advanced Beginner): 8 Mondays, 7:30-9:30 pm. Begins September 22, Brookline High, \$132.

American Mah-Jong

Muriel Haber, Instructor

Mah-jong, or “the game of a hundred intelligences,” is a Chinese tile game that became overwhelmingly popular in the U.S. in the 1900s. The popularity of mah-jong has since waned as the nature of leisure-time activities has changed, but the excitement of the game still remains. Learn about the strategic game, played with beautiful tiles and terminology that includes winds, dragons, flowers, puns, and kongs. Once you’ve learned the rules, the ability to excel is limitless, and better yet, it’s easy to teach your friends. This class will teach you the fundamentals, and prepare you to form your own mah-jong group.

Course Code: T144

Sec. 01: 6 Thursdays, 1:00-3:00 pm. Begins October 16, Goddard House, 165 Chestnut Street, Brookline, \$124.

Savvy Travel in Paris

Sally Peabody, Travel Adviser and Guide

Paris, one of the world’s most popular destinations, is well worth a visit. Magnificent, must-see sights such as the Eiffel Tower and the Arc de Triomphe are mixed in among vibrant neighborhoods, museums and cathedrals, verdant parks, open air markets, and quaint cafés. Journey with us for an evening in Paris, and learn important and useful information for your next trip abroad. We’ll talk about how to choose the best hotel or short-term apartment, how to secure museum and metro passes, and which neighborhoods, markets, restaurants, and wine bars are a must-see in Paris. We’ll also discuss exploring the city by foot and interesting day trips. Whether you have always wanted to visit this magical city, or are planning a return trip, join us for the best spots in Paris.

Course Code: T267

Sec. 01: 1 Tuesday, 7:00-9:00 pm. October 7, Brookline High, \$30.

Murder and Mayhem: Boston’s Darker Side

Boston By Foot, Guide

The narrow, twisting streets of Boston were once crawling with suspected murderers and gangsters, and tales of scams and scandals. Unlock Boston’s heritage of mystery and suspense in this narrated slideshow. From Beacon Hill to the North End, we’ll explore the darker side of Boston from the grisly murder of Dr. George Parkman in 1849, to the Great Molasses Flood of 1919, to the infamous Brink’s Job in 1950. We’ll uncover the city’s history of organized crime, and talk about the spine-tingling tale of the 1846 sleepwalking

murderer Albert Tirrell, the dangers encountered on Richmond Street, the scourges of smallpox and influenza, the vandalization of the Royal Governor’s House, and more intriguing tales. Join us as we explore the darker side of Boston ... if you dare.

Course Code: T286

Sec. 01: 1 Tuesday, 7:00-8:30 pm. November 4, Brookline High, \$20.

Big Cats Revealed

Franklin Park Zoo Staff, Instructor

Here’s your chance to get an intimate look at the big cats of the Franklin Park Zoo. Experience lions and tigers up close and personal, go behind the scenes to see the expert handlers at work, and watch the cats before and after they are fed their treats. We’ll compare and contrast these big cats with the smaller cats at the zoo, the ocelots. Be sure to bring a camera and a bag lunch, or you may purchase lunch from the concessions. Some zoo areas are not handicapped accessible, but with advance notice, accommodations can be made. Participants must be 16 years of age or older. Discounts or waivers do not apply.

Course Code: T145

Sec. 01: 1 Saturday, 10:00 am-1:00 pm. October 11, meet at the Main (Zebra) Entrance of the Franklin Park Zoo, 1 Franklin Park Road, \$40.

Behind the Scenes: A Day in the Life of a Zoo

Franklin Park Zoo Staff, Instructor

There are a multitude of details surrounding the mechanics of running a zoo. In this behind-the-scenes look at how a zoo works, we will visit and talk with staff at the Franklin Park Zoo. You’ll hear intriguing details about their daily rounds, and learn about animal habits, feeding processes, relationships between animals and caretakers, what happens when animals get sick, and the number involved in the care of just one animal. You’ll learn how decisions are made, how weather conditions are dealt with, and how the zoo fits into the community. Depending on the day, we’ll visit animals in behind-the-scenes areas usually open only to staff. This class is for students ages 16 and older. Discounts or waivers do not apply.

Course Code: T217

Sec. 01: 1 Saturday, 10:00 am-12:00 pm. November 8, meet at the Main (Zebra) Entrance of the Franklin Park Zoo, 1 Franklin Park Road, \$34.

Fenway Studios Art and Architecture Tour

Kayla Mohammadi, Guide

Come get a rare look inside the Fenway Studio building, a national historic landmark, open to the public only one weekend every year. On this tour, led by a knowledgeable art historian, you’ll learn about the building and its history while also visiting with four artists and talking with them about their work. Fenway Studios was built in 1904 with 14-foot high ceilings, inspired by the 19th century atelier studios in Paris, for the sole purpose of giving artists affordable

Bûche de Noël

Edgar levins, Personal Chef

Bûche de Noël is a traditional dessert served around Christmas in France. The traditional *bûche*, or yule log, is made from a *gênoise* (sponge cake), baked in a large, shallow Swiss roll pan, frosted, rolled to form a cylinder, and frosted again on the outside. These cakes are often decorated with powdered sugar to resemble snow, tree branches, fresh berries, and mushrooms made of meringue. If you are looking for a new dessert for your holiday table, join us in making this traditional French Christmas cake. We will roll up our sleeves and learn how to make chocolate sponge cake and an assortment of rich and delicious fillings, all from scratch. We'll then have fun adding finishing touches to our desserts and decorating our yule logs. Take-home containers will be provided. A \$17 food fee is included in the course fee.

Course Code: F940

Sec. 01: 1 Saturday, 10:00 am-1:30 pm.
December 13, Unified Arts Building, \$72 (\$55 plus \$17 food fee).

Holiday Cookies from Around the World

Vanessa LaBranche, Instructor

Almost every culture has their own unique desserts to celebrate special events and holidays. Join us for this hands-on class to learn new cookie recipes and make these global holiday traditions your own. We will draw on Italy, Mexico, and India for inspiration, and prepare cookies such as Italian *Pizzelli*, Mexican Wedding Cookies, frosted Italian Cookies, and Chai Latte Bars. We will practice the "creaming method" of mixing butter into sugar, and learn to make a loose batter with melted butter. We will also practice finding the correct consistency for icing. A \$15 food fee is included in the course fee.

Course Code: F008

Sec. 01: 1 Thursday, 6:00-9:00 pm. December 11, Unified Arts Building, \$64 (\$49 plus \$15 food fee).

Creative Croissants

Edgar levins, Personal Chef

The task of creating traditional French masterpieces needn't be daunting. Spend your Saturday morning learning how to make an assortment of exquisite sweet and savory croissants that you'll be proud to say you made on your own. Working with puff pastry, we'll learn tips and techniques as we prepare an assortment of flaky Ham and Swiss Croissants, Spinach Croissants, Almond Croissants, and decadent Chocolate Croissants. A \$17 food fee is included in the course fee.

Course Code: F961

Sec. 01: 1 Saturday, 10:00 am-1:30 pm.
December 6, Unified Arts Building, \$72 (\$55 plus \$17 food fee).

The Pâtissier's Art: Traditional French Pastries

Esther Muhlfelder, Instructor

The streets of Paris are filled with *pâtisserie*, establishments selling the finest and flakiest pastries and creamiest tarts imaginable. For the American baker, the task of creating traditional French masterpieces needn't be daunting. Learn how to make an assortment of exquisite French sweet pastries including *Tarte aux Pommes a la Crème D'or* (apple and golden cream tart), *Mousse au Chocolate*, *Tartellete de Fruit* with *Crème Anglaise*, and more. You'll learn to make and work with the ingredients common to French pastry: custard cream, chocolate glaze, and the versatile French puff pastry. A \$30 food fee is payable to the instructor at the first class.

Course Code: F526

Sec. 01: 2 Mondays, 6:00-9:00 pm. Begins November 3, Unified Arts Building, \$79.

The Art of Gluten-free Baking

Vanessa LaBranche, Instructor

Learn to create gluten-free baked goods that are easy to make and don't require an extensive list of ingredients. We will prepare and bake tasty treats from scratch, using base recipes that can be used in other common baked goods, perfect for gluten free baking. During this hands-on class, we will make a variety of treats which may include Apple-Crumb Tartlets, *Savoirdi* (ladyfingers), Sudanese Peanut Macaroons, and Coconut Flan. In class handouts, you will obtain recipes for flour blends that you can incorporate into some of your favorite recipes. A \$34 food fee is payable to the instructor at the first class.

Course Code: F923

Sec. 01: 2 Thursdays, 6:00-9:00 pm. Begins October 23, Unified Arts Building, \$79.

Kombucha and Water Kefir: Create Your Own at Home

Gena Mavuli, Holistic Nutrition Consultant

Refreshing, often carbonated, and truly simple to make at home, fermented beverages are currently very popular with the health-savvy set, and for good reason. Drinks such as kombucha, water kefir, and ginger ale can help you incorporate fermented foods into your diet, and improve both digestive and overall health. You will also spend a fraction of the cost by making these drinks at home rather than purchasing them. In this class we will cover the principles of fermentation, learn how to make these beverages, and taste plenty of samples. You will walk away with the skills and know-how to try these recipes out. A \$15 food fee is included in the course fee.

Course Code: F004

Sec. 01: 1 Tuesday, 6:00-9:00 pm. October 14, Unified Arts Building, \$64 (\$49 plus \$15 food fee).

Old World Versus New World Wines

John Fiola, Certified Wine Educator

Winemaking got its start in the Old World vineyards of Europe, some of which trace their origins back to the 1st Century. But with the migration of Europeans to North and South America, Africa, New Zealand, and Australia, the culture of wine proliferated around the world. The result has created an interesting phenomenon, with distinct differences arising between wines made in the Old World and those made in the New World. In this two-week course we will taste and compare a number of Old World wines from France, Italy, and Spain with their New World counterparts. Please bring three wine glasses to class. A \$24 wine fee is payable to the instructor at the first class.

Course Code: F763

Sec. 01: 2 Wednesdays, 7:00-9:00 pm. Begins November 5, Brookline High, \$56.

Microbrew Beer Tasting: The Basics

Eric Summers, Instructor

Craft brewing has changed the world of beer dramatically over recent years. Due to the creativity and skill of craft brewers and the high quality of ingredients they use, beer has become refined, delicious...and sometimes confusing. A few basic facts and some tasting of different styles can make a beer menu or store much easier to figure out. In this class, we will explore (and taste) the differences between ales and lagers, types of dark beers, varieties of hoppy and mild beers, "funky" beers, and sour beers. A \$10 beer fee is included in the course fee.

Course Code: F391

Sec. 01: 1 Thursday, 7:00-9:00 pm. October 16, Unified Arts Building, \$50 (\$40 plus \$10 beer fee).

Brew Your Own Beer

Eric Summers, Instructor

Brewing your own beer at home can be fun and rewarding. High-quality starting ingredients and basic equipment are readily available online and from local homebrew shops, making it possible for you to brew almost any style inexpensively. In this interactive course, we will make a batch of beer, and discuss all aspects of basic brewing so that you can brew your own at home. We'll also taste several world class beers representing different styles, and learn what goes into making each of them. A \$10 beer fee is included in the course fee.

Course Code: F973

Sec. 01: 1 Thursday, 6:30-9:00 pm. October 2, Unified Arts Building, \$55 (\$45 plus \$10 beer fee).



Rosemary Lake Walking Tour in Needham

Phyllis Mays, Instructor

Even before our states were united, there was the town of Needham. Founded in 1711, this suburban town survived the War of the Revolution, the Civil War, and the coming of the railroad. On our leisurely hike through Needham's Rosemary Lake Trail, we'll pass the lake filled with bluegill, rock bass, and rainbow trout, the cemetery filled with unique gravestones, historic McIntosh tavern, and the one-room schoolhouse. As we pass by Victorian homes dating from the 1700s and the Old Town Center, we'll learn about the history behind this early settlement. On our return, we will enjoy unique sculptures on the town green, and look for the memorial that tells the story of a bank that was robbed by a Boston gang. Please wear comfortable walking shoes and bring a water bottle.

Course Code: T277

Sec. 01: 1 Saturday, 1:00-3:30 pm. November 8, meet at the Needham Center commuter rail parking lot (free on Saturdays), Needham, \$25.

Tour Boston Harbor by Kayak

Charles River Canoe, Instructor

Experience the thrill of paddling through the Charles River Locks into Boston Harbor in kayaks, while being entertained with the history and stories of the area. After a quick introduction to kayak strokes, we'll launch our double kayaks and paddle toward the Museum of Science. We'll glide through the old locks of the original Charles River Dam, then paddle past the Nashua Street Park and under the Zakim Bunker Hill Bridge. We'll navigate the locks at the current dam and enter Boston's Inner Harbor, and paddle to Charlestown Navy Yard to view the U.S.S. Constitution, U.S.S. Cassin Young, and other ships berthed there. From the Navy Yard, we'll enjoy the amazing waterfront skyline view, including Old North Church and the Financial District. On our return we'll explore the narrow, winding channels at North Point Park and break for a snack before heading toward the Esplanade. Paddlers of all levels are welcome; please be prepared to cover a moderate distance and paddle for at least two hours. Tour information will be sent upon registration.

Course Code: T222

Sec. 01: 1 Saturday, 2:00-5:00 pm. September 13, meet at 500 Broad Canal Street, Cambridge, \$83.

Moonlight Canoe Trip

Charles River Canoe, Instructor

Imagine twinkling lights silhouetting a fleet of canoes slipping silently down a darkened river. Overhead, a full moon beams down on the evening's revelers. What could be more romantic or inspiring? Enjoy a trip down the Charles River when it is at its most mysterious and beautiful—by the light of the silvery moon. Whether you are a beginning or advanced level paddler, this trip is sure to delight you. We will take you through the historic Auburndale section of the river, and provide a narrative

tour of the offshore and onshore sites. Tour information will be sent upon registration. Discounts or waivers do not apply.

Course Code: T037

Sec. 01: 1 Saturday, 6:00-9:00 pm. September 6, meet at Charles River Canoe & Kayak, 2401 Commonwealth Avenue (Rt. 30), Newton, \$45.



Health and Yoga

Building a Mindfulness Practice

Max Major, Instructor

Mindfulness allows us to achieve a calmer, more focused state of mind. In this class we will harness mindfulness through breath, body sensations, and thought. This technique is rooted in the eastern traditions of yoga and martial arts, and presented in a clear and methodological manner that is suitable to the context of modern, western lifestyles. By deepening our mindfulness practice we will better cope with stress and bring improvements to our daily lives. We will leave with a foundation to create a meaningful mindfulness practice. Please wear comfortable clothing and bring a cushion or yoga mat; chairs will also be available.

Course Code: W294

Sec. 01: 4 Thursdays, 7:30-9:00 pm. Begins October 2, Brookline High, \$88.

Gentle Yoga for Everyone

Eva Sklaver, Instructor

In this class, we'll gently guide you into the world of yoga. You'll learn about yoga philosophy and discover why it is an excellent way to develop and maintain energy and vitality while achieving a calm, positive, and relaxed outlook. You will practice traditional Hatha stretches and holds that will help promote balance and strength, and meditative breathing to calm your nervous system and lead to a relaxed and mindful state. Poses will be selected to address the vulnerabilities, conditions, and goals of each student. Open to all levels. Please bring a yoga mat and two blocks.

Course Code: W297

Sec. 01: 8 Tuesdays, 5:30-6:30 pm. Begins September 23, Brookline High, \$95.

Morning Tai Chi

Vincent Chu, Instructor

Start your day with new energy and inner calm with the practice of one of the original ancient Chinese martial arts, *tai chi*. The slowness and evenness of continuous movement, based on ancient philosophy, makes this an ideal form of exercise for men and women of all ages

and abilities. You'll increase your strength and resilience, promote cardiovascular and respiratory endurance, improve coordination and balance, and build confidence. We'll practice a series of movements in the *yang* style, a popular form. Please wear soft, flat-bottomed shoes.

Course Code: W120

Sec. 01: 7 Tuesdays, 8:30-9:15 am. Begins September 23, Korean Church, 32 Harvard Street (enter on Holden Street), \$82.

Sec. 02: 7 Thursdays, 8:30-9:15 am. Begins October 2, Korean Church, 32 Harvard Street (enter on Holden Street), \$82.

Dragon and Tiger Qigong

Ruth Schechter, Instructor

From the perspective of Chinese Medicine, the stronger the energy that circulates throughout your body, the more vital and healthy you'll feel. Qigong is a form of exercise in which you work directly with the energy of your body to cultivate chi (energy) circulation. When you learn the seven movements of Dragon and Tiger Qigong, you will be moving energy through the meridian pathways of your body, just like in acupuncture. Each move is designed to open up your body—stretching and crouching, turning and twisting, pushing and pulling—in a gentle way that anyone, regardless of age or physical ability can perform. By the end of this course you will learn a complete routine to support your ongoing practice.

Course Code: W283

Sec. 01: 7 Tuesdays, 3:00-4:30 pm. Begins October 7, Coolidge House, 30 Webster Street, Brookline, \$94.

Safe Stretch for Everyone

Cecile Raynor, Instructor

Safe Stretch for Everyone is open to all, regardless of fitness, age, physical challenges, and limitations. It is a gentle stretch/yoga class for the body, mind, and spirit that honors each person's present abilities. Class incorporates both stretching exercises and individualized yoga modifications, and will guide you toward a healthier, calmer, stronger, and more energetic life. We will also teach you how to take your yoga off the mat and to practice any time you want. Join us to awaken your body to simultaneously challenging and gentle safe stretch. Please bring a yoga mat.

