



WINTER SPRING 2022

Register online at
ChelmsfordCommunityEd.com



FROM THE DIRECTOR

Happy New Year! As we begin our Winter/Spring 2022 session, we cannot help but reflect on the past two years of challenges that we, as a community, have faced. We have been inspired and reinvigorated by the strength, perseverance, positivity, and incredible adaptability we have witnessed from so many of you.

Throughout time, our mission has never waived. We strive to bring the best, most diverse programming to the community in an effort to bring people together in a space that fosters learning, creativity, and an overall enrichment to the lives of those who participate. This programming season is no different. We hope you will find activities in this catalog that spark your interest and support the pursuits of some of your personal goals in this new year.

As always, we rely on feedback from our Community. Please reach out to us if there are courses you would like to see offered in the future, or have a special knowledge or skill that you would like to share.

For more information please visit our website at **ChelmsfordCommunityed.com**, or call us at **(978) 251-5151**.

Robyn Adams
Director

WINTER / SPRING

2022

TABLE OF CONTENTS

Important Information	1	Charcuterie	
Youth Programs	3	Charcuterie	10
Test Prep		Languages	
SAT Preparation, Verbal	3	American Sign Language for Beginners I	10
SAT Preparation, Math	3	American Sign Language for Beginners II	10
Recreation & Fitness		NEW (virtual): Intermediate Spanish	10
NEW: Archery for Kids / Teens	3	Technology	
NEW: Spring Tennis	3	NEW: Organizing Your PC	11
NEW: Street Hockey with Skyhawks	4	NEW: Cut the Cable: Your TV Options in The Digital Age	11
NEW: Hula Hooping for Health	4	Microsoft Word 2016	11
The Arts		Microsoft Excel 2016 Intermediate	11
Fine Arts for Kids	4	Microsoft PowerPoint 2016	11
Learn To Draw for Kids	4	NEW: I've Turned My Computer On, Now What?	11
Hobbies		NEW: Cyber Security: Protecting Yourself in The Digital World	12
Chess for Kids	5	NEW: Ask the Expert: Computers 101	12
Special Interests		Health & Wellness	
Home Alone	5	NEW: Reiki Level 1	12
Etiquette Skills for Kids	5	New Science for Care of ADD / ADHD	12
Etiquette Skills for Teens	5	Fact From Fiction: The Truth About Weight Loss	12
NEW: Interview Skills for Teens	6	Stress Without Distress: Proven Methods to Keep Stress Under Control	13
NEW (virtual): Metrocraft	6	Training & Certification	
Blast Babysitting & CPR Certification	6	First Aid & CPR Certification	13
Adult Programs	7	Fitness & Recreation	
The Arts		Yoga for All Levels	13
Beginning Drawing for Adults	7	Hula Hooping for Health	13
Intermediate Drawing for Adults	7	Get Moving With Zumba!	14
Hobbies		Bollywood Dancercise	14
Sewing	7	Trips	
Knitting	7	Important Trip Information	14
Cooking		Relationships	
A Night of Soups	8	NEW: The Heartbreak to Boundaries	
Italian Farmhouse Cooking	8	Relationship Bootcamp	14
Dolce: Italian Desserts	8	Special Interest	
Regional Italian Cooking	8	Getting Paid To Talk, Making Money With Your Voice	15
Italian Summer Dinner	8	You Can Afford College <i>IF</i>	15
The Art of Pasta Making	8	NEW: Geneology: I Have My DNA Test Results... Now What?	15
Risottos	9	Finding The Right Fit: The College Admissions Process	15
Havana Nights	9	Childcare	16
Mardi Gras! New Orleans Cooking	9	Town News	18
Asian Fusion: China & Thailand	9		
Cooking from Morocco	9		

INFO

IMPORTANT INFORMATION

How to Register

Online registration is available at **ChelmsfordCommunityEd.com**. Our online registration system requires that you create an account with a user-name and password. Your new account will let you register and pay online with a credit card. Online accounts will provide CommEd with emergency contacts, medical information, etc. in order for us to serve you better. Please call us at **978-251-5151** if you have any questions.

When Does Registration Begin?

Registration opens as soon as classes are posted online at **ChelmsfordCommunityEd.com**. We recommend customers register at least two weeks before classes begin. Classes with low enrollment risk cancellation. Registering early gives the best chance of classes running. There are no drop-in's for classes. Registration ends one week prior to the start date for each class.

Registration Confirmation

You are officially enrolled as soon as we receive your payment. An email address is required for a confirmation email to be sent to you from Chelmsford CommEd.

Who Can Enroll?

Residents of Chelmsford and non-residents are welcome to enroll in our classes at the same tuition. Adult classes are open to ages 18+. Under-enrolled classes may be cancelled up to seven days prior to start date, so please register early.

Course Withdrawal & Refunds

Refunds for courses are handled as follows:

1. A full refund will be given when a class is cancelled due to low enrollment.
2. A full refund, minus a \$10 processing fee, will be given for a cancellation more than 15 days prior to a class start date.
3. A full credit will be given for a cancellation 8 – 15 days prior to the class start date. Credits expire one year from date of issue.
4. No refund or credit will be given for cancellations 7 days or less prior to class start date.
5. All classes are non-transferable. If you are unable to attend a class, for any reason, any attempt to transfer your registration to another person will not be honored.
6. Refund payments require up to a 30 day processing period.
7. Trips have a different refund policy. Please refer to individual trip information for details.
8. To request a refund, e-mail **adulted@chelmsford.k12.ma.us**

Discounts

A \$10 discount is given to senior citizens 65 and over. Senior Citizen discounts do not apply to one or two night classes. Students have one week from date of registration to contact CommEd to arrange for discount. Discounts will not be given after the class has begun.

Course Cancellations

All classes are offered pending sufficient enrollment and are subject to cancellation at the discretion of CommEd. If a class must be cancelled, you will be notified approximately one week prior to the class start date.

Weather Closings

The decision to cancel evening classes due to inclement weather will be made by 3 pm. Check our website at **ChelmsfordCommunityEd.com**, check your email for email updates, or call the CommEd office at **978-251-5151**. Please do **not** call the High School.

Our Locations

Classes on Monday and Wednesday are held at the **CommEd building, 170 Dalton Rd, Chelmsford, MA 01824**. Classes on Tuesday and Thursday are held at **Chelmsford High School, 200 Richardson Rd, North Chelmsford, MA 01863**.

Questions

For questions regarding classes, registration, and dates contact Colleen Smith at **978-251-5151 x 6091** or **adulted@chelmsford.k12.ma.us**.

For questions regarding childcare, contact Michele Pielecki at **commed@chelmsford.k12.ma.us** or **978-251-5151 x 6092**.

COVID Policy

The Chelmsford School District Superintendent's office requires the use of masks for all people, regardless of vaccination status, when inside any school building. For more details on our covid refund policy, visit ChelmsfordCommunityEd.com.

