



CHELMSFORD  
COMMUNITY EDUCATION

# FALL 2022

Register online at  
[ChelmsfordCommunityEd.com](https://ChelmsfordCommunityEd.com)

# FROM THE DIRECTOR

As we look forward to the fall, we are excited to welcome our CommEd families back to our school year programming. We strive to offer our community creative, diverse, and relevant programming meant to enhance the lives and experiences of families in our area. We are excited to bring new classes and ideas to you this year! Our goal at CommEd is to provide the best opportunities for child care, extracurricular lessons, enrichment for all ages, and community engagement that is memorable for the whole family. As you read through our catalog at the variety of options, we hope that you will find activities that will peak your interest, and enrich the start of your school 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**

# FALL 2022

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# NEO

## IMPORTANT INFORMATION

### How to Register

Online registration is available at **ChelmsfordCommunityEd.com**. Our 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. Refund payments require up to a 30 day processing period.
6. Trips have a different refund policy. Please refer to individual trip information for details.
7. Refund requests must be submitted in writing via e-mail to **adulted@chelmsford.k12.ma.us** for consideration.

### Discounts

A \$10 discount is given to senior citizens 65 and over. Senior Citizen discounts do not apply to one 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.

## Weather Closings

The decision to cancel evening classes due to inclement weather will be made by 3 pm. Check our website at **ChelmsfordCommunityEd.com** 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**.

## 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 **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 **adulted@chelmsford.k12.ma.us** or **978-251-5151, x6091** with questions.

## Questions

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

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

## 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

## 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 Bldg **Ages:** 8-12

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**Session 1:** 1 Monday, Sept 19, 5:30-7:30pm, \$29

**Session 2:** 1 Wednesday, Oct 19, 5:30-7:30pm, \$29

**Session 3:** 1 Monday, Dec 12, 5:30-7:30pm, \$29

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### **NEW!** Metrocraft: A Minecraft City Comes to Life!

**Instructor:** Right Brain Curriculum

Join our community as you build and govern a world-class Minecraft city, complete with everything needed for incoming residents! Build, budget, and furnish your own house. Plan a marketing campaign as you build your own business. Serve on the city council and vote to shape the city's future as you help create a constitution of laws for your citizens. Our Right Brain Curriculum teachers will guide you through - demonstrating how math, economics, and community-building are key to a successful, working urban environment. STEM skills have never been so much fun!

**Location:** CHS Room 208 **Grades:** 2-5

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6 Thursdays, Begins Sept 29, 5:30-7:00pm, \$145

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### **NEW!** LEGO Adventures: Get Your LEGO Game On!

**Instructor:** Right Brain Curriculum

Are you a LEGO master? If so, it's time to show off your skills! Each week in LEGO Adventures, there is a new challenge to build; from skyscrapers to farms, bridges to airports, space stations to main streets and everything in between! First, our Right Brain Curriculum instructors will review the history of what you are about to build: How airports graduated from landing strips to vast travel networks, how Depression-era farms survived hordes of grasshoppers, how aeroelasticity explains why the Tacoma bridge nicknamed "Galloping Gertie" collapsed. Then, it's time to build! You will create a model of each type of structure out of an enormous assortment of provided LEGOs, then present your creation as we photograph and document it. Learning and LEGOs: A perfect match!

**Location:** CHS Room 208 **Grades:** 2-5

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6 Tuesdays, Begins Sept 27, 5:30-7:00pm, \$145

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## THE ARTS

### Learn to Draw For Kids

**Instructor:** Gopika Luthra

In this drawing class, students will work on fun projects while learning drawing techniques and tips. These will include step-by-step drawings in addition to some time for free draw. Students' creativity will be encouraged.