Course Code: W201

Sec. 01: 8 Thursdays, 3:30-5:00 pm. Begins October 2, Brookline High, \$118.

Headache Massage Therapy

Releigh, Wellness Consultant

Do you or a loved one suffer from headaches? There are more than 50 million Americans who experience tension type or migraine pain, often severe enough to cause 150 million missed work days per year. If you suffer from headaches, don't reach for the medicine bottle; instead, look within. You'll explore correct breathing, passive stretches, relaxation techniques, mantras, aromatherapy, and more. We will review headache triggers, and preventative measures

studios to create their art. Originally, the building was associated with artists generating work in the Boston School style of painting, but now artists work in all media. Over 100 years later, the artist community at Fenway Studios is thriving with over 40 artists. At the end of the tour, you are welcome to peruse other studios that interest you. Light refreshments will be served.

Course Code: T291

Sec. 01: 1 Saturday, 12:00 noon-1:30 pm. November 15, Fenway Studios, meet in the main floor lobby, 30 Ipswich Street, Boston, \$20.

Boston's Fall Foliage by Bicycle

Urban Adventours Guide, Instructor

Enjoy New England's fantastic fall foliage by bicycle. From the Fens to the Arnold Arboretum, to the Forest Hills Cemetery and beyond, you will tour Boston's finest arborways in a fun and leisurely group tour led by an urban explorer. The remarkable diversity and abundance of Boston's tree and plant species will be our main focus, but we will also share our knowledge of Boston history and urban green space as we ride. Bicycle rentals (\$15) are available upon advance request. Riders should wear helmets, bring water bottles, and be ready to ride on the streets. Please arrive ten minutes early for bicycle set up time.

Course Code: T176

Sec. 01: 1 Sunday, 12:30-3:30 pm. October 19, meet at Urban Adventours, 103 Atlantic Avenue, Boston, \$30.

An Urban Walking Tour: Boston's Public Space

Garrett Avery, Instructor

A city is analogous to a living organism. It adapts to the ever-changing needs of time and is shaped by the people who inhabit it. Discover the vitality implicit in the urban form in this tour of Boston, from the character of its neighborhoods to the qualities that make up its public spaces; from vintage, turn of the century buildings to designs currently on the drawing board. Our goal is to learn how public space is shaped by design as well as history, and to find out what makes these spaces succeed in scale, image, usefulness, and transition. Beginning at Copley Square and ending at Faneuil Hall, we will visit the Back Bay, Beacon Hill, City Hall, and the Greenway. We'll stop frequently to consider old and new additions, and analyze how a space is used. Join us for a fascinating and eye-opening tour that offers a new way to encounter public spaces.

Course Code: T116

Sec. 01: 1 Saturday, 11:00 am-1:30 pm. October 18, meet on the steps of the Boston Public Library facing Trinity Church (Dartmouth Street), Boston, \$25.

Exploring Art Galleries: Newbury Street

Kayla Mohammadi, Guide

Looking for a great way to spend your Saturday morning? Popping in and out of select art galleries while window shopping is a perfect

way to become familiar with Newbury Street's many galleries. Guided by a professional artist who will highlight the exciting contemporary paintings and photographs that hang for one month only, you will meet gallery staff, discuss trends, compare artist styles and subject matter, and perhaps even peek at a few price tags. Discover why Newbury Street is a local mecca for art collectors and dealers, reward yourself with an introduction to contemporary artwork in the city, and learn how to gallery tour with confidence. If time allows, we'll stop at a local café; for more art talk at the end of the tour.

Course Code: T115

Sec. 01: 1 Saturday, 10:45 am-1:00 pm. September 27, meet at The Barbara Krakow Gallery, 5th Floor, 10 Newbury Street, Boston, \$25.

Walking Boston's History: Chinatown

Boston By Foot, Guide

The area encompassing present day Chinatown offers a fascinating window into centuries of land use and community development in Boston. In the 19th century, the marshy wetlands south of the Shawmut peninsula (present day Washington Street) were filled in and Federal and Greek Revival row houses, houses of worship, banks, theatres, and hotels transformed the area. The area became a melting pot with waves of Irish immigration, the arrival of the railroad, and the relocation of industries following the Great Boston Fire of 1872. Our walking tour will take a close look at the site of the Revolutionary War period Liberty Tree, the home of abolitionist Wendell Phillips, the birthplace of architect Louis Sullivan, the Greek Revival style Josiah Quincy School, and Irish, Lebanese and Asian-American heritage centers. We will also visit the new Chinatown Park, a symbol of the neighborhood's resilience.

Course Code: T253

Sec. 01: 1 Saturday, 1:00-3:00 pm. October 11, meet at the Chinatown Gate, 71 Beach Street (at Hudson Street), Boston, \$20.

Fort Hill Walking Tour

Stephen Jerome, Architectural and Social Historian

Highland Park in Roxbury, also known as Fort Hill because of earthwork fortifications constructed there by the Continental Army during the American Revolution, is one of Boston's most historic and scenic neighborhoods. Notable past residents, including abolitionist William Lloyd Garrison, author-minister Edward Everett Hale, pioneering female physician Marie Zakrzewska, and Civil Rights documentary Eyes on the Prize creator Henry Hampton, will be discussed as we visit their home sites. The Dillaway-Thomas and Spooner-Lambert Houses, rare examples of 18th century architecture, will also be viewed, as well as vernacular and high-style examples of the Gothic Revival, Greek Revival, Italianate, French Second Empire, and Queen Anne style houses that illustrate Highland Park's attraction both to the well-to-do and the working classes. Roxbury's transformation from a country town

into a city in the 19th century, annexation, immigration, and industrial growth will also be discussed.

Course Code: T275

Sec. 01: 1 Sunday, 10:30 am-1:00 pm. October 5, meet at the Roxbury Crossing MBTA station, 1400 Tremont Street, Boston, \$25.

A Walking Tour of Fisher Hill

Stephen Jerome, Architectural and Social Historian

Enjoy a walk along the summit of Fisher Hill, a neighborhood filled with magnificent late 19th and early 20th century homes. Fisher Hill boasts the Longyear Estate, built in 1890, formerly the home of wealthy Christian Science Church devotees John and Mary Longyear, and later the site of a museum chronicling the life of Church founder Mary Baker Eddy. Originally designed by the leading landscape architect Frederick Law Olmsted (a resident of Brookline), Fisher Hill still attracts those in search of large homes convenient to the city. It also boasts an abandoned reservoir atop Fisher Avenue, with a Richardson Romanesque pump house designed in 1887 by city architect Arthur Vinal, who also designed the larger pump house of the same style at nearby Chestnut Hill Reservoir. Our tour guide will concentrate on the architectural significance of the homes in the area, the history of Fisher Hill, and interesting facts about past inhabitants. At least one interior visit will be arranged. Please wear comfortable walking shoes and bring a water bottle.

Course Code: T262

Sec. 01: 1 Saturday, 10:30 am-1:00 pm. October 25, meet at the corner of Beacon Street and Dean Road in front of the All Saints Church, \$25.

Urban Foraging for Wild Edibles

David Craft, Guide

Tasty wild plants grow abundantly in the area, many of which we walk right by without ever knowing they are there. Upgrade your knowledge of the wild greens readily available for foraging by joining a plant expert on a ramble through an urban wild. You'll learn how to identify dozens of edible wild plants, and how they can add significantly to your culinary and nutritional repertoire. We'll also discuss cooking options, seasons of availability, and guidelines for safe and environmentally-responsible foraging. You'll be amazed at the amount of greens, nuts, roots, and mushrooms that you can find now and over the next couple of months. Sampling in the field will be encouraged. For those interested in learning more about this subject, the guide's book, *Urban Foraging*, will be available. Approximate cost, \$10.

Course Code: T271

Sec. 01: 1 Sunday, 10:30 am-12:30 pm. September 21, meet in the Landmark Center Parking Lot, in front of REI, Boston, \$20.

Yoga for Relaxation and Stress Management

Tonya Salerno, Instructor

If you are interested in clearing your head and grounding yourself in the present moment, this hatha yoga class offers an excellent wind-down experience. Through meditation and gentle yoga practices we will focus on re-centering and calming your body, mind, and spirit. Slow and gentle poses will help your body begin to relax, and breathing practices will calm your nervous system. Extended and guided deep relaxation will return your mind to its place of peace. Techniques that you can draw on in your daily life to stay calm and relaxed will also be taught. Open to all levels. Please bring a yoga mat and a blanket.

Course Code: W225

Sec. 01: 9 Wednesdays, 7:30-9:00 pm. Begins October 1, Devotion School, \$130.

Yin Yoga

Sarah Jane Shangraw, Instructor

Twist, bend, and lengthen like never before, as you open up the spine, improve posture, and calm the nervous system. In Yin yoga, a Chinese style of passive posturing, everything slows down. Long holds of milder yoga poses target specific muscles and connective tissue, and can lead to a deep, sophisticated, and varied practice in a short period of time. Yin yoga enhances the flow of *chi* (or *prana*) and provides you with an opportunity to build an awareness of your body's connection to your mind through mindfulness meditation while in poses. All levels welcome. To drop into single sessions (rather than register for the whole term), please pay at the BA&CE office (room 100) before the start of class. Discounts or waivers do not apply to drop-in sessions. Please bring a yoga mat and a towel or blanket. Cushion, strap, and blocks are optional.

Course Code: W272

Sec. 01: 9 Thursdays, 6:00-7:30 pm. Begins October 2, Brookline High, \$130.

Sec. 02 (Drop In): 1 Thursday, 6:00-7:30 pm, Brookline High, \$15.

Tai Chi for Seniors

Vincent Chu, Instructor

One of the original ancient Chinese martial arts, *tai chi* is practiced today as a form of exercise. *Tai chi* movements are slow and even, and their continuous flowing poses will build your strength, endurance, coordination, and confidence. Exercise, mind-body development, and the practice of a traditional art form will leave you relaxed and centered. Classes will be taught in the *yang* style. Please wear comfortable clothing and soft, flat-bottomed shoes. An optional DVD is available for sale, \$20. Senior discount does not apply.

Course Code: W219

Sec. 01: 7 Fridays, 2:00-3:30 pm. Begins September 26, 93 Winchester St., Brookline, \$74.

Yoga for Older Adults

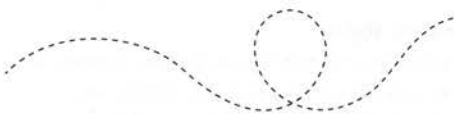
Steffi Shapiro, Instructor

Yoga is an ancient system of gentle exercise and breathing techniques that enhance physical well-being. Yoga is well suited to older people because it combines safe, gentle, invigorating stretching exercises with relaxation and introspection, all in a non-competitive atmosphere. Our exercises will consist of gentle stretches and simple movements, which release tension from the neck, shoulders, back, and other areas of the body. Most exercises can be done in a chair or in a comfortable standing position. **Section 01** is a chair class; mat class students are also welcome. **Section 02** is a mat class (taught on the floor). Please bring a yoga mat. Senior discount does not apply.

Course Code: W044

Sec. 01 (chair class): 10 Tuesdays, 2:00-3:00 pm. Begins September 23, 93 Winchester St., Brookline, \$74.

Sec. 02 (mat class): 10 Tuesdays, 3:00-4:00 pm. Begins September 23, 93 Winchester St., Brookline, \$74.



Dance and Fitness

Introduction to Classical Ballet

Kirsta Sendziak, Instructor

This course is for those who have always had an interest in ballet but have never taken a class, or who have taken ballet in the past and want to move beyond basic exercises. In a comfortable, relaxed atmosphere, students will develop an appreciation for ballet as an art form and will gain proficiency in executing the elementary forms of ballet steps. Emphasis will be placed on musicality and precision of movement as we concentrate on fluid dance combinations. Women should wear leotards, tights, and ballet slippers; men should wear dance belts, tights or jazz pants, T-shirts, and ballet slippers.

Course Code: D036

Sec. 01: 9 Tuesdays, 7:00-8:30 pm. Begins September 23, Brookline High School Dance Studio, \$125.

Bellydancing For Women

Shadia, Instructor

Bellydancing is one of the oldest dance forms based on traditional women's dances from the Middle East. In this class, open to all levels, we'll focus on posture, abdominal control, breathing, proper form, arm and hand movement, and basic hip and torso movements to gain flexibility and vocabulary. Traveling steps with the veil will be introduced. Please wear loose clothing or leggings and socks or dance

slippers, and bring a chiffon veil (3 yards) to class. Veils are available for purchase from the instructor for \$20.

Course Code: D069

Sec. 01: 9 Mondays, 7:30-9:00 pm. Begins September 22, Brookline High School Dance Studio, \$125.

Flamenco: The Dance of the Spanish Gypsy

Susana, Instructor

Flamenco music and dance is the passionate art form of Spanish gypsies. In our sessions, you'll practice stylized upper body movements and footwork technique, and move your body and soul with the energy of live guitar accompaniment. We'll learn how to make the powerful rhythms of *palmas* (clapping) and *taconeo* (feet). This term a new choreography, *caracoles* with a fan, will be taught. Open to all levels. Please wear flamenco or character shoes, or shoes with ties or straps and heels.

Course Code: D012

Sec. 01: 9 Mondays, 6:00-7:30 pm. Begins September 22, Brookline High School Dance Studio, \$125.

Stretch, Tone...Dance!

Nancy Murphy, Instructor

Get in shape and learn some new contemporary dance moves in this combination fitness and dance class. We will begin with gentle and thorough warm-ups, focused on stretching and strengthening the whole body. Each session, we will learn a new dance combination in a modern/contemporary style. Whether a complete beginner or experienced mover, this class will have you feeling relaxed, confident, and agile.

Course Code: D353

Sec. 01: 8 Thursdays, 6:00-7:00 pm. Begins October 2, Brookline High School Dance Studio, \$102.

Hip Hop Dance

Melissa O'Brien, Instructor

Hip hop music is derived from funk, rock, rhythm, blues, and jazz musical styles, and it is in constant evolution on the streets, and in music videos, theater, and dance studios. This introductory Hip hop course provides a structured environment to learn various Hip hop dance movements in a fun-filled and vibrant class. We will blend the different styles of Hip hop dance with a cardio workout, and cover a new set of combinations and routines each session. We will dance in a carefree atmosphere where all newcomers and veterans to Hip hop dance can feel comfortable. Please wear workout clothing and bring water.

Course Code: D104

Sec. 01: 9 Tuesdays, 5:00-6:00 pm. Begins September 23, Brookline High School Dance Studio, \$108.

to avoid layers of causes that lead to pain, with step-by-step techniques for relief. Please bring an exercise mat or towel to the first class.

Course Code: W157

Sec. 01: 2 Saturdays, 10:30 am-12:00 noon. Begins October 25, Brookline High, \$40.

Afro Chi: Movement and Music

Releigh, Wellness Consultant

Incorporate your chi and connect to your inner self through passive movement and music. In this class, we'll pair gentle and rhythmic dance moves with traditional African music to awaken your body to health and well-being. As you teach your body strength through action, we'll focus on corrective breathing, passive stretches, chi movements, relaxation mantras, chakra alignment, visualizations, and self-massage. Each session will also bring you to a centered and calm place, and show you how to find peace. The movements and techniques can be modified to be done standing, seated, or in recline. All levels welcome. Please bring a yoga mat and notebook.

Course Code: W295

Sec. 01: 3 Saturdays, 10:30 am-12:00 noon. Begins September 20, Brookline High, \$72.

Alexander Technique: Releasing Tension and Pain

Cecile Raynor, Instructor

Most people accept excess tension or muscle strain as a natural outcome of their busy lives—but we don't need to accept it. Once we become aware of this strain, we can exercise conscious control over our bodies in order to move more effectively. The Alexander Technique, developed by F.M. Alexander, a turn-of-the-century actor, is a gentle hands-on process of re-educating the body, and improving postural balance and body alignment to get you back on the path to the natural coordination that you enjoyed as a child. Through lecture and exercises, we'll discuss and observe Alexander's principles, and teach you techniques to gain poise, coordination, and control of your actions and reactions. Course fee includes one private lesson outside of class.

Course Code: W014

Sec. 01: 4 Thursdays, 5:00-6:30 pm. Begins October 23, Brookline High, \$88.

Self Massage using MELT Method

Leah Becker, Instructor

Experience self-massage to treat your everyday aches and chronic pains using The MELT Method (Myofascial Energetic Length Technique). MELT techniques take advantage of the body's restorative nature by stimulating areas that will re-hydrate your connective tissue and ease the effects of aging and active living. It imitates and offers benefits similar to reflexology, massage, and stretching through movement of lymphatic fluids. Learn movement sequences using MELT equipment (provided) to increase body awareness, relieve pain from repetitive movements (keyboarding) and postures (sitting), and improve balance, posture, strength, flexibility, and overall health. In an energetic, yet gentle environment,

feel your tension melt away. A \$2 equipment fee for each session is payable to the instructor. Please bring a yoga mat and water bottle.

Course Code: W290

Sec. 01 (Introduction): 1 Saturday, 9:30-11:00 am. September 27, Brookline High, \$15.

Sec. 02: 4 Saturdays, 9:30-11:00 am. Begins October 18, Brookline High, \$88.