Ed2Go Online Classes

CommEd offers a wide range of highly interactive courses that you can take entirely over the internet. Online courses are brought to you through colleges and universities that employers know. All online courses are led by expert instructors, and are affordable, fast and convenient. Visit our ed2go website for information on classes in Accounting and Finance, Business, Computer Applications, Grant Writing, Personal Development and many more! For information and enrollment go to **www.ed2go.com/ChelmComEd**

Music Lessons

CommEd offers music lessons in voice, piano, violin, viola, cello, guitar, bass, ukulele, flute, clarinet, and saxophone. Our qualified instructors are recruited and supervised by CommEd and the Chelmsford Public Schools Fine and Performing Arts Department.

For lesson availability and pricing go to **ChelmsfordCommunityEd.com**. Contact Colleen Smith at **smithc@chelmsford.k12.ma.us** or **978-251-5151, x6091** with questions.

Mission Statement

Chelmsford Community Education is a self-sustaining branch of the Chelmsford Public Schools. Learning is a lifelong pursuit, with areas of interest and needs that are vast. Accordingly, our goal is to offer a wide variety of programs.

The selections range from academics, enrichment, sports and recreation to childcare services. We strive to provide high quality classes, programs and activities at an affordable price for students of all ages.

YOUTH

TEST PREP

SAT Preparation, Verbal

Instructor: Bethany Carlson

This course prepares students for the SAT Verbal test by analyzing the different types of SAT verbal questions and developing test-taking strategies. You will increase your vocabulary through direct study, word analysis and by practicing test taking through extensive use of SAT tests. SAT workbook included. Bring a pencil and pen to class.

Location: CHS Room 212 **Age:** 14 & up

7 Tuesdays, Begins March 8, 7:00-9:00pm, \$139
Register for both Math and Verbal for just \$249

SAT Preparation, Math

Instructor: Bethany Carlson

This class prepares students for the SAT Math test. It is designed to reduce anxiety and increase test scores. SAT workbook included. Bring a pencil, pen and graphing calculator to class.

Location: CHS Room 212 **Age:** 14 & up

7 Thursdays, Begins March 10, 7:00-9:00pm, \$139
Register for both Math and Verbal for just \$249

**Register NOW at
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RECREATION & FITNESS

NEW: Archery for Kids / Teens

Instructor: Bob Wait

Come join us this winter and learn one of the fastest growing sports in the country - Archery! Beginners and all skill levels are welcome. The Archery program is taught by a certified USA archery level 3 coach from On Site Archery. In this program, you will learn proper archery range procedures, safety and how to shoot a bow and arrow through a step by step approach. All equipment will be provided by On Site Archery.

Kids Location: CommEd Gym **Grades:** 3-5

Session 1: 5 Mondays, Begins January 24, 6:00-7:00pm, \$130
Session 2: 5 Mondays, Begins March 14, 6:00-7:00pm, \$130
Session 3: 5 Mondays, Begins April 25, 6:00-7:00pm, \$130

Teen Location: CommEd Gym **Grades:** 6-12

Session 1: 5 Mondays, Begins Jan 24, 7:15-8:15 pm, \$130
Session 2: 5 Mondays, Begins March 14, 7:15-8:15 pm, \$130
Session 3: 5 Mondays, Begins April 25, 7:15-8:15 pm, \$130

NEW: Spring Tennis

Instructor: Marcel Gamache

Get ready for summer with this 5-week session! This program is designed for players of all abilities - from beginner to an advanced level, regardless of age. Lessons will be broken up by age (U6, U10, U16) and will be on Saturday mornings for 5 weeks.

Location: CHS Outdoor Tennis Courts **Ages:** 4-15

U6 Level: 5 Saturdays, Begins April 30, 9:00-10:00am, \$125
U10 Level: 5 Saturdays, Begins April 30, 10:00-11:00am, \$125
U16 Level: 5 Saturdays, Begins April 30, 11:00-12:00pm, \$125

NEW! Street Hockey with Skyhawks

Instructor: Skyhawks Sports Academy

Score a winning goal with our Street Hockey classes. Coaches will teach the key concepts of passing, shooting, defense, stick handling and speed. Specifically designed for beginning and intermediate players, this program teaches athletes street hockey skills along with lessons such as respect, teamwork, responsibility, and safety (no checking). Plastic sticks and balls will be provided. No skates allowed; shoes required.

Location: CHS Outdoor Basketball Court **Ages:** 7-9

7 Thursdays, Begins January 27, 5:00-6:00pm, \$99

Hula Hooping for Health

Instructor: Jennifer Aucoin

Our hula hooping class for children and teens (ages 8-17) is a total blast! Hula Hoop fitness will improve coordination, increase flexibility, and build core strength! Your child or teen will experience the excitement of hoop dance through learning fun tricks on and off the body (or through learning fun tricks in and out of the hoop)! Modifications are available to accommodate any level student, from beginners to advanced. Hoops will be provided in-class for use or students may bring their own. Please remember to wear typical workout gear, such as shorts, leggings, tank tops, and t-shirts.

Location: CHS Cafe 1 **Ages:** 8-17

8 Tuesdays, Begins February 1, 6:00-7:00pm, \$70

THE ARTS

Fine Arts For Kids

Instructor: Gopika Luthra

In this class, students will work with acrylics on canvas, mixed media sheets and watercolor sheets to learn different techniques to achieve particular effects. They will also learn different color mixing techniques. Creativity of each student is encouraged in the class. Students will be given tips & techniques according to their age group so that they can learn and enjoy painting. A \$25 material fee payable to the instructor will be collected the first day of class. Students should bring an old shirt or smock to wear while painting.

Location: CHS Room 253 **Grades:** 1 - 4

Session 1: 5 Tuesdays, Begins January 25, 6:00-7:00pm, \$59

Session 2: 5 Tuesdays, Begins March 22, 6:30-7:30pm, \$59

Learn To Draw For Kids

Instructor: Gopika Luthra

In this class we will start with basics. Students will learn about drawing shapes, proportions, depth (perspective) and shading. The class will cover projects that will give a basic understanding of these concepts to go to the next level. Please bring a sketch book, sketching pencils, pencil sharpener, ruler, and colored pencils to class.

Location: CHS Room 253 **Grades:** 1 - 4

Session 1: 5 Thursdays, Begins January 27, 6:00-7:00pm, \$59

Session 2: 5 Thursdays, Begins March 24, 6:30-7:30pm, \$59

HOBBIES

Chess for Kids

Instructor: Chess Wizards

Enter into a magical and exciting world of chess! You will participate in epic chess games, fun and interactive lessons, tournaments, team matches, trivia, and more! Our specialized classes are a blast for everyone! Whether you have been playing chess for your entire life and want to improve, are brand new to the game, or you just want to have a fun experience with your friends - this is the class for you! This program is for all levels of ability - from beginners to more advanced players.