**Location:** CHS Rm 253 **Ages:** 5-11

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**Session 1:** 5 Thursdays, Begins Sept 15, 6:15-7:15pm, \$59

**Session 2:** 5 Thursdays, Begins Nov 3, 6:15-7:15pm, \$59

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## 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 materials 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 Rm 253 **Grades:** 1-4

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**Session 1:** 5 Tuesdays, Begins Sept 13, 6:15-7:15pm, \$59

**Session 2:** 5 Tuesdays, Begins Nov 8, 6:15-7:15pm, \$59

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## 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:** Teen +

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7 Tuesdays, Begins Sept 13, 7:00-9:00pm, \$139

Register for both Math and Verbal for just \$249

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## 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:** Teen +

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7 Thursdays, Begins Sept 15, 7:00-9:00pm, \$139

Register for both Math and Verbal for just \$249

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## YOUTH SPORTS

### Archery for Kids & Teens

**Instructor:** On Site Archery

Come join us this fall and learn one of the fastest growing sports in the country - Archery! Beginners and all skill levels are welcome. 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

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**Session 1:** 5 Mondays, Begins Sept 12, 6:00-7:00pm, \$130

**Session 2:** 5 Mondays, Begins Oct 24, 6:00-7:00pm, \$130

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

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**Session 1:** 5 Mondays, Begins Sept 12, 7:15-8:15 pm, \$130

**Session 2:** 5 Mondays, Begins Oct 24, 7:15-8:15 pm, \$130

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**Register NOW at**  
**ChelmsfordCommunityEd.com**

# CHILDREN'S EDUCATIONAL

## **BLAST Babysitting / CPR Certification Course**

**Instructor:** Juanita Allen Kingsley

Potential babysitters will learn how to handle the basics of infant and childcare. Topics covered 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. Participants should bring water to stay hydrated in class. 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:** CHS Career Center **Ages:** 11-13

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1 Tuesday, November 8, 5:30-8:30pm, \$85

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## **Etiquette Skills for Kids & Teens**

**Instructor:** Nikki Sawhney, New England School of Protocol

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. Social norms may have changed over time, but the basic rules of social protocol and manners have stayed the same. A person who has well refined social skills conveys confidence. This can create an appealing differentiator that sets himself or herself apart. At New England School of Protocol, 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:** CHS Staff Dining Room **Grades:** 2-7

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### **Children's Dining Etiquette Workshop:**

1 Tuesday, October 11, 5:30-7:00pm, \$65

### **Children's Restaurant Ready Workshop:**

1 Tuesday, October 11, 7:15-8:15pm, \$55

### **Prep for the Holidays Children's Dining Workshop:**

1 Thursday, November 17, 5:30-7:00pm, \$65

### **Children's Conversation Skills Workshop:**

1 Thursday, November 17, 7:15-8:15pm, \$55

### **Children's Social Skills Workshop:**

1 Thursday, December 8, 5:30-7:00pm, \$65

### **Teen Interview Prep Workshop:**

1 Thursday, December 8, 7:15-8:45pm, \$70

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**Register NOW at  
ChelmsfordCommunityEd.com**

# HOBBIES

## **NEW:** Crochet for Kids

**Instructor:** Jess Braun

This class will teach you the basics of learning to crochet. Learn about yarn types and what to use for which project, hook types, how to hold your hook and yarn. You will learn basic crochet stitches (chain stitch, slip stitch, single crochet, half double crochet, double crochet), and will also learn to work flat in rows. Throughout the course you will work on learning stitches and by the end of class will end up with a completed multi-stitch scarf.

**Location:** Commed Rm 15 **Grades:** 6-8

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7 Mondays, Begins Sept 12, 6:30-7:30pm, \$85

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## 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! 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!

**Location:** Commed Conf. Rm. 2 **Ages:** 6-12

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**Session 1:** 6 Wednesdays, Begins Sept 21, 5:30-6:30pm, \$128

**Session 2:** 6 Wednesdays, Begins Nov 2, 5:30-6:30pm, \$128

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# HEALTH & WELLNESS

## **NEW:** Yoga for Kids

**Instructor:** Courtney Fine

This welcoming practice introduces children to yoga, teaching flexibility and strength as well as self-soothing breathing techniques. Practicing yoga poses encourages children to clear their mind and focus on building self-confidence and coordination while teaching respect for self and others. This focus translates to the ability to act and behave mindfully and with compassion, to be brave, to know happiness and to find an inner peace. While building strength, lengthening muscles, increasing balance and learning to listen to the breath, students will also develop techniques to handle stress.