Morning Yoga

Felice Brenner, Instructor

A good day begins with yoga. We'll practice a series of flowing *asanas* (postures) to achieve a healthy balance of calm and energy. With spinal and arm movements, we'll awaken, build flexibility to energize, and focus on strengthening muscles and inner relaxation. Our varied workouts will be designed for all levels and experience. Please bring a yoga mat and block.

Course Code: W274

Sec. 01: 8 Wednesdays, 8:30-9:45 am. Begins September 24, Korean Church, 32 Harvard Street (enter on Holden Street), \$112.

Hatha Yoga

Felice Brenner and Tonya Salerno, Instructors

The qualities of youthfulness, vitality, and inner strength characterize those who have brought yoga into their everyday lives. Through the practice of hatha yoga postures, breathing exercises, and meditation, you will be put in touch with your own energy source. Yoga promotes flexibility in the spine and back, opens joints, stretches the muscles, and stimulates the internal organs. Yogic breathing, which helps to reduce physical and emotional stress through total relaxation, can lead to a new sense of self-awareness. Open to all levels. Please bring a yoga mat and block.

Course Code: W005

Sec. 01: 8 Wednesdays, 10:00-11:30 am. Begins September 24, Korean Church, 32 Harvard Street (enter on Holden Street), \$120. Brenner

Sec. 02: 9 Wednesdays, 6:00-7:30 pm. Begins October 1, Devotion School, \$130. Salerno

Slow Flow Yoga

Cher Duffield, Instructor

Unwind in this slow flow yoga class. In this breath-centered practice we will use both dynamic and static poses to strengthen muscles, lengthen connective tissue, and increase body awareness. You will awaken your *chi*, improve posture and stamina, and ease body and mind. We'll pay attention to what our bodies need and to recovering from the day by moving safely into deeper poses. Open to all levels. To drop into single sessions (rather than register for the whole term), please pay at the BA&CE office (room 100) before the start of class. Discounts or waivers do not apply to drop-in sessions. Please bring a yoga mat and towel.

Course Code: W273

Sec. 01: 8 Mondays, 6:00-7:30 pm. Begins September 22, Brookline High, \$120.

Sec. 02 (Drop In): 1 Monday, 6:00-7:30 pm. Brookline High, \$15.

Kripalu Yoga

Midge Wilcke, Instructor

Kripalu Yoga is an interplay of body, mind, and energy. Within the physical body is a subtle flow of rhythmic, energy pulsations that we call *prana*, or life force. Even the most insignificant thought can disturb or block this flow of energy, creating imbalance or even disease. This yoga course allows you to create a strong practice, both on and off the mat, and to energize and deepen your life. Students of all levels will be guided through breath work, traditional yoga postures and sequences, and relaxation adaptable to your level of health and flexibility. Learn how to build a solid yoga practice, including simple poses you can do at home. Please bring a yoga mat and block.

Course Code: W033

Sec. 01: 8 Tuesdays, 7:30-9:00 pm. Begins October 7, Brookline High, \$120.

Yoga for Athletes

Felice Brenner, Instructor

We've developed this class specifically for athletes looking to improve their flexibility, balance, and stamina. Working with deep stretching and toning, you will concentrate on opening up places where you carry tension and relaxing, strengthening, and supporting the muscles and bones you rely on in your sport. We'll flow through awakening poses and also tune into breath work to bring more energy and awareness.

Course Code: W296

Sec. 01: 8 Tuesdays, 7:15-8:15 am. Begins September 23, Brookline High School Gym, \$95.

Healthy Yoga for Everyone

Seetal Preet Cheema, Holistic Physician

A simple yoga practice may be the best part of your week. This moderately paced class will allow you to stop thinking about your to-do list, relax at the end of an active day, release physical tension, and let your mind return to a state of calm. We'll concentrate on poses that are beneficial to yoga practitioners at all levels, and watch that you're safe as you move into positions that feel right to you. Throughout the class, attention to physical alignment and modifications will be given. Practicing healthy postures, breath regulation, and meditation techniques, you'll build new patterns into your daily habits and improve your overall outlook and health. Open to all levels. Please bring a yoga mat.

Course Code: W292

Sec. 01: 8 Fridays, 8:00-9:00 am. Begins September 26, Korean Church, 32 Harvard Street (enter on Holden Street), \$95.

Pilates

Louise Wijnia-Rabinovici, Instructor

Pilates is a system of movements that work the abdominal muscles, and in the process, the entire body. Movement is precise, and at the same time flowing. Muscles are toned and stretched, leading to improved strength, stamina, posture, and flexibility. Pilates seeks to unite mind and body through breath, concentration, and control of movement. Physical fitness and a sense of well-being are equally important in this class. Ballet- and yoga-inspired moves and stretches will be included as well. Class will be taught using floor mats and floor exercises only. Please bring a cushioning exercise mat.

Course Code: D101

Sec. 01: Tuesdays and Thursdays (meets 2 times per week for 8 weeks), 10:30-11:30 am. Begins September 30, Korean Church, 32 Harvard Street (enter on Holden Street), \$140.

Saturday Morning Stretch

Jennifer Lin, Instructor

A good stretching routine is critical to a balanced program of muscle toning and exercise. Muscle stretching and lengthening exercises will improve your flexibility, reducing muscle stiffness and the chance of injury or strain. Relax and release your muscles as you develop more length in your body and clarity in your mind. Our sessions will include stretching and pilates exercises for body sculpting and flexibility, and time will be spent on abs and upper and lower body moves. Open to all levels. Please bring a yoga mat.

Course Code: D181

Sec. 01: 9 Saturdays, 9:00-10:00 am. Begins September 27, Brookline High School Dance Studio, \$108.

Barre Workout

Jennifer Lin, Instructor

Would you like a fitness program that will help you to develop lean abdominals, sculpted legs, strong arms, and the flexibility, balance, and grace of a dancer? In this course, you'll learn basic ballet steps and moves to form an elegant workout that lengthens, strengthens, and tones the entire body. Our sessions will include stretching and mat work, and using the ballet barre we'll practice classical ballet movements. Open to all levels. Please bring a yoga mat and ballet slippers.

Course Code: D179

Sec. 01: 9 Saturdays, 10:00-11:30 am. Begins September 27, Brookline High School Dance Studio, \$125.

Sec. 02: 9 Wednesdays, 6:30-8:00 pm. Begins October 1, Brookline High School Dance Studio, \$125.

Wing Chun

Prentice Pilot, Instructor

Wing Chun is a practical and efficient self defense system that incorporates the health benefits found in internal martial arts such as *tai chi* and *aikido*. Created some 300 years ago

in a Shaolin Temple, Wing Chun is based upon the redirection of energy and the "centerline theory"—the shortest distance between two points is a straight line. By developing our internal power, we learn how to focus the mind, improve our circulation, refine the mind/body connection and develop greater effortless power. In this class we will progress individually through the first form in the Wing Chun system, and in pairs we will practice movements that apply the principles of the centerline theory in close quarter combat.

Course Code: D359

Sec. 01: 9 Wednesdays, 7:00-8:30 pm. Begins October 1, Lawrence School, \$125.

Introduction to Parkour

Blake Evitt, Instructor

Parkour was born in the *banlieues* (suburbs) of Paris in the 1980s and is now one of the world's fastest-growing sports. While often recognized in the fantastic images seen on YouTube, the sport is actually a form of movement that has roots in a wide variety of physical disciplines including gymnastics, martial arts, climbing, and track and field. Practitioners, known as traceurs, train to develop strength, speed, endurance, precision, spatial awareness, dynamism, and creativity, in order to be as fluid and functional as possible. Traceurs also develop a way of thinking based on rigorous self-discipline, autonomous action, and self-will that allows them to overcome mental obstacles related to their movements. This course will introduce you to the training and ideology of parkour through a combination of physical and mental exercises, and will include a variety of indoor and outdoor (weather permitting) environments. Open to all levels. To drop into single sessions (rather than register for the whole term), please pay at the BA&CE office (room 100) before the start of class. Discounts or waivers do not apply to drop-in sessions.

Course Code: D341

Sec. 01: 9 Tuesdays, 7:00-8:30 pm. Begins September 23, Brookline High School Gym, \$125.

Sec. 02: (Drop-in): 1 Tuesday, 7:00-8:30 pm, Brookline High School Gym, \$15.

Spinning

Melissa O'Brien, Instructor

Spinning is a great way to get a vigorous workout—burning calories and keeping your muscles in shape. It also moves the stationary bike into a group setting so you get the support and motivation of a class, while improving your cardiovascular endurance and lower body strength. Working at your own pace and level of intensity, you'll be led through various "terrain" consisting of level ground or hills. Please wear cycling shoes or rigid-soled sneakers, and bring a water bottle to class. This class is appropriate for both beginning and experienced spinners; modifications will be available for all levels.

Course Code: D214

Sec. 01: 9 Mondays, 5:30-6:30 pm. Begins September 22, Brookline High, \$108.

Fall Bootcamp

Steve Shain, Instructor

Get in shape and kick your workout up a notch in this fun and energetic fall training and bootcamp course. We'll focus on individual, partner, and group exercises that use strength, flexibility, balance, agility, speed, and coordination. Each session will include calisthenics, plyometrics, cardiovascular conditioning, and muscular endurance training. Working at your own level and pace, you'll utilize your body weight and equipment such as resistance bands as you perform a range of exercises to work your entire body. All levels welcome. Please bring a towel and water bottle.

Course Code: D172

Sec. 01: Tuesdays and Thursdays (meets 2 times per week for 8 weeks), 6:30-7:15 pm. Begins September 23, Lawrence School, \$118.

Perfect Abs and Glutes

Steve Shain, Instructor

Here's a quick way to improve your sense of physical strength and core power. Learn the secrets to fabulous abdominals and glutes in this 30-minute class. We'll incorporate exercises drawn from multiple disciplines such as yoga, pilates, kickboxing, and athletic conditioning that are designed to strengthen and tone troublesome areas. We'll do exercises such as planks, bridges, one hundreds, squats, lunges, and more. You will experience a new level of strength, firmness, and fitness. Open to all levels. Please bring a towel and water bottle.

Course Code: D196

Sec. 01: Tuesdays and Thursdays (meets 2 times per week for 8 weeks), 6:00-6:30 pm. Begins September 23, Lawrence School, \$102.

Beginning Running

TBA, Instructor

Have you thought about running for exercise but don't know how to begin training? Is your goal to one day run a 5 or 10K race? With planning and goal setting you can begin a training program that will keep you motivated and energized. In our sessions, we'll warm-up, do a combination run and walk segment, and cool down, gradually building to a comfortable 30-minute run by the eighth week. We'll focus on flexibility, strength training, nutrition, injury prevention, and cross training. Class format includes a weekly training schedule and running assignments. We'll begin indoors for warm-ups, and move outdoors for run and walk segments. Please wear appropriate running clothes and footwear, and bring a water bottle.

Course Code: D337

Sec. 01: 9 Mondays, 6:00-7:00 pm. Begins September 29, Brookline High School Dance Studio, \$108.

Zumba

Shannon Egna, Instructor

Zumba is a Latin dance-inspired cardio class utilizing interval training for a dynamic workout. It is also the hottest dance fitness craze around. In our sessions, we'll pair high-energy and motivating music with unique moves and combinations that allow for a dynamic workout. We'll learn dance moves from samba, merengue, and salsa, to reggaeton and hip hop. Get in shape and have fun doing so in this dynamic class. Open to all levels.

Course Code: D183

Sec. 01: 9 Tuesdays, 6:00-7:00 pm. Begins September 23, Brookline High School Dance Studio, \$108.

Zumba Step

Shannon Egna, Instructor

This high-energy class incorporates both dance and fitness moves, like a regular Zumba workout, but has a greater focus on addressing the lower body. As you use more energy to lift your body weight against the step, you will tone and strengthen your glutes and legs, seeing results quickly. Set to fun hip hop and Latin beats, you'll get so into the moves, you'll forget you're working out. Please wear comfortable workout clothing and bring water.

Course Code: D360

Sec. 01: 9 Thursdays, 6:00-7:00 pm. Begins October 2, Brookline High School Dance Studio, \$108.

Hula Hoop Dance and Fitness

Laura Hanley, Instructor

Hula hooping has been quoted by *Shape Magazine* to be a "hot dance workout." Not only does it take you back to your childhood, but hula hooping burns as many calories as running an eight-minute mile. In this class, for hula hoopers of all levels, you will learn the basics, practice tricks, and improve your coordination and balance. This will be the most fun you've ever had staying fit. Open to all levels. Please bring your enthusiasm and a yoga mat; we'll provide the hoops.

Course Code: D189

Sec. 01: 9 Thursdays, 7:00-8:30 pm. Begins October 2, Brookline High School Dance Studio, \$125.

Nia

Mary Stevenson, Instructor

Nia is a full-body workout that is easy on the joints, promoting flexibility, agility, mobility, stability, and strength. Combining movements and concepts from yoga, *tai chi*, *tae kwon do*, *aikido*, jazz, modern dance, and other movement forms, Nia offers traditional fitness benefits, relaxation, and more esoteric benefits such as concentration, self-discovery, and healing. We'll begin with warm-up exercises, practice cardiovascular movements, and learn dance techniques that teach us how to move

with grace and fluidity, and martial arts and meditative techniques that teach mindfulness. Open to all levels. Please bring a mat or towel.

Course Code: D212

Sec. 01: 9 Tuesdays, 6:00-7:00 pm. Begins September 23, Brookline High School Dance Studio, \$108.

8 Dances in 8 Weeks

Maureen Ferguson and Brian Whalen, Instructors

Want to learn eight different dances? Join us for this fun and fast-paced class where you and your partner will learn basic rhythm and style, partnering skills, and common dance figures, such as underarm turns, free spins, and cross-body leads. Each week we'll introduce a new dance and you'll learn steps from the Waltz, Rumba, Foxtrot, Cha Cha, Merengue, Swing, Salsa and Tango. By the end of this unique course, you'll be prepared to impress at any wedding, club, party or venue in town—or just have fun dancing at home!

Course Code: D358

Sec. 01: 8 Tuesdays, 7:00-8:30 pm. Begins September 23, Brookline High School Dance Studio, \$125.

Salsa Dance

Michele Cloutier, Instructor

Salsa is a Latin-Caribbean dance form that developed from a blend of Afro-Cuban and Caribbean rhythmic, musical, and dance traditions. In our sessions, students of all levels of dance will learn contemporary salsa derived from the traditional Latin-Caribbean merengue, calypso, cha cha, and rumba. You will also learn to recognize different Latin musical patterns as they relate to various choreographic styles. Please note: this course is designed for couples only.

Course Code: D158

Sec. 01: 9 Wednesdays, 7:30-9:00 pm. Begins October 1, Brookline High School Dance Studio, \$125.

Ballroom Dancing

Michele Cloutier, Instructor

Dancing With the Stars has made ballroom dance quite the sensation, and across the country, people are learning or re-learning its joys. Here's your chance to master the waltz, foxtrot, and swing. Learn to think of dancing as a conversation set to music, where you can respond smoothly and easily to your partner. By the end of our sessions, you'll be prepared for your wedding or other social event. Please bring leather-soled shoes. Please note: this course is designed for couples only.

Course Code: D013

Sec. 01: 9 Wednesdays, 6:00-7:30 pm. Begins October 1, Brookline High School Dance Studio, \$125.

American Tango

Nancy Murphy, Instructor

If you are interested in drama and thrive on the romance of dance, then American-style tango is for you. Unlike some other variations of tango that have complex rhythms, American tango is a simple and comprehensive dance. In our sessions, you will learn some of the most popular patterns of this dramatic dance. As you dance new and interesting steps, you'll also enjoy exciting selections of music. In order to get the most out of our practice, we will change partners throughout the classes. Please note: this course is designed for couples only.

Course Code: D141

Sec. 01: 4 Thursdays, 7:00-8:30 pm. Begins October 2, Brookline High School Dance Studio, \$95.

Club Latin: Salsa, Merengue, and Bachata

Nancy Murphy, Instructor

Boston offers a thriving Latin club scene, and on any given night you can dance away to sultry Latin rhythms. Here's your chance to learn three of the hippest partner dances; salsa, merengue, and bachata. We'll learn the fundamental elements of each dance, so you can step out on the dance floor. You and your partner will learn basic rhythm and style, partnering skills, and common dance figures. You'll learn correct techniques such as Latin hip action and how to lead and follow so you can step out with style and confidence. Please note: this course is designed for couples only.

Course Code: D145

Sec. 01: 4 Thursdays, 7:00-8:30 pm. Begins November 6, Brookline High School Dance Studio, \$95.

PiYo Workout

Darcel Hunt, Instructor

This amazing workout was designed for those who want the mind-body benefits of a yoga or pilates workout, but with a higher-energy class. PiYo combines the best of these two practices to help you build strength, lose weight, increase flexibility, and have a great time doing it. Unlike most yoga and pilates classes, PiYo classes are aerobic and link together dynamic, constantly flowing exercises to increase your heart rate, burn calories and make you sweat. Set to upbeat and empowering music, we'll focus on stability, strength, and flexibility. Please bring a yoga mat.

Course Code: D350

Sec. 01: 8 Wednesdays, 5:30-6:30 pm. Begins October 1, Brookline High School Dance Studio, \$102.

Inspirational Gardens: A Walking Tour

Myrna Balk, Guide

We all know a well-designed landscape when we see it; we naturally respond to a garden that 'works' though it is sometimes hard to pinpoint exactly why. Enjoy a neighborhood stroll with an experienced gardener, who will point out the design principles underlying great gardens, and how to repeat these ideas in your own space. We will talk about styles of gardens, timing, color, and how spaces can create enclaves of beauty. Please bring a sketchbook or camera to capture ideas and inspirations for your garden.