Location: Commed Room 21 **Ages:** 6 - 12

Session 1: 6 Wednesdays, Begins Jan 26, 5:30-6:30pm, \$120

Session 2: 6 Wednesdays, Begins Mar 30, 5:30-6:30pm, \$120

SPECIAL INTERESTS

Home Alone

Instructor: Janet Cullinane

Does your child know what to do in an emergency or if a stranger comes to the door? The Home Alone Program is designed to teach children simple rules and procedures for responsible self-care. The class will have a discussion concerning these very important issues. Participants will receive a certificate of completion.

Location: Commed Room 17 **Ages:** 8-12

1 Wednesday, June 1, 5:30-7:15pm, \$29

Etiquette Skills for Kids

Instructor: Nikki Sawhney

Give your child a strong foundation in social graces, dining, etiquette, and interpersonal skills. Our goal is to empower them with confidence and propel them towards personal and professional success. Communication is the most important key to leadership success. However research shows that in today's age of social media, with a decrease of face-to-face conversations, interpersonal skills are on the decline. In our etiquette classes, we aim to instill life skills, social consideration, and mutual respect as we believe that etiquette leads to civility in the home, school, and society that we live in.

Location: Tuesday/Thursday CHS Staff Dining Room. Monday/Wednesday Commed Room 21

Grades: 2-7

Dining Etiquette, 1 Tuesday, January 25, 6:30-8:00pm, \$65

Social Skills, 1 Monday, February 28, 7:00-8:30pm, \$60

Dining Etiquette, 1 Wednesday, March 16, 5:45-7:15pm, \$65

Restaurant Ready, 1 Wednesday, March 16, 7:30-8:30pm, \$50

Conversational Skills, 1 Monday, March 28, 7:00-8:00pm, \$50

Social Skills, 1 Tuesday, April 12, 6:30-8:00pm, \$60

Etiquette Skills for Teens

Instructor: Nikki Sawhney

Give your child a strong foundation in social graces, dining, etiquette, and interpersonal skills. Our goal is to empower them with confidence and propel them towards personal and professional success. Communication is the most important key to leadership success. However research shows that in today's age of social media, with a decrease of face-to-face conversations, interpersonal skills are on the decline. In our etiquette classes, we aim to instill life skills, social consideration, and mutual respect as we believe that etiquette leads to civility in the home, school, and society that we live in.

Location: Tuesday/Thursday CHS Staff Dining Room. Monday/Wednesday Commed Room 21

Grades: 8-12

Dining Etiquette, 1 Thursday, February 10, 5:45-7:15pm, \$65

Restaurant Ready, 1 Thursday, February 10, 7:30-8:30pm, \$50

Dining Etiquette, 1 Wednesday, April 27, 5:45-7:15pm, \$65

NEW Interview Skills for Teens

Instructor: Nikki Sawhney

Think back to your first job interviews. Did you know what to expect or say? Interviewing can be a stressful experience for teens whether they are looking for their first job or going to their first college interview. Practice face-to-face conversations to boost interpersonal skills and reduce anxiety. Learn important talking points and conversation starters to help you have successful interactions for any interview situation.

Location: Commed Room 21 **Grades:** 8-12

1 Wednesday, April 27, 7:30-8:30 pm, \$50

NEW VIRTUAL CLASS: Metrocraft

Instructor: Right Brain Curriculum

Design and Govern a Minecraft City! Students learn economics, civics, geometry, and technology as they work together to create a city within a virtual Minecraft-type world. Students design their own house and business and learn how real cities are governed. As they serve on the city council, they study how laws are made while working together to create their own constitution of laws. Students use mathematics and geometry to construct a working urban environment as they serve on a city council that responds to natural disasters and challenging city issues. STEM learning has never been so fun! Check out the class in action:

https://www.youtube.com/watch?v=H_STArKpHTE

Location: Virtual **Ages:** 8-14

6 Tuesdays, Begins February 1, 4:00-5:30pm, \$139

Blast Babysitting & CPR Certification

Instructor: Juanita Allen Kingsley

Potential babysitters will learn how to handle the basics of infant and childcare. Topics you will cover range from how to react responsibly to medical emergencies, how to perform first aid for common childhood injuries and illnesses, how to set-up and run your own babysitting business and how to entertain with games and songs. Participants receive a certificate of completion, easy to follow first aid instructions and a sitter checklist to copy for each job. This training course is for potential teenage babysitters, taught by an EMT. The BLAST! (Babysitter Lessons and Safety Training) program provides training in pediatric first aid, household safety, and the fundamentals of childcare. In addition, this course helps prepare children to interview for a babysitting job, select safe and suitable games and activities, prevent accidents, perform basic first aid and begin babysitting safely and competently. Participants will also be certified in CPR/AED.

Location: February 7 Commed Room 15, April 26 CHS Career Center **Ages:** 11-13

Session 1: 1 Monday, February 7, 5:30-8:30pm, \$85

Session 2: 1 Tuesday, April 26, 5:30-8:30pm, \$85

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ADULTS

THE ARTS

Beginning Drawing For Adults

Instructor: Deb Arsenault

This fun, 4-week drawing course will help the beginning artist take their stick figures to a new level. Foundation principles will be taught so that by the end of this course, students will have the confidence they need to draw what inspires them. Topics Include: Drawing Tools, Line & Form, Values, Composition, Contours, Ellipses and Perspective. Please bring a sketch book, graphite pencil kit, pencil sharpener, ruler and kneaded eraser.

Location: CommEd Room 15 **Ages:** 18+

4 Wednesdays, Begins March 30, 6:30-8:30pm, \$59

Intermediate Drawing For Adults

Instructor: Deb Arsenault

This 4-week class builds on what was learned in the beginners class. It is designed to take the intermediate student to the next phase in their artistic development. Leave those drawing insecurities outside the studio door through a series of drawing exercises. Please bring a sketchbook, graphite pencil kit, pencil sharpener, ruler and kneaded eraser.

Location: CommEd Room 15 **Ages:** 18+

4 Wednesdays, Begins May 4, 6:30-8:30pm \$59

HOBBIES

Sewing

Instructor: Therese Quinn

This class is based on your own individual project. The first class is held at Jo-Ann Fabrics in Westford, where you receive help in choosing a pattern, fabric, and the items you will need to purchase. In the following classes, held at Chelmsford High School, you will learn how to measure correctly, read, adjust, cut out a pattern, and, finally, put it all together. Please bring your own sewing machine to class. By using your own machine you will become more familiar with all that your machine has to offer.

Location: CHS Room 109 **Ages:** 18+

10 Tuesdays, Begins February 1, 6:00-8:45pm, \$149

Knitting

Instructor: Dale Keothe

Would you like to learn how to knit? Do you know how to knit but would like to tackle a more challenging project or learn a new knitting skill? This class is open to anyone interested in knitting. Beginners will learn how to cast on, knit, purl, and cast off while knitting a small class project. Continuing knitters should either bring their own projects or the instructor will provide a project in class for the cost of the materials. Beginners should bring a ball of medium weight yarn number 4 (preferably a light color wool) and size 6, 7 or 8 straight or circular knitting needles to class.