**Location:** CommEd Rec Room **Ages:** 8-12

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**Session 1:** 6 Wednesdays, Begins Sept 14, 5:45-6:45pm, \$78

**Session 2:** 4 Wednesdays, Begins Nov 2, 5:45-6:45pm, \$52

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# ADULTS

## COOKING

### **NEW:** Zuppa Italiana (Italian Soups)

**Instructor:** Diane Manteca

Italian Chefs throughout time have created some incredible soups! Join Chef Diane for some of these flavorful and easy to make Italian soups. In class, you will cook Classic Minestrone, Tuscan Sausage & Kale, Italian Wedding Soup, and Escarole & White Beans. Leave class with a new appreciation for Italian homemade soups that you can have as a meal or just as a starter. Tuition includes a materials fee for food. Includes cost of food and supplies. (Demonstration and participation).

**Location:** Commed Kitchen **Ages:** 18+

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1 Wednesday, October 12, 6:00-9:00 pm, \$58

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### **NEW:** Oodles of Asian Noodles

**Instructor:** Diane Manteca

Noodle lovers, grab your forks! If you love Asian food and noodles, this is the perfect class for you. Learn to prepare oodles of Asian noodles: Chinese lo mein, Pad Thai, Japanese soba noodles, and Singapore rice stick noodles. You will also learn what wine goes with your noodles. The tuition includes a materials fee for food (Demonstration and participation).

**Location:** Commed Kitchen **Ages:** 18+

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1 Monday, October 17, 6:00-9:00 pm, \$58

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### The Art of Pasta Making

**Instructor:** Diane Manteca

In this one-night class, you 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 the best, where to purchase them, and different price ranges and styles to best suit your needs in the kitchen. Includes cost of food and supplies. (Demonstration and participation).

**Location:** Commed Kitchen **Ages:** 18+

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1 Wednesday, October 19, 6:00-9:00 pm, \$58

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### **NEW:** Italian Vegetarian Cuisine

**Instructor:** Diane Manteca

Vegetarian foods are becoming more popular by the day, and Italian cooking is the perfect style of cooking when adapting to a vegetarian diet! Join Chef Diane and make yummy vegetarian versions of classic Italian dishes, with recipes ranging from regions at the top of Italy to the bottom of the "boot". We will make Tofu Cutlets Parmesan, Spezzadini Stew, Vegetarian Bolognese Sauce, and Pizza Escarole. Enjoy learning a new way of cooking with vegetarian ingredients. Cost of food and materials included. (Demonstration and participation).

**Location:** Commed Kitchen **Ages:** 18+

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1 Monday, November 7, 6:00-9:00 pm, \$58

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## Thanksgiving Side Dishes and Dessert

**Instructor:** Diane Manteca

Get an early start on making a memorable feast for Thanksgiving! Learn how to put a fresh spin on your favorite side dishes. We will be making Chestnut & Apricot Stuffing, Winter Root Mash, Brussels Sprouts with Maple Mustard Sauce, and Sweet & Sour Red Cabbage. Finish your feast with Pumpkin Gingerbread Pudding! Includes cost of food and supplies. (Demonstration and participation).

**Location:** Commed Kitchen **Ages:** 18+

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1 Wednesday, November 16, 6:00-9:00 pm, \$58

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## Gnocchi 3 Ways

**Instructor:** Diane Manteca

In this class, learn to make light as air gnocchi, as it is done in Italy. We will be making classic potato gnocchi butternut squash gnocchi, and Tuscan spinach & ricotta gnocchi. To sauce them up, authentic bolognese sauce, along with marinara sauce and brown butter sage sauce will be made. Includes cost of food and supplies. (Demonstration and participation).

**Location:** Commed Kitchen **Ages:** 18+

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1 Monday, November 28, 6:00-9:00 pm, \$58

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**Register NOW at**  
**ChelmsfordCommunityEd.com**

## Holiday Entertaining

**Instructor:** Diane Manteca

What could possibly be better than learning to prepare primo holiday party food with one of the Chelmsford Community Ed's most beloved instructors? Nothing, as far as we're concerned! Join party animal, Chef Diane Manteca, and learn how the pros celebrate the festive season in the kitchen. Menu includes: Sausage-Stuffed Jalapeno Poppers, Roasted Prosciutto-Wrapped Figs, Shrimp Gazpacho Shooters, BBQ Tandoori Chicken Skewers with Yogurt Dip, Mini Pissaladier Canapes. Includes cost of food and supplies. (Demonstration and participation).