Course Code: G166

Sec. 01: 1 Saturday, 1:00-3:00 pm. September 27, meet on Woodland Road, Larz Anderson area, Jamaica Plain (directions will be sent upon registration), \$20.

Re-Decorate!

Deborah Carducci, Interior Designer

Have the same pictures been hanging for years on your walls? Are your bookshelves disorganized and overflowing? If you are looking for ways to re-decorate and freshen up your home, this course offers help. Learn interior design tips and tricks for both decorating and organizing. We will discuss creative ways to revitalize items that you already have, new products to enhance a purposeful design, and storage strategies. We'll also work on an in-class project that will allow you to define your needs. Whether you're ready to rotate your art, update accessories, or organize your shelves, you'll leave with quick and easy ways to freshen up your living space. Please bring five photos and a floor plan of a room in your home that needs revitalizing.

Course Code: G301

Sec. 01: 2 Tuesdays, 6:30-9:00 pm. Begins November 4, Brookline High, \$80.

Simple Home Repairs

Seth Barrett, Village Green Renewal

Do you need to hang a heavy picture, fix a leaky faucet, install a pet door, patch a hole in your wall, or re-caulk your tub? Don't drive yourself crazy trying to find a handyman. Instead, learn how to properly and easily make these basic repairs on your own. In this hands-on class, you will learn the basics of home maintenance, including how to properly equip yourself with a simple set of tools, and how to shop for materials and supplies. We'll address your individual needs as a homeowner or renter so that you feel empowered to start tackling your list of home projects. You'll also receive tips on finding a decent electrician, plumber, or handy helper, and most importantly, how to identify which projects you can tackle on your own and which projects require a skilled tradesperson. A \$15 materials fee for class projects is payable to the instructor at the first class.

Course Code: G251

Sec. 01: 4 Mondays, 5:30-7:30 pm. Begins September 29, meet at Village Green Renewal, 6 Davis Avenue, Brookline, \$95.

Kitchen Design

Deborah Carducci, Interior Designer

Does your kitchen need a makeover? Is the layout, storage, cabinetry, or color scheme in need of an overhaul? Get inspiration to create the kitchen of your dreams, and learn how even a few simple budget ideas can refresh the most important room in your home. We'll create drafts of our existing spaces, learn how to configure the best flow for everyday use, discuss upgrade choices, and address storage issues. You will leave with a better understanding of a well-designed kitchen, and with a detailed plan so that you can begin researching and laying out your own kitchen. Please bring a pencil, ruler, magazine examples of your favorite kitchen designs, and photographs of your kitchen space.

Course Code: G293

Sec. 01: 1 Tuesday, 7:00-9:30 pm. October 7, Brookline High, \$34.

De-Cluttering Your Home and Your Life

Matt Reid, Instructor

It's always the perfect time to start making positive changes in your home and in your life. Let a professional organizer teach you how to sort through the chaos to create order. In this course, we'll explore emotional and practical techniques to help conquer disorganization in a lasting way. There will be game plans for individual rooms and spaces, and strategies for specific organizational challenges including staying on task, downsizing, donating versus discarding, and hanging on versus letting go. You will create a realistic action plan to get organized, as well as learn where to start, how to make decisions, and the best ways to maintain order once it is achieved.

Course Code: G254

Sec. 01: 1 Tuesday, 7:00-9:00 pm. October 14, Brookline High, \$34.

Makeup Tips and Tricks

Haley Kulow, Instructor

Good makeup isn't about covering your face with products. It's about learning what you want your face to say about you. Come learn how to properly apply cosmetic products, and let a professional teach you tips and tricks to enhance your image and build your confidence. We'll explore color theory, cosmetic tools, and basic application techniques that will allow you to create your own personalized look. We'll discuss facial features, how skin responds to color, basic must-have cosmetic tools, and how to take your look from day to evening. Please bring your makeup bag, and we'll practice new ways of using your products. A \$7 makeup fee is payable to the instructor at the first class.

Course Code: G243

Sec. 01: 2 Mondays, 7:00-8:30 pm. Begins September 22, Brookline High, \$37.

Become a Makeup Artist

Haley Kulow, Instructor

Do you dream of playing with makeup all day? Do you spend endless hours in front of the mirror trying out different makeup looks? Well, luckily for you this career path can easily become a reality. In this class, you will learn about the magic of makeup artistry. We'll explore color theory, correct application, professional makeup kits, products, proper sanitation practices, and how to have fun with makeup. This course will focus on the differences between wedding and event makeup, day and night looks, film and television, and special effects makeup. Part lecture and part hands-on, you will learn the latest tips, tricks, and looks for all occasions.

Course Code: G312

Sec. 01: 4 Mondays, 6:30-8:30 pm. Begins October 20, Brookline High, \$95.

Aromatherapy Mists

Cher Kore, Instructor

Learn the basics of aromatherapy and how to use essential oils to treat skin, hair, headaches, mood, fatigue, insomnia, and much more. We'll make mists to help us relax, freshen up, awaken, focus, improve our mood, and more. Lavender and mandarin will reduce stress, and help with sleep and skin problems. Mints will cool you down and wake you up. Pine and lemongrass will energize and help to deodorize odors. You'll create a unique take-home aromatherapy mist designed for yourself or someone special. All essential oils, distilled water, containers, and labels will be supplied by the instructor. A \$6 materials fee is payable to the instructor. Additional aromatherapy mists may be made for \$6 (per bottle).

Course Code: G230

Sec. 01: 1 Saturday, 12:00 noon-2:30 pm. October 18, Brookline High, \$34.

Henna Tattoos

Liz Ging, Instructor

Henna is a paste made of all natural ingredients that has been used for centuries to create beautiful temporary patterns on the skin. The geographic variation in styles, customs, and beliefs regarding henna across the Middle East, Africa, and the Indian subcontinent is fascinating. In this course you will learn about the rich and varied art of henna, and how to create and apply the paste to make your own designs. You'll mix your own henna dye, make cone applicators, and create beautiful body art using various regional techniques. We will also discuss where to find supplies, and tattoo aftercare. A \$20 materials fee is payable to the instructor at the first class.

Course Code: G284

Sec. 01: 1 Wednesday, 6:30-8:30 pm. October 15, Brookline High, \$34.

Fit in 30

Louise Olafsson, Instructor

Are you looking for the secret to weight loss? All it takes is 30 minutes to achieve a proper level of fitness. In this total body workout we'll alternate between six minutes of weights, two minutes of cardio, and two minutes of abs. Three sets of this routine and you will be done. All body parts will be used to achieve total body fitness as effectively as possible. All levels welcome. Please wear appropriate workout clothing and footwear, and bring a mat or towel and a set (2) of three to five pound hand weights.

Course Code: D334

Sec. 01: Mondays and Wednesdays (meets 2 times per week for 8 weeks), 6:15-6:45 pm. Begins September 22, Lawrence School, \$102.

Sec. 02: Mondays and Wednesdays (meets 2 times per week for 3 weeks), 6:15-6:45 pm. Begins December 1, Lawrence School, \$42.

Sec. 03: 8 Fridays, 9:00-9:30 am. Begins September 26, Korean Church, 32 Harvard Street (enter on Holden Street), \$58.

Strength Training for Everyone

Louise Olafsson, Instructor

Strength training increases muscle to fat ratio, improves metabolism so that you are able to burn more calories, and enables you to better perform daily activities that require lifting, pushing, and pulling. We will focus on toning each part of your body using hand-held weights. Class will focus on warm-up and abdominal exercises, yoga stretches for flexibility, and strength training for the upper and lower body. Please bring a mat or towel and a set (2) of one to five pound hand weights.

Course Code: D171

Sec. 01: Mondays and Wednesdays (meets 2 times per week for 8 weeks), 5:45-6:15 pm. Begins September 22, Lawrence School, \$102.

Sec. 02: Mondays and Wednesdays (meets 2 times per week for 3 weeks), 5:45-6:15 pm. Begins December 1, Lawrence School, \$42.

Sec. 03: 8 Fridays, 9:30-10:15 am. Begins September 26, Korean Church, 32 Harvard Street (enter on Holden Street), \$95.

Strength Training for Women in Midlife

Louise Olafsson, Instructor

One of the most important things you can do for your health at midlife is strength training. Strength training enables you to better perform daily activities and helps to create strong ligaments and tendons. This class will focus on warm-up exercises, yoga stretches for flexibility, and strength training for the upper and lower body. Please bring a mat or towel and a set (2) of one to three pound hand weights.

Course Code: D109

Sec. 01: Tuesdays and Thursdays (meets 2 times per week for 8 weeks), 9:30-10:15 am. Begins September 23, Korean Church, 32 Harvard Street (enter on Holden Street), \$132.

Sec. 02: Tuesdays and Thursdays (meets 2 times per week for 3 weeks), 9:30-10:15 am. Begins December 2, Korean Church, 32 Harvard Street (enter on Holden Street), \$75.

Senior S-T-R-E-T-C-H

Lauren Walsh, Instructor

Co-sponsored by the Council on Aging

This class is for those who have not exercised regularly and want to get into better shape, and learn how to stretch out gently and safely. Exercising to a variety of music including big band, Motown, and classical jazz, we'll work on rhythmic movement and using hand weights in a sitting position. We will practice correct breathing to improve circulation, passive stretching, and relaxation techniques. Going at your own pace, you will improve your range of motion, balance, and stamina. Please bring a set (2) of one, two, or three pound hand weights to class. Senior discount does not apply.

Course Code: D009

Sec. 01: Mondays and Wednesdays (meets 2 times per week for 9 weeks), 10:30-11:30 am. Begins September 22, 93 Winchester St., Brookline, \$88.

Sec. 02: Mondays and Wednesdays (meets 2 times per week for 3 weeks), 10:30-11:30 am. Begins December 1, 93 Winchester St., Brookline, \$44.

Strength Training for Seniors

Steve Shain, Instructor

Co-sponsored by the Council on Aging

Studies have shown that seniors who supplement their exercise routine with light strength training are able to stay active longer. This course is for those who have been exercising regularly, and who wish to increase their strength, balance, stamina, and physical flexibility. We'll start and end with stretches and flexibility exercises to help make everyday movements smooth and comfortable. We'll also work on low-impact conditioning, mat work, and endurance and strength training while sitting or standing (weights optional). Please bring a mat or towel and a set (2) of one, two, or three pound hand weights to class. Senior discount does not apply.

Course Code: D077

Sec. 01: Mondays and Wednesdays (meets 2 times per week for 9 weeks), 8:45-10:15 am. Begins September 22, 93 Winchester St., Brookline, \$94.

Sec. 02: Mondays and Wednesdays (meets 2 times per week for 3 weeks), 8:45-10:15 am. Begins December 1, 93 Winchester St., Brookline, \$48.

Stretch, Tone, and Move for Seniors

Nancy Murphy, Instructor

Exercise is an important part of health and wellness for seniors, and helps increase metabolism, energy levels, and alertness. This course incorporates the best of balance, flexibility, and strength training exercises in a fun, low-impact environment. Our focus will be on full-body and exercises, either on a mat or chair, to help strengthen our arms and legs and improve overall balance. Movements will be modified to

accommodate physical limitations. Please bring a mat and a set (2) of two to three pound hand weights to class. Senior discount does not apply.

Course Code: D332

Sec. 01: 9 Tuesdays, 8:30-9:30 am. Begins September 23, 93 Winchester St., Brookline, \$62.

Bootcamp for Seniors: Balance and Strength Training

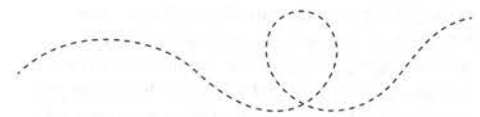
Steve Shain, Instructor

Leading an active lifestyle is more important than ever. Regular exercise is not only good for your —it's also good for your mind, mood, and memory. This bootcamp class incorporates the best of balance and strength training. Our focus will be on exercises that build on our strength, endurance, mobility, and flexibility. Please bring a set (2) of two to three pound hand weights to class. Senior discount does not apply.

Course Code: D221

Sec. 01: 9 Fridays, 1:00-2:00 pm. Begins September 26, 93 Winchester St., Brookline, \$62.

Sec. 02: 3 Fridays, 1:00-2:00 pm. Begins December 5, 93 Winchester St., Brookline, \$30.



Home and Garden

Garden Talk: Thinking Ahead for Winter and Spring

Myrna Balk, Instructor

What can you do with your garden in the fall? With a plan, you can give your garden winter appeal. This class will give you the confidence to try your hand at planting the way you want. We will discuss topics such as how to develop winter interest, how to attract birds, what plants thrive in winter weather, and when to leave leaves and when to rake. We'll provide tips on light pruning, mulching, and re-organizing. You will receive advice on planting and sources of material, along with design ideas that suit your budget and personal aesthetic. We'll also talk about color in the spring, and what bulbs you can plant now that will magically appear as the snow melts.

Course Code: G311

Sec. 01: 1 Tuesday, 6:30-9:00 pm. September 23, Brookline High, \$34.

Markers and Ink

Carol Johnson, Instructor

Markers and ink allow color and depth to flow into your drawings. They are great for exploring line thickness, and creating mass, surface texture, and backgrounds. Using some of your favorite photographs, as well as objects from nature, we will concentrate on developing your basic drawing and painting skills. You'll learn how to create textural effects, harmonious color combinations, and balanced compositions. In a relaxed atmosphere, with lots of individualized attention, artists of all levels will expand their creative abilities. A supply list will be mailed upon registration.

Course Code: A363

Sec. 01: 9 Mondays, 5:30-7:30 pm. Begins September 22, Unified Arts Building, \$134.

Developing Your Skill in Watercolor Painting

Seth Berkowitz, Instructor

Watercolor can be an immensely satisfying medium to work with, but taking control of the paint is not always an easy task. In this class, for those who have some experience with watercolor, we will focus on technique by intertwining sketching, drawing, and painting exercises in order to teach you how each skill can help inform and improve the others. In lessons that build sequentially, you will learn to sketch out a composition that includes value and lighting, and then how to transform your sketches into colorful, full, and vibrant paintings using specific watercolor painting techniques. The aim of this class is to help you refine your painting technique to a point where your paintings reflect, among other attributes, confidence and satisfaction. A supply list will be mailed upon registration.

Course Code: A346

Sec. 01: 8 Tuesdays, 6:30-9:00 pm. Begins September 23, Unified Arts Building, \$147.

Acrylic Painting

Anthony Riccardi, Instructor

Acrylic paint, the chosen medium for many amateur and professional artists, is versatile, non-toxic, easy to clean, and offers brilliant color. This course provides an introduction to the skills and practice of acrylic painting, including paint thinning, surface preparation, and paint application techniques. We will also concentrate on general painting skills such as composition and color mixing. Students will be encouraged to pursue their own choices in subject matter and style. Artists of all levels welcome. A supply list will be mailed upon registration.

Course Code: A138

Sec. 01: 8 Tuesdays, 9:30 am-12:00 noon. Begins September 23, Korean Church, 32 Harvard Street (enter on Holden Street), \$147.

Sec. 02: 9 Mondays, 6:30-9:00 pm. Begins September 22, Unified Arts Building, \$156.

Exploring Color in Painting

Anya Smolnikova, Instructor

One of the challenges in painting is achieving accuracy with color. Most painters opt for colors that are favored and familiar. By experimenting with a palette that most of us do not even think to use, this course will help you understand how to mix and use color in a whole new way. Using watercolor as our medium, as it is ideal for its translucency and ability to layer, we'll learn how to create contrast, depth, and feeling, and how subtle gradations in hue, value, and opacity affect our art. You will mix a range of colors, create your own black, and experiment with color relationships. Whether you'd like to paint a more natural looking landscape, or catch the viewer's eye in an abstract work, this class will help you take control of color and simplify the painting process. A supply list will be mailed upon registration.

Course Code: A359

Sec. 01: 7 Mondays, 7:00-9:00 pm. Begins October 20, Unified Arts Building, \$122.

Landscape Painting in Oil

Ariana Berns, Instructor

Bring in your favorite landscape photograph or picture and learn to paint it in oil. Oil paint, a luxurious medium that dries slowly, allows artists to make any number of adjustments, easily alter or erase mistakes, focus on technique, and paint with thin or thick layers, broadly or in fine detail, and create depth and luminosity. In our sessions, we'll experiment with painting methods in a series of exercises and demonstrations that build on each other. Students of all levels will receive a grounding in basic painting principles and techniques relevant to working in oil. We'll also discuss composition, color theory, and art history. Beginning drawing experience is preferred. A supply list will be mailed upon registration.

Course Code: A367

Sec. 01: 8 Thursdays, 7:00-9:30 pm. Begins October 2, Unified Arts Building, \$147.

Introduction to Pastel

Cyrus Whittier, Instructor

Whether you like to work in fine detail, or your style is more broad and painterly, pastels will adapt to both of these methods and many more. In this class, you will work with a wide range of objects and textures (flowers, fruit, vegetables, ceramic, glass, and metal objects) in order to discover the limitless possibilities that pastels offer. By learning about linear strokes, cross-hatching, scumbling, feathering, and blending, you will find ways to express your own personal style. Classes will progress from a restricted palette to full color compositions, and will especially focus on how to identify and adjust the colors you observe. Basic drawing skills are recommended. Please bring soft, medium, and hard vine charcoal sticks, a kneaded eraser, and large white charcoal paper to the first class. Additional supplies will also be discussed.