Location: CHS Main Office Conference Room
Ages: 18+

6 Tuesdays, Begins January 25, 6:30-8:30pm, \$83

COOKING

A Night of Soups

Instructor: Diane Manteca

Come in from the cold with Chef Diane Manteca to prepare a tasty Portuguese Kale & Chorizo Soup, and a Cuban Black Bean Soup. Next spoon into New England Seafood Chowder, and Indian Red Lentil & Sweet Potato Soup. Some soups are a meal unto themselves, some round out a special dinner, and all are healthy.

Location: CHS Kitchen **Ages:** 18+

1 Thursday, February 3, 6:00-9:00pm \$58

Italian Farmhouse Cooking

Instructor: Diane Manteca

Italy is famous for their rustic cooking... fresh from the farm. Travel to Umbrian's countryside with Chef Diane Manteca and learn regional farmhouse cooking. The focus of this class will be on rustic, simple recipes that highlight ingredients and flavors reminiscent of the Italian countryside. Diane will demonstrate how to make Umbrian Pork Ragu to serve with pasta, Baked Stuffed Eggplant, Roasted Prosciutto Wrapped Asparagus, and their famous Pastry Wrapped Pears with Fig Jam. Celebrate the heart and soul of Italy and enjoy a meal worthy of a farmer's table.

Location: CHS Kitchen **Ages:** 18+

1 Thursday, February 17, 6:00-9:00 pm, \$58

Dolce: Italian Desserts

Instructor: Diane Manteca

Italians don't leave desserts up to chance and have developed a repertoire of classic sweets that satisfy palates around the world. Join Chef Diane Manteca and celebrate classic Italian Desserts, including Ricotta Pie, Classic Tiramisu and Italian Fruit Crostada.

Location: CHS Kitchen **Ages:** 18+

1 Tuesday, February 8, 6:00-9:00 pm, \$58

Regional Italian Cooking

Instructor: Diane Manteca

No matter where you go in Italy, the food is always fabulous from region to region. Join Chef Diane, who has travelled around Italy, eating and cooking! In this class we will be making dishes from Calabria, Lombardy, Emilia Romagna and Abruzzo. Dishes will include Calabrian Cauliflower Salad, Mussels with Saffron, Pasta with Roasted Peppers, Peas and Cream, and Chicken "Osso Bucco." Go away from class with new recipes that you will enjoy cooking in your own home for years to come.

Location: CHS Kitchen **Ages:** 18+

1 Thursday, April 12, 6:00-9:00 pm, \$58

Italian Summer Dinner

Instructor: Diane Manteca

With summer arriving, the Italians know their stuff when it comes to flavorful, seasonal ingredients and light meals. Join Chef Diane and create this full course dinner for warm weather cooking. We will make Asparagus, Prosciutto & Ricotta Salad with Balsamic Dressing, Chicken "Involtini" stuffed with fresh arugula pesto & roasted peppers, Pasta with heirloom tomato sauce, and Lemon Mascapone Berry Parfait. This summer, recreate this dinner for patio summer dining for yourself, friends, or family.

Location: CHS Kitchen **Ages:** 18+

1 Thursday, May 26, 6:00-9:00 pm, \$58

The Art of Pasta Making

Instructor: Diane Manteca

In this one-night class, we will be making pasta dough from scratch, cutting fettuccini, then moving on to prepare ravioli with spinach and ricotta filling. Sauces will include marinara, and roasted red pepper cream sauce. Learn which pasta machines are best, where to purchase them, and different price ranges and styles to best suit your needs in the kitchen.

Location: CHS Kitchen **Ages:** 18+

1 Thursday, April 26, 6:00-9:00 pm, \$58

Risottos

Instructor: Diane Manteca

Risotto is a special dish that the Italians love and make with many different ingredients. Arborio rice is the secret and an easy ingredient to find. Join Chef Diane for an event of creating and eating these great dishes. She will show you the technique to make perfectly cooked risotto. In class we will make: Seafood & Saffron Risotto, Butternut Squash and Leek Risotto, Proscuitto & Tomato Risotto, and Wild Mushroom & Porcini Risotto. Finish with a great dessert of Strawberry Risotto.

Location: CHS Kitchen **Ages:** 18+

1 Thursday, May 12, 6:00-9:00 pm, \$58

Havana Nights

Instructor: Diane Manteca

Come join our own island hopper, Chef Diane Manteca for a deep dive into the cuisine of Cuba! Learn to prepare traditional recipes that celebrate Cuba's rich history that blends the flavors and techniques of Spanish, African, and Caribbean cuisines. The menu may include: Guiso de Maiz (Corn Chowder Cuban Style), Picadillo Clasico (Cuban Savory Beef), Moros y Cristianos (Rice and Black Beans), Platanos Maduros (Fried Plantains), and Pastel de Limones Criollos de Cayo Hueso (the original Cuban Key Lime Pie).

Location: CHS Kitchen **Ages:** 18+

1 Thursday, January 27, 6:00-9:00 pm, \$58

Mardi Gras! New Orleans Cooking

Instructor: Diane Manteca

Since you can't get to New Orleans Mardi Gras, bring it to your kitchen and enjoy the party! Join Chef Diane Manteca and create the famous dishes that we all enjoy. In this class, Chef Diane will demonstrate Jambalaya with Chicken, Seafood and Andouille Sausage, Shrimp Etoufee, and Chicken Gumbo. Diane will round out the meal with New Orleans Bread Pudding with a flavorful Sauce. Toast to this special holiday and continue to use these amazing recipes year round!

Location: CHS Kitchen **Ages:** 18+

1 Thursday, March 1, 6:00-9:00 pm, \$58

Asian Fusion: China & Thailand

Instructor: Diane Manteca

Learn to make delicious and popular Chinese and Thai dishes in this fun and lively class with Chef Diane Manteca. We will make Kung Pao Chicken, Vegetable Spring Rolls, Beef Massaman Curry and Shrimp Pad Thai. Get tips on cutting and cooking techniques, and discuss where to find and shop for Asian ingredients. Enjoy these Asian dishes at home and you may never get take out again!

Location: CHS Kitchen **Ages:** 18+

1 Thursday, March 15, 6:00-9:00 pm, \$58

Cooking from Morocco

Instructor: Diane Manteca

Discover the exotic, enticing cuisine of Morocco! Join Chef Diane Manteca for a hands-on cooking class that highlights delicious dishes from this beautiful country. We will prepare Salad of Chickpeas and Charmoula Dressing, Moroccan Chicken Tagine, Vegetable Couscous, and end with Figs, Pears & Honey for Dessert. Bring a healthy appetite and enjoy fabulous dishes prepared by your very own hands.