**Location:** Commed Kitchen **Ages:** 18+

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1 Wednesday, November 30, 6:00-9:00 pm, \$58

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## Biscotti & Italian Cookies

**Instructor:** Diane Manteca

No need to go to the North End or Italian pastry shops when you can make fabulous Italian cookies in your own home kitchen just in time for the holidays. In this class we will learn how to make biscotti, sesame cookies, anise glazed cookies with sprinkles and ricotta cookies. Take home a big box of these treasures to share with your family and friends. Includes cost of food and supplies. (Demonstration and participation).

**Location:** Commed Kitchen **Ages:** 18+

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1 Wednesday, December 7, 6:00-9:00 pm, \$58

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## **NEW:** Healthy Cooking & Nutrition

**Instructor:** Saundra Smart

Understand the language of healthy eating by taking one or all three of these informative lecture/demonstrations. Learn how foods can affect our bodies, which foods cause inflammation and which ones help to reduce it, tricks to suppress your glucose levels and to keep levels from spiking, ideas on boosting your immunity. Includes healthy snack food demonstrations.

**Location:** Commed Kitchen **Ages:** 18+

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### **Don't Spike Your Glucose Levels:**

Monday, October 24, 6:00–9:00 pm, \$42

### **Decrease Inflammation:**

Monday, November 14, 6:00–9:00 pm, \$42

### **Healthy Snacking:**

Monday, November 21, 6:00–9:00 pm, \$42

**Combined 3-Class Series:** \$105

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## HOBBIES

## **NEW:** Make Greeting Cards on Your Computer

**Instructor:** Annette Presseau

Learn to make any occasion cards with your computer. With the price of just about everything soaring, learn how to make personalized cards inexpensively. Have fun in this hands-on class while learning how to create a note card, make postcards, or even Christmas cards.

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

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1 Thursday, October 27, 6:30–8:00pm, \$29

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## 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 notions 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+

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10 Tuesdays, Begins September 13, 6:00–8:45pm, \$149

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## Knitting

**Instructor:** Dale Keothe

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 of a small coin purse. Do you know how to knit but would like to tackle a more challenging project or learn a new knitting skill? Continuing knitters should bring their own projects, and receive help from the teacher.

**Location:** CHS Main Office Conference Room

**Ages:** 18+

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6 Tuesdays, Begins September 20, 6:00–8:00pm, \$83

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**Register NOW at**  
**ChelmsfordCommunityEd.com**

## **NEW:** Intro to Crochet

**Instructor:** Jess Braun

This class will teach you the basics of learning to crochet. Learn about yarn types and what to use for which project, hook types, how to hold your hook and yarn. You will learn basic crochet stitches (chain stitch, slip stitch, single crochet, half double crochet, double crochet). You will also learn to work in rows and in the round. Throughout the course, we will work on multiple small projects.

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

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5 Wednesdays, Begins September 14, 7:15–8:45pm, \$75

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## 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 sketch book, graphite pencil kit, pencil sharpener, ruler and kneaded eraser.

**Location:** CommEd Room 17 **Ages:** 18+

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4 Wednesdays, Begins October 19, 6:30-8:30pm, \$59

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# 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. Leave those drawing insecurities outside the studio door through a series of drawing exercises. 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 17 **Ages:** 18+

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4 Wednesdays, Begins September 21, 6:30-8:30pm, \$59

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# TECHNOLOGY

## **NEW:** Microsoft Excel for Beginners

**Instructor:** Annette Presseau

What Microsoft Word is to words and letters, Microsoft Excel is to numbers. This class shows you the basics of how to use Microsoft Excel and then some. Some of the topics covered are adding up columns, basic formulas, sorting data, tips and tricks, graphs and charts, filtering, copy and pasting, find and replace, and freezing panes. Fun in-class exercises include creating and maintaining lists, and setting up a budget.

**Location:** CHS Room 244 **Ages:** 18+

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4 Tuesdays, Begins October 4, 6:30-8:00 pm, \$89

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## 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 1 1/2-hour lecture, you will learn what people are doing to save money on their cable bill and how to make simple changes that will help you save money.

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

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**Session 1:** 1 Thursday, October 6, 6:30-8:00pm, \$29

**Session 2:** 1 Thursday, October 20, 6:30-8:00pm, \$29

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## **NEW:** Intermediate Computer Skills

**Instructor:** Annette Presseau

Do you use computers but feel you need to know more? Learn beyond the basics skills in using your computer to its fullest potential. Question & Answer portion of the class gives you the opportunity to ask specific questions about some of your own computer issues.