Course Code: A238

Sec. 01: 9 Tuesdays, 7:00-9:30 pm. Begins September 23, Unified Arts Building, \$156.

Drawing from the Flat

Cyrus Whittier, Instructor

Drawing from the flat is a time-honored method of learning how to draw by copying master drawings to garner the wisdom of great artists. Copywork is an ideal opportunity for artists of all levels to observe line, shape, value, form, texture, and space. In our sessions, we'll study portraits, still life, and landscapes created by great masters past and present, and re-create pieces of their works. By emulating da Vinci's line quality and his use of cross-hatching, for example, you will better understand his techniques, and perhaps apply this insight to your own artistic style. Basic drawing skills are recommended. Please bring a 14" x 17" pad of good quality white charcoal paper, three General's charcoal pencils (2B medium), and a kneaded eraser to the first class. Additional supplies will be discussed in class.

Course Code: A357

Sec. 01: 9 Thursdays, 7:00-9:30 pm. Begins October 2, Unified Arts Building, \$156.

Abstract Painting

John Burkett, Instructor

Abstract painting is fascinating and controversial; complicated, and yet remarkably simple. In this course, we will explore abstract painting by working from our imaginations and still lifes to create vivid and innovative imagery. We will learn about color, line, form, space, light, and composition, and will look at work by well-known abstract artists to understand the various techniques they employed. If you've looked at paintings by Kandinsky, Klee, Pollock, Motherwell, or other abstract artists and said, "Even I can do that," then join us as we challenge our imaginations. Artists of all levels are welcome. A supply list will be mailed upon registration.

Course Code: A089

Sec. 01: 9 Wednesdays, 6:30-9:00 pm. Begins October 1, Unified Arts Building, \$156.

Pet Portrait Workshop

Cyrus Whittier, Instructor

Preserve your precious pet for posterity as you work with charcoal and hard and soft pastels. We'll explore basic animal features, proportions, and anatomy. Then, working from photographs, you will learn to draw eyes, ears, fur, and paws to render a life like portrait. Basic drawing skills are recommended, but not required. Please bring two General's 2B medium charcoal pencils, a small box of vine charcoal, a 9" x 12" pad of quality white paper, and a kneadable eraser to the first meeting. Please bring a photograph, in lieu of a live pet. Additional materials will be discussed in class.

Course Code: A382

Sec. 01: 2 Saturdays, 10:00 am-1:00 pm. Begins September 20, Unified Arts Building, \$84.

How to Have Beautiful Skin at Any Age

Rosaline Lowe, Esthetician and Alison Brown, Nutritionist

Almost all of us would like to have healthier, clearer, smoother, younger skin. But how can we reverse the effects of time and excessive sun exposure? Are there techniques that promote healthier skin or address specific problems? A skin-care expert will discuss everything from the foods we eat to glycolic peels and microdermabrasion, cleansers, moisturizers, and the value (or lack thereof) of other products. A nutritionist and wellness expert will also join us to discuss how diet affects skin, from drinking water and cutting back on sugary beverages to the benefits of eating antioxidant-rich fruit and vegetables. In-class demonstrations of proper techniques in the use of cleansers, toners, and masks will be included. Learn to protect and care for your skin by learning what you can do to pamper it.

Course Code: G310

Sec. 01: 1 Thursday, 7:00-9:00 pm. October 23, Brookline High, \$34.

The Art of Natural Perfumery

Cher Kore, Instructor

Looking for unique holiday gifts? Learn the art and science of creating natural perfumes and colognes. In this class, you will start from scratch with individual ingredients and practice combining winning recipes to suit your taste. We will discuss aromatherapy and explore the emotional effects of dozens of essential oils that may include bergamot, frankincense, ginger, sandalwood, and lemon. You'll learn to balance top, middle, and bottom scent notes to craft alluring aromas, and will make a customized perfume or cologne to take home. A \$12 materials fee is payable to the instructor.

Course Code: G250

Sec. 01: 1 Saturday, 12:00 noon-2:30 pm. November 22, Brookline High, \$34.

Salt and Clay Baths

Cher Kore, Instructor

A warm bath can be healing and relaxing after a long day, and bath salts can make it feel even more luxurious. Would you like to learn an easy recipe for making your own salts? In this course, you'll learn how to make special bath blends made with essential oils that help detoxify the skin and heal ailments. Carrot seed, celery seed, and juniper berry essential oils can help detoxify and reduce excess water weight. Lavender and mandarin are used for prevention of scars and stretch marks, while geranium soothes cuts and acne. Ingredients we will use include Epsom salts, green clay, and essential oils. The cost of each treatment is \$2.50, and is payable to the instructor in class.

Course Code: G265

Sec. 01: 1 Saturday, 12:00 noon-2:30 pm. December 13, Brookline High, \$34.

Arts

Beginning Drawing

John Burkett, Instructor

Drawing is the building block for all forms of visual expression. In this course, you will build basic drawing skills by learning the use of line, shape, negative space, composition, proportion, and perspective. You will practice contour drawing, use shading to create form, and describe light falling on objects. Our goal is to help you improve technique, heighten visual awareness, and develop personal expression through individual attention and group discussions. A supply list will be mailed upon registration.

Course Code: A279

Sec. 01: 9 Tuesdays, 5:30-7:30 pm. Begins September 23, Unified Arts Building, \$134.

Beginning Drawing in Color

Gage Delprete, Instructor

In a twist on the typical drawing class, we'll build foundation drawing skills of line, shape, space, value, perspective, proportion, and composition, while also experimenting with the effects of color. We'll use charcoal, ink, and pastels in a series of exercises designed to stimulate your technical and expressive drawing skills. Students will be encouraged to work on developing their individual aesthetic as we discuss color theories, study the changing effects of light, and work with alternative drawing surfaces both large and small. A supply list will be mailed upon registration.

Course Code: A270

Sec. 01: 9 Thursdays, 3:00-5:00 pm. Begins October 2, Unified Arts Building, \$134.

Encaustic Art

TBA, Instructor

Encaustic is the ancient art of painting with molten beeswax mixed with colored pigments and resin. Producing results like no other medium, the work is mysterious, deep, and translucent, with a glow that seems to emanate from within. In this class, for artists of all levels, you will be introduced to the traditional methods of encaustic painting, as well as experiment with stenciling, collage, transfers, and encaustic on paper and cloth. You'll learn tried-and-true encaustic techniques and experiment with your own ideas. A \$35 materials fee is payable to the instructor at the first class. Students will be encouraged to bring their own ideas and supplies to the second class.

Course Code: A378

Sec. 01: 2 Saturdays, 10:30 am-1:00 pm. Begins November 8, Unified Arts Building, \$80.

Introduction to Watercolor

Anthony Riccardi, Instructor

Watercolor is one of the most pleasurable and satisfying media employed by both beginning and experienced artists. The soft transparent colors and textures lend themselves to a variety of subjects and techniques, and yield paintings that reflect the unique spontaneity and creativity of each individual artist. In this class, we will concentrate on representational methods in an effort to pursue new avenues of creativity. A supply list will be mailed upon registration.

Course Code: A002

Sec. 01: 8 Mondays, 10:00 am-12:30 pm. Begins September 22, 93 Winchester St., Brookline, \$147.

Beginning Printmaking

TBA, Instructor

Printmaking is a process of creative discovery because one can never be sure of what each print will bring. Often, the more fun you have, the better the artwork becomes. Open to artists of all levels, we will explore a wide variety of fundamental printmaking techniques such as relief printing, monoprints, unique stamping, collagraphs, and stencils. At the same time you will learn to be a better image-maker as you work on composition, texture, mood, process, and outcome. We'll pique your artistic curiosity and teach you the art of experimentation, while steering your creativity toward projects of your choosing. A supply list will be mailed upon registration. A \$10 materials fee is payable to the instructor at the first class.

Course Code: A329

Sec. 01: 6 Mondays, 6:30-9:00 pm. Begins October 6, Unified Arts Building, \$125.

Collage Journals

Lisa Smith, Instructor

Explore the world of layered artworks and storytelling. With the intention of creating collages that are more than arbitrary arrangements, you will learn to weave imagery, whimsy, and commentary into complete works. Artists of all levels are invited to explore a collection of collage techniques that utilize paper, paint, stamping, colored pencils, and inks, and also experiment with layers and textures, Xerox transfers, found objects, and fabric. For those interested, we'll bind our work so that by the completion of the course you'll have a finished book to take home. A supply list will be mailed upon registration.

Course Code: A372

Sec. 01: 8 Wednesdays, 7:00-9:00 pm. Begins October 1, Unified Arts Building, \$127.

The Basics of Photographic Composition

Raul Melendez, Instructor

Why are some photographs, despite being in focus, well-exposed, and properly framed, still not interesting? In this course, you'll examine the characteristics of a well-composed photograph by looking at the work of other photographers, and by learning how to judge and edit your own work. We will discuss how to integrate exposure, focus, and depth of field with the elements of composition. We will explore new approaches to composition and challenge your ideas about photography. Don't just take a picture; learn how to capture a photograph. A \$5 materials fee is included in the course fee.

Course Code: A288

Sec. 01: 4 Wednesdays, 7:00-9:00 pm. Begins October 1, Unified Arts Building, \$100 (\$95 plus \$5 materials fee).

Capturing the Moment: Documentary Photography

Jane Looker, Instructor

Learning to use your camera to take pictures is one thing, but using your photographs to tell a story—one that represents a deep understanding and keen perception of seemingly ordinary events—is another. Whether you use photography to share your travels to exotic places, capture the excitement of a child's first steps, or express joy at a family event, you can learn how to take pictures that express your unique feelings about an event. After reviewing camera use and the elements of photography, like exposure, depth of field, filters, and composition, we will discuss choosing a subject and organizing your documentary plan. You will learn a variety of techniques to enhance your picture taking effectiveness. By the end of the class you should be able to present your documentary piece for viewing and critique. Please bring your camera to class.

Course Code: A066

Sec. 01: 2 Saturdays, 10:00 am-1:30 pm. Begins December 6, Unified Arts Building, \$90.

Photography: An Introduction to Darkroom Technique

Raul Melendez, Instructor

Even in this fast electronic age, it is amazingly satisfying to develop your own pictures in a classic black and white photography darkroom. This course will teach the fundamentals of darkroom photography and for returning students use of darkroom with guidance. We will review proper film exposure and development. Students will gain darkroom experience and an increased understanding to produce pictures of high quality and interest. This course is tailored for beginners and students with some darkroom experience who would like guidance in producing exquisite prints. (For returning and advanced students, bring film to develop for the first two meetings.)

Students assume the cost of film, paper, and incidentals. Approximate cost, \$40-\$50. A \$25 studio fee is included in the course fee.

Course Code: A004

Sec. 01: 8 Mondays, 7:00-9:30 pm. Begins September 22, Unified Arts Building, \$182 (\$157 plus \$25 studio fee).

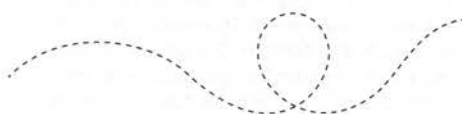
Creative Darkroom

Josephine Shields, Photographer

Take advantage of one of greater Boston's only professional darkrooms and explore master printmaking processes. This course is ideal for photographers who have a working knowledge of darkroom techniques, and who want to expand their black and white darkroom skills or explore alternative printing and processing methods. Students will work on their own projects under the supervision of the instructor, and class critiques and demonstrations of different printing and toning chemistry will also be part of our sessions. Enlargers are available for 35mm and medium format. Please bring film and paper to class; chemistry will be provided. A \$25 materials fee is included in the course fee.

Course Code: A005

Sec. 01: 8 Thursdays, 6:30-9:30 pm. Begins October 2, Unified Arts Building, \$182 (\$157 plus \$25 materials fee).



Crafts and Skills

Introduction to Woodworking

Thomas Guevin, Instructor

This course is designed to teach the basics of woodworking by walking students step-by-step, machine by machine, through the process of building an Arts-and-Crafts style project. Our emphasis will be on the achievement of a solid foundation in the skill and process of the woodworker's craft, rather than on the size and complexity of the project. The proper use of machinery, with emphasis on shop safety, will be reviewed. The **Advanced Beginner** class is for those who have experience on a table saw and other power woodworking equipment. Students will be given a more complex project to work on, or allowed to choose a small project of their own. For both levels, students should expect to spend \$70-\$100 on wood, available for purchase in class. Please bring a pair of safety glasses, a tape measure, and earplugs to class. A \$25 shop fee is included in the course fee.

Course Code: R315

Sec. 01 (Beginner): 9 Tuesdays, 6:30-8:30 pm. Begins September 23, Unified Arts Building, \$159 (\$134 plus \$25 shop fee).

Sec. 02 (Advanced Beginner): 9 Wednesdays, 6:30-8:30 pm. Begins October 1, Unified Arts Building, \$159 (\$134 plus \$25 shop fee).

Open Woodshop

Damian Neill, Instructor

Students who have prior experience in woodworking with hand tools and machinery can build whatever they wish in this course, subject to approval by the instructor at the first class. Tables, stands, dovetailed medicine cabinets, and objects requiring elaborate joining or carving are suggested projects. The proper use of machinery with emphasis on shop safety will be reviewed. Please bring a plan, design, or photograph of your proposed project, a pair of safety glasses, a tape measure, and earplugs to the first class. Each student should expect to spend \$70-\$100 on wood, available for purchase in class. Costs vary based upon project and choice of wood. Students should have completed Introduction to Woodworking or its equivalent. A \$25 shop fee is included in the course fee for equipment maintenance.

Course Code: R252

Sec. 01: 6 Mondays, 6:30-9:30 pm. Begins September 22, Unified Arts Building, \$159 (\$134 plus \$25 shop fee).

Sec. 02: 9 Thursdays, 7:00-9:30 pm. Begins October 2, Unified Arts Building, \$181 (\$156 plus \$25 shop fee).

Furniture Upholstery

Paul DeVito Jr., Instructor

Are the springs popping out of your favorite armchair? Is the upholstery on those dining room chairs getting shabby? Learn how to strip a piece of furniture to the frame and build it up again. Replace webbing and springs, and stuff, cut, fit, and sew the finished product. Suitable projects may include chairs, ottomans, footstools, dining room chairs, or other small upholstered pieces. Please do not bring in large pieces such as tufted chairs, loveseats, or sofas as there is no storage space available. Along with your project, bring a pair of 10" shears, pliers, tack hammer, screwdriver, and goggles. You should expect to spend \$80-\$100 on materials. A \$25 shop fee is included in the course fee.

Course Code: R015

Sec. 01: 9 Thursdays, 6:30-9:30 pm. Begins October 2, Unified Arts Building, \$197 (\$172 plus \$25 shop fee).

The Picture Framing Workshop

Larry Glickman, Instructor

The purpose of custom framing is to find the best frame and matting design to enhance the elements of your artwork. We will help you design and frame your prints, graphics, photography, posters, fine art, and needle art in a do-it-yourself format with expert assistance. You will receive instruction in selecting a frame style and design, coordinating your mat color, and be guided through the steps of framing technique. Measuring and cutting single and double mats, mounting artwork, joining wood and metal frames, and completing final assembly will be discussed. Former students are encouraged to return and advance their skills in cutting and assembly of more difficult pieces. All materials will be supplied at a

Oil on Paper Workshop

Ariana Berns, Instructor

Painting with oil paint on paper is a bit easier and more economical than painting on canvas, and the results are equally vibrant and satisfying. Painting from a still life, we'll experiment with our oils, and learn how the medium can be easily applied, altered, and re-worked. As you work, we'll learn through exercises and demonstrations how oil paint works on paper. Students of all levels are welcome. A supply list will be mailed upon registration.

Course Code: A384

Sec. 01: 1 Saturday, 10:00 am-1:00 pm.
November 1, Unified Arts Building, \$40.

Portrait Drawing Weekend Workshop

Cyrus Whittier, Instructor

Drawing the human face is a frequent subject for artists as a way to explore new ideas, media, and technique. In this class students will develop an understanding of basic facial structure, and then construct portraits using this knowledge. The course will begin with instruction on how to work in charcoal while focusing on the proportions of the face, skeletal structure, and musculature of the head, neck, and each of the facial features. As you draw, there will be demonstrations to help guide you. In our second class, we will work in color with pastels on tinted paper to create convincing portraits. Open to artists of all levels. Please bring a bag lunch and a 14" x 17" pad of good quality white charcoal paper, soft and medium vine charcoal sticks, two General's charcoal pencils (2B medium), and a kneaded eraser to class. Additional supplies will be mailed upon registration.

Course Code: A355

Sec. 01: 2 Saturdays, 10:00 am-2:00 pm.
Begins November 8, Unified Arts Building, \$95.

Life Drawing

Helena Hsieh, Instructor

This class is designed to provide students at any level with a non-competitive environment in which to develop drawing skills, expand visual perception, and experiment with media and technique. Our emphasis is on building an intuitive response to the figure while striving to sharpen awareness of proportion, light, and the inherent beauty of marks, smudges, lines, and tones. Through class discussion we will try to identify what gives a drawing its spirit. This class is also open to artists who would like to draw from a model but prefer little instruction. Please bring charcoal pencils, compressed charcoal, kneaded eraser, and an 18" x 24" pad to the first class. Additional supplies will be discussed in class. A \$60 model fee is payable to the instructor at the first class.