Location: CHS Kitchen **Ages:** 18+

1 Thursday, March 31, 6:00-9:00 pm, \$58

CHARCUTERIE

Charcuterie

Instructor: Abby Linn Thatcher, Grazing Platterboards

Charcuterie (pronounced “shahr-ku-tuh-ree”) is the art of preparing and assembling cured meats and other meat products. But many people use the term charcuterie to refer to an assortment of meats that are paired with different accompaniments, such as toast, fruit, cheese, and sauces. Almost every new American restaurant is putting charcuterie on menus because of the artisanal qualities, and the vibrant amount of colors and items you can put onto a board. Come try one or all five of our upcoming classes! In these classes, participants will learn how to assemble the ingredients for the perfect cheeseboard. Learn about basic pairings, salami roses, and more. In some classes, learn about some surprising sweet and savory pairings. Everyone will make a platter to take home.

Location: Commed Cafeteria **Ages:** 18+

Winter Cheese Board, 1 Monday, Jan 24, 6:30-8 pm, \$45

Valentine Cheese Board, 1 Monday, Feb 14, 6:30-8 pm, \$45

Spring Cheese Board, 1 Monday, March 21, 6:30-8 pm, \$45

Easter Cheese Board, 1 Wednesday, April 13, 6:30-8 pm, \$45

Cheese & Chocolate Board, 1 Monday, May 9, 6:30-8 pm, \$45

American Sign Language for Beginners II

Instructor: Abbey Dick

This course will expand on the basics listed above in ASL I. In addition to vocabulary, we will work on some simple sentence structures and learn about Deaf history and Deaf culture. This course does not require you take ASL for Beginners I. Anyone with a background in ASL (fingerspelling and some signs) is welcome! No class on February 24, March 17, or April 21.

Location: CHS Room 344 **Ages:** 18+

12 Thursdays, Begins January 27, 5:30-6:30 pm, \$135

VIRTUAL CLASS: Intermediate Spanish

Instructor: Ashley Frankian

This course takes Spanish language skills to the next level. The overall focus will be on learning in context and in order to increase listening, speaking, reading, and writing skills. This class is for students who are required to have experience and knowledge, with understanding, listening, speaking, reading and writing in Spanish toward an intermediate Spanish level.

Location: Virtual **Ages:** 18+

10 Tuesdays, Begins January 25, 6:00-8:00 pm, \$175

LANGUAGES

American Sign Language for Beginners I

Instructor: Abbey Dick

In this course, we will learn some ASL basics: the alphabet, basic conversational signs, numbers, colors, food, and more. In addition to vocabulary, we will work on some simple sentence structures and learn about Deaf history and Deaf culture. No class on February 24, March 17, or April 21.

Location: CHS Room 344 **Ages:** 18+

12 Thursdays, Begins, January 27, 6:30-7:30 pm, \$135

Register NOW at
ChelmsfordCommunityEd.com

TECHNOLOGY

NEW: Organizing Your PC

Instructor: Annette Presseau

Just like a junk drawer or the messiest closet in our home, our computers sometimes need a little organization. In this 3-week class, you will learn how to organize everything on your pc - from pictures, to documents to software. **Location:** CHS Room 321 **Ages:** 18+

3 Tuesdays, Begins May 3, 6:30-8:00 pm, \$59

NEW: Cut The Cable: Your TV Options in The Digital Age

Instructor: Annette Presseau

Like so many things today, cable television prices seem to just keep rising. In this 2-hour lecture, we will discuss what people are doing to save money on their cable bill and how you can make simple changes that will help you save money.

Location: CHS Room 213 **Ages:** 18+

1 Tuesday, April 26, 6:30-8:30 pm, \$29

Microsoft Word 2016

Instructor: Annette Presseau

From copying and pasting, to changing font colors, to designing a newsletter, this class will show you how to do everything that most people use Microsoft Word 2016 for every day. Class instruction will include creating documents, saving documents, selecting text, copying, cutting and pasting text, changing fonts and font sizes, bullet and numbered lists, borders, footers, clip art, word art and tables. Some of the in-class exercises include letters, party announcements, newsletters, resumes, flyers, lists, and greeting cards.

Location: CHS Room 321 **Ages:** 18+

5 Tuesdays, Begins January 25, 6:30-8:00 pm, \$90

Microsoft Excel 2016 Intermediate

Instructor: Annette Presseau

Need to understand more about excel formulas and functions? Then this is the class for you! This class is for beginners who want to know how to use formulas and functions. Some of the things this class shows you are formulas, functions, sorting and manipulating data, tips and tricks. Students must be familiar with the basics of how to use Excel.

Location: CHS Room 321 **Ages:** 18+

5 Thursdays, Begins January 27, 6:30-8:00 pm, \$109

Microsoft PowerPoint 2016

Instructor: Annette Presseau

This PowerPoint training course covers the basic functions and features of PowerPoint. After an introduction to PowerPoint's window components, students will create! You will create a basic presentation and add content; arrange, insert and delete slides, and apply templates and design themes. You will also learn how to create and edit shapes, insert and modify WordArt objects and pictures, and work with tables and charts. Finally, you will learn how to proof a presentation and create speaker notes.

Location: CHS Room 321 **Ages:** 18+

5 Thursdays, Begins March 24, 6:30-8:00 pm, \$109

NEW: I've Turned My Computer On, Now What?

Instructor: Annette Presseau

This 4-week course is for those who want to learn more and understand computers. Start from the basics - learn and understand how to update settings, apps and where to find them, where to file documents and more. If you need to know more about computers and how to navigate them, this class is for you.

Location: CHS Room 321 **Ages:** 18+

4 Tuesdays, Begins March 22, 6:30-8:00 pm, \$90

NEW: Cyber Security: Protecting Yourself in The Digital World

Instructor: Annette Presseau

Worried about how secure your information is? Keep yourself safe in the Digital World with this informative class that will show you some tricks to keep your information safe when you are out in the cyber world.

Location: CHS Room 213 **Ages:** 18+

Session 1: 1 Thursday, May 19, 6:30-8:00 pm, \$29

Session 2: 1 Thursday, May 26, 6:30-8:00 pm, \$29

NEW: Ask the Expert: Computers 101

Instructor: Annette Presseau

Spend an evening with our resident computer expert, Annette Presseau as she answers all of your computer questions.

Location: CHS Room 321 **Ages:** 18+

1 Tuesday, May 24, 6:30-8:30 pm, \$29

HEALTH & WELLNESS

NEW: Reiki Level 1

Instructor: Michelle Grossman, Reiki Master

Reiki is a Japanese technique – “laying on hands” - that offers a sense of relaxation, stress reduction and promotes healing. In this 12-hour course you will learn the history of Reiki, how Reiki works, The Seven Main Chakras, how crystals work, hand positions, what Reiki can heal, Reiki Attunement with the Chakra Meditation and more. After completing this course you will be able to perform a Reiki Treatment on yourself, others and animals.