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

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**Session 1:** 1 Tuesday, November 1, 6:30-8:00pm, \$29

**Session 2:** 1 Tuesday, November 15, 6:30-8:00pm, \$29

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## ENVIRONMENT & NATURE

### Sustainability and Indoor Organic Composting

**Instructor:** Ray Pourali

You can compost even if you don't have access to a backyard! Learn how to create and maintain a healthy, odorless compost bin that will be fully operational year round. You can build a compost system by up-cycling everyday items from your home. Learn how to harvest compost, and how to make compost 'tea'. You will take home a 1/2 lb. container of a compost starter kit which contains all the micro and macro organisms that are needed to start a perfectly healthy, organic, functioning compost bin (included in tuition).

**Location:** Commed Room 17 **Ages:** 18+

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**Session 1:** 1 Monday, September 26, 6:00-9:00pm, \$55

**Session 2:** 1 Monday, November 14, 6:00-9:00pm, \$55

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### **NEW:** Top 10 Tips for Fall in the Garden

**Instructor:** Mary B. Hayes

This lively presentation offers effective steps to take in the garden at the end of the growing season. These tasks will make for a more beautiful garden with healthier soil and fewer weeds next spring. We will discuss environmentally-friendly best practices that support birds and pollinators in your garden. Each participant will receive daffodil or tulip bulbs to plant.

**Location:** CHS Room 209 **Ages:** 18+

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1 Thursday, September 22, 6:30-8:00pm, \$35

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## **NEW:** Simple But Sweet Flower Arranging with Fall Colors

**Instructor:** Mary B. Hayes

Make a simple but charming fall flower arrangement using locally-grown flowers (think dahlias, cosmos, and zinnias). We'll use chicken wire in a glass container to hold the stems in place (no floral foam). Each participant will make a pretty arrangement to bring home. Please bring your own clippers. All other supplies will be provided.

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

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1 Wednesday, October 12, 6:30-8:00pm, \$75

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## LANGUAGES

### **Intermediate Spanish (Virtual)**

**Instructor:** Ashley Frankian

This course will take intermediate Spanish students to the next level. The focus of the course will be to strengthen Spanish language acquisition and increase confidence, fluency, pronunciation, and reinforcement of proficiency skills.

**Location:** Virtual **Ages:** 18+

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10 Tuesdays, Begins September 14, 6:00-8:00 pm, \$175

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**Register NOW at**  
**ChelmsfordCommunityEd.com**

## FINANCE

### **NEW:** Financial Independence: Steps to Start Today

**Instructor:** Patrick Clark

Is the daily grind of going to work getting to you? Has your financial picture become more complicated as you advance in your career then this is the class for you! Learn what financial independence means, the steps to become financially independent, and how long it takes to become financially independent.

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

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**Session 1:** 2 Tuesdays, Begins Sept 13, 6:30-8:00pm, \$65

**Session 2:** 2 Tuesdays, Begins Nov 8, 6:30-8:00pm, \$65

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### **NEW:** Medicare: Where Do You Start?

**Instructor:** Patrick Clark

What is Medicare? What are the different parts of Medicare and what do they include? What options do you have to help get more coverage than what traditional Medicare provides? Join us for a very informative lecture that will help you understand Medicare and what your choices are.

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

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1 Thursday, October 6, 7:00-9:00pm, \$39

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## **NEW:** Saving Money in a Tough Economy

**Instructor:** Annette Presseau

Has the economy got you down? Let Annette show you how to save money on essential purchases and many other cost saving ideas.

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

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**Session 1:** 1 Thursday, November 3, 6:30-8:30pm, \$29

**Session 2:** 1 Thursday, November 17, 6:30-8:30pm, \$29

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# HEALTH & WELLNESS

## **NEW:** Restore and Relax with Sound Healing, Reiki and Meditation

**Instructor:** Courtney Fine

An evening of inner peace. Sound healing, meditation and reiki have been proven methods of relaxation and stress reduction. This evening will focus on releasing stress, clearing the mind, and reconnecting to the silence that is already within us that we have drifted away from with the busyness of life. Class will include breath work, gentle stretches and restorative yoga poses paired with crystal bowl sound healing. Each participant will receive reiki as part of the restorative postures offered in class. The evening will conclude with a guided meditation.