Course Code: A031

Sec. 01: 8 Saturdays, 10:30 am-1:00 pm.
Begins September 20, Unified Arts Building, \$147.

Figure Painting

Helena Hsieh, Instructor

The human figure has been an object of aesthetic study throughout the history of art. Using oil or acrylic as your medium, you'll develop skills in color mixing, paint handling, composition, and depicting the human figure. You will improve work on perception of light and shade, proportion, and shapes. Painters of all levels, with or without figure drawing experience, are welcome. For those with figure drawing experience, special attention will be paid to anatomy, spatial relationships, and color. A \$60 model fee is payable to the instructor at the first class. A supply list will be mailed upon registration.

Course Code: A218

Sec. 01: 8 Wednesdays, 6:30-9:00 pm. Begins
October 1, Unified Arts Building, \$147.

Fundamentals of Sculpture: Figure in Clay

Anya Smolnikova, Instructor

If you have always wanted to try your hand at sculpture but have felt intimidated by its apparent difficulty, this course will provide you with an introduction to the sculpting process. Using clay to construct a three-dimensional figure based on a live model, you will work on developing a visual understanding of the human form. To begin, we will use drawing as a way to explore the figure using gesture, proportion, and contour. The use of clay as a sculpting medium for figurative work will be introduced as we explore basic sculptural concepts such as form, contour, proportion, and scale. A model will pose for your further development of the intricate aspects of the figure. Your sculpting experiences will be a valuable point of departure for painting, drawing, or further sculpting exploration, ultimately leading to more abstract and expressive ideas about the human form. A \$40 model fee is payable to the instructor at the first class. A \$25 materials fee is included in the course fee.

Course Code: A148

Sec. 01: 6 Wednesdays, 6:30-9:30 pm. Begins
October 15, Unified Arts Building, \$159 (\$134 plus \$25 materials fee).

Camera Settings Workshop in the Field

Janee Looker, Instructor

If you love taking pictures with your DSLR camera, but haven't yet ventured out of the automatic modes, this one-day workshop in the field will familiarize you with your camera's many functions. In the automatic mode your camera uses its best judgment to select shutter speed, aperture, ISO, white balance, focus, and flash. We'll explain what this means, and then demonstrate how you can choose and use settings independently. We will cover shutter priority versus aperture priority, what the ISO is, and how to switch between manual, semi-automatic, and fully-automatic functions. You'll learn about depth of field, taking pictures of moving objects, what to do in low light, and how you can adjust the flash when you're taking

a special shot. Photographers of all levels welcome. Please bring your camera and lenses (if you have any).

Course Code: A380

Sec. 01: 1 Saturday, 10:00 am-1:30 pm.
September 20, Unified Arts Building, \$34.

Photography: Taking Better Pictures

Raul Melendez, Instructor

There are many subtle processes and elements involved in producing a visually pleasing image. Choice of subject matter, the framing of an image, composition, light and shadow, and appropriate treatment of portraits, landscapes, or action photos are some of the picture-taking choices to be considered. Learn to manipulate shutter speed, f-stops, focal range, and depth of field, and discover the many types of lenses and filters, and their uses and effects. The menu functions of digital cameras will also be explored. Please bring a film or digital camera to class. A \$6 materials fee is included in the course fee.

Course Code: A006

Sec. 01: 5 Tuesdays, 7:00-9:00 pm. Begins
September 23, Unified Arts Building, \$120 (\$114 plus \$6 materials fee).

You've Taken the Picture...Now What?

Raul Melendez, Instructor

When it comes to digital photography, our computers (and in some cases even the camera) are the darkroom. Software such as iPhoto for Mac and Picasa on PC can help you manipulate pictures you've taken to improve them, balance colors, or add effects. Join us for a walk-through of the digital workflow, including an anatomy of your camera's output options, how to use Image Capture on a Mac or Camera Wizard on a PC to transfer photos from your camera to a computer, editing preferences of professionals, and a comparison of popular software choices. We'll also discuss the elements that make a good photo, and how to size and save your pictures so that they can be posted online, emailed, printed, or compiled for future viewing. Please bring your digital camera, camera cable, and laptop.

Course Code: A383

Sec. 01: 3 Tuesdays, 7:00-9:00 pm. Begins
October 28, Unified Arts Building, \$84.

The Role of Flash in Photography

Raul Melendez, Instructor

Flash is a wonderful photographic tool, one you shouldn't be afraid to use. Direct flash, fill flash, slow sync flash, bounce flash, and front and rear curtain sync are flash modes we'll explore. Through lecture and demonstration, you'll observe the play of lights, darks, highlights, and shadows that make images vibrant and dynamic. You will learn when to apply flash and how to use its principles to communicate moods and emotions as you take pictures at different times of day and in different environments.

Course Code: A328

Sec. 01: 3 Wednesdays, 7:00-9:00 pm. Begins
November 5, Unified Arts Building, \$84.

stitch holder to class. Materials may also be purchased at the first class from the instructor. Approximate cost, \$25. **Section 02** is for those who have basic knitting skills and who want to learn more complex stitch patterns and finishing techniques. We will explore different methods of constructing and finishing a variety of knitwear styles, and learn problem-solving techniques. Please bring no. 8 needles, worsted weight yarn, and a project you are working on.

Course Code: R088

Sec. 01 (Beginning): 9 Mondays, 6:30-9:30 pm. Begins September 22, Brookline High, \$172.

Sec. 02 (Beyond Beginner): 9 Wednesdays, 6:30-9:30 pm. Begins October 1, Brookline High, \$172.

Crochet for Beginners and Beyond

Alix Ginsburg, Instructor

Crochet uses only one hook and some yarn to create beautiful items of clothing and accessories. In this course you will master the fundamental skills that will allow you to produce traditional and modern hand-crafted items. You'll learn several stitches and basic crochet techniques and how to use them in different patterns. We'll complete a scarf, baby afghan, dishcloth, table runner, or granny-square throw. Using these basic skills, you'll then be able to move on to more elaborate projects. The instructor will provide a set of crochet hooks, two skeins of practice yarn, and an instruction binder with many patterns and stitch diagrams. A \$25 materials fee is payable to the instructor at the first class.

Course Code: R330

Sec. 01: 8 Tuesdays, 7:00-9:00 pm. Begins September 23, Brookline High, \$127.

Sculptural Crochet

Georgia Kennedy, Instructor

Crochet is the art of weaving yarn into fabric, using a hook to create intricate loops and patterns. While we may associate lace doilies with a finished work of crochet, there are many other ideas for crochet projects. Learn the creative possibilities of sculpting with yarn. For those new to crochet, we'll start with the basics, learning about terminology, materials, tools, and techniques. Those familiar with crochet will be taught advanced stitches. Once the basics are covered, we'll brainstorm project ideas, and launch into a full-on "yarnstorm," taking crochet from the realm of granny squares to the conceptual, then sculptural, and finally to completed works of art. A supply list will be mailed upon registration.

Course Code: R310

Sec. 01: 6 Thursdays, 6:00-8:00 pm. Begins October 16, Brookline High, \$116.

Get To Know Your Sewing Machine

Andrea Zax, Instructor

Do you have a sewing machine that you would like to become better acquainted with? Bring your sewing machine with you to this one-day class and learn how to thread needles and bobbins, and explore a multitude of stitching

selections. If time allows, we'll also discuss a variety of presser feet included with sewing machines, special tension and needle settings, and other options such as sewing a buttonhole. We'll discuss common sewing snags, and show you how best to unravel them. You'll also learn how to use common accessory tools that accompany most sewing machines. A basic introduction to material and thread choices will be part of our discussion as well. Please bring your sewing machine and manual (if you have one), fabric, thread, and scissors to class.

Course Code: R283

Sec. 01: 1 Wednesday, 6:00-9:00 pm. November 12, Brookline High, \$42.

Get To Know Your Serger

Andrea Zax, Instructor

A serger, also known as an overlock or merrrow machine, is a multi-threaded sewing machine that cuts fabric, while also finishing raw edges with strong, flexible seams. These specialized sewing machines are complicated; however, they are wonderful machines if you have the knowledge and confidence to use them. We'll demonstrate how to thread the machine properly, maintain the tension and balance of the threads, and add or change thread colors. We'll also discuss what to look for if you'd like to purchase a serger. Please bring your serger (with the manual) if you own one, good fabric scissors, pins, three cones of merrrow thread, and an old t-shirt or other piece of knit fabric. You may also bring a small project to hem or add a knitted cuff to.

Course Code: R322

Sec. 01: 1 Wednesday, 6:00-9:00 pm. November 19, Brookline High, \$42.

Sewing a Quilt

Miriam K. Sokoloff, Instructor

Would you like to make your own quilt or a baby blanket? If you have the fabric, we'll help you get started on this project and walk you through quilt making from start to finish. You will learn to create traditional block and border patterns, and how to appliqué. Whatever materials you have, prized T-shirts, your grandmother's old dresses, or new and soft baby material, we'll work creatively to piece the items together with a complimentary border and backing. Once you have a plan, you'll use a sewing machine to connect pieces, add appliqué, finish corners, add batting and backing, and complete your quilt. Please bring a few sheets of quarter-inch graph paper, pencil, scissors, a ruler, and any fabric pieces you hope to incorporate into your quilt. Additional sewing supplies will be discussed in class. A \$10 shop fee is included in the course fee.

Course Code: R329

Sec. 01: 8 Mondays, 3:45-6:15 pm. Begins September 22, Unified Arts Building, \$157 (\$147 plus \$10 shop fee).

Sewing for Beginning and Intermediate Students

Miriam K. Sokoloff, Instructor

Using a step-by-step individualized approach, this course will teach basic sewing technique. Students will learn to thread and operate the sewing machine, and to hem clothing both by hand and machine. You'll work on a class project of your choice and at your ability level. For the first class, please bring a spool of thread, scissors, and a hand needle (sharp #7). Fabric for the first class project is available for purchase from the instructor. Additional supplies will be discussed in class. We have several sewing machines on hand, but students are encouraged to bring their own. A \$10 shop fee is included in the course fee.

Course Code: R304

Sec. 01: 9 Mondays, 6:30-9:00 pm. Begins September 22, Unified Arts Building, \$166 (\$156 plus \$10 shop fee).

Sewing Projects

Muriel Haber, Instructor

Do you have some sewing experience, but need a little guidance? This workshop will allow you to confidently get your project mapped out, or work through a problem. We'll address topics such as working with fabric, measuring and making alterations, or adding zippers, pockets, or trim. If you're stuck on a project that is underway, you'll receive hands-on help in working through the steps. Please bring pre-washed fabric and a pattern, a started project, and basic sewing supplies, including thread, pins, scissors, measuring tape, and a seam ripper. We have several sewing machines on hand, but students are encouraged to bring their own (don't forget your bobbin). A \$10 shop fee is included in the course fee.

Course Code: R300

Sec. 01: 5 Wednesdays, 6:30-9:00 pm. Begins October 22, Brookline High, \$130 (\$120 plus \$10 shop fee).

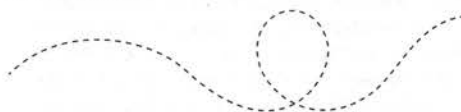
Sewing Like Chanel

Andrea Zax, Instructor

Learn how to alter a clothing pattern, and create a garment that has a perfect look, fit, and feel. For those with some sewing experience, we'll review the basics of laying out pattern pieces, cutting fabric, and assembly rules. You'll then learn to take measurements and transform your item into a garment that suits your style. Please bring basic sewing supplies, including pins, fabric scissors, hand needles, sewing machine needles, seam ripper, and measuring tape. Please bring a pattern and pre-washed fabric. Sewing machines are on hand, but students are encouraged to bring their own. A \$10 shop fee is included in the course fee.

Course Code: R290

Sec. 01: 6 Thursdays, 6:30-9:30 pm. Begins October 2, Brookline High, \$144 (\$134 plus \$10 shop fee).



40 percent discount. The cost of materials (approximately \$70-\$90) depends on the size of the project.

Course Code: R264

Sec. 01: 6 Tuesdays, 6:30-9:30 pm. Begins October 7, Unified Arts Building, \$134.

The Art of Mosaics

Richard Youngstrom, Instructor

Contemporary mosaic art is a useful and practical skill for creating fine art images and sculpture, as well as household and yard items. Solidity, strength, resistance to moisture, and color fastness characterize all mosaics. Almost any durable material can be used for mosaic art: shards of ceramics; mirrors; broken dishes; pebbles, shells and beach glass; and found objects. This class will allow you to design and complete several mosaic projects, and to learn the basic skills necessary to create other work on your own. All materials, tools, and supplies will be provided; however, you are encouraged to find pieces to incorporate into your projects. Additional information will be mailed upon registration. A \$20 materials fee is payable to the instructor at the first class.

Course Code: R266

Sec. 01: 8 Thursdays, 6:30-9:00 pm. Begins October 2, Unified Arts Building, \$147.

Glass Flameworking Survey and Festive Figurines

Dave Weintraub, Instructor

Flameworking, or the art of manipulating molten hot glass using a localized heat source, is one of mankind's oldest crafts. The **Survey** course will introduce you to the modern incarnation of flameworking, using gas and oxy torches and steel tools to produce detailed marbles, and shapes. In **Festive Figurines**, we will make shimmering and colorful glass figurines. Beginners may join either class. In both sections, we'll cover topics such as basic safety and equipment operation, hot glass manipulation, glass color usage, and surface decoration. Participants will each have their own workstation, torch, tools, and glass. All materials are included in the course fee. Discounts or waivers do not apply.

Course Code: R328

Sec. 01 (Survey): 1 Saturday, 3:00-5:00 pm. November 8, meet at Fiamma Art Glass, 293 A Elliot Street, Newton Upper Falls, \$75.

Sec. 02 (Festive Figurines): 1 Saturday, 3:00-5:00 pm. December 6, meet at Fiamma Art Glass, 293 A Elliot Street, Newton Upper Falls, \$75.

Stained Glass Workshop

Michel L'Huillier, Instructor

Learn the copperfoil method and create a stained glass panel measuring up to two square feet in size. In this course, students of all levels will learn to cut glass accurately, and foil, solder, and patina. Students will develop quick sketches into a full-scale design, brought to life with shapes and textures, colors and light. All glass and tools are available from the instructor for \$85; however, you may bring your

own materials. A supply list will be mailed upon registration. A \$10 shop fee is included in the course fee.

Course Code: R004

Sec. 01: 9 Wednesdays, 6:30-9:30 pm. Begins October 1, Unified Arts Building, \$182 (\$172 plus \$10 shop fee).

Handbuilding and Wheel-Throwing

Margaret DeBruin and Marc Mancuso, Instructors

Section 01 is designed for beginning students who are interested in a survey of ceramic techniques. You will learn a variety of handbuilding methods, while also being introduced to the pottery wheel. Our guided projects will range from functional objects to whimsical sculpture. You'll learn about applying dozens of decorative accents, and be given the freedom to explore your own self-expression. In **Section 02**, for returning students or those with ceramics experience, the instructor will troubleshoot skills needing improvement, lead class exercises, demonstrate advanced techniques, and provide inspiration for further exploration. A \$45 materials fee is included in the course fee.

Course Code: R010

Sec. 01 (Beginning): 9 Mondays, 7:00-9:30 pm. Begins September 22, Unified Arts Building, \$201 (\$156 plus \$45 materials fee). DeBruin

Sec. 02 (Beyond Beginner): 9 Thursdays, 7:00-9:30 pm. Begins October 2, Unified Arts Building, \$201 (\$156 plus \$45 materials fee). Mancuso

Wheel-Throwing Workshop

Marc Mancuso, Instructor

Designed for students who are interested in a focused introduction to wheel-throwing, this course will stress the fundamentals of proper pot-throwing techniques. Whether you are new to pottery or a beginner brushing up on the basics, this workshop will provide instruction, guidance, and feedback as you work your way toward mastery. This general introduction will cover basic skills, control, and the subtle aspects of wheel-throwing and self-expression. Tools will be available for use during class; if you would like your own, toolkits can be purchased for \$17 from the BA&CE office on the first night of class. A \$45 materials fee is included in the course fee.

Course Code: R105

Sec. 01: 9 Tuesdays, 7:00-9:30 pm. Begins September 23, Unified Arts Building, \$192 (\$147 plus \$45 materials fee).

Pottery for Your Table

Kim Carmona, Instructor

Give your dining table a special and personal touch by creating your own ceramics. In this class you will learn to make napkin holders, candlesticks, vases, mugs, and plates. We'll begin class by creating simple items that will allow you to explore the features of pottery, both on the wheel and by handbuilding. We'll then progress to more difficult items that have standard dimensions. Once your work is

completed, you'll learn about glazing and how to fire your pieces. By the end of the class, you'll be ready to throw a dinner party and show off all of your new pieces. Please bring paper and pen to the first class. All levels welcome. A \$45 materials fee is included in the course fee.

Course Code: R263

Sec. 01: 8 Saturdays, 9:30 am-12:00 noon. Begins September 20, Unified Arts Building, \$192 (\$147 plus \$45 materials fee).

Beginning Jewelry and Silversmithing

Marcia Deluty, Jeweler

In this class you will learn the basic skills of jewelry making as you are guided through the design and fabrication of several sterling silver custom rings from concept to completion. We will cover basic tools, sawing, filing, sanding, beginning soldering, and surface texturing. Demonstrations of new ideas and techniques will be paired with hands-on work and guidance from the instructor. A \$50 materials fee is payable to the instructor at the first class. Additional materials will also be for sale. A \$25 shop fee is included in the course fee for equipment maintenance.