Location: CHS Room 234 **Ages:** 18+

5 Tuesdays, Begins March 29, 6:30-8:30 pm, \$125

New Science For Care Of ADD/ADHD

Instructor: Dr. Gerard Cassista

Exciting new science demonstrates that a high percentage of people are diagnosed with ADD/ADHD and how to clearly tell both apart. You will be given step-by-step instructions on how to deal with each condition. This is cutting edge technology with powerful, predictable results. We highly encourage school nurses, counselors, teachers and parents who deal with this issue take part in this lively presentation. You will leave empowered with the knowledge to transform and frequently eliminate this very serious problem.

Location: CHS Room 215 **Ages:** 18+

1 Tuesday, April 26, 7:00 - 9:00 pm, \$29

Fact From Fiction: The Truth About Weight Loss

Instructor: Dr. Gerard Cassista

If you are a man with a waist bigger than 40 inches or a woman with a waist bigger than 34.5 inches, you are probably insulin resistant and, for you, losing weight is almost impossible. If somehow you do lose weight, it is almost impossible to keep it off. Insulin resistance is the primary cause of the American obesity epidemic. It is also the primary cause of Type II diabetes, cholesterol, blood pressure and heart attacks. This program explains exactly what insulin resistance is and how to turn it around in three to four weeks. Once this is done, weight peels off and will stay off. We will also discuss size vs. fitness and body weight vs. body fat.

Location: CHS Room 215 **Ages:** 18+

1 Tuesday, April 12, 7:00-9:00 pm, \$29

Stress Without Distress: Proven Methods to Keep Stress Under Control

Instructor: Dr. Gerard Cassista

Chronic stress is the real deal. It is the root of a great many illnesses and conditions all over the world. While it is difficult to avoid all stress, it is very possible to minimize it and keep it under control. Research shows most of our stress is actually of our own doing based on time stress, relationship stress and environmental stress. This presentation focuses on ways to avoid stress and a number of ways to deal with it when you get it. You will leave knowing exactly what to do and will be surprised at how easy it can be and how much better you will feel and function.

Location: CHS Room 215 **Ages:** 18+

1 Tuesday, May 10, 7:00-9:00 pm, \$29

TRAINING & CERTIFICATION

First Aid & CPR Certification

Instructor: Juanita Allen Kingsley

The ASHI Pediatric CPR, AED and First Aid training program provides an ideal training solution for schools, Scout Leaders, childcare providers, youth sports coaches and others required to learn how to respond to medical emergencies involving children and infants. Topics covered include: First Aid Basics, Medical Emergencies, Injury Emergencies, Environmental Emergencies, Adult and Pediatric CPR & AED. Students will receive a 2 year certification upon completion.

Location: CommEd Room 15 **Ages:** 18+

1 Monday, May 23, 5:30-8:30 pm, \$80

RECREATION & FITNESS

Yoga for All Levels

Instructor: Kimberly Albert

In Yoga for all levels, these 6-week classes focus on creating an encouraging space for students of varying abilities to enhance and modify postures to fit their practice and practice goals. Development of strength, flexibility, mental focus, and stamina help to provide a full body workout to enhance balance and endurance both physically and mentally.

Location: CommEd Rec Room **Ages:** 18+

Session 1: 6 Mondays, Begins Jan 31, 5:30-6:30pm, \$89

Session 2: 6 Wednesdays, Begins Feb 2, 5:30-6:30pm, \$89

Session 3: 6 Mondays, Begins March 28, 5:30-6:30pm, \$89

Session 4: 6 Wednesdays, Begins March 30, 5:30-6:30pm, \$89

* Register for a combined Monday/Wednesday Session
(1 & 2 or 3 & 4), 12 lessons, \$149

Hula Hooping for Health

Instructor: Jennifer Aucoin

Hula Hooping is not just for kids! Come learn how fun dancing with a hula hoop can be! No previous experience is necessary. Hula hooping is a great way to burn calories, express yourself, stimulate your mind, strengthen your body, improve flexibility, build confidence, and improve hand/eye coordination. We will delve into a variety of hoop dance moves including on and off-body hooping. Hula hoops during class will be provided or you can bring your own. Please remember to wear typical workout gear, such as shorts, leggings, tank tops, and t-shirts.

Location: CHS Cafeteria 2 **Ages:** 18+

8 Thursdays, Begins February 3, 6:00-7:00pm, \$70

Get Moving With Zumba!

Instructor: Aaron Bryant

Zumba is an amazing dance fitness class that mixes Latin rhythms with low and high intensity moves for a calorie burning dance fitness party to tone the entire body. Each class combines cardio, muscle conditioning, balance and flexibility. You will leave each session with boosted energy! There is no equipment necessary for this class – just wear sneakers and bring a towel and water.

Location: Commed Gym **Ages:** 18+

7 Wednesdays, Begins March 2, 6:30-7:30 pm, \$62

Bollywood Dancercise

Instructor: Jenish Thakkar

Bollywood dancing is one of the most versatile styles combining dance styles from India and around the world to create its own unique technique. This high intensity class is open to all levels of ability who want to learn to dance, de-stress, have fun and burn calories. Please remember to wear comfortable clothing, sneakers, and bring a water bottle.

Location: CHS Cafeteria 2 **Ages:** 18+

6 Tuesdays, Begins March 1, 6:30-7:30 pm, \$59

TRIPS

Important Trip Information

Our travel company is hard at work planning some great trips for 2022 beginning in March. Details on specific trips will be announced over the next few months on our Facebook page (Chelmsford Community Education), and our website (ChelmsfordCommunityEd.com).

RELATIONSHIPS

NEW: The Heartbreak to Boundaries Relationship Bootcamp

Instructor: Emmi Fortin

This bootcamp-style course is for people who have experienced heartache, feel lost, are frustrated with dating, or have a lowered sense of self-worth due to a break-up or relationship stressing them out. Establish strong, clear boundaries that will help you easily make healthy decisions about relationships that support your well-being and ability to thrive. In only 4 weeks, bring awareness to past relationship patterns so you can choose your next partner in alignment with what you truly desire.

Session 1 Location: Virtual **Session 2 location:** CommEd Room 15 **Ages:** 18+

Virtual: 4 Wednesdays, begins Jan 26, 6:30-7:45 pm, \$65

In-Person: 4 Wednesdays, begins March 2, 6:30-7:45 pm, \$65

Register NOW at
ChelmsfordCommunityEd.com

SPECIAL INTERESTS

Getting Paid To Talk, Making Money With Your Voice

Instructor: Voice Coaches

Have you ever been told that you have a great voice? This class will explore numerous aspects of voice-over work for television, film, radio, audio books, documentaries and the internet. We will cover all the basics: how to prepare the all-important demo, how to be successful, and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors, and will even have a chance to record a commercial script under the direction of our voice coach producer! This class is informative, lots of fun and a great first step for anyone interested in voice acting professionally.