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

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1 Monday, November 14, 6:45-8:30 pm, \$35

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## Vinyasa Flow Yoga For All Levels

**Instructor:** Courtney Fine

All levels flow in a creative and dynamic forms of yoga that uses breath to link physical yoga postures. Each class will offer grounding breath work, various postures sequenced to help increase flexibility, strengthen and tone muscles and allow you to tune it in your body's own rhythm. Expect a fully balanced class each week that will leave you feeling strengthened in both body and mind. All levels are welcome to join this vigorous practice in finding one's state of flow!

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

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**Session 1:** 6 Wednesdays, Begins Sept 14, 7:00-8:00pm, \$89

**Session 2:** 4 Wednesdays, Begins Nov 2, 7:00-8:00pm, \$59

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## **NEW:** Gentle Kripalu Yoga

**Instructor:** Kim Albert

Kripalu yoga is an inner journey of personal inquiry and outward expression as the poses come alive through your body. Kripalu yoga is a kind, compassionate, accessible practice that allows the individual to slow down and look inside. All are welcome. This class will generally begin with seated poses, move to standing sequences and finish with floor poses. All poses will be taught and many options will be offered.

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

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**Session 1:** 6 Mondays, Begins Sept 12, 5:30-6:30pm, \$89

**Session 2:** 6 Mondays, Begins Nov 7, 5:30-6:30pm, \$89

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**Register NOW at**  
**ChelmsfordCommunityEd.com**

# RECREATION & FITNESS

## 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+

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

## **NEW:** Pickleball

**Instructor:** Donald Van Dyne

Pickleball is a game that combines aspects of tennis, table tennis (Ping-Pong), and badminton. It's known to be a fun, easy-to-learn, low-intensity game that can be played by people of a wide range of ages and abilities.

**Location:** Varney Park **Ages:** 18+

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**AM Beginner/Adv Beginner:**

4 Tuesdays, Begins September 6, 9:00 - 10:15 am, \$124

**AM Intermediate:**

4 Tuesdays, Begins September 6, 10:30 - 11:45 am, \$124

**PM Intermediate:**

4 Tuesdays, Begins September 8, 4:00 - 5:15 pm, \$124

**Beginner/Adv Beginner AM:**

4 Tuesdays, Begins September 8, 5:30 - 6:45 am, \$124

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# SPECIAL INTERESTS

## Digital Film Production

**Instructor:** Pat Snow, Chelmsford Telemedia

Lights! Camera! Action! Learn how to script, produce, and edit a short film! During this eight-week class, participants will work as a group to create a short film through pre-production, filming and editing. All experience levels are welcome. This class is being offered through Chelmsford Television and has a maximum of 6 spaces for the fall session, so don't miss out - register today!

**Location:** Chelmsford Telemedia, Parker Middle School **Ages:** 18+

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8 Tuesday, Begins October 4, 7:00-8:30 pm, \$50

## 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 series of classes, 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+

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10 Thursdays, Begins September 15, 6:00-8:30 pm, \$159

## **NEW!** Boating America Safety & Certification

**Instructor:** Joseph LaFreniere Sr.

Learn the rules of safe and proper boating taught by the U.S. Coast Guard. Boat America Safety & Certification is a boating certificate class that offers in-depth and important boating safety information, and provides the knowledge needed to obtain a boating certificate. In addition to providing a good basis for boating knowledge, some insurance companies will also offer discounts on boating insurance to boaters who successfully complete this course. The last class in this series provides review of all course materials presented and certification exam. Students who successfully pass will receive Massachusetts AND Nationally recognized USCG Auxiliary boating certification.

**Location:** CHS Room 230 **Ages:** 15+

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5 Tuesdays, Begins September 20, 6:00-8:00 pm, \$100

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## **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+

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1 Thursday, October 20, 7:00-9:00 pm, \$29/\$39/couple

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## **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:** Virtual Class **Ages:** 18+

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1 Wednesday, October 5, 6:30-9:00 pm, \$29

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## **NEW!** Wedding Cost Saving Ideas

**Instructor:** Annette Presseau

Are you planning a wedding and want to cut costs wherever possible but still don't want to compromise quality & style? Our instructor was engaged in 2021 and found ways to cut costs while making her wedding look fabulous! Learn how to cut costs planning a wedding or any other big event.