Course Code: R253

Sec. 01: 6 Tuesdays, 6:00-9:00 pm. Begins September 23, Unified Arts Building, \$159 (\$134 plus \$25 shop fee).

Intermediate and Advanced Jewelry and Silversmithing

Marcia Deluty, Jeweler

The **Intermediate** class is for those who have basic experience working with metals and gas-fueled torches. You will hone your skills while also learning stone setting, married metals, hollow construction, and advanced soldering techniques. A \$50 materials fee is payable to the instructor at the first class. The **Advanced Workshop** is for students who have completed the intermediate course or have equivalent experience. You will have the opportunity to work independently, and explore new ideas and techniques with guidance from the instructor. A \$30 materials fee is payable to the instructor at the first class. Additional materials will also be available for purchase. A \$25 shop fee is included in the course fee for equipment maintenance.

Course Code: R254

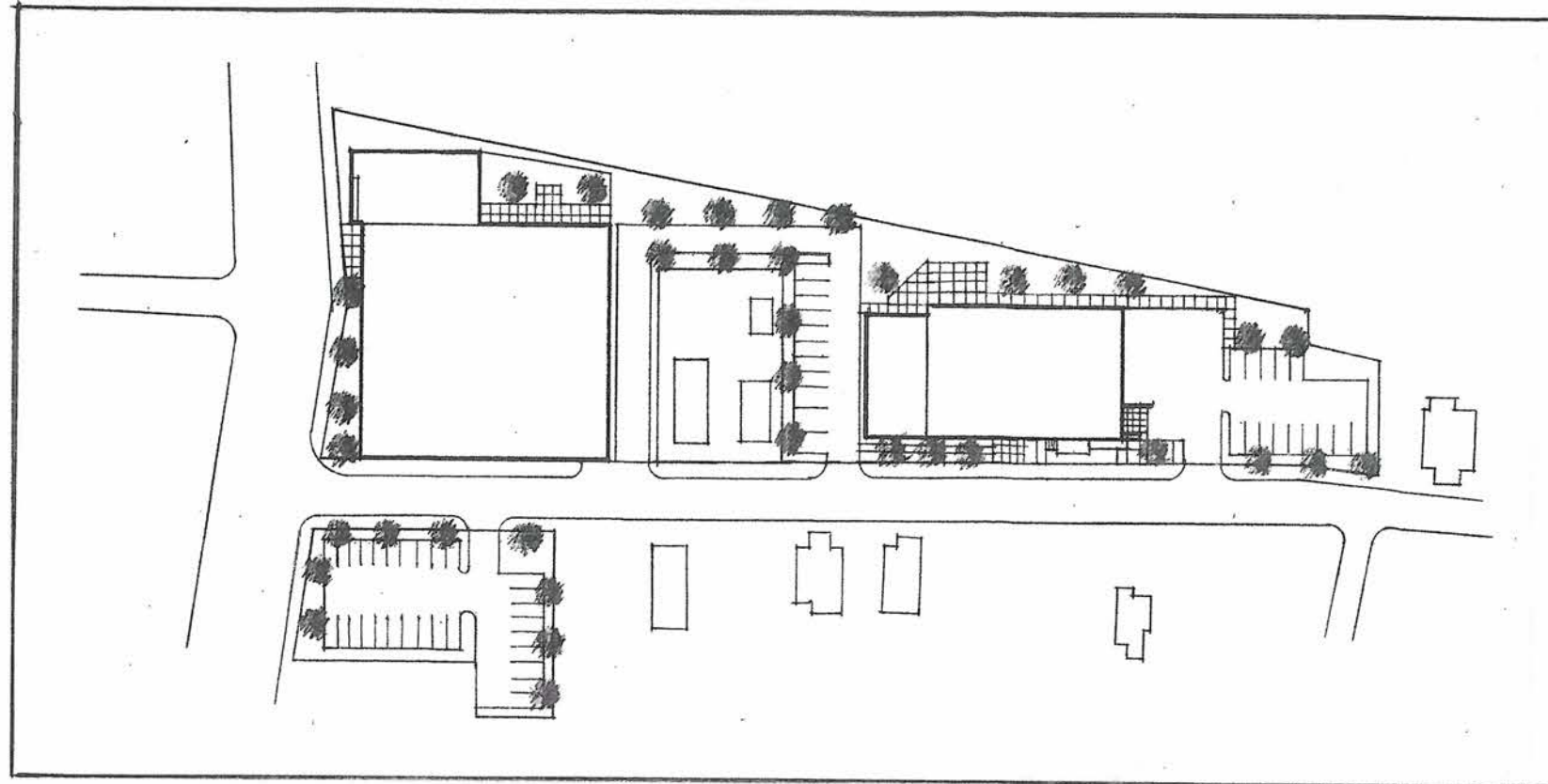
Sec. 01 (Intermediate): 9 Wednesdays, 6:00-9:00 pm. Begins October 1, Unified Arts Building, \$197 (\$172 plus \$25 shop fee).

Sec. 02 (Advanced): 9 Thursdays, 6:00-9:00 pm. Begins October 2, Unified Arts Building, \$197 (\$172 plus \$25 shop fee).

Knitting

Irina Taytslin, Instructor

This course is for those who are interested in learning hand knitting. In **Section 01**, for beginning-level knitters, we will cover basic stitches and various shaping techniques, cable stitch and other patterns, and correcting mistakes. Please bring a ball or skein of light-color worsted weight yarn, no. 7 or 8 needles, crochet hook size H or G, cable needle, and a

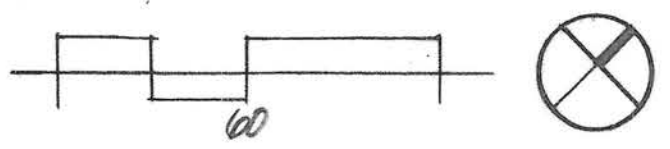
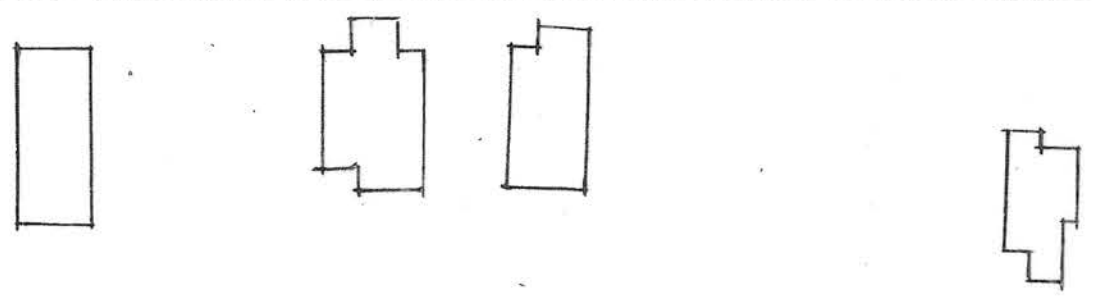
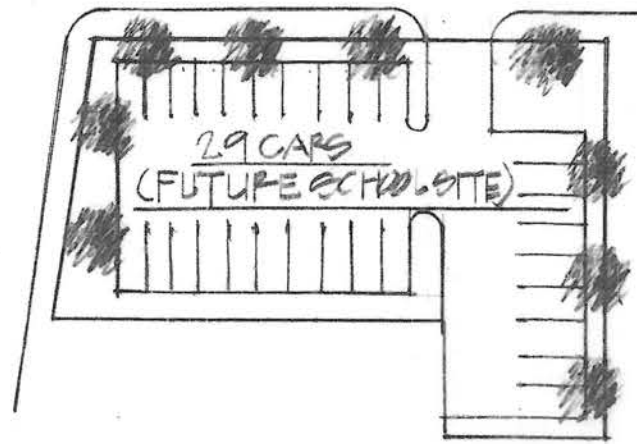
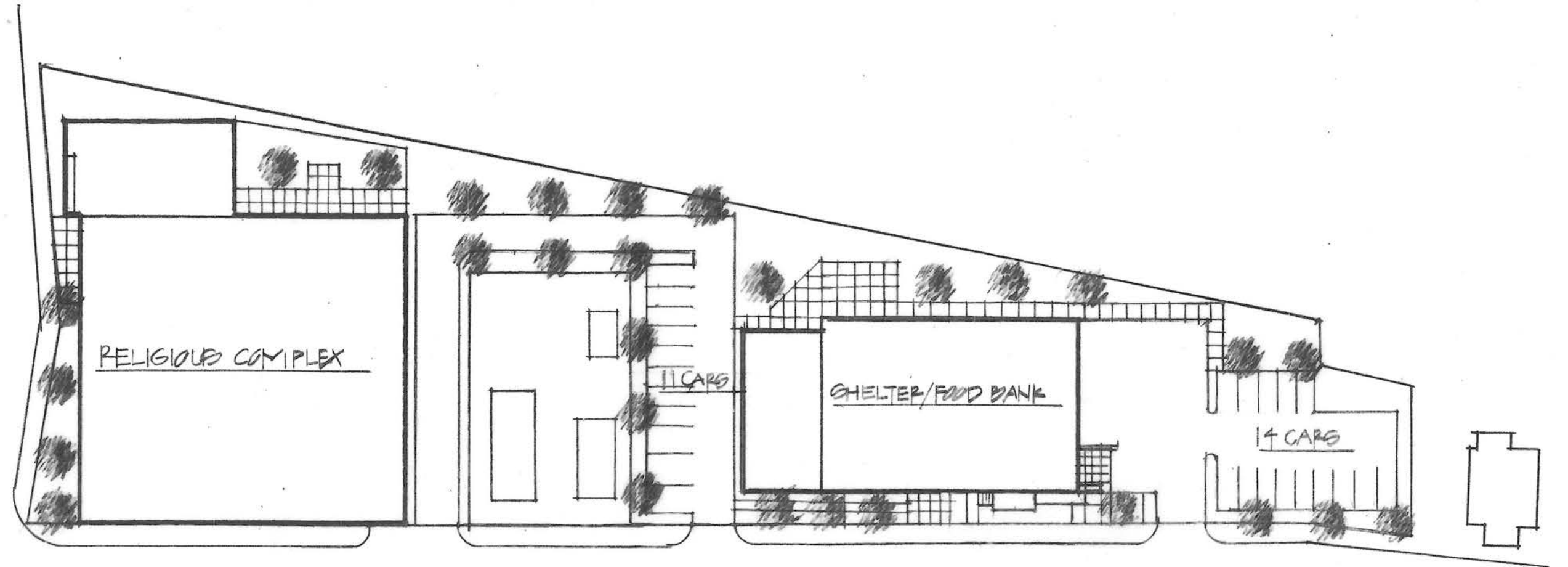


Proposed Project
COTE FORD RELIGIOUS COMPLEX
820 Cummins Highway
30 - 32 Regis Road
Two Vacant Parcels
(Cummins Highway & Regis Road)

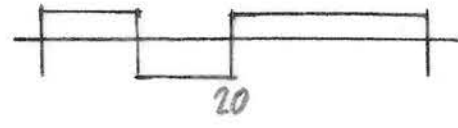
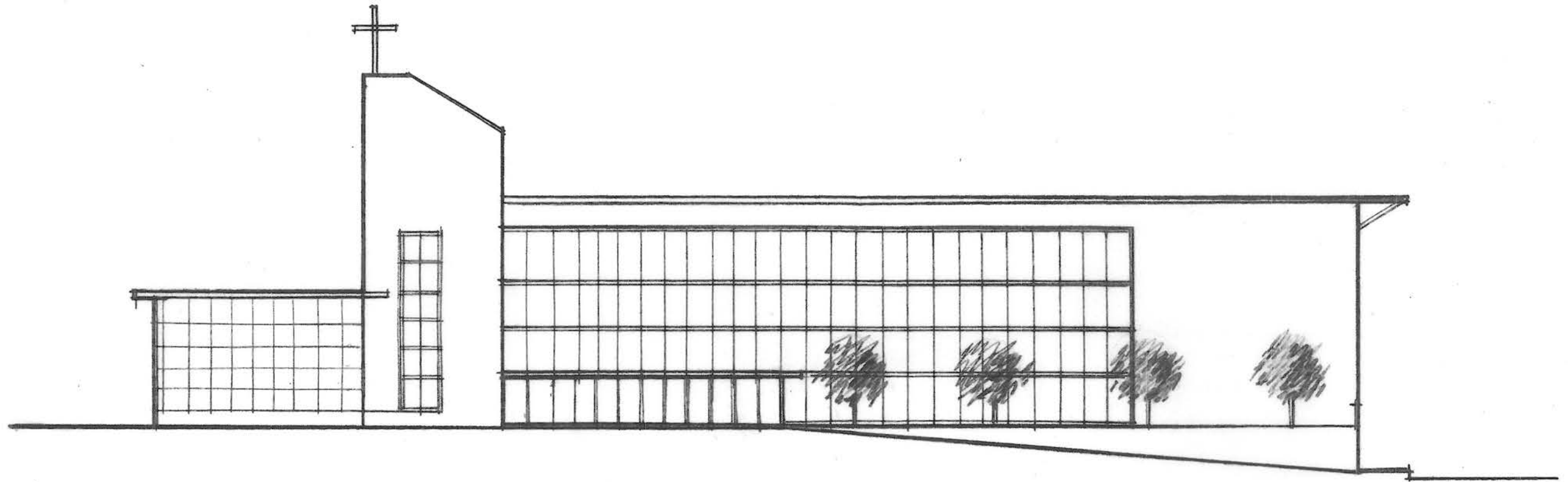


Architect
HEZEKIAH PRATT ARCHITECTURE + DESIGN
454 Lowell Avenue Newton, MA 02460
T 617.320.3749 hezpratt@aol.com