Location: CHS Room 204 **Ages:** 18+

1 Thursday, March 3, 6:30-9:00 pm, \$29

You Can Afford College *IF...*

Instructor: Dick Man

Financial aid goes to those families that plan in advance—ideally before December 31st of sophomore year of high school. This course teaches you concepts and strategies that will help you maximize financial aid by understanding the process, and how strategies may increase your eligibility even if you have a “high income”. The greatest amount of financial aid goes to those who act during the years before college. 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.

Location: CHS Lecture Hall 1 **Ages:** 18+

1 Thursday, March 17, 7:00-9:00 pm, \$29/\$39/couple

NEW! Genealogy: I Have My DNA Test Results... Now What?

Instructor: David Martinez and Joyce Desjardins

A DNA test is a good place to start but where does one go from there? In this 10-week series, participants will be given advice, tools, and strategies for beginning their genealogical adventures and will investigate available resources to help them start their own family trees. Some class time will be provided for online guided research and tree building.

Location: CHS World Language Lab **Ages:** 18+

10 Thursdays, Begins February 3, 6:00-8:30 pm, \$159

Finding the Right Fit: The College Admissions Process

Instructor: Aaron Ladd

Looking to find the right school for your child? How can parents help their students with the college admissions process. Learn how merit money works and what you can do to better your position even if they are not a top student. In the past year, significant changes have occurred in the college admissions process; standardized testing has shifted and researching and visiting colleges has become more complicated. Learn why starting the process early can offer significant advantages. Let Aaron Ladd help you find the right fit for your child’s college experience.

Location: CHS Room 201 **Ages:** 18+

1 Tuesday, March 22, 7:00-8:30 pm, \$29

CHILD CARE

FULL DAY PRESCHOOL

The Lion's Pride Full Day Preschool/Pre-K and Toddler Care Program offers a full day classroom experience for children. Our certified teachers come to our program with years of experience allowing them to offer a hands-on, theme-based curriculum with ease.

The Lion's Pride Program offers care for children ranging from 18 months until the child enters kindergarten. We are a small program that offers a comfortable family style feeling, while maintaining the standards and security of a school setting. The children are split into age appropriate classrooms: toddlers, three and four year olds. This allows for specialized curriculum time that is age appropriate. Our days are packed with exciting activities and experiences which allow the children to grow and develop at their own pace.

Our classrooms are filled with learning centers and opportunities for the children to soar academically. With our state of the art updated materials and curriculum, we are able to exceed the recommendations offered by the MA Preschool Curriculum Guideline. Children work in small groups with the teacher on a daily basis to achieve maximum development. The children in our rooms have separate areas for: creative play, building & construction, circle time, writing, math & science exploration, art and music & sensory play.

The Toddler Classrooms offer a large space with an abundance of toys to allow our youngest students to play and explore. We provide areas for gross motor, fine motor and art within the classroom. The teachers work with each child to help them reach his / her personal developmental milestones. This classroom is filled with hugs, smiles and laughter.

The Preschool Classroom recognizes that three year old children are in a year of transition. They are seeking independence while still dependent on adult reassurance. Special focus on social skills is built in to our plans. We provide daily activities to encourage social development and confidence, while providing safe boundaries. Our preschool curriculum is built around introduction of the alphabet. Each week is packed with exciting activities based on the letter of the week.

The Wrap-Around Classroom is an integrated, mixed-aged classroom for 3 & 4 year olds. This room provides a different dynamic by combining children of different ages; any student who attends CHIPs and needs extended care will join this classroom. This classroom will focus on social skills as well as academic development centered on weekly themes.

The Pre K curriculum has been created around week long themes. The teachers are able to look at each unit in depth and provide the maximum learning opportunities. We use Fountas & Pinnel literacy program, Foundations pre-writing, and Math Expressions curriculum to introduce writing in the same way as the Chelmsford Public Schools. We also realize the tremendous value of learning through play. The Pre K classroom offers ample play time and creative activities to reinforce social skills and foster independence.

Lion's Pride follows the Chelmsford Public School calendar. Our hours of operation are 7 AM until 5 PM. Hot lunch, snacks & drinks are included. For more information please call **978-251-5151** with any questions. Enrollment for 2022-2023 starts in January!

LION'S PRIDE NORTH AT CHS

Lion's Pride North is for preschool and Pre-K children ages 3 and 4 years old. Filled with state-of-the-art materials for learning and for play, the program is open from 6:45am to 4:45pm, giving parents a great option for full-day learning and social development for their child. Our two-year rotating curriculum has been designed to meet the needs of the whole child, and to challenge all ages. It provides opportunities for increased exploration of motor skills, language, social development, and STEM (science, technology, engineering and math). We are introducing our students to FOUNDATIONS Pre-Writing curriculum, Math Expressions curriculum, and Fountas & Pinnell literacy curriculum in coordination with Chelmsford Public Schools. We emphasize a positive, safe, fun learning environment that helps children building their independence. A unique benefit of Lion's Pride North is that this classroom will be connected to the CHS Early Childhood Growth and Development Classroom. Our younger students love the opportunity to learn from and play with their older high school role models. Lion's Pride North is located at Chelmsford High School in a double wide, newly renovated classroom with student bathrooms located within the space. Our daily schedule includes a balance of structured academic activities and open-ended play. Call **978-251-5151** with questions.

**Register NOW at
ChelmsfordCommunityEd.com**

PART-TIME PRESCHOOL

Chelmsford Integrated Preschool (CHIPs) is an integrated preschool that includes both children with specific special needs and children who have no identified needs. Inclusive education provides meaningful education to developing young children. CHIPs is part of the Chelmsford Public Schools. For more information contact Megan McGuirk, Preschool Coordinator at **978-251-5188, x6062** or m McGuirk@chelmsford.k12.ma.us

EXTENDED DAY

Our Extended Day Programs offer a valuable service to working parents with children in grades K-6. Our qualified staff provides a safe and harmonious environment in which children make age appropriate choices that lead to sound social, emotional and physical development.

The Extended Day Program covers mornings (as early as 7AM) and afternoons (until as late as 6PM). The program is offered at several sites: Byam, Center, Harrington and South Row. Parker offers afternoon coverage only for all middle school children in 5th & 6th grade (McCarthy students are bussed to Parker). In the AM, middle school children attend an elementary center then are bussed to their middle school.

Another service we provide is school vacation coverage on the November Professional Day, February, and April school vacations from 7AM-6PM at the Community Education Center (for an additional fee).

NEWS FROM AROUND TOWN

Chelmsford Public Library

The Chelmsford Public Library is a 21st century library, composed of a main library in the town center, and the Anna C. MacKay branch in North Chelmsford, the library offers state-of-the-art technology, reference and research tools, downloadable books, music, movies, and so much more. The library features art exhibits, free meeting rooms, free wifi and internet access, and boasts a collection of more than 150,000 books serving more than 27,000 registered borrowers. More than 5,000 people come to the library on a weekly basis.