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

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**Session 1:** 1 Thursday, November 10, 6:30-8:00pm, \$29

**Session 2:** 1 Thursday, December 1, 6:30-8:00pm, \$29

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# CHILDCARE

## FULLDAY 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 materials 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. We also include a weekly visit to a computer specialist, and a monthly visit from our yoga teacher, and bimonthly visit from our music teacher. Our 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.

Our 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 need extended care will join this classroom. This classroom will focus on social skills as well as academic development centered on weekly themes.

Our 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 the Lively Letter and Handwriting without Tears 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** to set up a tour!

# 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 a program of Chelmsford Public Schools through a partnership between Special Education and Chelmsford Community Education. For more information contact Megan McGuirk, Preschool Coordinator at **McGuirkM@chelmsford.k12.ma.us** or **978-251-5188, x6062**.

# 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 6 PM). 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 7 AM–6 PM at the Community Education Center (for an additional fee).

# NEWS FROM AROUND TOWN

## Board of Health

The Chelmsford Health Department is hosting a Fall Festival on Saturday, October 1st from 12pm to 4pm at the Chelmsford Center Town Common. Come down with your family for touch a truck, pumpkin decorating, and all sorts of fun games. Get active and get into the autumn spirit at this family friendly community event! Bring a non-perishable food donation for the Chelmsford Food Pantry for entry into our raffle!

- Effective July 16, 2022, the National Suicide Hotline Number changed to 988
- **Medical Sharps Collection:** The health department accepts sharps in sharps containers or coffee cans only on the second Monday of April, September, and December from 9am to 4pm. Pre-registration is required.
- Free drop-in blood pressure screenings are the first Thursday of the month from 9am to 12pm at the health department office in the town hall or the last Thursday of the month from 8:30am to 10:30am at the senior center.
- The Health Department will offer a town wide flu clinic on Thursday, October 13 from 3:30 to 7pm. High dose formula will be available for those 65+. EVERYONE regardless of age MUST bring all health insurance cards (if you do not have insurance, you are still able to receive your vaccine at no cost). The Health Department will also hold Clinics for Senior Housing Residents.

- Household Hazardous Waste Day is offered twice a year to Chelmsford Residents ONLY on the last Saturday of April and October. The next HHWD is Saturday October 29, from 9:00 AM to 1:00 PM located at Chelmsford DPW (9 Alpha Rd). You must bring an ID and fees may be charged for items. You may call Christopher Haley at 978-250-5203 or e-mail [chaley@chelmsfordma.gov](mailto:chaley@chelmsfordma.gov) with questions.
- Dispose of your unwanted pills at the Chelmsford Police Department (2 Olde North Road) 24/7. Pills must be in a secured zip-locked baggie no larger than two slices of bread. Sharps (needles, lancets, syringes) will NOT be accepted. If you have unwanted liquid medication to dispose of, it is acceptable to mix it with an undesirable substance such as coffee grounds, kitty litter, or saw dust and put it in a bag and dispose the bag in your regular trash. Do NOT flush any type of medication down the drain.

For updates, please view the Board of Health Facebook page along with the Town of Chelmsford Website and the Health Department website: Visit us on Facebook for alerts and the latest news: <https://facebook.com/ChelmsfordBoardofHealth>. Chelmsford, MA Official Website: <https://www.townofchelmsford.us>. Health Department: <https://www.townofchelmsford.us/156/Health-Department>.

## MENTAL HEALTH SERVICES HELPLINE

available Monday - Friday from 9 AM - 5 PM:

**1-988-244-6843**

## Town Clerk

**Voter Registration deadlines are 10 days before each election.** If you are not already registered to vote in Chelmsford, the last day to register to vote in the September 6th Primary is Saturday, August 27 at 5:00 PM in person at the Town Clerk's Office, or online until midnight at <https://www.sec.state.ma.us/OVR>

You can check your current voter registration status here: <https://www.sec.state.ma.us/VoterRegistrationSearch/MyVoterRegStatus.aspx>

Massachusetts now has early voting for all state primaries and elections! Early voting is a way for you to vote before Election Day, at your own convenience. Early Voting will take place in the gym at the Town Offices. Park in the back lot for easier access.

**Early In-Person Voting for the September 6, 2022, State Primary open from August 27 to September 2.** Hours: Saturday, August 27 & Sunday, August 28 from 10:00 AM – 2:00 PM. Monday, Wednesday & Thursday from 8:30 AM – 4:00 PM, Tuesday 8:30 AM – 7:00 PM and Friday from 8:30 AM – 1:00 PM.