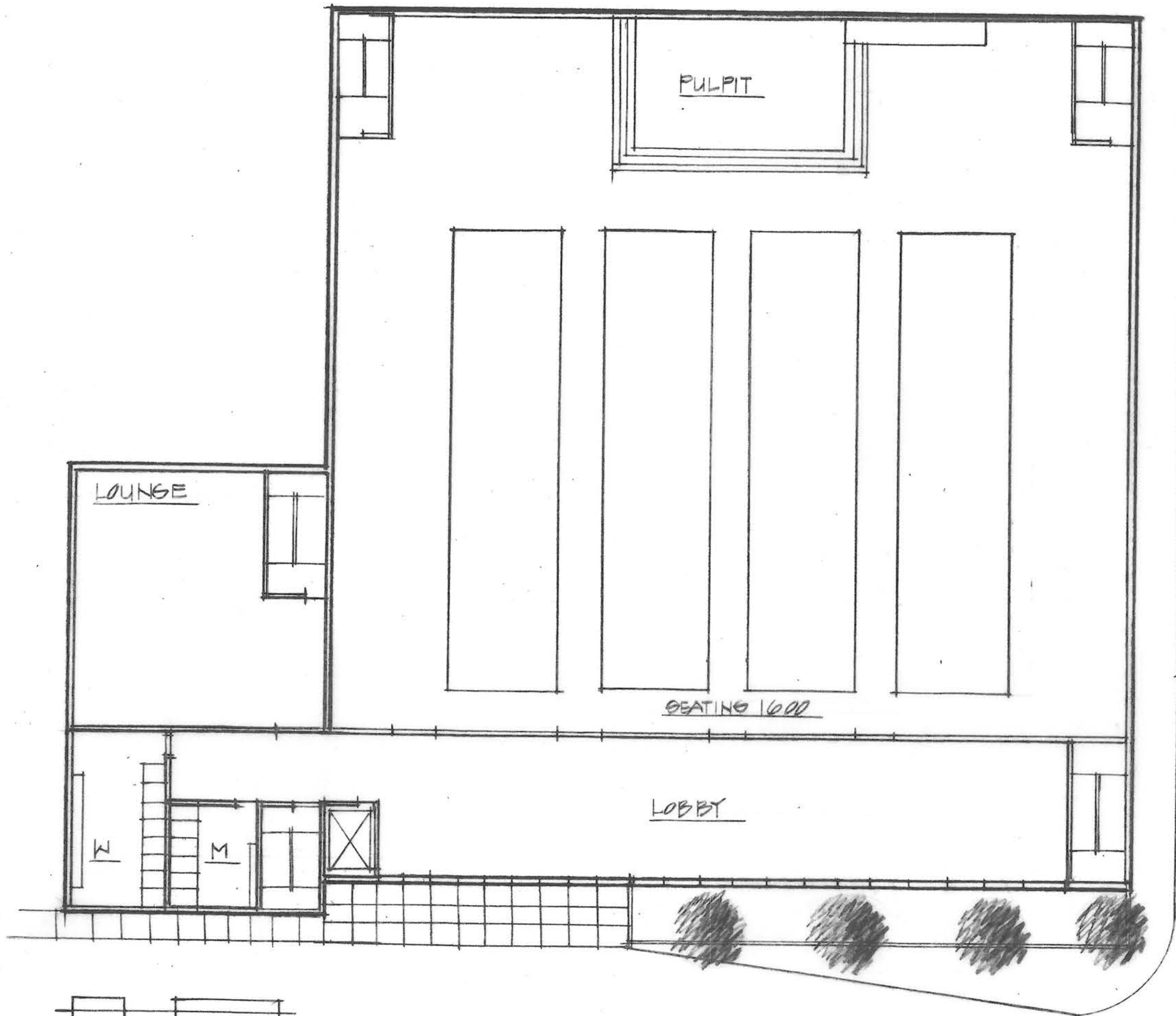
September 30, 2014



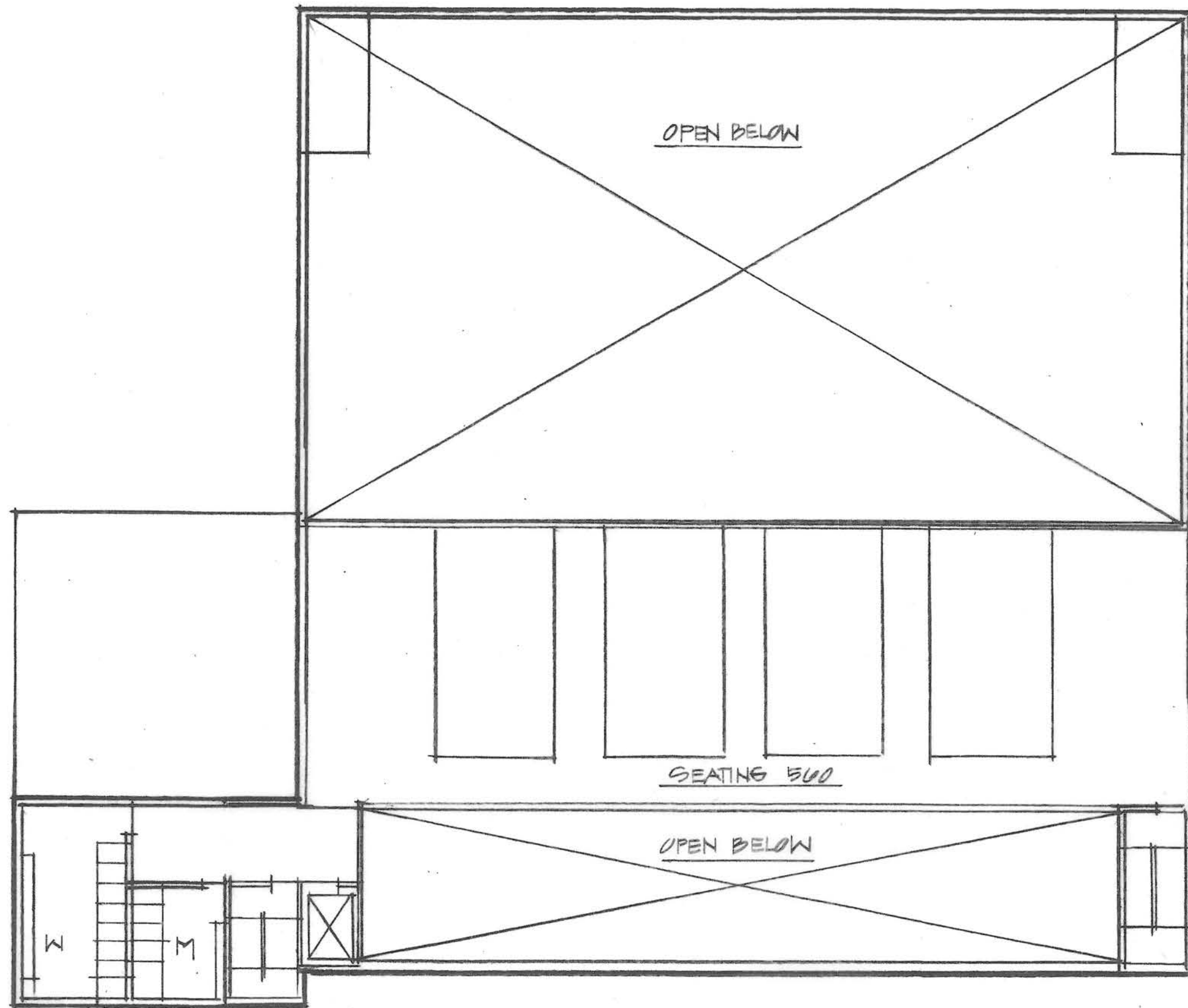
SITE PLAN A1
Scale: 1" = 60'-0"



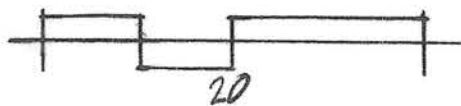
CHURCH COMPLEX
CUMMINS HIGHWAY ELEVATION A2
Scale: 1" = 20' - 0"

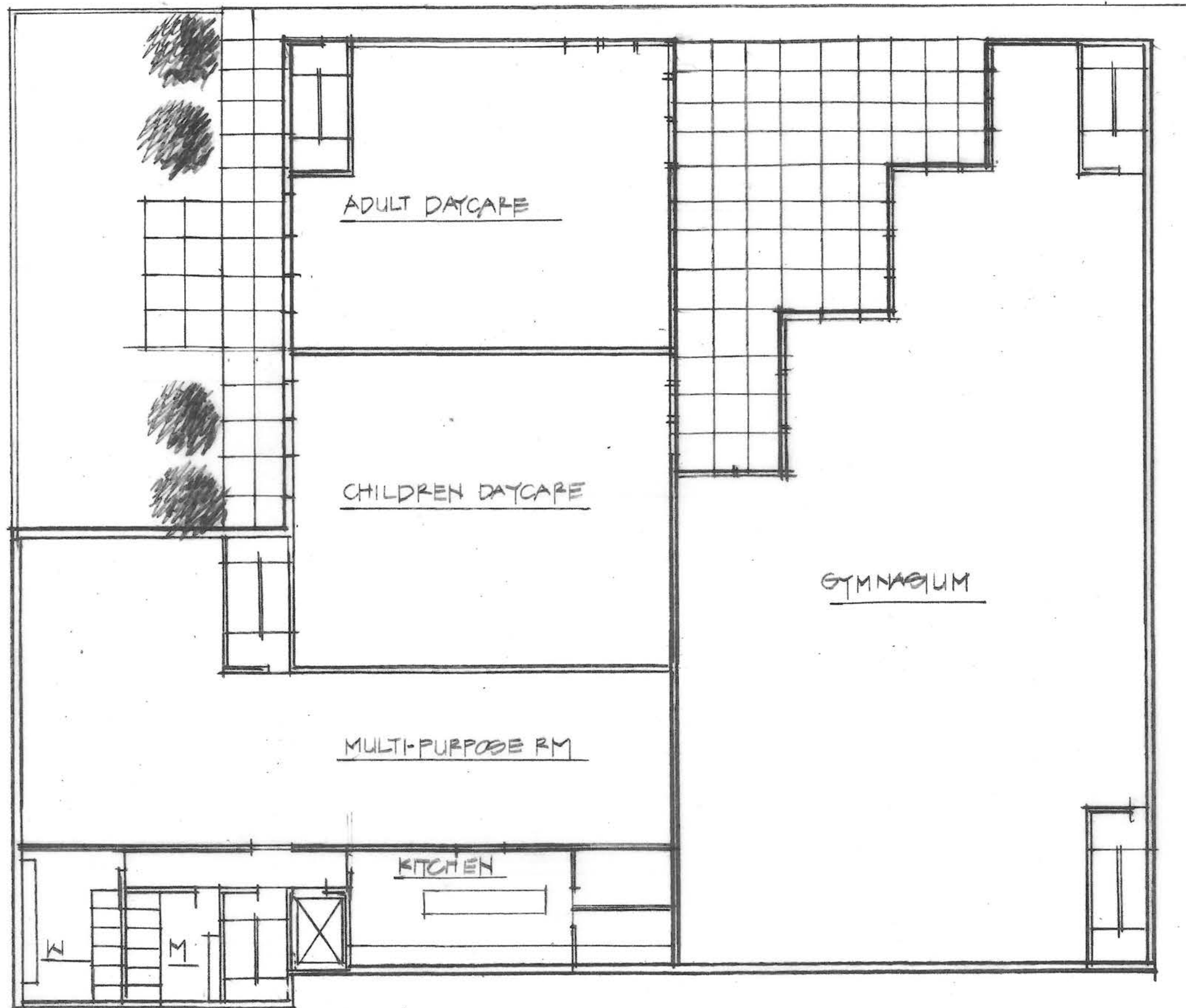


STREET LEVEL A3
Scale: 1" = 20 - 0"



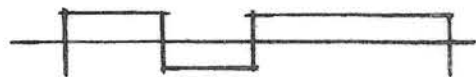
BALCONY LEVEL A4
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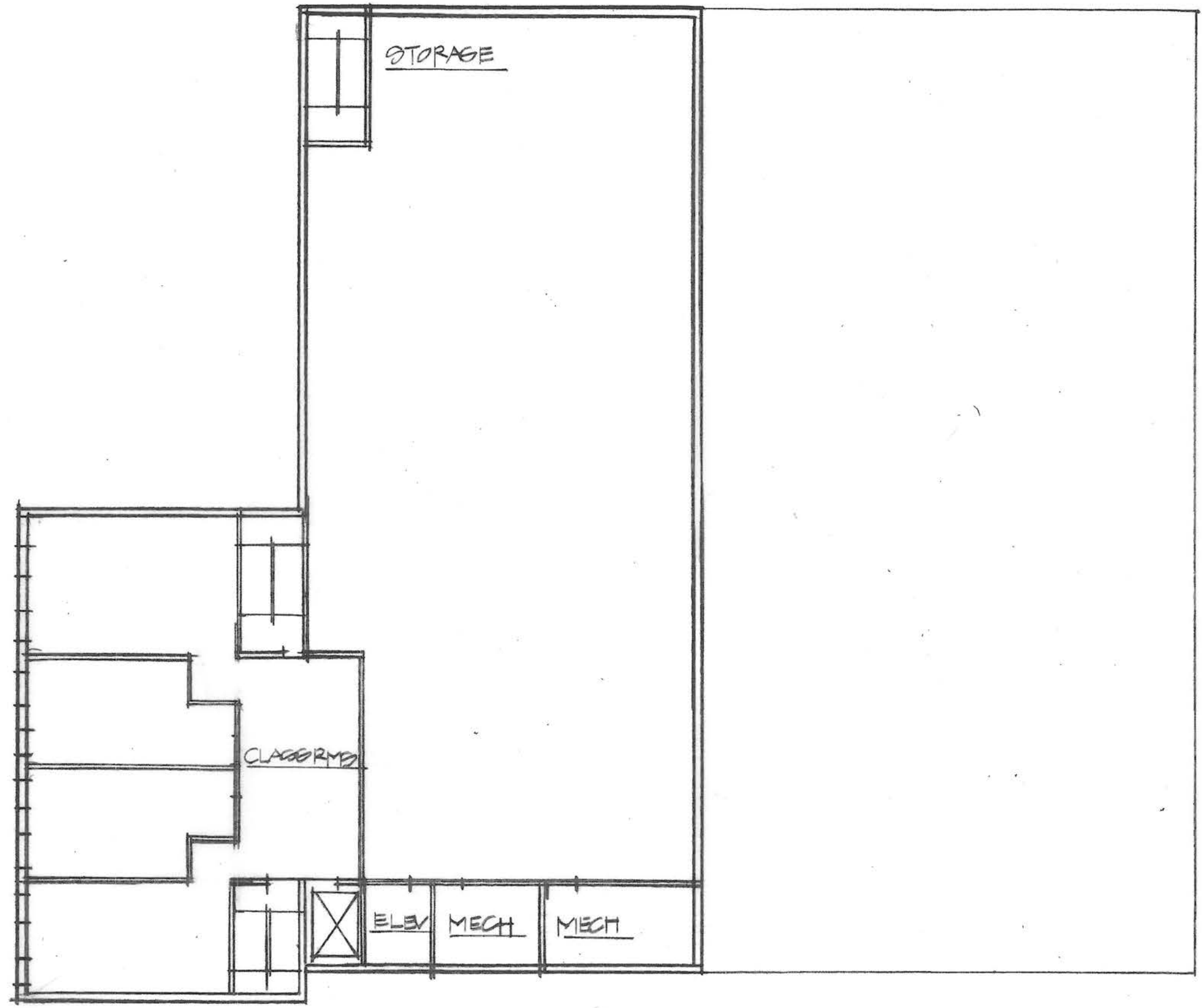




GROUND LEVEL A5

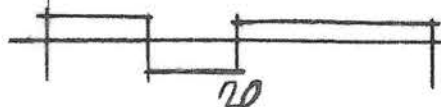
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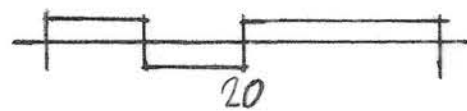
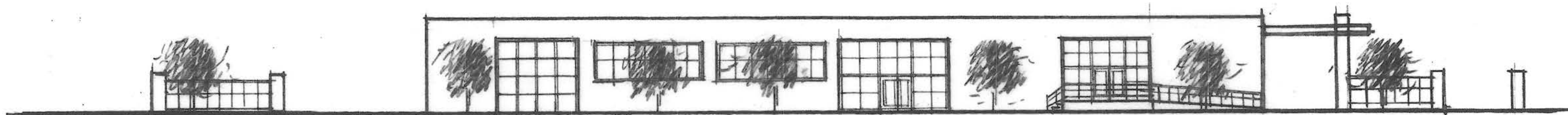




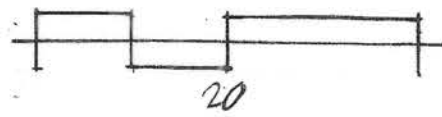
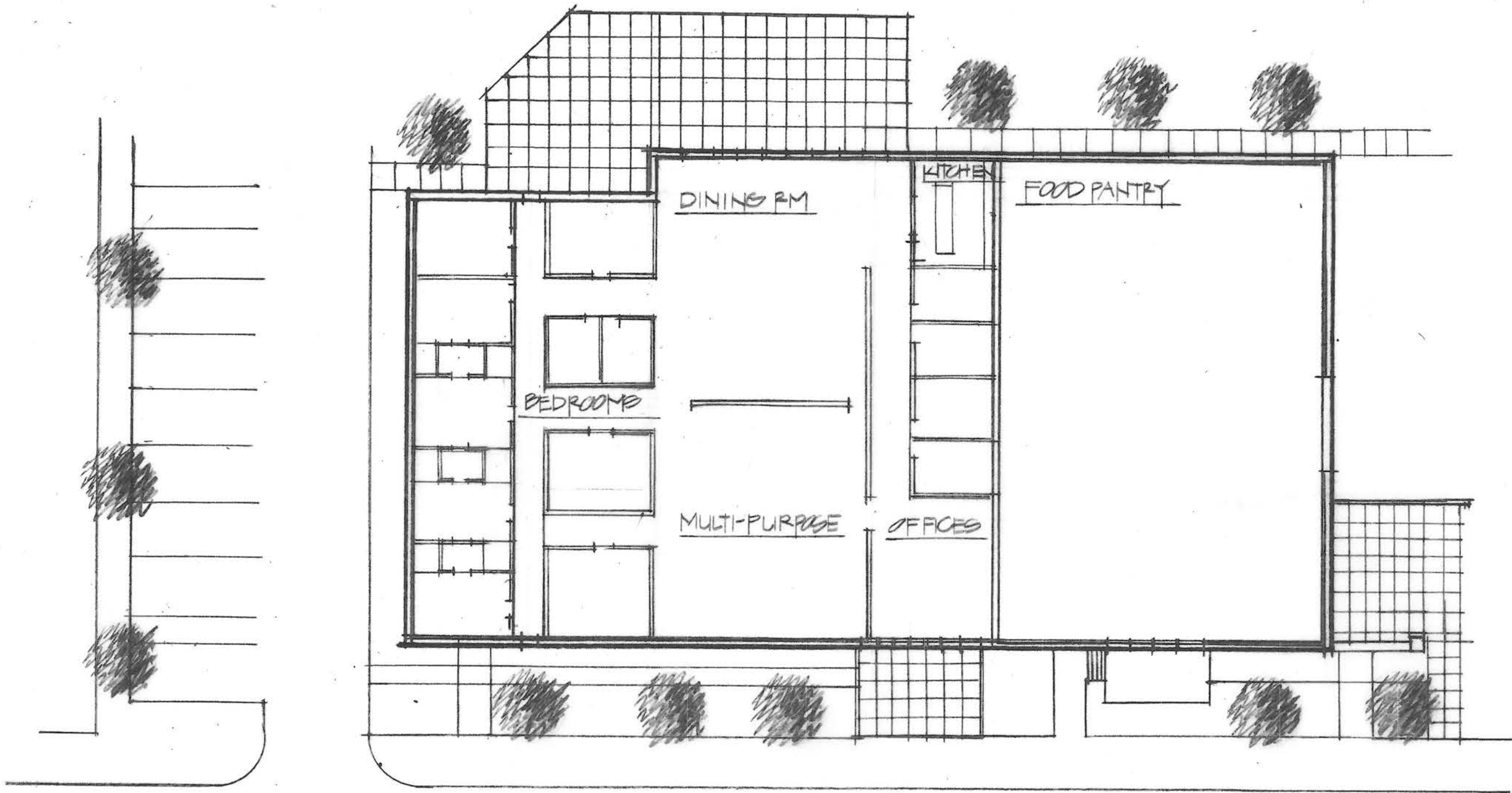
LOWER LEVEL A6

Scale: 1" = 20'-0"





SHELTER AND FOOD PANTRY
FRONT ELEVATION A7
Scale: 1" = 20'-0"



FLOOR PLAN A8
Scale: 1" = 20' - 0"