The Chelmsford Public Library has some great new virtual programs coming up in 2022. Here are just a few of what they offer:

- **Girls Who Code:** Join us for 10 weeks of coding, creativity and fun! Class is held on Mondays beginning in late January for grades 3-4 and another Monday class for Grades 5-12. Access to a computer or tablet and reliable internet are the only requirements. Email Marty at mmason@chelmsfordlibrary.org with questions
- **Beginner English Conversation Circle:** On Tuesday mornings at 10am, this Beginners English Conversation Circle is a volunteer-led gathering for people to improve their basic English speaking skills. Contact vturcotte@chelmsfordlibrary.org or call 978-256-5521 x1106 to join.

- **Keep This, Toss That:** Helpful (and Hilarious!) tips for getting and staying organized with Jamie Novak: Join organizing humorist and bestselling author of Keep This, Toss Thank, Jamie Novak, on Monday, January 31st at 7pm, when she shares her laugh-out-loud funny approach for what to do with all the stuff – without getting overwhelmed. Let it all go for a clutter-free 2022! Join Jamie online for this program that includes a mini live guided decluttering session.

For more information and a schedule of events, go to: <https://www.chelmsfordlibrary.org>

Chelmsford Center for the Arts

The Chelmsford Center for the Arts mission is to bring the visual and performing arts to Chelmsford and surrounding towns by providing a venue for active engagement as a participant or audience member. Located in the historic Town Hall Building, CCA is Chelmsford's only public art institution.

For more information and a schedule of events, go to: <https://www.chelmsfordarts.org>

MENTAL HEALTH SERVICES HELPLINE

available Monday - Friday from 9 AM - 5 PM:

1-888-244-6843

Board of Health

The following are services provided by the Board of Health at the Town Offices:

1. Blood Pressure Screening – First Thursday of each month from 9:00 a.m. to 12:00 pm
2. Education and Health Promotion Programs

Mental Health Services: William James College Freedman Center Community Resource and Referral HELPLINE: Available to all members of the Chelmsford community, the Freedman Center assists in finding appropriate mental health services for children, families, and adults. Callers are provided professional, personalized counseling, referrals matched for location, specialty, and insurance or fee requirements. The Freedman Center will guide each caller from the initial phone call until they are successfully matched to a provider.

For information related to mental health questions and services for children, families, and adults go to <https://interface.williamjames.edu> or call **888-244-6843**.

Unwanted Medication Drop Box Open 24/7:

There is an Unwanted Medication Drop Box in the Chelmsford Police Station lobby, available 24 hours a day. Any unwanted or expired medication (no liquids and no sharps) can be dropped into the drop box. Remove medication from the bottle and place it in a sandwich size zip lock baggie, and place in the drop box.

Medical Sharps Disposal: Residents are not permitted to dispose of any sharps into the town's curbside trash collection system. The BOH has set up times for residential drop off of medical sharps (needles, syringes with needles, lancets, and Epi-pens). Call the BOH at **978-250-5241** for more information.

The Board of Health is located at the Town Hall Offices, 50 Billerica Road, Chelmsford, MA 01824. For questions, please call the Chelmsford Board of Health at **978-250-5241** or go to: <https://www.townofchelmsford.us/156/Health-Department>

Chelmsford Senior Center

Residents and nonresidents 60 years or older can become a member of the Chelmsford Senior Center, and there is no fee for joining. Contact the Senior Center for more information:

Chelmsford Senior Center

75 Groton Road

978-251-0533

Monday through Friday, 8:30 a.m. to 4:00 p.m.

Email: dsiriani@townofchelmsford.us

Friends of the Senior Center, Inc.

75 Groton Road

978-251-1123

Email: FriendsSrCtr@aol.com

Facebook: Friends of the Senior Center , Inc. Chelmsford.

The Chelmsford Senior Center Messenger is emailed monthly, free to residents over 60 upon request. The newsletter is also available by email. Email dsiriani@townofchelmsford.us or call **978-251-0533** to sign up!

Bicycle and Pedestrian Advisory Committee

The Chelmsford Bicycle and Pedestrian Advisory Committee is working to make Chelmsford's roads and open spaces more accessible and more bike and pedestrian friendly for the mutual benefit of users of non-motorized and motorized means of transportation.

With the arrival of winter and shorter daylight hours, it is more important than ever for pedestrians and motorists to exercise caution when navigating the streets of town. When walking or running, use sidewalks whenever possible, avoid dark clothing, and carry a flashlight to warn oncoming vehicles of your presence. Drivers should drive slower and exhibit extra care on roads frequented by walkers, runners, and bikers. Cyclists should always wear a helmet and be extra cautious for hazardous road conditions.

Bruce Freeman Rail Trail: The trail in Chelmsford is **NOT** plowed in the winter but is open for winter activities including snowshoeing and cross country skiing when snow covered. **Motorized vehicles such as snowmobiles and ATVs are NOT allowed on the trail at any time.** Call Chelmsford Police Non-Emergency number at 978-256-2521 to report any activity. Keep the trail clean by disposing of trash and picking up litter. **The trail is a carry in, carry out facility.**

For more information, go to: <https://www.townofchelmsford.us/265/Bicycle-Pedestrian-Advisory-Committee>

Assessor's Office

The Board of Assessors is responsible for the full and fair market valuation of real and personal property for the purposes of levying the property tax as of January 1st every year. It is the responsibility of the assessors office to maintain valuations at full and fair cash value and to meet the Commissioner of Revenue's re-certification requirements of property valuation every three years. The assessor's office collects and maintains a database on each parcel of property in town and are responsible for the administration of the 30,000 excise bills which are issued by the Registry of Motor Vehicles annually, as well as, subsequent excise commitments.

For more information on the Assessor's Office, go to: <https://www.townofchelmsford.us/119/Assessors>

Town Clerk

2022 Census Form: Federal and local Census will be mailed in January 2022. Please review, update, sign and return the census form as soon as you receive it. This is essential in keeping the town's resident and voter lists accurate.

Dog Licensing: Be sure to license your dog before the deadline of February 28, 2022. To license online go to <https://www.townofchelmsford.us/249/Dog-Licenses>

For more information, go to: <https://www.townofchelmsford.us/235/Town-Clerk>



Photo by Valerie Sachetta

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Chelmsford, MA

Chelmsford Community Education has many great new programs this season.

ECRWSS
RESIDENTIAL CUSTOMER

We offer:

- Youth Programs
- Adult Programs
- Private Music Instruction
- Trips
- Childcare

NEW classes:

- Archery, Tennis & Street Hockey
- Interview Skills for Teens
- Cooking Classes
- Reiki Level 1
- Fitness Classes for Adults
- ...and many more!

Look inside for more information on these classes and many more!

CommEd Office Staff

Robyn Adams, Director
 Stefanie Fields, Assistant Director
 Michele Pielieski, Childcare Supervisor
 Colleen Smith, Adult Education Program Coordinator
 Linda Westland, Secretary
 Rhonda Poole, Office Assistant

Evening Programs

Astrid Van Haren, Supervisor, CommEd Building
 Kelley Mikus, Supervisor, Chelmsford High School