**Early In-Person Voting for November 8, 2022, State Election open from October 22 to November 4.** Hours: Saturday, October 22 & Sunday, October 23 from 10:00 AM – 2:00 PM. Monday, Wednesday & Thursday from 8:30 AM – 4:00 PM, Tuesday from 8:30 AM – 7:00 PM and Friday from 8:30 AM – 1:00 PM. Saturday, October 29 & Sunday, October 30 from 10:00 AM – 2:00 PM.

Vote by Mail Applications will be mailed to all registered voters, who do not already have an application on file, in July for the September 6th State Primary and in September for the November 8th State Election. If you wish to vote by mail, please sign and return the form to the Town Clerk's Office. Any mail-in ballot must be requested in writing at least 5 business days before Election Day. If you are an unenrolled voter, remember to select which party ballot that you want mailed to you for the September 6th Primary. Please note, if you check "All 2022 Elections" on the form, you do not need to send in another application for the November election. You may have already requested a ballot using our application that was included in the local census mailing.

**Annual Dog License Renewals:** MA State Law requires that all dogs be vaccinated against rabies and be licensed with the Town. All dog licenses expire on December 31st. The Town Clerk's Office begins licensing on December 1st each year. There is a two-month grace period before late fees begin to accrue and reminders are sent prior to the implementation of each incremental late fee. Citations are issued on June 15th for all unlicensed dogs. Over 4,100 dogs have been licensed for 2022. If your dog is one of the 417 unlicensed dogs in town, please license your dog immediately to avoid further legal action.

The local Census mailing will no longer contain dog license application forms. The form is obsolete thanks to the online dog license program. There will be a reminder printed on the form that your dog's license expired on December 31st and that it is time to renew. It is the responsibility of every dog owner to ensure that your dog has been properly vaccinated and licensed.

## Chelmsford Public Library

All library events and programs are free and open to the public! Some may require advanced registration – for a full list of programs, check the library calendar for details at <https://chelmsfordlibrary.org/calendar/>

### For Adults

- **The Family Roe:** a discussion with author Joshua Prager and Tiziana Dearing, Host of Radio Boston Monday, September 19 at 7 pm on Zoom.
- **Book Groups:** Monthly meetings of ten different groups discussing different themed books from literary fiction, mysteries, history, and more. More details at <https://chelmsfordlibrary.org/book-groups/>
- **English Conversation Circles For Beginners:** every Tuesday from 10-11 am For Intermediate speakers, every Tuesday from 1-3 pm Drop in to practice your skills with other non-native speakers.
- **French Conversation Circle:** Second Thursday each month from 6:30 to 8:30 pm on Zoom Drop in to brush up on your conversational French.
- **Watch It Wednesdays:** Last Wednesday of each month at 6:30 pm on Zoom Film screening and discussion hosted by the Chelmsford Diversity, Equity, and Inclusion Committee

### For Kids and Teens

- **Girls Who Code (on Zoom):** Enjoy 12 weeks of coding, creativity, and fun! Access to a computer or tablet and reliable internet are the only requirements. Girls Who Code welcomes into our community and programs anyone who identifies as female regardless of assignment at birth and people who identify as non-binary or gender nonconforming and want to be in a female-identified environment. Session 1, Grades 5-8, Mondays at 3pm Session 2, Grades 3-4, Mondays at 4:15pm



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# Chelmsford Community Education has many great new programs this season.

## We offer:

- Youth Programs
- Adult Programs
- Childcare

## NEW classes:

- Crochet for Kids & Adults
- LEGO Adventures
- Cooking & Nutrition Classes

- Yoga and Sound Healing
- Genealogy
- Flower Arranging & Gardening
- Finance & Medicare
- Sustainability & Composting
- ...and many more!

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

## CommEd Office Staff

Robyn Adams, Director  
Kelley DiFolco, Assistant Director  
Michele Pieski, Childcare Supervisor  
Colleen Smith, Adult Education Program Coordinator  
Linda Westland, Secretary  
Rhonda Poole, Office Assistant

## Evening Programs

Astrid Van Haren, Supervisor, CommEd Building  
OPEN, Supervisor, Chelmsford High School

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